

MEMBER Appreciation Days
 Saturday, September 29 through Monday, October 1

Grand Reopening
 Saturday, September 29, 12 to 4 pm

MT. AIRY
 559 CARPENTER LANE

Details on back page



The Shuttle

Teal is for Ovarian Cancer Awareness Month. See page 15 for more.

September 2012 Vol. 41 No. 09

A Cooperative Grocer Serving the Northwest Community Since 1973

Mt. Airy Renovations Almost Complete!

by Jon McGoran, *Shuttle* Editor

WITH THE new bulk bins in place, the second floor is really taking shape, and by the time you read this, the rest of the renovations should be almost finished. Already, the new cashier counters and the refrigeration units are in place, and the floors of the second floor bulk section have been refinished. The walls are being painted, the new lighting is being installed and the electrical work is being finished. Everyone is looking forward to the renovations being completed, and to the new store we will have once all is said and done. Our new “Across the Way” store at 610 Carpenter Lane has already received rave reviews for the new look, the great selection of pet care and wellness products, and the helpful, attentive staff. If you haven’t been there already, we encourage you to check it out. And of course, come September, check out the new Weavers Way Mt. Airy



photo by Jon McGoran

Bulk Foods Manager and Assistant Grocery Manager Luis Cruz, in front of a small section of the bulk bins at Weavers Way Mt. Airy’s incredible bulk section.

WW Mt. Airy Reopens, Party Set for Sept. 29

by Jon McGoran, *Shuttle* Editor

As *THE Shuttle* went to press, the Mt. Airy renovation was approaching completion, right on schedule. We are now anticipating opening the newly remodeled store shortly after Labor Day, with a Grand Reopening Celebration on Saturday, September 29. We are also planning on having tours of the store during the Mt. Airy Village Fair, Sunday, September 23. (Of course you can tour the store any time, once it is open!)

We hope you will love the new bulk section, and all the other great improvements and updates, and that you will join us for the celebration September 29.

Fall Membership Meeting at Morris Arboretum

by Jon McGoran, *Shuttle* Editor

WEAVERS WAY Co-op is very pleased to announce that our Fall General Membership Meeting, 6 p.m. on Sunday, October 28, will be held at scenic Morris Arboretum, and will include free admission to the arboretum prior to the meeting. Guided tours will be given including a tour of the award-winning “Out on a Limb” tree canopy exhibit, a 450-foot walkway located in the Morris Arboretum at the University of Pennsylvania featuring a spectacular tree-top canopy walk that gives visitors a bird’s eye view of the world.

The exhibit’s architect, Co-op member Alan Metcalf, will be on hand to guide tours and answer questions from 3:30 to 5:30 p.m. In addition, the week prior to

the meeting will be “Co-op Week” at the Arboretum, with members of any co-op receiving a 50 percent discount on admission.

In addition to reports on membership, the farms, and Weavers Way Community Programs, another highlight of the meeting will be a fascinating panel discussion, “Co-ops on the Rise in Philly: A Conversation with Cross-Sector Co-ops,” where representatives from different types of co-ops will tell you about the goods, services, and benefits they offer to their members and the community. And of course, there will be plenty of food!

So save the date, and we’ll see you there!

Summer of Fun Draws to a Close



photo by Anne Workman

Food Truck nights supplied some of the many high points of Weavers Way’s Mt. Airy Village Summer of Fun, along with the Doggy Happy Hours, Beer and Wine Tastings, The Summer Steps Competition, Farmers Markets, and more. Together with the Pop-up Shop and outdoor produce market, the Mt. Airy Village was constantly abuzz with fun and activity all summer long. Before you know it the fun will return, as the Mt. Airy Village Fair takes over the corner of Greene St. and Carpenter Lane, Sunday, September 23 from 11 a.m. to 4 p.m. See you there!

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

CHANGE SERVICE REQUESTED

Presorted Standard
 U.S.
 POSTAGE
 PAID
 Philadelphia, PA
 Permit No. 2658

INSIDE...

Co-op News

| | |
|-----------------------------------|----|
| Weavers Way Farm Events | 2 |
| WWCP Interns | 2 |
| Product News | 3 |
| Manager’s Corner | 4 |
| Food Justice in Philly | 5 |
| Dining for Women | 7 |
| High Holiday Menu | 17 |

Community News

| | |
|--|----|
| Chestnut Hill Book Fest. | 14 |
| MALT House Tour | 14 |
| Ovarian Cancer Awareness Month | 15 |
| New NIM Exec. Director. | 20 |
| Social Venture Institute | 21 |
| Race for Green Ribbon Trail | 22 |
| Mt. Airy Art Garage Classes, Auction | 23 |

Editor's Note



by Jon McGoran,
Shuttle Editor

MOST PEOPLE think it's good to know what you are eating, but not everyone agrees. While surveys show that more than 90 percent of people think genetically modified or "GMO" foods should be labeled, almost ten percent still don't. Probably even more than that, because the surveys are discriminatory, asking only "real" people what they think. What about the corporations? They're people, too. (Interesting fact: when you hear someone say they are a "people person," they're just clarifying that they are not a corporation.) As it turns out, a lot of corporations aren't crazy about the idea of labeling GMO foods, and they are investing millions of dollars to kill a California initiative that would require labeling of GMOs.

Why do they want to keep us in the dark? Some might jump to the conclusion that they have something to hide -- or something they would like to hide if they could get away with it. But maybe it's for our own good. There is an inviolable law of science that states: "What you don't know can't hurt you." More specifically, this can extrapolated to: "What you don't know can't transfer foreign genes into your body, cause your liver to atrophy, or incite allergic reactions." It's apparently some sort of quantum mechanism, wherein only observed GMO foods are harmful; if they remain unobserved, they remain harmless. (Think of it as "Schrödinger's horrible mutant Bt-resistant, shelf-stable cat/spider/jellyfish/apple thingy.") Since we're already surrounded by GMO food, keeping us in the dark will actually saves us from the terrible fate that might otherwise befall us.

Keeping us in the dark will also help these corporations reduce energy costs and our dependence on fossil fuels. Because they're all about the environment. And it's not about "green washing"; with all the GMOs they're selling, these companies are already awash in green. And you can imagine what a burden that is, right? GMO Money, GMO problems!

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

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

Statement of Policy

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



The Shuttle is printed on 100% recycled paper

WW Farms Hosting Fall Farm Events, Art Installation

by Nina Berryman, Henry Got Crops! Farm Manager

PLEASE JOIN Weavers Way Co-op this October as we celebrate the harvest with Fall Festivals at our Mort Brooks Memorial Farm at Awbury Arboretum and Henry Got Crops! farm at Saul High School. Autumn is a beautiful time of the year to come and admire these farms that not only grow food for the community but also serve as gathering places for community members to learn about urban agriculture and feel connected to the food they eat. Admission to these events is free and they are open to the public.

Farm Fest at Mort Brooks Memorial Farm with Deep Roots Art Installation

First up is the Farm Fest at the Mort Brooks Memorial Farm, 4-8 p.m., Saturday, Oct. 6, a festival of local food, and a two-day multi-media art installation from 12-8 p.m., Sat.-Sun., Oct. 6-7. Bring the whole family and participate in children's activities, a tour of the farm, apple pressing, face painting, a pie eating contest, food, yoga, and much more. Plus, admire a new art installation by local artist Meei Ling Ng in collaboration with lighting designer Jackson Kay.

"By combining a farm festival with an art installation, we aim to spread the

message that urban farms need to be multi-use spaces not just for growing food," says Brooks Farm manager Rick Rigutto. "We're taking a unique approach to raise awareness of the importance of farming by expanding the audience past foodies to art lovers and beyond." Meei Ling's multimedia installation is in conjunction with the Philadelphia Open Studio Tour (POST), and will feature sculptures using repurposed and recycled farm materials that focus the viewers' attention to the many facets of urban farm life, including multimedia bee keepers, working farmers, light shows (what goes on at the farm at night?) and also functional art that the farmers will utilize in their daily tasks, such as a decorative chicken tractor. Both events take place at Mort Brooks Memorial Farm at Awbury Arboretum, 1011 East Washington Lane. Ample street parking is available on Washington Lane. For more information, contact Rick Rigutto at rrigutto@weaversway.coop



photo by Jon McGoran

The cider press was one of the many attractions at last year's Harvest on Henry Festival

Harvest On Henry

On Saturday, Oct. 20, 1-4 p.m., Henry Got Crops! CSA will host a community event raising funds to help offset the cost of donating fresh vegetables to the Saul High School cafeteria, as well as to reduce the price of a Henry Got Crops! CSA vegetable shares for those who want to sign

(continued on page 8)

WWCP Interns' Summer of Learning, Work and Fun

by Carly Chelder, Marketplace Coordinator

THIS SUMMER, WWCP hosted three interns from Haverford and Bryn Mawr colleges as working members of the Farm Education team. These are their stories:

Ruthie Cartwright Environmental Studies Minor at Haverford

Initially, I was indifferent to squash. It was merely a component of the milpa: an ancient Mayan intercropping method involving squash, corn, and beans. My feelings towards squash were overshadowed by my deep and abiding love of corn (developed during a three-month trip to Central America). The milpa's design is ideal: sustainable and symbiotic, and dependent on a canopy of corn.

At WWCP, however, the corn was merely decorative; the squash seduced me with its continual production. My obsession with caring for squash began with a daily examination of their progress, and soon enough I was diagnosing the disease or pest that might be affecting them.

Though I looked after them in sickness and in health, I couldn't help but feel betrayed when I received a cross hatching of scratches from their spines. I had long assumed my feelings were reciprocated, but they had treated me as a predator. I realize now that the relationship is not mutual: as a cultivator, I am the one who must be patient. I am the one who must wear long sleeves and concern myself with their ailments. An agricultural relationship is maternal.

After ten weeks, I stand behind our market stand with pride, displaying the squash and, with confidence, describing to customers just how to harvest their own squash blossoms.



photo by Shelley Hedlund

Gathered here are (clockwise from bottom left) Farm Volunteer Ari Benjamin, WWCP apprentice Leor Winston, WWCP Intern David Roza, WWF Apprentice Catlyn Melvin, WWCP Intern Livi Huval, WWCP Intern Ruthie Cartwright, Brooks Farm Manager Rick Rigutto, Henry Got Crops Intern Matt Steyer, WWF Intern Judson Wood, Henry Got Crops Apprentice Chris O'Brien, and Saul Student Farmer Yona Hudson.

Livi Huval Bryn Mawr College

We all learned a lot this summer, and we would like to thank Leor, Shelley, Kestrel, and the whole Weavers Way Community for providing us with such a memorable, informative, and fun experience.

