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Details on pg. 13

The Shuttle

July 2012 Vol. 41 No. 07

A Cooperative Grocer Serving the Northwest Community Since 1973

Local Co-op Conference a Success

by Bob Noble, Weavers Way Board Member



photo by Peter Frank

Congressman Chaka Fattah addresses the cross-sector co-op conference.

ON JUNE 13 a cross-sector co-op conference entitled “Exploring Cooperatives: Economic Democracy and Community Development in Pennsylvania and Wisconsin” was hosted by Drexel University’s Center for Public Policy. The 200 attendees heard case studies presented on several different types of co-ops in Philadelphia and Madison, WI. In addition to food co-ops (including our own Weavers Way), studies were presented on worker co-ops,

energy co-ops, producer co-ops, and credit unions. Featured speakers included Gar Alperovitz, Professor of Political Economy at the University of Maryland; Paul Soglin, Mayor of Madison; and Congressman Chaka Fattah. One of the conference organizers, the Philadelphia Area Cooperative Alliance (www.philadelphia.coop), was born last November during the conference planning. For more information, contact info@philadelphia.coop.

Pet-A-Palooza Returns

by Ted Barbato

THE CORNER of Carpenter Lane and Greene Street went to the dogs on June 3, as Weavers Way staged the second annual “Pet-A-Palooza” Festival. “The goal is to celebrate the pets and their pet-loving people in our community,” said Anne Workman, Community Outreach Coordinator, who helped create the original Pet-A-Palooza one year ago. “This year we have even more exhibitors and animal rescues here. So



photo by Judy Levy

The agility course, provided by Y2K-9s, was a popular attraction at this year’s Pet-A-Palooza.

CCMA Comes to Philly

by Jon McGoran, Shuttle Editor



photo by Jon McGoran

CCMA Conference-goers stop at Weavers Way Mt. Airy during a tour of the city’s co-ops.

PHILADELPHIA TOOK center stage in the co-op world this June as hundreds of representatives from co-ops across the country descended on the city for the Consumer Cooperative Management Association’s 2012 national conference. Weavers Way was the local host for the conference, which featured workshops and presentations on all manner of co-op topics. There

were special guests like Marion Nestle and Benjamin Franklin, a co-op march and rally in front of the Liberty Bell, and a Saturday night party at the Reading Terminal Market. “This was my fifth CCMA and by far the best,” said Terry Bowling, General Manager of La Montanita Food Co-op in Albuquerque, New Mexico. See page 11 for more photos.

Construction Starts at WW Mt. Airy

by Jon McGoran, Shuttle Editor

THE Mt. Airy Renovation got underway June 14, and workers have already broken through the wall separating 608 and 610 Carpenter, future home of “Weavers Way Across the Way,” which will feature pet supplies on one side, and our newly expanded Wellness Department on the other. Construction on 608/610 should be completed in early July and there will be an open house to celebrate the new space with champagne and hors d’oeuvres, 5 to 8 p.m., Friday, July 27.

Weavers Way Mt. Airy’s Pop-up grocery store will open July 11 with a selec-

(continued on page 17)



photo by Jon McGoran

Pet Supply Manager Anton Goldschneider (l) and Wellness Manager Martha Fuller (r) in the newly combined 608-610 Carpenter Lane.

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Editor’s Note



by Jon McGoran,
Shuttle Editor

PEOPLE OFTEN wonder if it’s better to be a big fish in a small pond or a small fish in a big pond. A company called AquaBounty has concluded that the important thing is just to be a really, really, big fish (see p. 9). AquaBounty has developed a genetically engineered (GE) salmon that grows twice as quickly as regular salmon (*AquaBounty—the quicker grower-upper!*), and it hopes to receive FDA approval for human consumption some time this summer. The approval process has been long and costly, but while some hope the company will run out of money before it is completed, AquaBounty has implied in that case they will simply move operations to China. (Presumably salmon’s increased size will give it the strength to swim despite massive levels of heavy metals).

Consumer advocates are concerned because GE fish can’t be easily labeled as such, and since they’re fish, you can’t just ask them. Or at least not yet; AquaBounty 2.0 may well have speech capability. (Look for laser vision in version 3.0!)

There is even more concern from an environmental standpoint, but the FDA has refused requests for a more thorough environmental study. According to an article in *The New York Times*, “The F.D.A. said in September 2010 that there was little chance the salmon could mate with wild fish because the salmon would be raised inland and sterilized, though the sterilization would not be foolproof” (Or, more to the point, “fooling around proof”). Environmental groups have filed an injunction to force the FDA commissioners to watch the *Jurassic Park* movies.

AquaBounty’s containment strategy (which may have already released thousands of fish in Panama) is dependent on salmon’s aversion to warm water, but scientists are concerned they could easily evolve, developing the ability to tolerate warm water, or to laugh out loud at AquaBounty’s containment strategy. The fish have already developed one capability that seems to have taken AquaBounty by surprise: They can swim.

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



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Farming Is More Than a Job

by Nina Berryman, Weavers Way Farm Manager

BEING AN urban farmer is certainly an interesting thing. I say “thing” because I can’t quite bring myself to call it a job. Sure, sometimes it feels like a job, like when I have required “all staff” meetings and timesheets and safety committee reports to fill out. But for the most part I feel like it is really simply what I do, how I am, who I am, my lifestyle. It is never, “What time do you finish work?” but instead, “I’ll leave the farm at such and such a time.”

When new people come out to the farm, we usually exchange the same three or so questions, “How long have you been here?” “How did you get into this?” “How did you learn how to farm?” The undertone of these questions is generally friendly curiosity, with a bit of perplexed intrigue. People are always polite with their questions, but I know I am a bit of an anomaly.

On my taxes I say I am a farmer, although I don’t fill out any of the agricultural tax questions about farm-based income. I used to travel over the Canadian/U.S. border frequently and when asked what I did, I’d say I was an Agricultural Educator because it simply caused less trouble with the customs agents. I shake people’s hands and they look at my calluses and ask with amazement what I have been doing.

Later this week, the farm crew at Weavers Way is getting together for a potluck to sit and talk with one another about why we farm. We call it our “book club” even though we never actually read books (that’s for the winter). If you want to know the answer to the three questions above, please sign up for a cooperator shift at the Henry Got Crops farm site. I’ll be happy to chat with you while we weed or harvest, about how long I’ve been doing this, how I got into it, and how I learned to farm. But really, I mention these three common questions as a long-winded lead-in to explain that every now and then the conversation will continue to a different, yet still common question, “So what do you plan to do after this?”

Despite what anyone may or may not intend by this question, it carries with it the expectation that this is just a stepping stone



Photo by Ann Keiser

Henry Got Crops! Farm volunteer Bob Pasquale (l) and Farm Manager Nina Berryman (r) at the CSA potluck in June

to something next which is greater. While someday I may move on to my “own” five acres and a cow in rural Vermont, I typically reply, “This IS what I plan to do. I farm.” Which is a subtle way of reminding people that farming in itself is a desirable goal, and once you farm, there is no climbing up the hierarchical ladder of job promotions—farming is the best part of... farming.

This is not to say I don’t have any other interests, and sometimes my friends will say, “Why don’t you do this...or that?” and I generally reply that I would love to, and half jokingly say I might after my back breaks and I can’t farm anymore. Maybe someday I’ll get tired of filling out Weavers Way weekly time sheets, or locking eight locks (yes, eight: Saul has a new barn with four locking doors) on the farm before I go home, and I’ll pack my bags and open a breakfast café in Vermont, with real maple syrup.

Until then, I consider myself to have the best “job” in the world. At a recent potluck at the farm for CSA members, we asked members to write down what they love about the CSA, or what they are most looking forward to with the start of a new season. These are the types of comments

that will keep me around for a good number of seasons yet to come:

- I love that my produce is grown ten minutes from my home—doesn’t get more local than that!
- The CSA gives me many opportunities to “MacGuyver” dinners that I never thought to make before.
- I love that I know where my food was grown, and I even have a hand in growing it! I feel like this is “my farm,” which is especially nice since I live in a small apartment with no yard!
- I am excited to have met so many wonderful people in my community. And I am looking forward to seeing Monarch butterflies at the farm.
- I like feeding my child food that is healthy, tasty, and safe.

The quote that has most stayed in my mind so far this year is from a Saul student who spent a frustrating hour trying to get out of that afternoon’s weeding project and was then invited to taste test a fresh Hakurei turnip from the ground: “If you feed me when I come out here, I will help work.”

~ nberryman@weaversway.coop

New Life at the Children’s Garden

by Shelley Hedlund, WWCP Farm Educator

AS THE temperature rose into the 80’s and 90’s, signs of summer on the farm were abundant, and as the spring crops began to go to seed, new life was all around us. Kestrel Plump, who has been the Lead Farm Educator for the last several seasons, is taking a few months off to go on maternity leave (she will be back with her new little one in the fall). However, the changing season brought Weavers Way Community Programs a new crop of dedicated people.

I’d like to introduce myself as the new Farm Educator, taking over for Kestrel. As a resident of Mt. Airy and a new mother myself, I’m delighted to be a part of the Farm Education Team. This position gives me a chance to combine two of my passions: education and farming. My background is in art and arts education, but I have a lifelong love and passion for gardening and farming. I have worked on several large production farms in Trail, Oregon, and Purcellville, Virginia. After years of growing my own vegetables on a small community garden plot, I am eager to return to a larger farm. With me this



photo by Rachel Milenbach

The Farm Education Team at Market (l to r) Shelley Hedlund, Kestrel Plump, Ruthie Cartwright, Leor Winston, and David Roza. Not pictured: Livi Huval.

summer is the WWCP Farm Education apprentice, Leor Winston.

Leor became interested in farming after staying at the Bread and Puppet farm in Glover, Vermont, two summers ago. Having interned with WWCP last summer, Leor is excited to be back as an employee. Leor’s experience with education

comes from working with children who are dealing with home foreclosure through the organization Vida Urbana/City Life in Boston, MA. Leor is a rising junior at Haverford College, studying Growth and Structure of Cities.

Local Produce to Look for in July:

- Bell Peppers:** Sunny Harvest, Paradise Organics
- Bunched Beets:** WW Farms, Paradise Organics
- Blackberries:** Sunny Harvest
- Blueberries:** Paradise Hill
- Broccoli:** Sunny Harvest, Common Market
- Carrots:** Common Market
- Corn:** Sunny Harvest, Viereck Farms
- Cucumbers:** Paradise Organics, Sunny Harvest, WW Farms
- Green Beans:** Sunny Harvest
- Fennel:** Common Market
- Melons:** Sunny Harvest, Paradise Organics
- Nectarines:** Three Springs Fruit Farm, Beechwood Orchards
- Peaches:** Three Springs Fruit Farm, Beechwood Orchards
- Snap and Shelling Peas:** Zone 7
- Radishes:** WW Farms, Paradise Organics
- Raspberries:** Sunny Harvest
- Rhubarb:** LFFC, Common Market
- Summer Squash:** Sunny Harvest, WW Farms
- Tomatoes:** Common Market, Sunny Harvest

Rhubarb and Pistachios Over Thick Yogurt

THIS STRIKINGLY colorful dessert pairs tart rhubarb with rich Greek-style yogurt. Use a light-colored honey that won’t dull the rhubarb’s bright hue. Find culinary rose water at Middle Eastern food stores.