As an intern with Weavers Way Community Programs, I spend a lot of time at Stenton Family Manor. Here, we manage our second farm site and run education programs with the residents of Stenton. Throughout this summer, I have found this aspect of my internship to be the most rewarding. Interacting with the kids allows for me to combine my passion of fighting social justice issues with urban agriculture. Throughout high school I worked with the organization Groundwork Somerville as a part of the youth job

program, the Green Team. As a member of the Green Team, I was introduced to issues of food inequality and environmental injustices in my hometown of Somerville, MA. I continued learning about these social justice issues as a participant in The City School's Summer Leadership Program, a youth job that teaches participants about a variety of social inequalities. When I entered Bryn Mawr College, I knew that I wanted to continue learning about social injustices through hands-on experience. Through Bryn Mawr's Summer of Service program, I was given this opportunity; the Summer of Service program fully funds students to intern with a social justice oriented organization in the Philadelphia area. Working with WWCP, I believe that I have been able to educate

(continued on page 8)

What's Up With Produce Wax?

by Stephanie Kane, Local Produce Buyer

WE REGULARLY receive questions about waxes on produce and their safety, as well as how to remove them. This also brings up the use of produce washes and if they are effective at removing both waxes and pesticide residues on fruits and vegetables. After doing a little bit of research, it was pretty clear that there were a lot of misconceptions on both sides about the safety and necessity of waxes and pesticide residue, and their removal.

Produce waxes are used to prevent vegetables from drying out during shipping and storing. In addition to giving them that bright and shiny look that many conventional markets go for, wax does keep the produce fresh longer, which is the very reason fruit produces a wax on its skin naturally. You may notice even at farmer's markets that apples have a waxy texture and water beads on their skin. Commercial operations wash their produce so well that it removes much of this natural wax, so they recoat them in order to make them last longer.

For some, this shiny look isn't as appealing, and signals something unnatural. Some want that "just picked and all natural" look, while for many, perfect-looking fruit is seen as more desirable. One natural type of wax comes from leaves of the Brazilian Caranuba tree, which when soaked produce large amounts of wax. The other is shellac, which comes from a resin secreted by the lac insect. This coats trees in tropical nations, where it is collected and used by farms and manufacturers. This type of wax is most popular on citrus. Paraffin wax is found on vegetables like jicama and rutabagas. It is that hard white wax, and while it is food grade, it is artificially made. It will not break down in humans' digestive systems and will pass through unabsorbed. Its derived from the petroleum refining process, and so those who do not want to support this industry should avoid it.



Organic fruits cannot be coated with artificial waxes. It is most common to see organic citrus fruits and cucumbers waxed. These would not be able to be stored for any length of time without them. Organic fruits and vegetables can be coated only with natural waxes like caranuba and shellac.

People often assume they can use produce washes to remove this wax and to clean their fruit. Fortunately, you can save your money. These washes have not been shown to be any more effective than water alone at cleaning wax or pesticide residues on fruit and vegetables. The only way to remove produce waxes is with a vegetable brush like those used for cleaning potatoes. You can make a bath of 1 tbsp lemon juice or white vinegar and hot water and soak the fruit. Use the vegetable brush to remove wax and dry.

Also, a wash like this has been shown to greatly reduce levels of salmonella and E. Coli compared to just water. It is a much more effective method of cleaning produce than using washes or soap. You may also want to avoid washes and soaps that contain detergents (most conventional ones do). These detergents can build up in our bodies, but also get washed into the water supply. They are bad for the environment, causing algae blooms that kill fish and wildlife.

While I'm inherently a skeptic of anything added or unnatural, I don't see anything wrong with produce waxes. With a couple exceptions, they come from natural sources, and are not harmful to humans. So from that standpoint, there is nothing to worry about. However, another way to look at it is the result you are trying to accomplish. Produce waxes are used to keep produce that is not in season fresh. When you buy seasonally, there is less need to use these waxes because there is less processing. Apples picked in Adams County are picked and taken to market. Even the apples we receive in February that have been stored for months remain fresh because their natural wax has not been washed off. Cucumbers picked in Lancaster on Monday are in the store on Tuesday and eaten a couple days later. No need to make sure they store for shipping.

There is no conclusive information on how to remove pesticide residues from fruits and vegetables, though rinsing under running water is supposed to work better than soaking fruit. Some pesticides will be absorbed into the pores and cells of the fruit, which are impossible to remove. Some studies show that much of the pesticide residues will be washed off during processing. Also, for items like cooking greens and broccoli, the display case is misted to keep the produce fresh, so a lot of the pesticides will wash off then. There are certain fruits and vegetables that have more residues than others, and these can be found in the lists known as the Dirty Dozen (fruits and vegetables with the highest levels of pesticide residue) and the Clean 15 (lowest levels). You can find these lists in the produce department for your reference while shopping. By purchasing items on the Dirty Dozen from organic and local low spray farms you know that there will be less residue on your produce.

~ skane@weaversway.coop

In Search of the Right Apple: One Family's Quest

by Juliet Sternberg



IT ALL started during an October 2011 Co-op shop with my son, a 10-year-old at the time. Our usual choreographic moves through the fruit section were no longer passing muster. Before us was the largest selection of locally grown, low-spray apples I'd ever encountered. Just when we thought we'd taken in all the pickings, we'd catch sight of yet another crate with apples of a slightly different size, shape, and coloring. Gala, Stayman, Jonagold, Braeburn were familiar in name at least, but with them were many that were new to me—Keepsakes, York Imperials, Nittanias, Gold Rushes, etc. There must have been at least 15 types to choose from.

A wave of nostalgia washed over me. While I've learned how to navigate entire supermarket aisles filled with breakfast cereals – at times even revel in them—the scaled-down inventory at Weavers Way had always brought a welcome simplicity. With only a few options for each product and a comfort that the items had likely

(continued on page 19)

Member Brings Dried Fruit Direct from Africa's Small Farmers to You

by Stephanie Kane, Local Produce Buyer

MAVUNO HARVEST dried fruit is a wonderful new product Weavers Way has started carrying. Not only is the product exceptional—it made me a fan of dried bananas and mango, which are usually too dry—but it's a locally owned company supporting farmer co-ops in Kenya and Uganda.

Owner Phil Hughes grew up in Mt Airy as a member of Weavers Way, and joined the Peace Corps after college. He worked in Kenya for two years and was introduced to the world of international development. One of the things that stuck out to Phil was that after 50 years of "developed" countries funneling money to Africa, it is still struggling and considered to be "developing." He realized sustainable development meant working with the local population to provide opportunities that didn't exist before.

After earning an MBA from Temple University, Hughes went to Kigali, Rwanda to work with small-scale coffee farmers. Here he worked for an organization that helped farmers with private sector economic development: teaching more



Workers preparing pineapple to be dried for Mavuno Harvest

advanced techniques to maximize crop yields, how to form cooperatives, and how to get better financing on equipment and access international buyers. This project

laid the groundwork for Mavuno Harvest.

During his time in the Peace Corps,

(continued on page 5)

New Weavers Way Brand Rice

by Jeff Sedwin

A NEW line of organic rice products is coming to Weavers Way this September. These products, which will be sold under the Weavers Way brand; are grown at California's historic Lofgren Brothers Farm by Curt Josiassen, brother of Weavers Way member Rick Josiassen. Initially, Weavers Way will be carrying two products, aromatic Heirloom Red Rice and Harvest Medley, a blend of several organic rices.

These are no ordinary rices. Both are "aromatic" rices, medium to long-grained rice with nut-like flavor and aroma. The Heirloom Red Rice is a privately-owned variety grown only on the Lofgren Brothers Farm and is being sold exclusively by Weavers Way on the East Coast. The Harvest Medley is a blend of several organic aromatic rices that has a delicious aroma and flavor. Both are great on their own or as part of other dishes.

The history of the Lofgren Brothers Farm goes back to December of 1912, when Sam and Paul Lofgren, two

(continued on page 10)

Manager's Corner

by Glenn Bergman, Weavers Way General Manager

Renovated Mt. Airy Store

As I write this column in August, the floors have been installed in our Mt. Airy store and new equipment is being delivered. I want to take this time to thank many of the staff who made this construction project possible and played important roles in making this all happen so quickly.

The project manager for the project was Weavers Way CFO Michael McGeary. Michael oversaw the entire process of selecting the architect and construction company, handling the many meetings, and watching over the budget.

Steve Hebden, who has been with WW for over 35 years, has been watching over the construction process and all of the work we had to do on our own. Jeff Schmidt and Apollo Heidelberg did lots of work on our new store "Across the Way" (610/608), the new second floor bulk section, and much more. Mt. Airy store manager Rick Spalek kept the store open as a pop-up, made sure there were plenty of events, and worked hard to help make sure that all staff had their hours covered.

The Grocery Staff, led by Chris Switky, worked not only with the breakdown

and the set up of the pop-up store, but also the new bulk department, which I am confident you will like. Jean Mackenzie and the entire Produce Staff worked outside in rain, heat and humidity, wind, and lightning, handling our customers' needs.

Our communications staff—Jon McGoran, Annette Aloe, and Rebecca Torpie—worked hard to keep everyone informed about the project, programs, developments and the events and activities.

I know I have missed many, many people who have played an important part in this renovation. I am sorry and a big thanks to all.

A Few Important Items....

There are a few important changes that I want to inform you about concerning the new design:

The second floor is now home to our vast new bulk department. Our goal with the second floor is to allow shoppers to reuse their plastic bags, bottles, and other containers, and also to save money, as most items are somewhat cheaper in bulk than in packaged form. Our bulk department will offer everything from grains, legumes, nuts, coffee, teas, and spices, to liquids for cleaning, olive oils, and

much more. We encourage you to reuse plastic bags and bring your containers to fill directly from the bulk dispensers, eliminating the need for excess packaging (Especially for liquid items). We will have directions posted and plenty of staff on hand to help when needed. The process will be fairly straightforward: just weigh your container while empty, and mark that weight on the sticker provided (this is the "tare," which will be deducted from the full weight so you are not charged for the container). Then just fill your container with product and mark it with the product code for the cashier to weigh it for you. That's it!

A scale will still be provided in the produce department, but you no longer need to weigh the produce; it will be weighed at the register.

Our Wellness and Personal Care department, formerly on the second floor, is now located at the new "Across the Way" store, which also houses our Pet Care Department, across the street at 610 Carpenter Lane.

Meat, produce, deli, and freezer areas have all been expanded.

Please tell us what works and what doesn't with the new format. I am sure this will require many changes as we get used to the look and new layout of the store.

For the entire staff—I want to thank you for supporting the Co-op during this

period of renovation and upgrades that were so desperately needed. Our goal was to serve you better and to provide a store that will carry forward for many more years as a strong anchor for this community. You have been great!

Voter Registration Site

In July, as the the campaign for the Presidency heated up with the temperature outside, we became aware that many in our community need help with navigating the requirements to vote in the upcoming election. Weavers Way is pleased to partner with the local, non-partisan PA Voter ID Coalition to provide volunteers for their efforts to ensure that all eligible people can vote. Weavers Way members can receive work hour credits for volunteering with the PA Voter ID Coalition. Weavers Way will also enlist volunteers to help those who need transportation in order to obtain required picture IDs. If you are interested in volunteering for the PA Voter ID Coalition for work credit, or volunteering to drive people to agencies to obtain IDs, contact Anne Workman at outreach@weaversway.coop or 215.843.2350, ext 118. If you are in need of a ride to obtain documentation, you can also contact Anne for more information.

(continued on page 6)

What is Pilates Reformer Training?
Open House—Saturday, 9/15/2012, 10:30-11:30 a.m.
 Weavers Way Discount Participant



5904 Greene St. (at Rittenhouse)
 Philadelphia, PA 19144
215.848.3275
 Weavers Way Discount Participant

- Group classes Mon-Sat. We are here for you. It's your choice!
- We also offer Privates, Duets and Trios by appointment.
- Visa, Mastercard, Discover and American Express accepted.




For class schedules, please visit: www.PilatesInGermantown.com

Family Owned & Operated
 call
Ken Glantz



MACLENS
Collision Repair Professionals Since 1945

20 W. Allens Lane
 Philadelphia, PA 19119

Tel (215) 247-3906
 Fax (215) 247-9506

Prompt, Reliable, Quality Work
 Complete Roofing Services Residential & Commercial
www.AppleRoofingCo.com



Please contact us for your
Free Roof Inspection
 215-843-1970
AppleRoofing@verizon.net

Celebrating 25 years
-serving our local
community

Proudly serving Chestnut Hill, Mt. Airy,
and surrounding areas



Join the Membership Committee!

Earn your Co-op hours by working on:

- Fall General Membership Meeting
- Member Appreciation days
- 40th Anniversary events
- Ad hoc advisory to management on membership issues
- Mystery shopping

Also:

Are you a new parent and interested in advising on parent and family-friendliness at WW in exchange for work hours?

Are you interested in participating in a member feedback and customer service round-table in exchange for work hours?

Are you interested in joining the diversity committee?

Please contact Membership Coordinator Beau Bibeau if you would like to participate or would like more information: member@weaversway.coop, (215) 843-2350 x119.



Mt. Airy
Psychotherapy
Practices

Genie Ravital, LCSW, Overcoming Depression and Anxiety
Eda Kauffman, LSW, Healing from Abuse & Addictions
Lauren Kahn, LSW, Mindfulness Based Psychotherapy
Lenore Jefford, LPC, GLBT & Adolescents
Robin Witts, MSW, Couples Counseling
Althea Stinson, MSW, Anger Management
Ameet Ravital, PhD, DiHom, Homeopathic Consultations

7149 Germantown Ave.; 2nd floor
 (between Mt. Pleasant & Mt. Airy Aves.)
www.mtairypsychotherapy.org
 215-242-5004

What the Board Is Thinking

Food Justice in Philly: Can We Do More?

by Nathea Lee, Weavers Way Board Vice President

YOU NEVER know when you will meet someone who will inspire you to think more expansively about issues that matter to you. On a tour of Philadelphia food cooperatives during the recent Consumer Cooperative Management Association (CCMA) Conference, I had the pleasure of meeting Jim Embry, a gentleman from Kentucky who was a longtime activist in what is now known as the food justice movement. Over the years, he has marched alongside the internationally-known satirist and civil rights activist Dick Gregory, whose activities focused attention on world hunger in the 1970's. Jim is the founder and director of the Sustainable Communities Network in Lexington, which focuses on environmental health, social justice, community empowerment, and economic prosperity. Our conversations during CCMA inspired me to think more broadly about how I and other Weavers Way members could be better advocates for food justice in Philadelphia.

Food Justice is an emerging social movement that has taken root in the Greater Philadelphia region. Simply put, the concept of "food justice" encompasses eliminating hunger and increasing access to fresh, healthy and affordable food in underserved communities. A broader definition includes developing sustainable food systems and urban farming. There are a number of individuals, organizations, and alliances throughout the City that are addressing food access from different angles. Among them are the Coalition Against Hunger; The Food Trust; The Reinvestment Fund (whose president, Donald Hinkle-Brown, spoke

at the Spring General Membership Meeting); and the Philadelphia Urban Food and Fitness Alliance.

Local food cooperatives are actively engaged in ensuring greater access to healthy food as well. Mariposa in West Philadelphia and the Chester Food Cooperative readily come to mind; and of course, our own Weavers Way Community Programs has a small but mighty staff that operates farm education, marketplace, and environmental programs in local schools. Weavers Way is also represented on the Philadelphia Healthy Food Network's map of organizations that provide nutrition education and healthy food access and is involved with the Pennsylvania Association for Sustainable Agriculture. Weavers Way also works with local co-ops and co-op startups to support their efforts toward food justice, and partners with entities like the Pennsylvania Horticultural Society and Philabundance.

Is there more that Weavers Way members could be doing to help eliminate hunger, increase food access, and develop sustainable food systems in our community? Are you a member who is concerned about food justice issues? If so, Membership Manager Beau Bibeau and I want to hear from you. We are in the process of organizing a Food Justice Committee that will provide a way for members to become more educated and engaged around food justice advocacy. Please be in touch and let us know about your interest. Beau can be reached at 215-843-2350, extension 119 and member@weaversway.coop; and I can be reached at nlee626@gmail.com. We look forward to hearing from you.

Mavuno Harvest

(continued from page 3)

Hughes noted how the mango harvest affected the local farmers. In Kenya, mangoes are available twice a year—November to February and in June. Farmers spend the whole year cultivating their crop, only to see the market flooded during harvest. Due to misaligned supply and demand, the price drops and mangoes that can't be sold go to waste. Creating a value-added product like dried fruit would extend not only the life of the product, but also the life of the season for the farmers, allowing them to take in more profit for a longer period of time. Hughes tried the dried mangoes and realized the farmers were onto something, and it just needed to get to market. As a raw product, agricultural commodities have a lower price. When some level of processing is involved, there is added cost, and also added value.

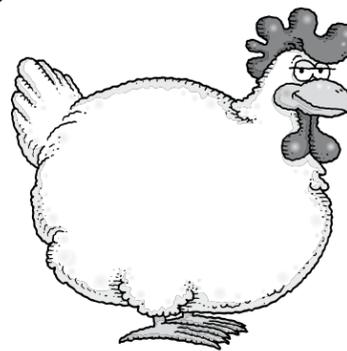
Mavuno Harvest has been receiving its product from a women-owned producer in Kenya, who sources fruit from a cooperative of 25 small-scale farmers. They dry the fruit, pack it, and ship it to the U.S. Mavuno is going to be expanding to a producer in Uganda, which sources

from a larger 150-farmer cooperative that is both organic and Fair Trade certified. This cooperative also dries and packs the fruit for shipment.

This is a very important part of what makes Mavuno Harvest different. Many companies buy raw agricultural product and do the processing themselves, and then gain the added value. When the farmers do the processing and packing, they are able to reap these benefits. They cut the typically long list of import middlemen to just one. Hughes is the only stop between the farmers who grow the product and the people who eat it. All the farms are small 1-1.5 acres, and run by primarily subsistence farmers. Expanding to direct market trade will help generate more income beyond simply farming to feed their family.

We are currently carrying all the Mavuno Harvest products in the Chestnut Hill store: dried banana, mango, and pineapple. We will be carrying it at our Mt. Airy store after the renovation.

Phil felt the Swahili saying, "Umoja ni nguvu, utengano ni udhaifu," fit well into our mission as a cooperative. It's comparable to the American saying, "Many hands make light work," but literally translates as "Unity is strength, disunity is weakness."



PHILADELPHIA BACKYARD CHICKENS

~ skane@weaversway.coop

7 p.m., Thursday September 27
Weavers Way Co-op Mt. Airy Community Room
at 555 Carpenter Lane

All are welcome! We will be discussing all things chicken-related. You do not need to own chickens to attend. This meeting is meant to be informative for chicken owners and for those interested in owning chickens. We will have some guest speakers who are knowledgeable about owning chickens in the city.

Contact person:

Anton Goldschneider, pet department manager
215-843-2350, ext. 276
Petstore@weaversway.coop

WEAVERS WAY FALL GENERAL MEMBERSHIP MEETING

Weavers Way Fall General Membership Meeting at Morris Arboretum

Sunday, October 28, 2012

EAT & GREET

Food and beverages provided

5:30-6:00 p.m.

CHILDREN'S PROGRAM

Supervised art & fun activities

6:00-7:30 p.m.

BUSINESS MEETING

Approval of Spring 2012 General Membership Minutes
President's Report, General Manager's Report, Financial Report

6:00-6:25 p.m.

FEATURED PRESENTATION

**Co-ops on the Rise in Philly- A Conversation
with Cross-Sector Co-ops**

- Celebrate Co-ops during the International Year of Cooperatives
- Representatives from different types of co-ops will tell you about the goods, services, and benefits they offer to their members and the community
- Moderated by Philadelphia Area Cooperative Alliance (PACA)

6:25-7:15 p.m.

PROGRAM REPORTS

Membership & Marketing Report Farm Report WW Community Programs

7:15-7:30 p.m.

CHILDREN'S PROJECTS REVIEW

7:30-7:40 p.m.

CAKE & SOCIALIZING

7:40-8:00 p.m.

ADJOURNMENT

8:00 p.m.



Only ten minutes from the Co-op



**Insightful, respectful, and loving
Psychotherapist**

LISTENS

And helps you to explore and resolve personal
and interpersonal dilemmas

Contact **Claudia Apfelbaum, MSS, LCSW**
215-317-8855

www.claudialistens.com

Claudialistens@gmail.com

**HOUSE
AT
POOH CORNER**
where learning comes naturally
Teri DiCesare, M.Ed.
INFANTS • TODDLERS • PRE-K
*Over 30 years
of quality care*
215-843-0815

Visit our website www.houseatpoohcornerdaycare.com

Manager's Corner

(continued from page 4)

Eating Animals: Summer Reading

For sixty years (hard to believe), I have been eating meat on an almost on a daily basis, and if not daily I am sure weekly. Not a week has gone by in my 3,140 weeks on earth that I have not eaten meat since I was off breast or formula. Brisket at home, White Castle hamburgers in Queens, hot dogs from New York City vendors or at Coney Island, liverwurst, Chinese rice noodles with roast pork or beef, pork BBQ in North Carolina, and dim sum with many different combinations of meat, chicken, and seafood.

After reading *Eating Animals*, by Jonathan Safran Foer (you may know him as the author of *Extremely Loud and Incredibly Close*) on my summer vacation, I have joined the world of those who have reduced their animal flesh intake to only a bite here or there. In fact, as I write this column, it has been a week since I consumed an animal that had to die for me. (Eggs, dairy, cheese, and other by products, I have eaten.)