- 4 stalks rhubarb, ends and leaves trimmed
- 1/2 teaspoon cardamom
- 1/4 teaspoon ground nutmeg
- Pinch of salt
- 1/2 cup light-colored honey
- 1 teaspoon vanilla extract
- 1 teaspoon rose water
- 2 cups Greek-style yogurt, or 4 cups regular yogurt, drained overnight and refrigerated
- 1/2 cup pistachios, coarsely chopped

Cut the rhubarb into 1-inch pieces and put in a small saucepan with 1/4 cup water. Cover and bring to a boil, then decrease the heat and simmer, stirring occasionally. When the rhubarb starts to soften, after about 5 minutes, stir in the cardamom, nutmeg, and salt. Break up any large pieces of rhubarb with a wooden spoon. Continue to simmer, covered, until the rhubarb is completely softened, about 4 minutes more. Remove from the heat and stir in the honey and vanilla extract. Let cool. Add the rose water.

To serve, put 1/2 cup of yogurt in each bowl and top with a few tablespoons of the rhubarb. Scatter a few tablespoons of pistachios over the top. Serves 4.



Photo by Jennifer Martiné © 2009

Louisa Shafia is the IACP author of *Lucid Food: Cooking for an Eco-Conscious Life*, a collection of seasonal recipes and advice on eco-friendly cooking, food shopping, and entertaining. She has cooked at notable restaurants in New York and San Francisco, and her recipes have been featured in *New York Magazine*, *Yoga Journal*, *Whole Living*, and *Food Network Magazine*. She is currently finishing a book on farm-to-table Persian cooking that will be published in spring 2013. She was a member of Weavers Way Co-op starting at age 10, which, she says, is why she grew up to be devoted to natural, locally grown food. For more info, check out Louisa’s website, lucidfood.com.

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Local Produce Report: July

by Stephanie Kane, Local Produce Buyer

FOR MANY, July means tomatoes. Big red slicers, eaten out of hand with a little salt. Beautiful heirlooms in yellow, red, orange, purple, and green. Tomatoes are a quintessential summer flavor. Just as with a fresh strawberry or peach, when you eat a tomato, you can’t really think about anything else. Although winter is thought of as the time for slowing down and reflecting, these moments help add some ease to the summer, full of activity amidst the heat. They provide the opportunity to practice some mindfulness, because when the perfect tomato hits you in the face, you can’t help but stop and relish it.



file photo

I’ve noticed a lot of press around tomato farming recently, and felt the desire to summarize all of the different elements. Issues include production, shipping, workers’ rights—and with the local movement gaining momentum—heirloom varieties and organic farming. Also, the recent publication of books like *Tomatoland: How Modern Industrial Agriculture Destroyed Our Most Alluring Fruit*, by Barry Estabrook, and *Heirloom: Notes from an Accidental Tomato Farmer*,

by Tim Shark, have provided an in-depth look at different aspects of this industry. A former contributor to *Gourmet Magazine*, Estabrook attributes the “out-of-season” tomato industry to consumers, who demand fresh tomatoes year round. As this demand grew, and tomatoes obviously couldn’t be grown in the Northern states, Florida began ramping up its production, despite being completely ill-suited for it. The one thing Florida has going for it is location, being a tractor-trailer ride from the entire East Coast and much of the Midwest. It has caught on so quickly that one-third of tomatoes grown in the U.S. are produced there.

So, if tomatoes like hot weather, what could be wrong with Florida? To begin

(continued on page 6)

Philly Cow Share Comes to Weavers Way

by Ron Moore, Chestnut Hill Meat Manager



WEAVERS WAY Chestnut Hill is proud to introduce grass-fed, local, fresh-cut meats from Philly Cow Share. All farms are within 150 miles of our neighborhood. The cows are 100% pastured, so the meat is tender and full of flavor. We also carry Philly Cow Share items for the freezer, like ground beef, beef patties, and beef hot dogs (skinless and nitrate free). Come on in and give it a try. We think you will love it.

Weavers Way also carries Aspen Ridge brand, which is vegetarian-fed, with no antibiotics or hormones added. This is one of the meat department’s best-selling products. The flavor of this meat has is too wonderful for words. If you haven’t been to Weavers Way, stop in and try some of our meats. We carry the best in town!

~ rmoore@weaversway.coop

What is CoQ10?

by Martha Fuller, Wellness Manager

AS MORE folks talk about this important nutrient, more questions arise. Here is a small primer with some facts that you might find helpful.

CoQ10 was discovered by Prof. Fredrick L. Crane et al in 1957 at the University of Wisconsin, Madison Enzyme Institute. Peter Mitchell received a Nobel Prize in 1978 for his proposal in 1961 about how CoQ10 works. According to an article on NewHope360.com, CoQ10 is “responsible for generating 95 percent of the human body’s energy.”

While this vitamin-like, fat-soluble substance occurs primarily in the mitochondria of practically every cell in the body, the highest concentration is in the inner membranes. Its primary function is to generate energy in our cells. It is naturally present in many foods and is particularly high in soy oil, beef, sardines, peanuts, mackerel, and organ meats (liver, kidney, and heart). CoQ10 is available in two forms: ubiquinone and ubiquinol. Ubiquinone is the oxidized form and the more common. Ubiquinol is the reduced form, and while generally more expensive, it is thought to be more readily absorbed by the body, and more beneficial. . Because ubiquinol is highly prone to oxidation in the air, supplements are the most popular methods of consumption.

Some consider CoQ10 a food, and some a medicine. The ability to be an

(continued on page 5)

Students and Recyclebank Greening Henry Schoolyard

by Kelly Tannen

EVER WONDER what to do with all of the Recyclebank points that you accumulate from your curbside recycling? Just ask the C. W. Henry Garden Club. This spring, second and third grade students in the afterschool garden club created two new garden beds at the school, thanks to a Green Schools grant from Recyclebank. The grant program required the school to collect 125,000 donated Recyclebank points to fund its request of \$500, and then matched that amount dollar for dollar. Initially, 125,000 points seemed like a lot, but the goal was easily reached with the help of many friends and neighbors.

The students participated in all aspects of the project, from weeding the neglected garden beds, to adding rich compost. They discussed what kinds of edible plants would grow well in the gardens, then planted fig trees, a variety of blueberry bushes, strawberry plants, herbs,

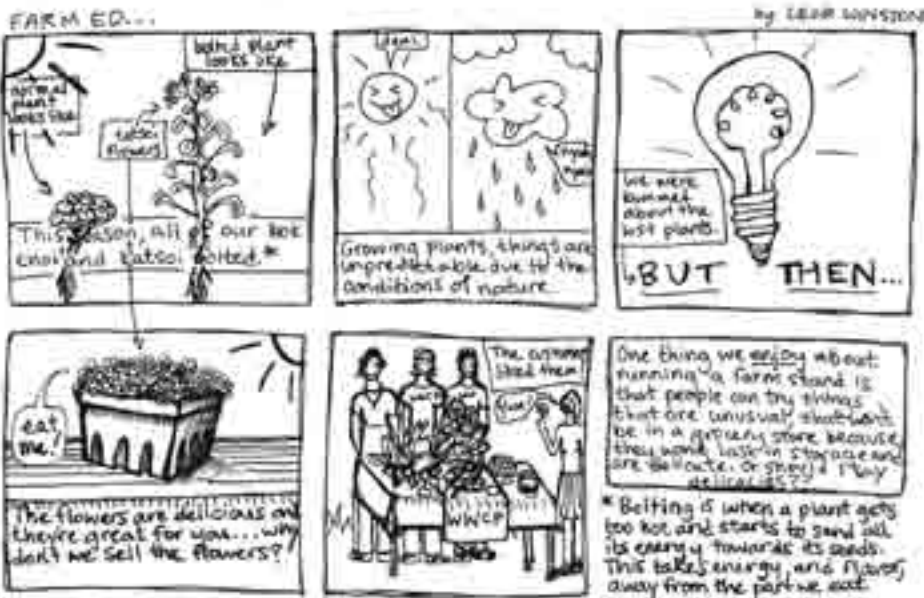


photo by Kelly Tannen

Members of the C.W. Henry Garden Club plant vegetables in their new garden beds.

and summer vegetables. You can see their project at the entrance to the faculty parking lot off of Greene Street.

If you want to learn more about Recyclebank, or sign up to get a sticker for your recycling bin, visit www.recyclebank.com. Tune in next winter for the opportunity to share your points through the Green Schools program.



Children's Garden

(continued from page 2)

Ruthie Cartwright, David Roza, and Livi Huval are also joining us this summer as our interns. Ruthie and David are hosted by Haverford College, where they both attend, and Livi by Bryn Mawr College, where she is a student.

As we are cultivating our summer crops, we also are constantly struggling to keep up with the weeds that are growing almost as fast as our veggies. The school year has ended, and there are fewer education groups, so the majority of our time as a Farm Education team is spent trying to educate those pesky weeds. Not all weeds are created equal, and we are also finding ways to incorporate every green plant on the farm into our overall mission of education. In fact we call many plants "weeds" that are actually edible and very tasty. We will even sell a few from time to time: we not have planted them, but we find them extremely delicious! You can come by our

weekly farm stand (Tuesdays 3-6 p.m.) and try a taste of purslane, for example, a common weed that is succulent and a flavorful addition to any salad mix.

We have a diverse variety of vegetables and fruits growing in WWCP's Children's Garden at Awbury Arboretum and Hope Garden at the Stenton Family Manor. Every market we have brings a rainbow of colors and flavors and always something new and interesting, like bok choy flowers or garlic scapes, or a good old fashioned bunch of red Russian kale (a favorite!).

So, you might ask, where and when can I get some of your beautiful veggies, try new varieties of tasty plants, or even get to sample a local weed? Well, we are selling our vegetables in front of the Weavers Way Chestnut Hill Co-op every Tuesday afternoon from 3 to 6 p.m. Your purchase goes directly to Weavers Way Community Programs, helping us continue to run educational programming and host youth from all over the city.

~ educator@weaversway.coop



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Plenty of Co-op Work Hours During the Mt. Airy Renovation

by Beau Bibeau, Membership Coordinator

MANY OF you have been asking, and the answer is yes! We will still have cooperator shifts available in Mt. Airy during the renovation. The farm shifts and most of the Chestnut Hill shifts will remain the same, as will the Mt. Airy office-based shifts, like Membership Office and Finance Office.

Additionally, we expect to have the following cooperator shifts available:

- Mt. Airy - General Labor (packing, moving, restocking, assembling shelving, and various other tasks)
- Mt. Airy - Truck Unloading
- Mt. Airy - Produce (pop-up shop)
- Mt. Airy - Floor (pop-up shop)
- Mt. Airy - Health and Beauty/Pet Store

Other opportunities:

Outreach: Members may work with the outreach coordinator to staff the table at outreach events. Please watch the work

calendar for opportunities or contact outreach@weaversway.coop

Specialized skills: Members with specialized construction and painting skills may offer those services in exchange for work hours. Please contact member@weaversway.coop and steve@weaversway.coop

If you are interested in continuing to do the standard work shifts you have always worked, we recommend that you complete those shifts in the next month before the Mt. Airy renovation begins. The period while we are undergoing renovation is also a great opportunity to join one of our many committees and get your work hours done that way.