Like many of you, I have been concerned about the way animals on factory farms are maintained. The rationale that this is the only way to supply animal protein to a growing world population and keep prices down, and that the animals do not care, does not hold any validity for me any more. In fact, it really has not held any truth for many years.

If you are a vegan or vegetarian, I praise you as a person who is doing good for the world. For those of us who eat meat, I ask that you read this book and think about how much we are consuming and the long-term effect on the earth and living beings.

Here are a few facts:

- According to the UN and data from a Pew Commission study, the livestock

sector is responsible for 18 percent of greenhouse gas emissions. A study conducted by the University of Chicago reports that, "Our food choices contribute at least as much as our transportation choices."

- Less than one percent of animals killed for meat in America come from family farms. The rest come from "factory farms."
- Nearly one-third of the land surface of earth is dedicated to the production of livestock.
- The typical cage for egg-laying hens provides for only 67 square inches of space. Cage-free birds also have about the same amount of space. That is about 8" x 8".
- The National Chicken Council reports that about 180 million chickens are improperly slaughtered each year.

I will stop here and just say that it is worth reading this book and others like it, to stop and think about what we are eating, what we really need to survive, and how we source our products for our table.

I have asked a few of the vegan / vegetarian members of the staff, and I ask members to join in this, to begin study groups for discussion purposes and to help us reduce our intake of animal protein or to help make all of us more ethically aware consumers.

I look forward to hearing from you.

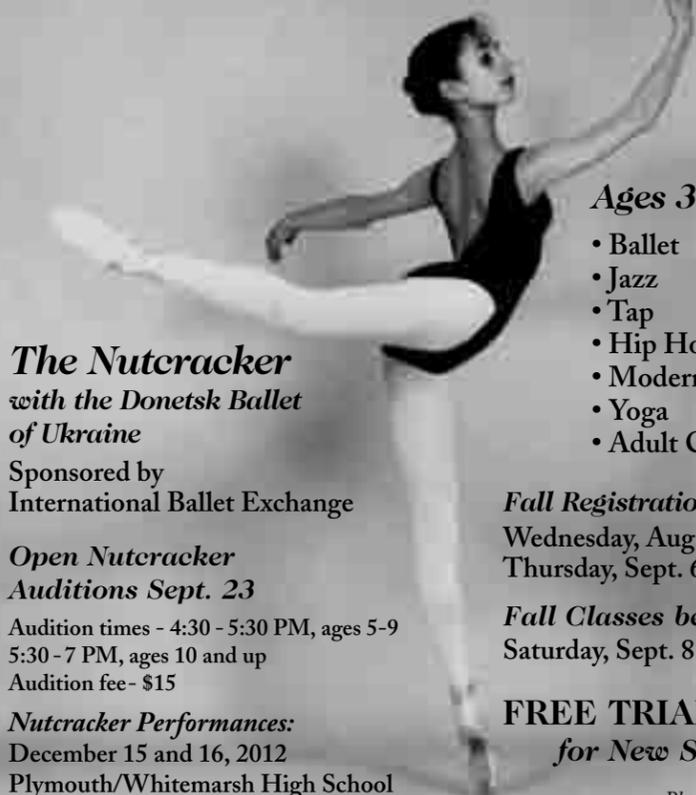
P.S.: I will soon going to a dinner in honor of friends who were just married prepared by another friend, a retired French chef. Will I eat meat if it is served? Yes, because I am not prepared to give up meat entirely. But I also plan on being much more mindful of what I purchase and what I eat.

~gbergman@weaversway.coop

WISSAHICKON DANCE ACADEMY

Dance for fun or train to be professional

Calling All Dancers... "Best of the Northwest"



Ages 3 to Adult

- Ballet
- Jazz
- Tap
- Hip Hop
- Modern
- Yoga
- Adult Classes

The Nutcracker
with the Donetsk Ballet
of Ukraine

Sponsored by
International Ballet Exchange

Open Nutcracker
Auditions Sept. 23

Audition times - 4:30 - 5:30 PM, ages 5-9
5:30 - 7 PM, ages 10 and up
Audition fee - \$15

Nutcracker Performances:
December 15 and 16, 2012
Plymouth/Whitemarsh High School

Fall Registration
Wednesday, Aug. 22, 5 -7pm
Thursday, Sept. 6, 5-7pm

Fall Classes begin
Saturday, Sept. 8

FREE TRIAL CLASS
for New Students

Photo: Deborah Boardman

38 E. Schoolhouse Lane • Philadelphia, PA 19144 • 215-849-7950 • www.wissahickondance.com
www.internationalballet.org

Coffee Cupping

by Brian Troy

Valley Green Coffee - Hermits Cave

This season, Valley Green Coffee Roasters have come out with something new, an Organic Dark Roast. Valley Green is known for their smooth medium roasts. I have always been a fan of Valley Green Coffee's flavorful blends. One of my all-time favorites is their Forbidden Drive Blend, which boasts an intense dark chocolate taste. In my opinion the "burnt" flavor in dark roasts often overwhelms the palette eliminating any hope of experiencing the other aromas and flavors the roasters claim to have included in the blend. However, with Valley Green's Hermits Cave, I was pleasantly surprised.

When grinding the Hermits Cave blend, I went a little deeper in my grind, pulverizing the beans almost to a fine powder. I've found with darker roasts this method produces a thicker, deeper texture from the coffee. At first grind there is a distinct smoky aroma—not burnt, but a real woodsy smoky aroma. As usual, I used my French press to brew my coffee. Please note that when using a fine grind with a French press you will get some grinds on the top of your coffee. (If this bothers you, I suggest using a strainer.) If not, you're in for a really enjoyably fresh cup of coffee.

When drinking the Hermits Cave blend I was immediately met with a smooth, rich, velvety texture. The smoky aroma the beans let out after grinding was definitely there, but very subtly. On top of that, as you swallow the Hermits Cave blend you're left with one final taste of smooth, rich chocolate. This is one I highly recommend.

Drinking Specs: Roast - Dark, Acidity Level - Low



CHESTNUT HILL Computer Spa

Joanne Davis

215-939-2534

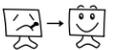
We Pamper Your PC or Mac!

COMPLETE COMPUTER SERVICES AND TRAINING

Remote Service Available

215-939-2534

CHComputerSpa@gmail.com



We Switched

you can too!

"Zach Shechtman, owner of Shechtman Tree Care says, "We knew we needed a bank that would offer the same high level service we do, plus would have convenient branches to suit our needs. Valley Green Bank exceeded our expectations, and made switching a snap."

VALLEY GREEN BANK GOES
OUT ON A LIMB TO MAKE
SWITCHING EASY!

SHECHTMAN TREE CARE
VALLEY GREEN BANK CUSTOMERS SINCE 2011

VALLEY
GREEN
BANK



You count with us.

www.valleygreenbank.com
Mt Airy* | 215.242.3550
Chestnut Hill* | 215.242.1550
Radnor | 610.995.2265
Center City | 215.569.2265

*Hours: Weekdays 8 to 6
and Saturday 9 to 1 FDIC

Dining for Women Makes International Aid Local

by Margaret Guthrie, Weavers Way Chapter, Dining for Women

OCCASIONALLY WHEN reading something that has nothing much to do with anything, you stumble on words that neatly define an organization or a cause in which you're involved. Recently, on reading a letter to the editor of *The New Yorker*, which was in response to an article about a non-profit that guides celebrity philanthropy, I came across this:

"International philanthropy benefits from synthesizing diverse local views, and requires the building of genuine, respectful partnerships with local organizations to be effective. Without these, philanthropy is in the long run mostly self-gratification, regardless of the intent."

Has not Dining for Women (D4W) done this work for us? To me, one of the most satisfying reasons for joining and belonging to D4W is exactly that: The organization has searched out and found the local groups with which to work towards effective improvement in the lives of those we would most like to assist. The "respectful partnerships" have already been put in place by D4W, so all we have to do is get together, have a delicious meal, catch up with new and old friends, throw a check in the kitty and KNOW that something terrific has been accomplished, that a group of women and girls somewhere in the world has been helped to a better life. We should be grateful to D4W for helping us with this vital component of "international philanthropy." Show your gratitude by continuing to participate even if you can't make the actual dinner. To encourage you to join, to continue donating, to help out.

"We wanted you to know that we now have 363 current chapters and 230 chapters are pending. In April and May

our program donations have exceeded \$70,000 each month." This from Marcia Wallace, founder of D4W on the website. The Weavers Way chapters, since joining early last fall, have now contributed over \$7,000 of that and raised an additional \$2,000, which we split between D4W for administrative costs, and Weavers Way Community Programs, which helps the underserved in our own community.

Our Thursday group hosted members of the Tuesday chapter in July as travel, vacation and out-of-town visitors reduced participants. It was great for all, as we got to meet new (to us) members of D4W and the menu expanded as well to include some imaginative and delicious food. (Recipe added as enticement!) Since summer is reducing numbers, now is a good time to try out a visit to one of the chapter meetings and potluck. Contact Betsy Teutsch at betsy@betsyteutsch.com to find out when and where and what's expected of you. Additionally, you can check out the website www.diningforwomen.org to read up on the organization, its work and mission, and next month's recipient.

August's recipient will be Global Grassroots: Conscious Social Change for Women, currently at work in Rwanda and other parts of central Africa. Projects now forming include those designed to prevent discrimination against mothers of disabled children, while improving specialized child care; eliminating childhood malnutrition by training parents to grow kitchen gardens; reducing teenage pregnancies through reproductive health instruction and construction of safe latrines in schools; and working to eliminate domestic violence and improve family planning through education of men and

Curried Quinoa Salad with Mango

| | |
|---|--|
| 2 cups quinoa | 4 tablespoons white vinegar |
| 2 cups chopped, peeled mango | 4 cups (packed) baby spinach |
| 4 cups water | 3 teaspoons curry powder* |
| salt | Mango spears for garnish |
| 2 cups chopped, peeled English cucumber | ½ teaspoon dry mustard |
| ½ cup canola oil | 2 tablespoons mango chutney, chopped if chunky |
| ½ cup chopped green onions | |

*Roberta suggests mixing hot and sweet curry powders at ratio of 1:2.

Bring water to a boil and cook the quinoa in a pot of boiling, salted water over medium heat until tender, but still firm to bite (al dente), stirring occasionally, about 12 minutes. Drain well, put in a large bowl, allow to cool.

For the dressing, whisk the oil with the vinegar, curry powder(s), mustard and chutney in a small bowl until completely blended.

Add the chopped mango, cucumber, most of the green onions and about 2/3 of the dressing to the quinoa. Toss to coat everything well. Divide the spinach between the serving plates and spoon the quinoa salad over the spinach, garnish with the mango spears and the remaining green onions. Drizzle with the remaining dressing and serve. Serves 4 – 6.

women. On their website, GG has this to say of their mission:

"We target the world's most vulnerable women. We contend that wisdom exists at the grassroots level among those directly impacted by certain social issues. Women represent both those most invested in serving their community's needs and those in greatest need of support to manifest their solutions." This circles back to

the quote that started this article and the strength that D4W offers those of us who want to help.

This recipe was adapted by Roberta Kaneff from one she found on the epicurious.com website and which, according to them, initially appeared in *Bon Appetit* in 2005. As you can see it has both aged and traveled well. It's delicious!



SPEND SECOND SATURDAYS
in Freedom's Backyard.





Visit the sites of Historic Germantown on Second Saturdays
May through October, 12 ~ 4 PM



Buy a Passport and see all 15 sites!
Individual \$15
Family (2 adults & 2 kids) \$25

For more information call 215.844.1683 or visit our website at www.freedomsbackyard.com.

Go Green
with...

Rothe's
Vase Recycling Program

Bring in 3 Glass Vases, get Free Flowers!
Simply bring in 3 "gently used" clean clear glass vases, and receive a Bouquet of Fresh Flowers!





7148 Germantown Ave. • Mt. Airy
(across from InFusion & The Video Library)
(215) 247-0832 www.rotheflorists.com

St. Paul's Episcopal Church
Chestnut Hill

Rummage Sale



Antiques, women's, men's and children's clothing,
toys, books, CDs, videos, electronics, furnishings,
housewares, jewelry, linens, plants and
everything else you can imagine!

Admission \$2 per person

Saturday, September 8, 2012
9:00 am - 3:00 pm
22 East Chestnut Hill Avenue
Philadelphia, PA 19118

Proceeds benefit Community Outreach Programs



photo by Shelley Hedlund

Pictured here at Stenton Family Manor are (l to r) WWCP Intern David Roza, Ms. Hall from Stenton Family Manor, WWCP Intern Livi Huval, and WWCP Intern Ruthie Carthwright

WWCP Interns

(continued from page 2)

myself more about food and environmental injustices.

David Roza Environmental Studies Minor at Haverford

I was picking a cherry tomato on a sweltering 95-degree day at the Mort Brooks Memorial Farm when I finally realized that food doesn't come clean and cellophane-wrapped from grocery stores! I now know that most food actually comes from a plot of sun-soaked, sweat-drenched, worm-infested, older-than-dirt dirt, like what the Mayans worked in! If

I learned something at WWCP, I learned how to work with dirt. Whether I was planting seeds, tilling soil, hoeing weeds, or raking fertilizer, it was always about cooperating with the dirt to encourage plants to grow. Every day I came home not only with mud caked on my face and t-shirt and underneath my fingernails, but also with a newfound poetic appreciation for how beautiful the stuff is. As I was picking that refreshing, sweet, juicy tomato on that scorching day, I realized that dirt, this precious soil, carries all our hopes for future food and life. And, for a blissful second, I am not that David who purchases tomatoes that magically appear coddled in a padded cardboard container on a shelf in an air-conditioned grocery store. Rather, I am this David, the Mayan, who eats tomatoes born from the sweat of my brow, and by the generous graces of that precious yet humble stuff, dirt.

Events at WW Farms

(continued from page 2)

up for a membership in the farm but for whom the cost is prohibitive. This event will feature live music, hayrides, children's activities, face painting, pumpkin painting, and a pie bake-off (anyone is welcome to submit pies for the competition!). Tickets will be available on-site for 50¢ to participate in games and activities. There will also be farm products for sale and food from local vendors.

This event is being co-sponsored by Saul High School of Agricultural Sciences and will take place at 7100 Henry Ave., Philadelphia, 19128, across the street from Saul High School. Please park on Henry Ave. Rain date is Sunday October 21. For more information, visit Henry Got Crops! on Facebook, www.facebook.com/HenryGotCrops, or e-mail Nancy Dearden at nancy.dearden@verizon.net.

W. B. Saul High School of Agricultural Sciences is the nation's largest agricultural high school, located on a 130-acre campus in the upper Roxborough section of Philadelphia in the rolling hills of the Wissahickon Valley bordering Fairmount Park. Learn more about Saul School at www.phila.k12.pa.us/schools/saul.

Meei Ling Ng is a creative artist and graphic designer. Art with a purpose is her



photo courtesy of Meei-Ling Ng

This chicken tractor by Meei-Ling Ng will be part of the Deep Roots Art Installation at Mort Brooks Memorial Farm

focus when selecting any venue for art installation and exhibition. Meei Ling's main goal is to use art installations as a tool to learn about preserving nature, sustainable living and farming in an urban environment, and to draw people's attention and look closely at these issues. These are the factors that inspire and motivate her to continue creating art. Besides painting, Meei Ling mainly uses found, recycled and reclaimed materials to create art. She also tries as much as possible to use materials found at the sites to create the art. Most of her art installations are functional art integrated into existing environment or working facilities such as urban farms. Meei Ling's creations often remain on-site permanently, to be used by the collaborators or to benefit the community in some way. For more info, visit www.meeiling.com

~ nberryman@weaversway.coop

INGRID BROWN, GRI
Associate Broker, Senior Real Estate Specialist
Realtor since 1975—over 950 houses sold

Prudential
Fox & Roach, REALTORS®

Direct: 215-248-6520 14 W. Evergreen Ave., Phila., Pa. 19118-3315
Cell: 215-353-3917 E-mail: Ingrid.Brown@prufoxroach.com

"it takes courage to grow up and turn out to be who you really are."

Coop Member Discount
215-843-8258
www.mollykellogg.com

Molly Kellogg, RD, LCSW
Psychotherapist and Nutritionist

100 East Sedgwick St.
Mt. Airy

135 South 19th Street
Center City

Storytime returns!
Fridays, 10:30 a.m., starting September 7
Plus don't forget our other events: book clubs, local authors, writing workshops, and more! Visit www.bigbluemarblebooks.com and click "events" for more
Stop in and see us during Mt. Airy Village Fair!
Sunday, September 23, 11:00am-4:00pm

HOURS

Mon - Wed 10:00 am - 6:00 pm
Thurs - Fri 10:00 am - 8:00 pm
Sat - Sun 10:00 am - 6:00 pm

Voted
Best Kids' Bookstore
in Philly 2007 by *Philadelphia Magazine!*

551 Carpenter Lane 215-844-1870 info@bigbluemarblebooks.com

www.bigbluemarblebooks.com

web and print services for businesses and organizations driven by sustainable values

big picture philadelphia home page content management | nonprofit

visit our website for a complete list of clients
www.chrishillmedia.com
chris@chrishillmedia.com | 215.843.5704

- **web solutions for all needs and budgets:**
web sites YOU manage | websites WE manage
- **community and customer building tools:**
e-newsletters, galleries, calendars, blogs, e-commerce, customer-driven content, polls, social media, content management systems
- **clients, both recent and longstanding:**
weavers way co-op, swarthmore co-op, vernon house, organic trade association, WMAN, big picture philadelphia, project learn, essene market, common market, organic trade association, american dance therapy assoc., breastfeeding resource center, NOFA-NJ ... and dozens more.

Big Organic Joins \$10 Mil Effort to Thwart GMO Labeling Initiative

by Jon McGoran, Shuttle Editor, with information from Sustainable Food News

THE CORPORATE owners of many organic food brands have joined a \$10 million effort to defeat Proposition 37, a California initiative on the ballot this November that would require labeling of genetically engineered foods. While the largest contributions have come from companies such as Dupont Pioneer (\$2.4 million), Bayer CropScience (\$1.1 million) and BASF Plant Science (\$1 million), substantial contributions have also been made by the owners of Honest Tea and Odwalla (Coca-Cola); Muir Glen, Cascadian Farm, and Lärabar (General Mills); Tostitos and Tropicana (PepsiCo); Alexia (ConAgra Foods); R.W. Knudsen Family, Santa Cruz Organic, and Smucker's Organic (J.M. Smucker Company); WhiteWave, Horizon Organic, Silk (Dean Foods); Dagoba Organic Chocolate (Hershey Company); and Kashi (Kellogg Company)

Support for labeling GMO foods has been consistently higher than 90 percent in California and around the nation, and it

is already mandated in more than 40 countries, including Australia, New Zealand, Japan, Korea, Brazil, China, and members of the European Union.

While Proposition 37 would be a big step forward, and an important step in the fight for a national GMO labeling law, it has some limitations. The law would require labeling of food made with GMO ingredients, but exceptions would include Food that was unintentionally produced with GE material; made from animals fed or injected with GE but not genetically engineered themselves; processed with or containing only small amounts of GE ingredients; administered for treatment of medical conditions; sold for immediate consumption such as in a restaurant; and alcoholic beverages.

For more information, visit www.carighttoknow.org (to read the proposition, click "Get the Facts," and then "Read the Initiative.")

Support the Environment Committee's Grants Program

Eat at the Trolley Car Diner or Cafe, October 8-14

by Marsha Low, Weavers Way Environment Committee

WEAVERS WAY Environment Committee will hold a "Helping Hands Week Fundraiser" at Trolley Car Diner (7619 Germantown Avenue) and Trolley Car Cafe (3269 S. Ferry Road at Kelly Drive, East Falls) from October 8 to 14. Cut out the coupon at the bottom of this article, have a meal at the diner or cafe, and 15 percent of the cost of your meal will go towards the Committee's Grants Program!

Since 1995, the Environment Committee has been giving out grants to community groups in Mt. Airy, Germantown, East Falls, and Chestnut Hill. Grants are used to improve the community by beautifying neighborhoods through flower and vegetable gardens, planting trees, and educating about nature and environmental issues. Over the years, we have given out 154 grants. Originally our source of funding was the City of Philadelphia's Partnership Recycling Program, which paid us for materials collected at our monthly recycling program. Once the City began its own program to recycle, those funds were no longer available.

The Environment Committee is committed to continuing its grants program and, as a result, is pursuing other funding sources. In June we held a successful electronics recycling collection, which netted \$1,332 for the grants program. While that figure is impressive, we need more funds. Because of limited funds, this year we were only able to give a total of \$2,400 to 11 groups. That's where the fundraising week at Trolley Car Diner and Trolley Car Cafe comes in. Consider having breakfast from Monday through Friday or dinner with a bunch of friends on Friday or Saturday. Consider conducting a meeting over lunch or dinner. That's what the Environment Committee will be doing—having our October meeting at the diner on October 10. Remember: each table has to have a coupon to have 15% of the bill go to the Environment Committee. Feel free to photocopy the coupon at the bottom of this article should you need more. We will also post the coupon in Weavers Way E-News closer to the date.

Thanks, and see you at Trolley Car Diner or Cafe during the week of October 8-14!