If you have other ideas for what you may like to contribute during this time or have concerns about completing your hours during your cycle, please call Membership Coordinator Beau Bibeau at (215) 843-2350 x119.

~ member@weaversway.coop

Entertainers, We Want You!

To perform this summer in Mt. Airy

by Rick Spalek, Mt. Airy Store Manager

MAGICIANS, CRAFTSPEOPLE, kids’ craft activity leaders, bird watchers, pet tricksters, dog trainers, nutritionists, chair massagers, artists and art teachers, guitarists, ice sculptors, nurses for blood pressure screenings, origami experts, face painters—we want you! Come promote yourself and your talents while helping Weavers Way keep Greene St. and Carpenter Lane bustling with fun all summer long!

We will be open for business all summer long, with a small “pop-up” co-op at 555 Carpenter Lane (the original home of Weavers Way!) and an outdoor produce market on Carpenter Lane while 559 closes for renovation (from July 13-Sept 1). We need your help to keep our members entertained while they bear with us during construction.

So far we have planned events including: beer and wine tastings, kids’ nights, Chilling and Grilling, snow cone making, vendor demos, live music, a huge Sunday craft market, our Thursday Farmers market, and much more! Look at your July issue of the *Shuttle* or stay tuned to www.weaversway.coop for details. Contact Rick Spalek at rick@weaversway.coop if you are interested in performing.

~ rick@weaversway.coop

What Is CoQ10?

(continued from page 3)

antioxidant and a free radical scavenger is important. Doctors often recommend CoQ10 supplementation to offset the CoQ10 depletion caused by statin drugs and red yeast rice supplementation. In doing research for this article, I also read that low levels of CoQ10 can be found in those with many chronic diseases. Levels can decline as we age, so we can augment with food and/or supplements and have the benefits of an overall energy boost and a boost in cognitive function. Studies are being conducted for heart health, preventing or managing neurodegenerative diseases, breast cancer, and the lowering of blood pressure. Some topical personal care products that are anti-aging contain CoQ10, and there seems to be a growing demand for non-caffeinated energy supplements containing it as well.

Because CoQ10 is a fat-soluble supplement, it is best absorbed with fats in the diet. In other words, you can have a part of your meal, take your fat-soluble supplements (vitamins A, D, E and K are also fat-soluble) and then have the rest of your meal. Always remember to discuss any supplements with your healthcare provider.

Weavers Way Mt. Airy carries the following brands of CoQ10: Source Naturals, Solgar, and our own Weavers Way brand which is manufactured by Reliance, the largest imprint company in the U.S. We also sell a new product from Jarrow: Red Yeast Rice with COQ10. This has been a popular product, as it means you can take your red yeast rice and COQ10 at the same time and save money too.

~ martha@weaversway.coop

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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Managers Corner

by Glenn Bergman, Weavers Way General Manager

New York Mayor Takes a Step Forward

It was not the most earth-shattering news when Mayor Blumberg announced a new regulation related to sugar based beverage sales in New York City. No longer will the Big Gulp or liter-sized drinks be allowed in restaurants, stadiums, etc. Public venue concessions can not sell beverages exceeding 16 oz. I say, good. Why not here? I have also written in this column recently that the soda tax should be instituted. While we are at it, I fully support legislation to eliminate the use of SNAP for soda and high sugar foods. Yes, and eat your broccoli. In fact if the government wants to provide price supports for fruits and vegetables, rather than corn, soy, and wheat, I am all for that, too.

The amount of money going into food marketing borders on the ridiculous. *Advertising Age* magazine tracks advertising dollars spent and listed \$14 billion in food advertising last year. That does not include in-store ads, coupons, etc. Very little of that, if any, goes towards fruits and vegetables.

Recently, I had the opportunity to attend a keynote speech by author and NYU nutrition expert Marion Nestle, whose presentation included the statistic that over the last 50 years, when adjusted for inflation, the cost of fruits and vegetables has gone up over 50 percent, while the

cost of corn, wheat, and sugar has gone down.

It is time for the government to be a positive influence on our diet, not a negative one. The farm bill is up for renewal in the House and Senate as we speak. In fact, by the time you read this the bill may have gone to a vote. If you are interested in this topic check out Dr. Nestle’s web site, www.foodpolitics.com, for updates on the bill. Some of the information will make your head spin. The bill is already over 1,000 pages with over 300 amendments, and it is only July.

CCMA

The Consumer Cooperative Management Association came to Philadelphia in June, at the Marriot Hotel. This was the first time it was hosted in Philadelphia. Co-op board members, managers and many others involved in co-ops came to Philadelphia to discuss topics like management, governance, politics, future planning, and more.

In addition to Dr. Nestle’s speech to the group, I was also encouraged by Adam Schwartz’s presentation on capital accumulation for co-op expansion. Adam discussed his work to get a “qualified” investment grade retirement fund started that would be eligible for 401K programs.

(continued on page 21)

WEAVERS WAY

Welcomes New Board Officers

With several new faces following the May Board Elections, Weavers Ways Board of Directors has elected new officers. Congratulations and thanks to:

President - Margaret Lenzi	Secretary - Sue Wasserkrug
Vice President - Nathea Lee	Treasurer - Stu Katz

And thanks to all of our board members and committee members, old and new, for helping to govern and guide our co-op.

Local Produce Report

(continued from page 3)

with the soil in Florida is sand. Not sandy soil—actual sand. Sand doesn’t hold moisture and completely lacks nutrients, including nitrogen, which tomatoes need to be successful. Because of this, farmers need to pump fertilizers into the soil and irrigate the land, because it does such a poor job of holding water. While some use standard drip irrigation, because of the unique nature of the soil, the farmers have created an amazing development in irrigation. Beneath all that sand is a layer of compacted clay. Farms build canals, which channel water underneath the sand. Because the water can’t sink through the clay, the water rises up through the sand, watering the plants from below. This might seem like a great way to water roots and keep moisture off the plants, preventing disease and pests. But with the Florida humidity, there’s really no stopping this, so farmers turn to spraying chemicals.

The other issue in Florida is the intense weather changes. While it is often hot and humid, it isn’t uncommon for a 20-30 degree cold front to roll through unexpectedly, not to mention hurricanes washing away entire crops.

Farmers growing for the commodity market aren’t paid for flavor, but for volume. There’s also new research on growing both more flavorful tomatoes that also produce a higher yield. One thing that makes great-tasting tomatoes is water stress. Farmers will reduce the irrigation to their tomato plants, which increases both flavor and size of fruit. When you grow in sand you stress the plants to death, but, when you grow in clay or loamy soil, where there is proper drainage, the roots are deep enough to stress them slowly. Doing this develops flavors, which in the direct-to-consumer market commands a higher price. Studies have also shown that water-stressing tomatoes shouldn’t affect

yield when done in the proper soil. There is also research on heirloom tomatoes, which have been growing in popularity. While heirlooms are prized for their flavor, the plants are often impossibly difficult to grow, with weak plants and low disease resistance. Researchers are trying to isolate stronger genes from newer hybrids and add them to heirlooms, keeping all of their wonderful attributes, while adding genes that will help them grow healthier and produce more. Hybridizing is the same as what happens in nature, where plants develop and cross-breed genes over time. As long as this doesn’t lead to the patenting of genes, it can help smaller farmers grow the tomatoes they love with a little more efficiency.

Finally, one of the other issues that has come to the forefront of the farming movement is workers’ rights. The Coalition of Immokalee Workers (CIW) has been a champion for all tomato pickers, reaching out to the buyers to find support. Workers are not paid hourly, but by volume. The average rate today is 50 cents for every 32 lb. bushel. Workers have to pick more than 2.25 tons of tomatoes to earn minimum wage in a typical 10-hour workday. The rate has barely changed from 40 cents per bucket 30 years ago, but the amount they need to harvest has doubled. The CIW started the Fair Food Agreement, where companies like McDonald’s and Taco Bell pay a penny more per pound of tomatoes they buy for their restaurants, which gets put into an account and given to the workers. The tomatoes are usually purchased through a middleman who is purchasing from the farm. The retailers have to demand that their produce gets purchased from growers who agree to pass this penny on to their workers. In 2009, Lady Moon Farms (from whom we get a lot of our commodity certified organic produce) signed on. This was really great to hear. I look forward to working on making sure the tomatoes at Weavers Way support this cause. I bet you had no idea there was so much involved in getting a tomato to your salad!

~ skane@weaversway.coop



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Save the Date!

2nd Annual Meeting of the Weavers Way Health and Wellness Advisory Committee

Wednesday, September 19
6 - 8:30 p.m.
The Summit Church (Greene & Westview Sts.)

Join us to take the next steps in expanding our working groups and serving our community.

Sue Wasserkrug
wasserkrug@gmail.com

Dining for Women Making a Big Difference

by Margaret Guthrie

THE THREE chapters of Dining for Women formed through the connection with Weavers Way are humming along nicely now, and we're beginning to feel like old hands, particularly in view of how rapidly this organization is growing. According to the latest e-mail from headquarters, 387 new chapters have been added recently.

For the first four months of the year, the organizations chosen have received the following amounts:

- \$47,177 to Nepal Youth Foundation in January 2012
- \$47,382 to Starfish One by One in February 2012
- \$58,664 to Women's Earth Alliance in March, 2012 (as of 5/24/12)
- \$40,327 to Afghan Friends Network in April, 2012 (as of 5/24/12)

Bear in mind that while this doesn't seem like much to us, it's huge to these organizations and makes a meaningful difference in each organization's ability to assist the women and children it serves.

Transitions, the organization chosen for July, works with the results of an ugly fact of current life—human trafficking, which according to INTERPOL is tied with arms dealing as the second largest criminal enterprise in the world. (Drug trafficking is number one.)

Transitions was founded as Transitions Cambodia, Inc. by James and Athena Pond in 2007. James and Athena have worked with survivors of sex trafficking

since 2005, when they co-established the Agape Restoration Center (ARC), a high-security, long-term aftercare facility in Phnom Penh, Cambodia for Cambodian and Vietnamese victims of sex trafficking between the ages of 8-18.

Transitions works with these girls and young women to recover from the trauma they have endured. It educates and trains them to be self-supporting, and assists them at the appropriate age to go out on their own into working, independent lives. Transitions has also worked with organizations being set up in Greece, Indonesia, India, and the United States to provide comparable services to a similar population. Yes, the problem does exist here, both for sex "workers" and virtual slaves as household and field workers. You probably thought that the Civil War had ended the household and field slaver—would that it were so!