A FRESH BREEZE IN YOUR LIFE
Therapy for Individuals, Couples and Groups

*Trauma, Anxiety, Divorce Recovery,
Adult Children of Alcoholics/Addicts
LGBTQ Positive and EMDR*

Sylvia G. Brown, MSS, LCSW, PhD, JD

| | |
|---|--|
| Offices: Chestnut Hill and Center City | By Appointment 484.574.6819 Sliding Scale |
|---|--|

COMPLETE MASONRY SERVICE

Flagstone, Brick & Stone Pointing

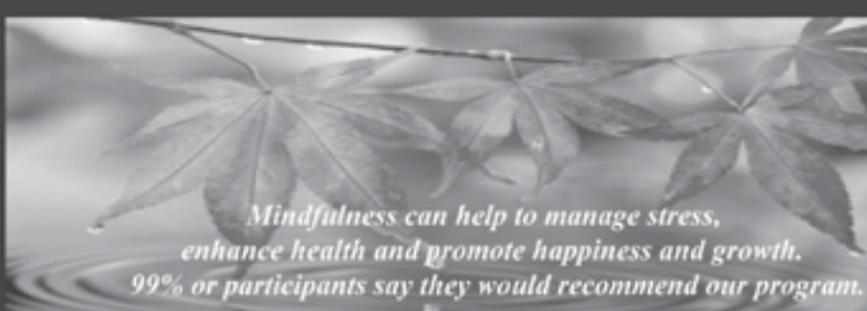
JAMES G. CARDAMONE

| | | |
|---|---|---|
| <ul style="list-style-type: none"> • Concrete Work • Basement Wall Plastering & Waterproofing | <ul style="list-style-type: none"> • Chimney Repairs • Walkways & Patios • Retaining Walls | <ul style="list-style-type: none"> • Stucco • Glass Block Windows • Ceramic Tile |
|---|---|---|

Over 25 Years Experience • Clean Work Area • Fully Insured & Free Estimates

PA# 060401 All Calls Returned **215-887-9323** **GLENSIDE**

PENN PROGRAM FOR MINDFULNESS



Mindfulness can help to manage stress, enhance health and promote happiness and growth. 99% of participants say they would recommend our program.

MINDFULNESS-BASED STRESS MANAGEMENT
8-week foundation courses: start Sept 24th in PA & NJ

ADVANCED PROGRAMS (prerequisites apply)
Exploring Anxiety with Mindfulness
8-week program starting Oct 2nd, 1-day Oct 27th
Practicum in Mindfulness-based Stress Management
9-weeks Starting Sep 25th

SPECIAL PROGRAMS
Teaching Mindfulness to Children (4 wks) - Starts Oct 15
Managing the Stress of Cancer (4 wks) - starts Oct 25; 1-day Nov 10th
Mindfulness Meditation and Movement - Dec 8th

CE credits available for many programs.
Registration Deadline Sep 20th (for most classes)

(215) 615-2774
www.pennmedicine.org/mindfulness





7619 Germantown Avenue
Philadelphia, PA 19119



3269 S. Ferry Road
(at Kelly Drive)
Philadelphia, PA 19128

You Are Invited To A Helping Hands Week Fundraiser For Weavers Way Environment Committee Grants Program At Trolley Car Diner & Trolley Car Cafe!

Please present this coupon to the cashier & Trolley Car Diner & Trolley Car Cafe will donate 15% of your purchase to

Weavers Way Environment Committee
Valid Monday, Oct 8th to Sunday, Oct 14th

7am to 9 pm Monday – Friday
3pm to 9 pm Saturday & Sunday

Name _____

E-mail _____

Cafe - 3269 S. Ferry Rd., Phila, Pa 19129
www.trolleycarcafe.com
Diner - 7619 germantown ave., phila, pa 19119 www.trolleycardiner.com

Coupon is valid for dining-in or take-out and is not valid for the Ice Cream Shoppe.

*May not be combined with other promotions or special offers

The more you eat and drink, the more you help our organization Obtain our fundraising goals. Spread the word and have a great time!

If your organization is interested in scheduling a Helping Hands Week Fundraiser, Contact Michele Orellana at helpinghandsweek@gmail.com or 215-247-5555 x205.

WW Brand Rice

(continued from page 3)

Swedish bachelor farmers from Nebraska, put down stakes in Richvale, a tiny town in northern California's Butte County. They had the dream of growing rice. Using a then-revolutionary irrigation system, they were able to grow rice successfully. Since then, rice has been continuously grown on the farm by four generations of the Lofgren family. As a result of the brothers' pioneering work, Butte County has become one of the major rice-growing areas in the United States, selling over \$1 billion annually.

Butte County's Rice Today

Most Butte County rice is now farmed industrially, using pesticides and herbicides, with little respect for the land and its wildlife. In contrast, Curt, the grandson of founder Sam Lofgren, who grew up on and now runs the Farm, saw the destructive results of industrial farming methods on fields and native wildlife. Even as a boy, he resolved to grow rice differently,

using the traditional methods of his grandfather and uncle.

In the 1990's, Curt began cultivating rice organically, eschewing chemicals and allowing fields to rest every three years. Since then he has been growing more and more organic rice, expanding to many varieties of organic rice that were previously unknown in the Eastern U.S.

How Weavers Way Organic Rice differs from "Natural" or "Eco-Farmed" Rice

Many rice products display the word "natural" or "eco-farmed" on their labels. But, unlike "organic," the word "natural" has no standards, regulations or requirements attached to it. The same with "eco-farmed." Both terms are nothing more than marketing phrases with no deeper meaning or standards.

On the other hand, Lofgren Brothers rice is grown and milled to strict organic

standards. These include the standards of the United States Department of Agriculture (USDA), as well as the California Certified Organic Farmers (CCOF) official certification. This allows Weavers Way to display both the USDA Organic and CCOF Certified Organic seals on our labels. Ironically, Curt's intensive organic farming methods actually yield more rice per acre than industrial farming. All Weavers Way Organic Rice is milled in an organically certified mill, eliminating the possibility of mixing organic and non-organic rice.

Butte County Wildlife

While certified organic rice farming has been the priority for Lofgren Brothers Farm, the family has also been committed to environmental stewardship of the land and wildlife. Rice is the only crop that replicates the once-abundant wetlands of Butte County that forms a segment of the Pacific Coast Flyway. As a result ducks,

geese, herons, and shorebirds by the millions rest and feed in the Butte County rice lands on their annual migration to Mexico. The organic methods of farming have not only helped to preserve and nurture migrating birds, but resulted in the preservation and flourishing of several endangered species that were once native to the area. It's another example of the Lofgren Brothers Farm caring stewardship of the land.

Weavers Way Rice will be available in 1 lb. packages starting in mid-September. You can find it in the rice section at both locations.



photo courtesy of Lofgren Brothers Farm

Sam and Paul Lofgren, founders of Lofgren Brothers Farm.

Barbara Hirsch Lember



Hand colored photographs from her award winning books, inspiring children to explore nature's colors, shapes and textures.

Opening Reception:
September 6
from 5:30 to 8:30 pm

September 6 - September 30, 2012

Gravers Lane Gallery
8405 Germantown Ave.
Philadelphia, PA 19118
215-247-1603
www.graverslanegallery.com

A Book of Fruit - 1994
The Shell Book - 1997
If You find a Rock - 2000

Interior and Exterior Painting

Specializing in Environmentally Friendly Paints
25 Years of Professional Experience

Locally owned and operated
Schedule your Free estimate

Visit us online!

215.948.3747



planet paint
SOLUTIONS, INC.

planetpaint.org

COOL HOME, HAPPY SUMMER.

Learn how to save up to 20% on your utility bills and make your home more comfortable than ever.



SIGN UP TODAY FOR ONLY \$150

- Experienced energy efficiency professionals
- Low-interest loans as low as 0.99%
- Independent quality assurance you can trust

Schedule your Home Energy Assessment from a Certified Building Analyst



EnergyWorks

ENERGY EFFICIENCY IMPROVEMENTS

ENERGYWORKSNOW.COM
215.609.1052

EnergyWorks is a program of the Metropolitan Caucus of Bucks, Chester, Delaware, Montgomery and Philadelphia counties, and is supported by a grant from the U.S. Department of Energy.

Dance Creates "Carnival of Nature"

by Josh McIlvain

CO-OP MEMBER and acclaimed choreographer Merián Soto's latest work, SoMos, is a Branch Dance performance spectacle bridging nature and the urban landscape. The work is to be presented in a parking lot in the North Philadelphia barrio on October 12, 2012, at 8 p.m. as part of Taller Puertorriqueño's performance series, Café Under the Stars: Spotighting the Arts in El Barrio. In contrast to the urban landscape, the parking lot at 5th and Huntingdon Streets will be transformed into a quiet carnival of nature images, sounds and movement invoking the four seasons. This is a free event.

SoMos will create a meditative nature carnival out of a concrete parking lot, with performance spaces and multi-media displays for winter, spring, summer and fall. Fifteen dancers are spread out throughout the performing areas in numerous combinations, including core dancers and choreographers Olive Prince, Jumatatu Poe, Marion Ramirez, Beau Hancock, and Jung Woong Kim. "I loved the vastness of the parking lot, a place to work with giant branches," said Soto. "I imagined large projections that would attract audiences from afar. I imagined a series of water-globe-like spaces where audiences could enter."



photo courtesy of Merián Soto

This large-scale event features three geodesic tents, transformed into performance spaces, with seasonal video- and audio-scapes projected onto them and the dancers performing the hypnotic, transfixing branch dances—an intensely intimate dance that follows the gravity and shifting balance of nature. Large shadows of the dancers are projected against the walls of the tents. Visible from the outside, these artful shadows create their own performance experience and yet another viewpoint for audiences.

The series that began in 2005 has included dozens of solo "guerilla" performances in Philadelphia's Wissahickon Park, and currently two year-long "sister" projects of four seasonal performances: Wissahickon Reunion in Philadelphia, and Branch Dances at Wave Hill in New York City.

High Holidays at P'nai Or

by Tobie Hoffman

AS THE hot days of summer slide into the first hints of Fall, my thoughts turn to the coming Jewish High Holidays. In Mt. Airy there are many choices for High Holiday activities and observances. If you are not sure where to go or what to do, or are looking for something fresh and engaging, I invite you to come to P'nai Or—the Mt. Airy Jewish renewal congregation whose name means "Faces of Light," for a High Holiday gathering unlike anything you may have ever experienced. In Summit Church's Fellowship Hall, a really "wow!" High Holiday gathering will unfold again, as P'nai offers High Holiday services of a different stripe to seekers of all backgrounds.

P'nai Or High Holidays are a great introduction to the themes of this season in the Jewish year, and to different styles and approaches to these themes that can make them even more powerful and personally relevant.