One of the most positive benefits of membership in Dining for Women is in knowing exactly where your money is going each month, and knowing that it is of immediate benefit to people in great need. Another benefit is the collegiality of the chapters, which meet each month with a group of people committed to doing what they can to help out, and in the process, learning more about the world in which we live. And of course, there is the food—because it is potluck a lot of interesting food shows up and it's a chance to expand your culinary repertoire. Included here is a recipe for an easy-to-make vegetarian

Vegetarian Chili

Ingredients:

- ½ cup bulgur
- 1 cup boiling water
- 1 medium onion, peeled and finely chopped 1 (15 oz.) can red kidney beans
- 2 cloves garlic, peeled and finely chopped 1 (15 oz.) can chopped tomatoes
- ½ red or yellow bell pepper, seeded and chopped
- 1 tablespoon chili powder
- 1 teaspoon powdered cumin

In a heat-proof bowl, pour the boiling water over the bulgur, cover and let stand until all the water is absorbed. Toss with a fork to loosen the grains.

In a large sauté pan, pour two to three tablespoons olive oil. Put the onions in the pan and cook over medium heat until the onions begin to turn translucent. Add the garlic and cook just until the garlic becomes fragrant, add the pepper last. Sprinkle the chili powder and the cumin over the onion and garlic mixture and continue to cook for a few minutes until everything is coated with the spices. Add in the bulgur and stir to incorporate and absorb the spices. Then add in the beans and the tomatoes and cook over low to medium heat for about a half hour.

This is best made a day ahead and re-heated as it allows everything to blend, making a really appealing dish for a cloudy, unpleasant day.

chili. I usually serve it with homemade cornbread and can add that recipe next month if anyone would like to have it. It's one I have made since I was thirteen so believe me, it has stood the test of time.

You can check out more details on Dining for Women at [www.diningfor-](http://www.diningforwomen.org)

women.org. You can also check out what others think of D4W on <http://greatnonprofits.org/reviews/profile2/dining-for-women>. It isn't just we who think we're great anymore; others are noticing, and many are joining in to help.



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Weavers Way and Plastic—Do We Have A Result?

by Don McGuire, Weavers Way staff member

I WOULD like to thank two members of our Finance Office—Susan Beetle and David Shechtman—for providing me with the figures I refer to in this article. Thanks to them, I have been able to look at monthly results starting with October 2011 through April 2012. Though I do not yet have the comparable figures for the previous year, I can report that the proportion of WW sales that are made using credit and debit cards continues to creep up and is now 87.5 percent of all our sales for this seven month period. This is in line with national trends, and means that the traditional “cost of doing business” is now almost exclusively “the cost of doing business with the credit and debit card issuers and their clearing houses.”

On a positive note, a comparison of our gift card sales for the first three months of this year to the first three months of 2011 showed that the sales of WW gift cards had increased by 344 percent. April’s result is even better: up over 1000 percent from April, 2011! There is a problem, however; this April, WW sold gift cards with a value of \$46,296 while we had total sales of \$1,419,944. Our gift card sales for the month were 3.3 percent of total sales, or less than one day’s sales, while the credit and debit card sales were \$1,266,249.

That’s 89.2 percent of April’s sales. I had hoped to see a reduction in the bank fees relative to total sales because of gift cards, and even after all the increases these sales are still too small to make any significant reductions. There is another reason for the small reduction: just as with total sales, the proportion of gift card sales made on credit or debit cards is high, and may be approaching that 87 percent figure again, and this means that the figure for gift card sales is largely included in the figure for overall sales using plastic.

So, the results we have in hand so far are disappointing from a financial standpoint, though everyone who has looked at the figures agrees that the use of the WW gift cards will reduce costs for the Co-op. On the other hand, the experiences gift card users have reported have been very positive. They are happy to have adopted a form of payment less risky than carrying cash, easier than using a checkbook and that contributes to holding WW costs down. They are also delighted with how easy the cards are to use—there’s no need to sign a screen or enter a pin, and this speeds the purchasing process along. A young woman proudly told me that she now buys a gift card every two weeks to cover what she has budgeted for WW pur-

chases and she has not overspent that budget once. The only negative I have heard is the fear of losing a card, and I hope I have been able to calm those worries: your sales receipt for the gift card includes the number of the card. If you are a Co-op member, that number is included in our record of your purchases. Either way, a quick report to WW’s IT Department with the number of a lost card will get it canceled, and a new card issued to you in the amount of the balance remaining on the lost card.

I expect to write more pieces about WW and plastic as I get more information on our experience and our financial results. In the meantime, I’d like to make a few points: As consumers, we all need to get educated about credit and debit card costs. These cards are not always free to the cardholder, even if they never carry an unpaid balance. The financial landscape these things operate in is constantly changing—witness the recent explosion of the prepaid debit card: not well regulated, and with the potential of large fees to the card holder. The regulatory picture began changing last fall. It continues to change, and the things we need to know to protect ourselves from additional costs is a moving target.

As members of WW, we are store-owners as well as customers, and the use of plastic looks very different from that side of the transaction. The smaller the purchase made using plastic, the greater the impact on the merchant’s bottom line. My wife and I pay for purchases from major national chains and such stores using plastic, as those merchants have added the bank and clearing house fees to their prices already. We shop at locally owned, non-chain stores as much as we can, and we will use cash there as much as possible, to lower these merchants’ costs. This will also keep more of our money in the local economy. The WW in-house made gift card is free of the fees and financial traps of regular plastic. It should be thought of as a pre-paid card, one where you put your money down before you make your purchase, not after. I would encourage those of you who have tried and enjoyed using our gift cards to encourage others to do the same. If we were to double the current sales of gift cards, and then double them again, we could begin to see measurable reductions in the Co-op’s cost of doing business. Considering the current size of our gift card sales, that shouldn’t be hard to do.

~ dmcguire@weaversway.coop

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Ask the Holistic Veterinarian

by Natasha Kassell, VMD

I’VE BEEN feeding my cats Primal, but I work long hours, and I don’t feel good about leaving raw or even canned food down for long, especially during hot summer months. Do you have any suggestions?

In addition to continuing to give your cats raw food when you’re home, I would recommend that you look into getting one or more “work-to-eat” toys for your cats. These toys are simple plastic balls or other object with holes in them, which cats must manipulate in order to obtain pieces of kibble. There are many commercially available products including Kibble Nibble, Slim Cat Food Distribution Balls, Pavlov’s Cat Scratch Feeder, Stimulo Cat Feeding Station and Tricky Treat Balls. You can also make your own work-to-eat toys using plastic food containers. Your cats will still be getting some kibble, but having to work for it provides several benefits, especially for indoor-only cats. Slowing the eating rate and increasing exercise are particularly important for couch-potato kitties who struggle with their girths. Work-to-eat toys can also help decrease boredom and give rambunctious young cats an outlet for their curtain-climbing, ankle-ambushing, older cat-tormenting energy. And by the way, work-to-eat toys are available for dogs, too.

I walk my dog every day, but she’s always on a leash when I walk her, and I wonder if she’s getting enough exercise. What’s your opinion?

This is a tricky one. Leash-walking is great, but all dogs (like all people) benefit from the freedom to run at their own pace,

stopping to sniff a tree here, racing off in pursuit of a chipmunk there. The question is, where to do it? Dog parks, such as Pastorius Park, are a wonderful option, if standing around chatting while your dog has all the fun floats your boat. As for me, I’d rather be running. So several times a week I head to the Wissahickon with my big black lab where we engage in the joyful conduct of running or hiking, mostly off leash. I’m not implying that *you* should participate in this activity, as it’s less than legal, but in case you do, I’ll share my personal rules: 1) Be respectful of people who don’t have dogs with them. I always grab my dog’s collar or put him on a leash when bikers, horseback riders or other people without dogs (or even people with dogs who are on a leash) are approaching. Understandably, many people are frightened of dogs or would rather not worry about crashing into or being chased by them or simply don’t appreciate being slimed with slobber. 2) When possible, go to the park during non-peak hours, such as early mornings, weekdays, or cold, rainy, snowy or icy days (crampons work great for hiking and running on ice). 3) Choose less-traveled trails. 4) Always carry a plastic bag and use it. Especially along the trails. I often pick up other dog’s poop in addition to my own dog’s, or use a stick to fling it off the trail, then bury it. I figure a little stewardship can go a long way in maximizing everyone’s enjoyment of our gem of a park, non-dog people and dog-lovers alike.

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

Approval of GE Salmon Expected Soon, First Harvest in December

by Jon McGoran, Shuttle Editor

DESPITE CONSIDERABLE controversy, AquaBounty Technologies, Inc., said in a May 2012 security filing that within the next few months, it expects the U.S. Food and Drug Administration (FDA) to approve for human consumption AquaBounty’s “AquAdvantage Salmon,” the first genetically engineered farmed salmon. The company anticipates the first harvest of the fish in December, 2012.

“AquAdvantage Salmon” has been genetically altered with genes from another type of salmon, as well as from a fish called an “ocean pout,” in order to grow at an accelerated rate, reaching market size twice as quickly as unaltered salmon.

In September 2010, the FDA ruled that the GE salmon is safe from a dietary and environmental standpoint, and this past May, the U.S. Senate defeated an amendment calling for a comprehensive environmental study of the GE salmon before FDA approval for public consumption.

But many are concerned, both about the safety of the fish for consumers and the environment, and about the approval process itself. Earlier this year, Consumers Union, Food & Water Watch, and the Center for Food Safety submitted a formal petition asking the FDA to classify and evaluate AquaBounty’s AquAdvantage brand of GE salmon, and all of its components, as a food additive. The FDA is

currently evaluating the fish as if it were an animal drug, using much less stringent criteria than would be applied for food products.

“Using only a handful of GE salmon in their assessment makes the FDA’s subsequent statistical analysis questionable at best,” writes Tim Schwab, a food researcher at Food and Water Watch. “Their analysis did demonstrate that their small sample of GE salmon showed 40 percent higher rates of a hormone linked to cancer and 20 to 50 percent higher allergenic rates—along with higher rates of physical deformities in GE salmon—but the FDA’s conclusion focused on the fact that it could not detect a difference between GE and non-GE salmon. This is how they determined that GE salmon is safe.” To read the petition, visit <http://s.coop/pzow>.

AquaBounty has asserted that it will keep the fish isolated from the environment, but there are concerns the fish will inevitably escape, and with an unnatural advantage over unaltered fish, the GE salmon will outcompete and possibly eliminate other naturally occurring strains of salmon. According to an article in *Outside* magazine, quoting an AquaBounty internal memo released by Food and Water Watch, such a release has already occurred. A storm hit an AquaBounty facility in Panama, relasing 1,000 of the genetically modified fish into the wild.



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Lessons from Mount Airy:

Weavers Way Co-op a Model for Using Social Enterprise for Community Engagement

by Davy Knittle

IN MANY respects Weavers Way was my first love. When my mom joined the Co-op in 1999, I was ten years old. Before I understood the mechanisms by which community is cultivated and maintained, I had an instinctive desire to be in the space and of the space, and over time I became a natural Weavers Way advocate. As a kid, I took note of where the curry paste and quinoa were kept and helped shoppers find them. I asked infinite questions of the produce coordinator and was taught how to recognize a ripe cantaloupe. I learned the names of the cashiers’ children and asked after them. I was welcomed and encouraged, and after a period of years I became an official resource to the Weavers Way community as a staff member between 2005 and 2007.

I’ve thought of my experience at Weavers Way often as I’ve spent the past year as a Thomas J. Watson Fellow, at work on a project entitled Cities in Transition: Identity, Narrative and the Changing Urban Landscape. During my Watson year I’ve lived in Toronto, Canada; Quito, Ecuador; and Sydney, Australia, and I’ve spent much of this time interviewing people involved in the world of social enterprise. The framework of social enterprise—the use of a business model to create a self-sustaining organization whose profits are returned to the community—is and will continue to be an essential feature of the work of change-makers around

the world. It’s considered by many to be a relatively new idea, as the term “social enterprise” dates from the late 1970s, but it is predated by other community-supported business models, as demonstrated by the history celebrated currently during the International Year of the Cooperative.

As I’ve worked with and learned from a range of social entrepreneurs, I’ve come to note Weavers Way as not only a successful example of social enterprise at work, but also as a living demonstration of the productive management of the challenges that many newer social enterprises face. Among the organizations I have encountered in my Watson year, many struggle with two major barriers to achieving successful communication with their potential constituent base: clarity of mission, and a sense of an impossible learning curve for those new to the community.

Because many social enterprises focus on similar issues, it is essential to be able to identify what sets a given social



photo courtesy of Davy Knittle

Davy Knittle delivering the keynote lecture at the Social Innovation Sydney 2012 Unconference

enterprise apart. Many people who engage with social enterprises are learning about fair food advocacy or sustainable design from the social enterprise itself. In this way, social enterprises take on an implicit educational role that’s not always shared by other organizations. With this comes the second challenge: managing the idea that those immersed in the community of a social enterprise use a language that escapes newcomers

and can be difficult to teach continuously.

In my experience, Weavers Way has managed these challenges by building and maintaining a community of leaders that is able to adapt to the needs and input of its members, and that encourages a similar ethic of adaptation within its expanding membership. With a broad mission of using a cooperative structure to make ethically sourced food available to its members, and by expanding that mission into providing community programming and education focused broadly on issues of sustainability, many individuals

are able to have an experience of membership at Weavers Way that appeals to their own convictions, even though those convictions might be varied, as long as they are compatible with the mission of sourcing ethical food. This, in turn, cycles back to further extend the bounds of what membership can look like and what being a member can mean, as individuals who are new to the community develop narratives of Weavers Way in which they believe many different kinds of people can be comfortable there.

On some level, all social innovators have this in common—the desire to create adaptive communities that bring about social change and that attract and maintain membership by means of enduring collective work. What sets Weavers Way apart is its ability to be both general and specific—to work toward social good in a way that’s participant focused, and that maintains its singularly multivalent and adaptive culture and history, which, no matter how it expands or renovates, is at the heart of its mission and the heart of its leadership. This, I believe, contributes to its ongoing success. Having been raised under its auspices, I couldn’t be prouder.

Adapted for The Shuttle from the keynote lecture at the Social Innovation Sydney 2012 Unconference, May 19, 2012, in Sydney, Australia.

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CCMA Makes a Splash in Philadelphia!



photo by Lane Blackmer



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photo by Jon McGoran

Hundreds of cooperators from around the country came to Philadelphia, June 14 - 16, for the national Consumer Cooperative Management Association (CCMA) conference, to get energized, informed, connected and entertained. Clockwise from top left: Author, lecturer and nutritionist Marion Nestle delivers the keynote; Under the guidance of Benjamin Franklin (America's first cooperator), attendees learn how to give a proper "Huzzah!";

Mr. Franklin reads the "Resolution on Co-ops," passed by Philadelphia City Council for the International Year of the Co-op; and hundreds of conference attendees and other cooperators from Weavers Way and other Philadelphia Co-ops partied into the night at Reading Terminal Market.

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photos by Judy Levy

Once again, Mt. Airy Village went to the dogs—and cats, and birds and other pets—as Pet-A-Palooza returned, June 2, 2012.

Pet-A-Palooza

(continued from page 1)

I really promoted it as an animal education, information, and adoption event.” In fact the 2012 Pet-A-Palooza was bigger in every respect, with nearly 30 exhibitors and a longer portion of Carpenter closed to traffic. Workman said she had contacted 15 pet rescue organizations, and seven took part. Lauren-Alice Lamanna of the Philadelphia Animal Welfare Society (PAWS) said that for her group, Pet-A-Palooza was about raising awareness, and about fundraising. “Trying to get the word out. We have some things for sale—magnets, t-shirts, bags—and every dollar goes back toward rescuing more cats and dogs.” A pit bull mix was also brought along by PAWS volunteers in hopes of find-

ing an adoptive family. “At a lot of these events, people come up and drop money in our box and they don’t even want anything in return,” said Lamanna. “They just say, ‘Thanks for doing what you do,’ which is always good to hear.” Smaller rescue organizations were also in attendance, including the Prancing Paws Animal Rescue from the Northeast, which uses volunteers to foster mainly stray cats until they can be adopted. Organizer Lorri Gordon said she learned about Pet-A-Palooza on Facebook. “Any exposure [is welcome]. I wanted to come and hopefully adopt out some animals and spread some education.” The Weavers Way Pet Supply Store was bustling during the four hours of Pet-A-Palooza, and with good reason, as the store donated five percent of the day’s receipts to the rescue agencies. A silly pet competition and pet parade capped off the four hours of activities under brilliantly sunny skies.

There was even a doctor in the house: veterinarian Jennifer Muller set up a table to promote her practice, “House Call Vets.” “I love Mt. Airy; it’s a great community,” said Muller, who also took part in last year’s fair. “I’ve had people even three, four months later saying they got my card from the Pet-A-Palooza.” Linda Dzuba, a Mt. Airy resident who is currently training a service dog, set up a table for her organization, Canine Partners for Life. Pet-A-Palooza, she said, of-

fered a great opportunity to raise awareness: “This organization is a nonprofit, and everything is volunteer. They can use all the volunteers that they can get. Its a great thing that Anne Workman is doing.” Workman, for her part, was thrilled with the great weather and the turnout. The only no-show, in fact, was her beloved German Shepard rescue Pippa, but that was by design. “She doesn’t play well with other dogs,” said Workman with a laugh. “She would just be a pain.”

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Thursday, July 5
Farmers Market

3 - 7 p.m.

Saturday, July 7
High Point Café Anniversary Party
Philadelphia Salvage Anniversary Party

All Day
All Day

Wednesday, July 11
Weavers Way Pop Up Store Opens
This Summer we will be OPEN

All Day

We will have a outside market set up under tents on Carpenter Lane—a Farm Market setting selling produce, as much local as we can find, and our usual offerings. It will be a taste of the Italian Market in your own back yard.

Inside 555 Carpenter Lane will be a small selection of our most popular staples, breads, Rollings bagels, Merrymeade milk, cereal, equal exchange coffee, pre-packed salmon, and deli meats, items for grilling, some of the most popular items from our WW kitchen such as guacamole and chicken salad, cheeses including grated cheese and fresh mozzarella, some bulk items, peanut butter, juices, and all of the grocery staples you can think of. Think of us first this Summer for your shopping, and come out for the events!

Thursday, July 12
Weavers Way MA Closes for Renovation
Farmers Market

3 - 7 p.m.

Friday, July 13
Summer Event Kick-Off

5 - 8 p.m.

- Food Truck Night-dinner and dessert from a variety of Philadelphia food trucks
- Beer and Wine Tasting by Rolling Barrel Events, showcasing regionally sourced beers and wines
- Live Music
- High Point Café open late

Saturday, July 14
Summer Steps Competition Begins

9 - 10 a.m.

- Increase your total steps over the summer and enjoy a little healthy competition with fellow Weavers Way members. Record your steps over the summer and walk with others each Saturday morning. Meet at the Co-op steps; Free pedometers to the first 40 who enroll; Prizes for the 3 members with the highest number of Summer Steps.

Cool Eats in the Heat

4 - 6 p.m.

- Recipe exchange and demonstration of cool summer meals—salads, cold soups and refreshing beverages.

Tuesday, July 17
Kids Night

5 - 6:30 p.m.

- Snow Cones 50¢ for kids 12 & under
- Face Painting
- Kids Craft Kenetic Sculptures

Thursday, July 19
Farmers Market

3 - 7 p.m.

Friday, July 20
Cheese Demo with John Connor
Boylins Natural Soda Sampling
Grilling with Apollo
• Live Music & Beverages

5 - 7 p.m.
5 - 7 p.m.
5 - 8 p.m.

Saturday, July 21
Summer Steps Competition
• Meet up and walk

9 - 10 a.m.

Tuesday, July 24
Food Truck Night
Crafts for Sale by Local Artists
Live Music

5 - 8 p.m.

Thursday, July 26
Farmers Market

3 - 7 p.m.

Friday, July 27
Finally Friday
Across the Way Kick-Off
• Wellness store open house
Grilling with Apollo
• Live Music & Beverages

5 - 8 p.m.

Saturday, July 28
Bird Walk with Steph Clymer

8:45 - 11:30 a.m.

- Meet on Co-op Steps for area birdwalk. Afterwards, enjoy refreshments and chat about wildlife sighted in your own yard and around Northwest Philadelphia.

Summer Steps Competition
Play with Your Food Kids' Event

9 - 10 a.m.
1 - 3 p.m.

- Meet at Big Blue Marble to make characters out of produce provided by the Co-op. Use 'Play with Your Food' Book Series as inspiration. Drawing for Free Book in the series.

Tuesday, July 31
Kids Night

5 - 7 p.m.

- Snow Cones 50¢ for kids 12 & under
- Crafts & Entertainment



Visit to Cohousing Communities in the D.C. Area

by Don McGuire, Weavers Way staff member

WHEN YOU start looking into cohousing online, you quickly discover that the idea has a lot of presence there. In this part of the country, Mid Atlantic Cohousing (MAC) is a nonprofit that seeks to support the intentional communities of the region by holding seminars and presentations as well as an annual bus tour. This year, the MAC bus tour was held Saturday, May 19. Six members of Wissahickon Valley Cohousing (WVC) were among the 40 participants on a full bus: Susan Saxe and Moon Smith, Pesha Leichter, Susan Sussman, my wife Janet Boys, and I.

Because the bus trip promised to be a very full day, four of us carpooled to Washington on Friday evening, having arranged to stay in guest rooms (a common cohousing feature) at Tacoma Village Cohousing, where the MAC tour began. It was a good way to be introduced to a cohousing community, as they provided a light breakfast to early-arriving tour participants. We had time to look around, get our bearings and talk with residents.

Over the course of a long day we visited four communities: Tacoma Village and Eastern Village are urban, and relatively close to each other across the D.C.-Maryland border; Liberty Village is rural, with the closest “big” city being Frederick, Maryland; and Blueberry Hill is suburban, four miles from Tysons Corner in Vienna, Northern Virginia. During the longer bus ride segments, we heard presentations about two more communities, Three Groves Ecovillage, near West Grove in Chester County, PA, which is well into the design phase, and Hundred-fold Farm, near Gettysburg, which is close to full occupancy. We also received information about Falls Church Cohousing, a group in Northern Virginia (D.C. suburb), which seems to be at about the same stage in its development as WVC.