As the sustainability of the P'nai Or community is dependent on dues and contributions, there is a suggested donation for attending. However, if this is your first experience with P'nai Or, we invite you to make any donation that feels right to you, or come for free. No one is ever turned away from a P'nai Or gathering for financial reasons. Check our website for more info on P'nai Or, our congregation, our services, and High Holiday registration www.pnaior-phila.org or e-mail pnaiorra-bbi@aol.com

84th Season at Stagecrafters

by Steve Brady

AS THE summer draws to an end, The Stagecrafters theater is excitedly preparing for its eighty-fourth season: five plays with first-rate writing and compelling stories rendered in productions that are visually exciting, artistically accomplished, entertaining, and thought-provoking.

Here's this season's line-up

Lost in Yonkers by Neil Simon

▪ Sep. 14 – 30, 2012

Jitney by August Wilson

▪ Nov. 23 – Dec. 9, 2012

Mrs. Warren's Profession – by George Bernard Shaw

▪ Feb. 1 – 17, 2013

Ruined by Lynn Nottage

▪ Apr. 12 – 28, 2013

Play It Again, Sam – by Woody Allen

▪ Jun. 14 – 30, 2013

There you have it ... a year's worth of entertainment, enlightenment, and enrichment. One may sample a show or two, or sign up for the entire five-play season. Single admissions to the play performances are \$17 if ordered online (no service fee), \$20 at the door (Thursdays two-for-\$25!); discounts for students and groups are offered. Subscriptions are available for the entire season at only \$65. The Stagecrafters theater is housed in colonial-vintage buildings at 8130-34 Germantown Avenue, in the heart of Chestnut Hill. For information and reservations call 215-247-8881. Please visit www.thestagecrafters.org for details.



SMART

GREEN REALTY

Get control of your energy bills with Energy Works:

very low interest loans—less than 1% for energy efficient appliances, HVAC, windows, insulation & more.

www.energyworksnow.com

Make your home more healthy + comfortable. Sell for 3% to 14% more!

Your neighborhood resource for green remodeling questions and contacts.

215-669-3660

7630 Germantown Ave
at Mermaid Lane

Zeta Cross

Real Estate for Tomorrow and Today.

Upsal Garden Apartments

A walk around West Mount Airy reveals a neighborhood of lush landscaping, huge old trees, and fascinating architecture, including Victorian, Greek and Gothic Revival—a stellar example of which is Upsal Gardens Apartments. Set on a terraced site, the brick and stone (Wissahickon schist) walls of Upsal Gardens are covered with ivy and distinguished by bays, turned gables, battlements, half-timbers, corbels, leaded glass and pointed arches. Today, all but a handful of the 146 apartments at Upsal Gardens have different floor plans. Units range from studios to three-bedroom/three-bath apartments.

Prices ranging from \$775-\$1400



Upsal Garden Apartments
246 West Upsal Street
Philadelphia, PA 19119

Apartment Features

- All utilities included
- All-new thermo-pane windows
- Large rooms
- High ceilings
- Ceiling fans in bedrooms and kitchens
- Eat-in kitchens
- Spacious closets
- Hardwood floors

Community Features

- Controlled access entry
 - Elevator building
 - Walk to Upsal train station
 - Close to shops
 - Close to public transportation
- Pet Policy**
- Utilities/Wiring
 - Cats welcome
 - Dogs upon manager approval
 - Cable-ready

Contact: Beth Sheard
beth@youcanmovehere.com
215.843.6218

youcanmovehere.com

PLYMOUTH MEETING FRIENDS SCHOOL

Building on your child's curiosity

2012-2013 Open Houses:

Oct. 2, 9:30-11:30am

Nov. 3, 2-4pm

Dec. 6, 9:30-11:30am

Jan. 10, 9:30-11:30am

April 18, 9:30-11:30am

3 years old - 6th grade

Please call to register



2150 Butler Pike • Plymouth Meeting PA 19462 • www.pmf1780.org • 610-828-2288

A Big World in a Small Quaker School

Chestnut Hill Center for Enrichment presents K.R. Sands



Come hear local author K.R. Sands read from her acclaimed short story collection, *Boy of Bone*, inspired by medical artifacts at the Mütter Museum. A wine and cheese reception will follow.

Wednesday, September 19 at 7 pm

Chestnut Hill Hotel*

\$12 in advance; \$15 at door.

RSVP: 215-248-0180 or chEnrichment.org.

*Dine at the Chestnut Grill before or after the event and receive 10% discount on food.

phillywaldorf.com

child:

Kindergarten is no place
for pressure tactics.
It's for nurturing that
leads to real growth.

Is there such a thing as an urban
oasis for preserving childhood? At the
Waldorf School of Philadelphia, there is.
Our curriculum nurtures your child's body,
mind and spirit in a playful environment
that grows her capacity for learning,
thinking and doing. Life long.

hood



It's not what to think.
It's how to think.

open house

Join us: Saturday, October 20th @ 10 am | 7300 Germantown Ave. | Mount Airy

we've got philadelphia covered.

PENNSYLVANIA • DELAWARE • NEW JERSEY



discover
newsworks.org

WHYY



smart. local. news.





reconnect

With your community.

With your co-op.

With your farmer.

With your food.

With people.

With Weavers Way.



Your New Mt. Airy Store opens early September • Celebration Party September 29

Chestnut Hill
8424 Germantown Avenue

Mt. Airy
559 Carpenter Lane

Across the Way
610 Carpenter Lane

Community-owned food markets open to the public.

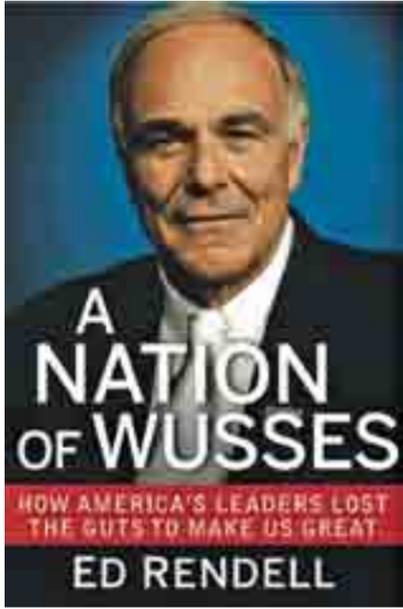
www.weaversway.coop

4th Annual CH Book Fest Sept. 30

by Marie Lachat, Chestnut Hill Book Festival Committee

ON SEPTEMBER 30, 2012 the Chestnut Hill Book Festival and Speaker Series will hold its 4th Annual Book Festival, a unique Chestnut Hill event consisting of a mix of readings, presentations, book signings, discussions, and workshops all by Philadelphia-area writers and performers. The Book Festival, which recently expanded with a speaker series, is a joint volunteer effort of the residential, business, arts, literary, and education communities of Chestnut Hill.

The 4th Annual Book Festival presents a stellar list of authors. Gov. Ed Rendell, author of *A Nation of Wusses: How America's Leaders Lost the Guts to*



Make Us Great will speak at Chestnut Hill College's Sugarloaf, the beautiful recent addition to the campus. Sister Carol Jean Vale, the college president, will welcome all, and State Rep. Leanna Washington will introduce the Governor.

Also on the agenda for this year's Book Festival are Brenda Dixon-Gottschild, author of *Joan Myers Brown & the Audacious Hope of the Black Ballerina*;

Dan Biddle and Murray Dubin, co-authors of *Tasting Freedom-Octavius Catto and the Battle for Equality in Civil War America*; Salome Thomas-El, author of *The Immortality of Influence*; Leslie Daniel, author of the novel *Cleaning Nabokov's House*; Miles D. Orvell, Temple professor and author of *The Death and Life of Main Street: Small Towns in American Memory, Space, and Community*; and Frank Wilson, retired *Philadelphia Inquirer* editor,

(continued on page 20)

MALT Tour of Homes in NW Philly

by Jonna Naylor, MALT Executive Director

WALK THROUGH a unique array of homes, in buildings constructed throughout the long history of Germantown, Mt. Airy and Chestnut Hill. See why the Old German Township has been justly acclaimed for its history, diversity, and creativity. This tour presents the rare opportunity to see inside unique private homes, in buildings constructed during the 19th, 20th, and 21st centuries. The houses on the tour this year include a marvelously intact example of the exuberant Aesthetic Movement, designed by architect George Pearson. High on a hill, a grand Italianate house, once broken up into 11 apartments, has been restored as a gracious, single family



photo courtesy of MALT

One of the many distinctive homes on MALT's House Tour

home. A stately early 20th century colonial revival home displays a totally appropriate, thoroughly contemporary, 21st century interior. All of the homes on the tour demonstrate a respect for architectural integrity and historical detail, combined with imaginative and inspired choices for living in the 21st century.

Bryn Gweled
HOMESTEADS
Cooperative Living Since 1940

Semi-rural living, inclusive multigenerational community, 75 homes on 2-acre lots, livestock, gardens, wooded in lower Bucks County, easy commute to Center City. Homes currently available.

www.bryngweled.org
215-355-8849 — Ask for Lucas

W.R. Schenk

Painting, exterior and interior, sheetrock and plastering, carpentry, structural and finish, restoration.

267-816-9951

Serving the community for over ten years. Licensed and insured.

Nick Buffone
PHILADELPHIA, PA 19129

215-620-6695

Painter / Carpenter / Sheetrock

www.linkedin.com/in/nickbuffone nibuffone@yahoo.com

Licensed / Insured PA #012259 Phila #36035

Confident, life-long learners start here.

The Miquon School
founded in 1932

Progressive education for children ages 3-12

Information Evening for Prospective Parents
Thursday, October 11 • 7-8:30p.m.

2025 Harts Lane, Conshohocken, PA 19428 • (610) 828-1231
www.miquon.org

GERMANTOWN FRIENDS SCHOOL

Where learning and growing happen at a higher level.

Fall Open Houses: October 13 & November 12, 2012

A Quaker Independent Day School for Grades K-12

31 West Coulter Street, Philadelphia, PA 19144
215-951-2345 • www.germantownfriends.org

Chestnut Hill Cat Clinic
215-247-9560
8220 Germantown Avenue
www.chestnuthillcatclinic.com

Serving the feline community and their people for over 20 years

River Rock Masonry

- Brick and Stone Pointing
- Color Matching and Texturing
- Crack and Structural Repair
- Brick, Block, and Stone Construction
- Concrete, Flagstone, and Pavers
- Patios, Pavements, and Steps
- Garden Hardscape, Retaining Walls
- Free Estimates, Fully Insured

215-260-9730

www.riverrockmasonryco.com

Ovarian Cancer Awareness Month

by Margot Desannoy

MEET BETSY Wallace, a Co-op member (with her husband Ken Weiner) since 2010, who lives near Chestnut Hill. A former medical social worker and retired lawyer, Betsy found out that she had Stage IIIc ovarian cancer in 2010. Ovarian cancer is the most fatal of all gynecological cancers. It touches women of all ethnicities and colors. Because there are no early warning signs and no early screening tests for ovarian cancer, women do not find out that they have ovarian cancer until it is in its advanced stages. The symptoms associated with ovarian cancer are frustratingly general, similar to many non-cancerous conditions: bloating, difficulty eating or feeling full quickly, pelvic or abdominal pain, and urinary urgency or frequency. Other symptoms are debilitating fatigue, upset stomach or heartburn, back pain, pain during sex, constipation, and menstrual changes. If a woman has *any* of these symptoms for two weeks despite normal attempts to resolve them, she should see a gynecologist or a gynecological-oncologist for testing to rule out ovarian cancer.