It was interesting and informative to



Large Room/Dining Area in the Common House of Tacoma Village Cohousing

see and learn about these communities, from the ones in the planning stage to those that have been occupied and operating for a decade or more. These places are physically rather different from each other, even though their designs are based around common principles: living more sustainably, having a smaller footprint, consuming fewer resources, working together as a community to maintain shared open space. As several people noted in their presentations or discussions, the physical aspects of cohousing may be the least important part, especially after design and construction have been completed.

As a new member of WVC, it has not been easy for me to describe what cohousing is. On this trip, I was introduced to the “six defining characteristics of cohousing”: participatory process, neighborhood design, common facilities, resident management, equality in decision-making, and no shared community economy (for a more complete explanation of these characteristics, go to www.cohousing.org). It became clear over the travel, tours, presentations, and discussions that what defines a cohousing community are the interactions between community members—the characteristics of participatory process, resident management, and equal-

ity in decision-making. These topics came up after every presentation, in a form something like this: “Tell us about the issues that have been particularly hard for your community to resolve, and about the process you have used to get the difficult decisions made.” Presenters and residents alike always seemed to first pause, then sigh, and then begin to open up about the sorts of issues that arise from living in and managing a close and diverse community. The stories were always enlightening. It seems that these communities have all found it easy to agree about how smoking will be treated, but every one has had trouble agreeing about how to treat pets. There have been issues at some cohousing communities that have gone unresolved for almost ten years.

WVC is in the early stages of its creation process. If you are particularly attracted to the process of designing a neighborhood and the common facilities that will encourage and support the development of a close-knit community here in Mt. Airy, now is the time to get involved. If you like what you have heard about living in an intentional community, come find out more about it. WVC has several events scheduled each month at www.wissahickonvillagecoho.com, and these events will also be posted on Weavers Way’s E-newsletter. If you do not already receive this valuable tool for keeping up on what is going on in our community, you can sign up at www.weaversway.coop.

~ dmcguire@weaversway.coop

PACA to Show *Fixing the Future*

by Bob Noble, Weavers Way Board Member

ON JULY 19, 7:30 p.m., The Philadelphia Area Cooperative Alliance (PACA) will host a local showing of the new film *Fixing the Future* at the Bryn Mawr Film Institute, 824 W. Lancaster Avenue, Bryn Mawr, PA. Host David Brancaccio (of NOW on PBS) visits locations across America that are successfully using sustainable approaches to create jobs and build prosperity. Featuring innovative models like local business alliances, worker cooperatives, and community banking, *Fixing the Future* inspires hope and renewal amidst economic collapse.

For more information, go to www.fixingthefuture.org. To purchase tickets: <http://s.coop/fixingtickets>.



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International Year of the Co-op Update

by Margaret Lenzi, Weavers Way Board President



photo courtesy of Alaffia

Workers at Alaffia crystallize shea butter



photo courtesy of Coosturart

A workers at Coosturart cooperative working on a garment

Co-op Brands At Weavers Way: Alaffia

ALAFFIA WAS created to help West African communities become sustainable through the fair trade of indigenous resources like shea butter. One key to sustainability is the empowerment of individuals within the communities through the creation of women’s cooperatives. The cooperatives cultivate the women’s unique skills, traditions, and knowledge to produce health and beauty products. As a result, they gain income and livelihoods to support their families. Alaffia is morally committed to eradicating poverty and gender inequality while preventing environmental collapse. Weavers Way carries the HBA line of Alaffia health and beauty products.

For more info on Alaffia, go to www.alaffia.com.

Spotlight On Cooperatives: Sewing for Change in Rio de Janeiro

COOSTURART IS an artisan cooperative founded in 2002 and located in Santa Cruz, a low-income community west of Rio de Janeiro, Brazil. This cooperative has 30 full-time members and specializes in hand-sewn clothing, bags, and accessories. The members generate income from marketing their high-quality and modern products, which have received accolades from fashion designers in Rio. Since the inception of the cooperative nearly 10 years ago, the women have already opened a store in their community and even created an online presence through a blog. Despite their much deserved success, the members of Coosturart still find time to offer sewing lessons to their neighbors in Santa Cruz.



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Changing Notions About Fermentation

by Sarah Gabriel, Managing Director of The Home Grown Institute

I’M NOT a big fan of sauerkraut. That fact, I’m embarrassed to say, kept me from exploring fermentation in my own kitchen. My change happened when I read Sandor Katz’s 2003 book, *Wild Fermentation*. Reading it, a whole new world opened up for me. I learned about bacteria (the good kind) and yeast and the “cultures” they create and maintain. I discovered that all human cultures have a rich history of fermenting. I began to understand about the health benefits (strengthened immune and digestive systems) of consuming what is essentially predigested food—such as yogurt, kim chee and even coffee, chocolate, and cheese—that has been predigested by microbial bacteria, yeast, and mold to make the nutrients more accessible to our human systems. In the end, I came to see fermentation as an antidote to cultural homogenization. I was inspired to enter the adventure.

I decided to start by brewing fermented beverages. It turns out that beverage cultures multiply, and fermenters are a generous group. Amy Steffan gifted me an extra kombucha SCOBY (Symbiotic Culture of Bacteria and Yeast), fondly called a “mother,” and I had picked up dehydrated water kefir grains that Jared Blumer had donated to The Home Grown Institute Silent Auction (different culture from dairy kefir, water kefir ferment results in a carbonated soda-like beverage). In my three-quart glass jars, I took the plunge. Mixing water and sugar (ugh! sugar? yes, the cultures feed on sugar. I have since learned that I can also use other sweeteners—certain fruit juices, agave or maple syrup) is the first step for both kombucha and water kefir. The recipes branch out from there—kombucha is flavored with black tea, and water kefir is traditionally flavored with more fruity blends. Then you wait. The water kefir ferments more quickly, in 24-72 hours depending on temperature and some other factors. The kombucha can take as long as seven to 14 days. As the culture feeds off the sugar, the beverage gets less sweet and starts to develop a tang. The water kefir gets bubbly. The idea is that after that initial 24-hour or seven-day period, you start to taste the ferment until it suits your palate.

My first batch of water kefir was a smashing success. I had used lemons, raisins, and ginger and left it for three days. I bottled the liquid in brown flip-top bottles I picked up at the newly opened Malt



photo by Emily Aufschauer

Sarah Gabriel removes the SCOBY (Symbiotic Culture Of Bacteria and Yeast) “Mother” from the newly brewed kombucha.

House home brew shop in Mt Airy and left it out one more day to increase the carbonation. My first batch of kombucha was not as successful—okay, but not great. I had been going out of town on day ten of the fermentation for five days. It wasn’t quite ready when I left and with a few 90-degree days while I was gone, it was just slightly overdone when I returned. But I was not discouraged. I have learned that fermentation, like so many other sustainable and regenerative skills, is a practice.

Now Sandor Katz has a new book, *The Art of Fermentation*, published just last month. I had the pleasure of hearing him at an author event at The Free Library this week. He spoke eloquently about Role of Fermentation in Evolution, Culture and Community. He bemoaned the “bacteria phobia” we have in American society, when in truth the vast majority of bacteria are beneficial and necessary for good health. The new book is an incredible 528 pages of history and how-tos, with illustrations and extended resources. Although I just asked my library (Springfield—part of MCLINC, Montgomery County Library & Information Network Consortium) to order it, I think it is going to be one for my personal bookshelf.

Yesterday I started a new batch of water kefir. Although I’m loving the lemon/raisin/ginger combo, my son had his own

idea... cranberries and lime with a little vanilla to give it that cream soda feel. I’ll let you know how that goes.

Sarah Gabriel is the Managing Director of The Home Grown Institute.
~ sarah@thhomegrowninstitute.org

Renovation Begins

(continued from page 1)

tion of groceries from every department at 555 Carpenter Lane (the site of Weavers Way’s original storefront!) and an outdoor produce market with a great selection of fruits and veggies. Hours for the Pop-Up will be 9 a.m. to 8 p.m. Monday – Friday and 9 to 6 Saturday and Sunday.

Construction on 559 will begin July 16 and is expected to last until the end of August. In the meantime, there will be plenty of events to keep things lively in the Mt. Airy Village. There will even be a regular Co-op Shopper Shuttle van, making frequent regular trips to and from the Chestnut Hill store on Tuesday and Thursday evenings and Saturday mornings, to make shopping at Weavers Way a breeze..

It will definitely be an interesting summer, but we’re confident it will be a lot of fun, and when it’s all over, we’ll have a great renovated store with a great new bulk department on the second floor, an expanded Wellness store Across the Way, new energy efficient fixtures, and an updated (but not too updated) look.

Check www.weaversway.cop for frequent updates, and be sure you red your Weavers Way E-news.

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Rabies and Wildlife

by Brenda Malinics

RABIES. MENTION of it frightens many, especially in light of a rabid raccoon being found in the Wissahickon. However this should not be a cause for fear or hysteria over the presence of wildlife in our neighborhoods or backyards. Rabies can be fatal, but more people die from food poisoning each year in the U.S. than from rabies.

Most people don’t understand rabies, which is a viral disease that infects the central nervous system. It can be fatal if treatment is not administered prior to the onset of symptoms. Early-stage symptoms include fatigue, headache and fever. It can progress to acute pain, violent movements, uncontrolled excitement, depression, and hydrophobia (“fear of water” or inability to eat or drink caused by spasms in the throat muscles). Rabies is surrounded by much misinformation and many myths.

I have been rehabilitating wildlife and solving human/animal conflicts for almost 35 years. I have a PA Game Commission Nuisance Wildlife License and work primarily with bats. I got my pre-exposure rabies vaccine early in my animal career, which is a good thing since I have been bitten by a rabid animal, as have many of my friends who do wildlife rehab. (Note: the injections are not painful, nor are they given through the stomach).

Any mammal can carry or contract rabies, including humans. A rabid animal can be abnormally friendly, aggressive, or unsteady on its feet, unusually vocal, and sometimes bite at itself, objects, or even at the ground. I have never seen a rabid ani-

mal drooling, although most people think that drooling and rabies are synonymous. Some animals have a higher tendency to contract rabies, and they are called rabies-vector species (RVS). These include raccoons, skunks, foxes, bats, coyotes, and groundhogs. To confirm if it has rabies an animal must be killed, because sections of the brain must be tested. Poisoning and neurological damage can also mimic rabies symptoms in animals.

Because bats tend to wind up in people’s homes more than the other five rabies vector species, bats get a lot of bad press. It is not only the media who spread inaccurate information about bats and wild animals; the medical community and the city health department continue to convey false or misleading information. It seems that the people who wrote the rabies protocol manuals have little if any experience handling or interacting with wildlife. I have heard more than once that a person cannot feel a bat bite because the teeth are so small. A needle is also small, and it hurts to be stuck with one. I’ve been stuck with needles and I’ve been bitten by bats. I feel them both.

There is also a lot of hysteria over what constitutes “contact” and how one can contract rabies. Rabies contact means that a rabid animal’s saliva gets into an opening in the skin of a person either through a bite or from saliva getting into through a cut or through a break in the skin. You cannot “catch” rabies from being in the same room as a bat, nor can you

breathe in rabies. A doctor at the health department once told me that I needed the post-exposure rabies vaccinations because I was in the same room as a rabid bat. This is false, false, false.

There are some gray areas defining “contact” when it comes to bats. If a bat is found in the room of a sleeping child, or a person who is mentally challenged, or a person who is under the influence of drugs or alcohol, then it is recommended that that person get post-exposure vaccinations. A person on drugs and/or alcohol might have been too “out of it” to know if they were bitten by a bat. A child or a mentally-challenged person may not be able to adequately communicate if they were bitten, and this is where those tiny bat teeth cause problems because a bat bite may be hard to find on a person because the teeth marks are so small and the wound heals quickly (I know from personal experience that the site is still sore).

In other situations, it’s not that a person would not feel a bat bite, it is that they may not notice the source of the pain if they are involved in intense physical activity. I’ve heard of situations where rock climbers contracted rabies, but claim that they have no contact with bats. But in a dark cave when one is grabbing sharp rocks, how would one know if they were cut by a sharp stone or a metal object or if they were bitten by a bat? The same holds true with sticking one’s hand into a wood pile, or grabbing an object in a dark garden shed.

However, I digress. The purpose of this article is to share some tips for when one encounters (or is trying to avoid) wildlife. A nocturnal animal seen out in daytime does not indicate rabies unless the animal is acting abnormally friendly, aggressive, vocalizing, or biting at itself, an object, or the ground. Wild animals can be chased from their day roosting places by construction crews, dogs or kids. Animals can also wake up hungry if they had a poor night of hunting; this is especially true for lactating females who need many calories to produce milk for hungry babies. A female can’t risk having her screaming offspring draw attention to their den so she is forced out in the day to hunt.

Putting food out during the night will definitely attract animals to your yard. If you wish to feed stray animals, do so during the day and bring in the food at night. Be sure to have your pets vaccinated; it is the law and it will protect them should they have an encounter with a wild animal. Keep your pets inside, especially during the night. Do not harass, tease or corner a wild animal. And never attempt to handle a wild animal without gloves. If you come upon an injured wild animal, always use a thick towel and gloves to move it into a box until you can get it to the nearest wildlife rehab clinic.

Wild animals fear humans, and they do not want to be around people. But be-

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Rabies

(continued from page 18)

cause they are losing their habitat, they are being forced to live among humans. Trapping and relocating a wild animal from one’s yard never works; it opens up territory for another animal to move right in. I advise people to show tolerance for the animal under the shed or porch because as soon as it grows up it will be forced to find its own territory, and it will move on. Animals are always looking for living space away from humans, so it may leave as soon as it finds a better space.

Respect the animals and they will avoid you. If you have found an injured wild animal, you can phone the Schuylkill Wildlife Rehab Clinic (in Roxborough) at 215-482-8217 or Diamond Rock Rehab (specializing in RVS and located in Malvern) at 610-240-0883. Bat questions/animal-conflict problems—call me at 215-482-4356.

ECO TIPS

from The Environment Committee

Since appliances in standby mode (those that are plugged in but are not being used) still use electricity, consider having a master switch to completely shut off electricity to appliances such as TVs and computers, or unplug them. It has been estimated that standby energy costs U.S. households over \$5 billion in electricity a year. According to the U.S. Department of Energy, in the average home, nearly 75% of all electricity used to power electronics is consumed by products that are switched off. Unplug your cell phone charger when not in use. Only 5% of power drawn is used to charge your phone. The other 95% is wasted when the charger is left plugged into the wall.

David Woo Speaks at Energy Co-op Member Meeting



Photo by Krystal Eason

Discussing sustainability at The Energy Co-op’s 2012 Annual Membership Meeting are (l to r) Robin Mann, Immediate Past President of the Sierra Club, Katherine Gajewski, Director of the Mayor’s Office of Sustainability, David Woo, Immediate Past President of Weavers Way Cooperative Association Board of Directors and Alex Mulcahy, Publisher of Grid Magazine.

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FOW Structures Crew Needs Work Space

by Denise Larrabee

THE FRIENDS of the Wissahickon (FOW) Structures Crew is in need of donated garage space. These dedicated volunteers routinely work over 1,500 hours a year repairing and maintaining fences, buildings, signs, and stone walls throughout the Wissahickon. Their current large-scale project is the construction of the new Warming Shed at Valley Green.



photo by Denise Larrabee

The Structures Crew is in need of at least 400 square feet of indoor storage space, room to build projects outdoors (200 square feet), parking on-site or nearby, 20 amp service per circuit (or the capacity to upgrade), and ample lighting (or the capacity to upgrade). A commercial site in Chestnut Hill or Mt. Airy is preferred, but other sites near the park may be acceptable.

If you have a useable space, please contact FOW Volunteer Coordinator Dan Mercer at mercer@fow.org or 215-247-0417 ext. 107.

Buzz Wemple and Rich Berman of FOW's Structures Crew, repair a bench at their current workshop.

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

Carpenter's Woods Town Watch Helps to Keep Us Safe

by Kaela Farber

HAVE YOU seen those blue vests glowing with the words TOWN WATCH? Carpenter's Woods Town Watch (CWTW) is in its fifth year of active patrols and still going strong. A map on our newly refurbished website—cwtownwatch.org—shows the fifty blocks in West Mt. Airy, all around the Co-op, that your neighbors patrol.

Vigilante behavior is completely foreign to the whole Town Watch concept. Real Town Watch members never carry weapons, we always patrol in pairs, we are trained by Town Watch Integrated Services of Philadelphia, and we are linked by radio with other patrollers who help us sort out what we see.

Police Captain Dales of the 14th District appreciates Carpenter's Woods Town Watch. Our patrolling extends police awareness for neighborhood safety, and it works. The area we patrol, roughly 20-25 percent of the District, has markedly less crime than the rest of the district. In March of 2012, while Police responded to a total of 329 incidents in the 14th District overall, only eight occurred inside the zone patrolled by CWTW. While crime statistics have risen by about 17 percent all over the city of Philadelphia because of the recession, our rate of crime has not increased.

The remarkable thing is that our effectiveness is mainly prevention. Our job is to use our eyes and ears and our visibility for public safety. There have been

occasions when we actually had to call the police about suspicious events, but they have been rare.

We manage to watch over such a large area (most other Town Watch groups patrol just a few blocks) because our active patrollers give their time. Members sign up on the website, and they meet up to get a radio and a partner and any pointers for the day. A dedicated core comes out frequently and others patrol perhaps just an hour each month. We go out by night and by day. All of it helps.

Patrollers get rewards as well. Many of us sign up with a friend, but we also get to meet new friends. We spend our hour or two in interesting conversation, and our health benefits from the exercise and the chance to clear away a day's frustrations. Some walk, some ride a bike, and others patrol by car. All around Mt. Airy, people wave and say "Thank you, Town Watch"—another reward!

The whole endeavor works because people pitch in. Since the City has cut back funding to our sponsor, Town Watch Integrated Services, we recently had to ask for donations. We are always looking for new patrollers as well. Our members take summer vacations, but burglars don't! Sign-up is easy—all the information is at our new website, cwtownwatch.org. We hope you will check us out!

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Suggestions

(continued from page 24)

planning to offer bulk organic cornstarch in our new bulk foods section on the second floor, opening in late August. Thanks for writing. (Norman) FYI, Rapunzel is a German company, started in early seventies by a couple dedicated to organic cultivation. I believe the corn in the cornstarch is sourced in Austria, apparently one of the few places in the world still growing non-GMO corn. Austria banned the import of GMO seed in 2008. From Greenpeace: “Studies showed Monsanto’s MON 810 is harmful to wildlife, soil and human health. Its inbuilt toxin, which is also designed to kill the corn borer, seeps into soil harming animals critical to soil health, such as earthworms, and other wildlife including butterflies, ants and spiders.” Consumers have and will decide how much GMO-free cornstarch is worth, but I think they should have the full picture before deciding.

- s:** “Greek yogurt please!”
- r:** (Chris MA) We do carry Fage Greek yogurt, in the dairy case, in the center.
- s:** “Could we please stock organic whipped cream in a can? We used to have it here, and it’s in the CH store (Natural By Nature). If it’s a space issue, perhaps replacing the non-organic (RBGH)? Thanks.”
- r:** (Chris MA) We’ll try to make space for this item in late summer, after renovations. Since our CH store carries it, you can pre-order any quantity, even just one, and we’ll have it for you here in MA.

- s:** “Re: wild mix mushrooms: Can the packages please be marked with a date? Either pack date or use by date would be helpful. Thanks.
- r:** (Jean MA) This product does not come to us with a pack date, sell by date, or use by date. Have you had a problem with them? I’ll see what I can do.

- s:** “Love the bamboo socks. Thanks to Martha for carrying them (and so many other comfy/environmentally friendly bamboo attire items) and to Jean for the recommendations “buy these, they’re great!” as she walked by. As a member of the unofficial “follow Jean’s advice” club based on her excellent produce recommendations, I take these endorsements seriously. Really, when she takes the first floor loudspeaker and encourages people to buy a certain produce item, there is a veritable stampede. This women is an influence-maker...”
- r:** (Martha) Thanks for your thoughts—I love her announcements too!
- s:** “I was very pleased to find fresh greens from WW farm on sale here. I was discouraged to see they were NOT bulk-sale items, but pre-packaged in plastic bags! I hope this will not be the case after renovations to Carpenter store are done.”
- r:** (Jean) I will discuss this with our farmers, but as of now, WW farm salad greens come to use from the farm in plastic bags. That’s how they sell them at farm stands, too. So it’s not a renovation issue, it’s just how WW farm sells its salad mixes.

Manager’s Corner

(continued from page 6)

Renovation Update

A few important changes are going to take place by the time we reopen the Mt. Airy store in September. I wanted to stress why we are renovating the store now, and why we are making these changes:

1. A few years ago I promised the Mt. Airy community of member owners, residents, and business owners that once we were able, following our Chestnut Hill expansion, we would invest in the corner again. That is what we are doing. The state-of-the art equipment, new floor, greatly expanded bulk department, and expansion to 610 is a promise kept.

By the time we are done, over \$600,000 will have been added back into the block, with an additional 600 square feet of retail space added in 610 Carpenter Lane.

2. Supplements and Health and Beauty Aids will have their own first floor storefront on Carpenter Lane, sharing a double storefront with the Pet Supply store. We hope to give these products their just exposure, and at the same time to give the community a more vibrant retail district with a full line of small business storefronts. I do hope you will like the addition! The staff will be cross-trained in both departments, and there will be a buyer for each side. Pet store sales have grown over 20 percent this year, while the supplement and health sales have stayed flat or decreased a little. We are hoping that this move and the increased exposure

will increase visibility and sales for these wonderful products.

3. Bulk on the second floor: We have several goals for our new 500-square-foot bulk section on the second floor:

- Enable members to bring their own glass and plastic containers to fill up on food items, reducing waste from packaging.
- Expand the overall offering of products in bulk to enable members to get what they want and the amount they want.
- Savings. We are hoping that the savings, especially on olive oil, will be 20 percent or more.

I encourage you to begin thinking about how you can shop using your own containers and how the Co-op can make it easier.

4. Energy efficiency: Our new updated equipment will be 20-30 percent more efficient than the current equipment.

I realize we will not get everything right, that we will make mistakes, and that we will need to make adjustments after we open, but bear with us as we work out these issues. We will be asking for your feedback on what you like and what you do not like. Please fill out comment cards, e-mail us, call, or tell us in the store. With our pop-up grocery and all the great events, it should be a fun and interesting summer, and with the renovations complete, an even more exciting September.

~ gbergman@weaversway.coop

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Summer Classes for Kids and Adults at Woodmere

by Rosaria Mineo, Woodmere Art Museum

HAVE A little more free time on your hands this summer? Woodmere Art Museum is still accepting registration for summer classes for kids and adults at their beautiful location in Chestnut Hill. Through August, the George D. Widener Studio is open seven days a week for lessons ranging from watercolor and oil painting to mixed media and woodcarving. Local artists living and working in the Philadelphia area teach a variety of classes and workshops for students of all experience levels.

The youngest students will journey around the world discovering different cultures and techniques such as Ghanaian kente cloth, the art of Indian puppetry, and clay pottery inspired by Mexican artists in Ellissa Collier’s three-day *Magic Carpet* class. Martha Conklin, a member of the Museum’s Education Department since 2007, will teach *Drawing, Painting and Sculpture Fun*, where students learn how to draw, paint, mold, carve, and build three-dimensional works of art. *Animation*, a hand-drawn animation course, will be taught by Chestnut Hill’s own award-winning animator John Serpentelli. Other classes for children and teens will include *Traditional Japanese Crafts*, *Underwater Adventure*, *Portfolio Prep*, *Art and Nature*, *Create with Clay*, and more!

“Introducing students to art during the early stages of their lives is said to have positive effects on the total quality of a student’s life,” says Collier, describing

her approach as a Teaching Artist. “Every student in my classroom is considered important in the art process, increasing self-esteem and allowing for positive learning experiences in the art room.”

Woodmere Art Museum also offers traditional studio instruction for adults with Philadelphia artists such as Francis Galante, Paul DuSold, and Linda Freedman. In addition, unique summer programs include workshops that combine literature, poetry, and music with fine art. During *Hot Off the Press*, a monthly book discussion held July 26 and August 23, Lynn Rosen will delve into some of the most talked-about and highly anticipated fiction being published today. Photographer Bill Kelly takes students to the Antonelli Institute in Glenside, PA for *Camera to Print*, a four-day workshop this month covering the complete photo-making process, including camera work, processing, and optimization with Adobe Photoshop Lightroom.

Woodmere Art Museum is located at 9201 Germantown Avenue. For complete class schedules and descriptions, and for registration information, please visit woodmereartmuseum.org or call 215-247-0948. Scholarships are available for students in grades K-12 based on financial need. To apply, please contact the Education Department at 215-247-0948.



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For more event info: www.morrisarboretum.org

Quilt Club at Mt. Airy Art Garage

by Janet Meyers



photo by Linda Slodki

Master quilter Sarah Bond will be teaching quilting classes at Mt. Airy Art Garage this summer.

I LOVE quilts—I love to look at them, and I love to create them. But sometimes my sewing machine sits idle for weeks at a time. The demands of life can be so great that I have trouble finding the time or energy to be creative. I tried to find a local community of quilters for camaraderie and support but had limited success. Then I found the inspiration I needed at the Mt. Airy Art Garage (MAAG).

During Mt. Airy's May Final-ly Friday, MAAG hosted "Quiltapalooza," led by Sarah Bond, local quilter extraordinaire. Sarah taught us how to make "string quilts" using fabric scraps. I fell in love with this quick and easy technique, which

produces colorful quilt squares without the preplanning involved in a traditional quilt. What fun! I also found the community I was looking for. Many of the other quilters were also interested in meeting on a regular basis to share ideas and inspire each other. Thus the MAAG Quilt Club was born.

The MAAG Quilt Club started meeting in June, and meets from noon to 1:30 p.m. on the fourth Saturday of each month. The group is free and open to all quilters, both members and nonmembers of MAAG—just bring a snack to share!

For more information or to RSVP, contact Janet at 215-435-5977 or janmeyers@verizon.net.

Summer Classes at Mt. Airy Art Garage

by Melissa Hamilton

LOOKING FOR a way to beat the heat this season? Well, here at the Mt. Airy Art Garage (MAAG) we've got the perfect solution to overcome those dog days of summer. Throughout July and August, MAAG is offering an array of studio classes for children and adults, including collage, quilting, bookmaking, drawing, painting, acting, photography, and more.

Perhaps you've been itching to hone your digital photography skills, polish that long-lost monologue, or piece together that brilliant quilt in your mind's eye? Perhaps you yearn to go back to a simpler time when snail mail ruled and self-bound books were a work of art? Or maybe you're just a budding artist between the ages of five and seven who simply loves to draw numbers and letters?

Regardless of your desire, our accomplished artist-teachers are bound to cultivate your creativity. Whether a novice or experienced student, all will find a welcoming and supportive environment where creativity can rule. Just see for yourself on July 1 from 2-4 p.m. at our "Meet the Teachers" sneak-peak. Classes range from \$30-\$160, and space is limited, so register soon!

Don't spend those summer days sweltering. Instead, come to MAAG and indulge your creativity! What do you have to lose except boredom? For more information and a detailed list of classes, instructors, dates, and prices, visit www.mtairyartgarage.org or call 215-242-5074.



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Suggestions

by Norman Weiss,
Purchasing Manager

GREETINGS AND thanks for writing. As usual, suggestions and responses may have been edited for brevity, clarity, and/or comedy.

In researching possible products for our new expanded bulk section in our Mt. Airy store, part of what Mt. Airy Grocery Manager Chris Switky and I discovered is that, surprisingly, some items in bulk are not that much cheaper than their packaged counterparts. Some items, like olive oil, do show savings, but other items, like Arrowhead Mills organic unbleached white flour, is actually more per pound when purchased in bulk 50-pound bags than in the retail pack five-pound bags. Since part of the goal of bulk is to save shoppers money, Chris and I have been on the lookout for some less-expensive bulk items. Recently, we visited Restaurant Depot, a national restaurant supply business with a branch in Manayunk. Restaurant Depot is an interesting place; their main clientele is smaller local mom-and-pop type restaurants, take-out shops, small caterers, and small institutions. They are known for their low prices on what is basically a warehouse of commodity foods, food packaging, and related products. (They are also known for long, slow-moving check-out lines because there are always a few items for which cashiers cannot find prices. Also, due to the set-up and poor product identification, cashiers routinely make mistakes and spend time correcting them).

It's a very interesting place, often very busy. As a result, they move lots of product through the building, which means lots of forklifts milling around moving pallets of product on and off very high warehouse-style shelving, while customers are pushing full dollies through the aisles. Sometimes there are traffic jams and small collisions—all part of the fun. FYI, Restaurant Depot is a privately held company with locations in 27 states. Their two Philadelphia locations employ hundreds of local residents, so using them as a supplier does help us support our local economy, in accordance with our "Ends" policies.

I was hoping to find some cheap but acceptable quality items like oils, vin-

egars, flours, sugar, rice, and whatever else struck our fancy that could be useful to our shoppers. While we did find a few bulk items we can use (semolina flour, sugar, a few other items), I was disappointed not to find an inexpensive pure olive oil or balsamic vinegar or unbleached white flour. However, in shopping for the oils, I started wondering about corn oil. I've been in the natural food business a long time and one thing I remember is that decades ago corn oil was very popular; it was a staple in most kitchens. Its popularity slowly dwindled, and I'm not sure why. Maybe it is because some people have allergies, maybe because it's high in omega-6 fats, maybe because corn is an almost 100 percent GMO crop, or maybe it just went out of fashion. I got curious and wondered why I never see a "natural" brand of corn oil, and never an organic corn oil. I searched online and in our main natural food vendor catalogue and I could not find organic corn oil anywhere, which is surprising, considering corn is one of our largest crops and has many uses. My supposition is that because GMO corn has become so widespread there simply is not enough non-GMO corn for anyone to profitably produce organic corn oil. I view GMOs a little like nuclear power: an inappropriate level of technology applied because the simpler, more natural processes (sustainable farming, conservation, and sustainable energy sources) are not as appealing to industry and appear less convenient to consumers. Both have the frightening aspects of going horribly haywire, and have unknown long-term consequences of continued use. Yet both are huge industries and help drive the economies of our world. Perhaps if the nuclear power industry had a use for organic corn oil, we'd have some.

Suggestions & Responses:

- s: "I notice the \$4 box of organic Rapunzel Corn Starch is a slow mover. And I certainly realize that corn is one of the largest GMO crops, heavily sprayed w/ pesticides, and generally fed to unwitting cows and pigs awaiting slaughter. However, admirable as hiking the price of organic cornstarch may be (higher, in fact, than the price of the organic polenta one shelf lower, the tony Bob's Red Mill cornmeal, the illustrious Hodgson Mills Cornbread Mix, gasoline w/ethanol, etc.), perhaps the cornstarch would move off the shelf faster if it were marketed to average citizens lacking the silver spoons and large bank accounts that Rapunzel (castle dweller?) and WW seem to think we shoppers/members possess. Try offering either cornstarch that may be genetically modified, or offer the option to bulk-pack the cornstarch please."
- r: (Chris MA) Just curious how you determined the cornstarch is a slow mover? (We sell about five a week.) We are

(continued on page 21)

POP UP STORE

OPENS

Wednesday, July 11
555 Carpenter Lane

This Summer we will be OPEN

We will have a outside market set up under tents on Carpenter Lane. Inside 555 Carpenter Lane will be a small selection of our most popular staples. Think of us first this Summer for your shopping, and come out for the events! See page 13 for details.

Mt. Airy Village LOYALTY CARD

Show your love for Mt. Airy Village!

Starting July 15, 2012 and ending one week after renovations are complete at Weavers Way Mt. Airy, get rewarded for your loyalty to Mt. Airy Village. Pick up your loyalty card at any participating retailer, and for every ten purchases of \$5 or more at participating retailers at Greene St. and Carpenter Lane, you get \$5 off any purchase of \$50 or more at Weavers Way! Redeemable at Chestnut Hill, Mt. Airy, even our new Pet Supply & Wellness store! Limit 1 punch per business per day.

RULES & REGULATIONS:

- Offer good July 15, 2012 THRU the first week after Weavers Way Mt. Airy renovations are complete!
- Limit 1 punch per business per day
- Collect 10 punches and redeem for \$5 of \$50 purchase at any Weavers Way store

Participating retailers at Greene Street and Carpenter Lane:

- Big Blue Marble
- Community Acupuncture
- Greene Cleaners
- High Point Café
- Philadelphia Salvage Co.
- Nesting House
- Springboard Studio
- Weavers Way Mt. Airy

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.weaver-sway.coop. Please complete the form below and return it to any of our stores, so we will know which meeting you will attend. Meetings last approximately 45 minutes to an hour and will include a brief store tour. We look forward to seeing you there!

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

- Wednesday, July 11 at 6:45 p.m.
- Wednesday, Aug. 8 at 6:45 p.m.

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

- Saturday, July 14 at 10 a.m.
- Saturday, Aug 11 at 10 a.m.

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July Coffees of the Month

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

French Decaf
reg. \$14.53 **sale \$11.99/lb.**

July 4 - 31

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.