The ovarian cancer diagnosis took Betsy totally by surprise. She had no family history of breast or ovarian cancer. In late April 2010, at 58 years of age, Betsy was caring for her elderly mother who had just fractured her pelvis, working full-time at the Third Circuit Court of Appeals, and exercising regularly. She started experiencing profound fatigue that sleep did not resolve, which she explained away as the cost of too much multi-tasking. After a Pilates class, Betsy noticed that she had groin pain and low back pain that would not quit. She started taking ibuprofen around-the-clock and sought help from a chiropractor for the month of May. The chiroprac-

tor made her lower back feel better but he urged her to see someone for her groin pain. Two days later, in early June, Betsy saw her gynecologist, who ordered a transvaginal ultrasound test and a blood test to see if she had an elevated CA-125 (an ovarian cancer marker in the blood). Her gynecologist gave her the results—there was a large tumor on her right ovary and her CA-125 was abnormally high. Betsy had surgery done by a gynecologic-oncologist at UPenn on July 14, 2010. The cancer metastasized to her lungs during recovery from surgery, but chemotherapy killed it all. She continues on maintenance chemotherapy; she has been free of any detectable evidence of disease for two years.

In some ways, Betsy has never felt better. Her husband is a constant source of inspiration and support. She participates fully in her life and exercises when she can. In addition to her member duties at Weavers Way and other activities, Betsy volunteers with Survivors Teaching Students (third year medical students), sponsored by the Sandy Rollman Ovarian Cancer Foundation, located in Havertown, PA. For more information on the symptoms, risk factors, diagnosis and treatment of ovarian cancer, see www.sandyovarian.org.

September is Ovarian Cancer Awareness Month

Show your support by wearing teal, donate to the Sandy Rollman Ovarian Cancer Foundation and/or participate in the coffee fundraiser for ovarian cancer by supporting Dara's Defense with a purchase of "A New Day" coffee.

Dara's Defense and A New Day Coffee Help Fight Ovarian Cancer

by Amy Wardell, Dara's Defense

DARA'S DEFENSE is a non-profit organization that exists to provide advocacy, education and direct support for women and families affected by ovarian cancer.

Dara Barr has been my dear friend since our childhood growing up in Swarthmore, PA. Dara has lived in the Mt Airy/Chestnut Hill community with her husband and three boys for more than 15 years. She has been living with ovarian cancer for 5 years. Her amazing strength in facing this terrible disease head on and actively advocating for awareness and research launched the formation of Dara's Defense Organization. Over the past four years, Dara's Defense has held fundraising events to celebrate life. These events have been so successful that Dara's Defense just donated \$10,000 to the Sandy Rollman ovarian cancer Foundation, as well as to other cancer related organizations that have supported Dara in her journey.

Dara inspired me to contribute to these fundraising efforts so I approached friends at Golden Valley Farms Coffee Roasters, a family run, sustainably-oriented organic coffee roaster in West Chester, PA. They created a signature coffee just for Dara's Defense named "A New Day" to celebrate hope and life! A portion of the proceeds from the sale of each bag of coffee will benefit Ovarian Cancer funding. This coffee will be available at Weavers Way Co-op for the month of September, Ovarian Cancer Awareness Month. Please join Dara's Defense in the fight against Ovarian Cancer by purchasing A New Day Coffee.



Hansell Contractors, Inc.

Builders - Historical Restoration - Fine Carpentry

Energy Conservation - Architectural Design Services

HansellContractors.com

Office: 267-508-0050 Fax: 267-508-0052

Lic. # PA022176

EPA Lead Certified

WISSAHICKON PET MINDERS
Customized Care for ALL Your Critters!

- Walks
- Dog Bites
- Overnight in Veterinary Offices
- Exercise
- Dog Training

Wissahickon, PA
wissahickonpetminders@gmail.com
www.wissahickonpetminders.com
 215-688-6552

Project Learn School
A Cooperative School Community

You co-op for your food...
Why not for your child's education?

Schedule tour to learn more!
215-438-3623
www.projectlearnschool.org

2012
National
Cooperatives

CHESTNUT HILL



BOOK FESTIVAL & Speaker Series

4th Annual
Authors of Philadelphia

Fiction • Non-Fiction • Poetry • Drama

SEPTEMBER 30, 2012

facebook.com/chbookfest

www.chestnuthillbookfestival.com

ALPERN ART STUDIO

Ceramics & Art Classes

for Children & Adults

10 minutes from Chestnut Hill in Dresher



www.alpernart.com 215-659-0589



September Member Specials

For more member savings, visit www.weaversway.coop

Valid from September 5 - October 2



SANTA CRUZ
Organic Chocolate Syrup 15.5 oz
\$3.39 REG \$4.25



MT. VIKOS
Sheep's Milk Halloumi Cheese 8 oz
\$5.99 REG \$9.30



THAYER, HENRY COMPANY
Rose Petal Witch Hazel 12 oz
\$6.99 REG \$7.90



NEWMAN'S OWN ORGANICS
Chocolate Cups 1.2 oz Assorted Flavors
\$1.19 REG \$ 1.47



CASCADIAN FARM
Organic Juice Concentrate 12 oz Assorted flavors
\$3.49 REG \$4.15



COUNTRY LIFE
Vitamin D 1000 Units Dry 100 Tablets
\$5.49 REG \$6.98



SPECTRUM NATURALS
Organic Mayonnaise 16 oz
\$4.99 REG \$6.35



MRS. MEYERS
All Purpose Cleaner 32 oz - Assorted varieties
\$6.29 REG \$7.89



SCHIFF
Calcium 1200 120 Soft Gels
\$10.29 REG \$12.30

Landscaping Gardening



Mark Goodman
215-248-1676

PLANTING SHRUBS MAINTENANCE FLOWERS CONSULTATIONS GROUND COVERS

Summit Presbyterian Church
Greene and Westview Streets

A welcoming spiritual community dedicated to learning from diversity.

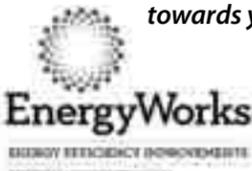
Sunday Worship: 10:00 a.m. - Learning Hour: 9:00 a.m.
Lunch for anyone over 60 every Tuesday at noon.

Weavers Way Cohosts EnergyWorks and PGW for an informative presentation about how to SAVE ENERGY AND MONEY!

Wednesday, September 12 from 7:00 pm - 8:30 pm
Chestnut Hill Library, 8711 Germantown Ave.
Snacks and beverages compliments of PGW

Meet our energy efficient experts and qualified contractors as they discuss how a home energy assessment can achieve maximum comfort and savings. This eye-opening workshop shows homeowners how to take advantage of rebates and low-interest loans to make energy-efficient upgrades. The result: lower utility bills and a more comfortable home all year long.

Raffle! Sign up for a home energy audit and you can win \$200 towards your home energy improvements!






MACINTOSH CONSTRUCTION CO.

A Complete Restoration Company
FREE ESTIMATES • FULLY INSURED
PA license# PA018646

Visit us on our website:
www.MacintoshConstruction.com

- Kitchens
- Bathrooms
- Windows
- Doors
- Porches
- Additions
- Decks

MT. AIRY, PHILADELPHIA 215-843-2090

 **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



215-776-TREE WWW.SHEKTREE.COM

Structural Pruning • Specimen Planting
Soil Conditioning • Tree Removal
Pest Management

Our Arborist Associates...
Zach Shechtman • Robert Sawyer
Hal Rosner • Ed O'Connell



HIGH HOLIDAY MENU



Prepared Foods & Deli in Chestnut Hill & Mt. Airy

ORDERS MUST BE PICKED UP FROM THE STORE LOCATION WHERE THE ORDER IS PLACED.

Holiday Specialties

- Chicken Liver Pate/Bell and Evans Chicken Livers \$10.99/lb
- Homemade Fresh Horseradish with Beets \$9.99/lb
- Homemade Matzo Ball Soup with Chicken Stock (2 matzo balls per qt) \$9.99/qt
- Homemade Matzo Ball Soup with Vegetable Stock (2 matzo balls per qt) \$9.99/qt
- Extra Matzo Balls \$1.00/ea
- Walnut Lentil Pate (vegan) \$7.50/lb

Smoked Fish Platters

Ducktrap Nova - A generous portion of the best sliced Smoked Salmon (over 2 lbs), cream cheese, cucumber, tomatoes and red onions, garnished with lemon, dill, and capers (feeds 20 to 24 people)Lg only \$99.00

Smoked Fish - Sliced Ducktrap Nova, Whitefish and Smoked Salmon Salads, Smoked Trout and Mackerel, tomatoes, cucumbers, red onion. Comes with assorted bagels, cream cheese and flavored cream cheese \$9.95 per person
(Holiday Discount Price)

Smoked Fish

- Whole Whitefish 2-2 1/2 lbs.. \$11.99/lb
- Whitefish Pieces \$13.99/lb
- Kipperd Salmon \$19.99/lb
- Sable (pre-order only in CH). \$35.99/lb
- Whitefish Salad. \$8.75/lb
- Salmon Salad \$9.99/lb
- Nova Bits. \$12.44/lb
- Blue Hill Herring \$4.46/jar
- Acme Sliced Nova \$6.39/4 oz. pkg. \$10.29/8 oz. pkg. \$14.99/12 oz. pkg.

The following is available in Mt. Airy only:

- Blue Hill Bay Baked Salmon \$6.30/4 oz. pkg.
- Blue Hill Bay Baked Salmon w/pepper . . \$6.30/4 oz. pkg.
- Acme Salmon Pastrami. \$6.78/4 oz. pkg.

*Assorted Cream Cheese spreads and other holiday items are also available in the prepared foods case.

ORDERS MUST BE PICKED UP FROM THE STORE LOCATION WHERE THE ORDER IS PLACED.

Available in Chestnut Hill Only:

Main Courses

- Brisket Pot Roast \$19.99/lb
- Poached Salmon \$19.99/lb
- Herb Roasted Free Range Whole Chicken . . \$11.99/lb
- Cranberry Stuffed Turkey Breast \$18.99/lb

Companion Dishes

- Tzimmes of Sweet Potatoes, Carrots and Butternut Squash \$12.99/lb
- Noodle Kugel—Rich and buttery, studded with Raisins \$10.99/lb
- Spinach Kugel—A delicious savory Kugel . . \$10.99/lb
- Mashed Sweet Potatoes \$6.50/lb
- Mashed Red Potatoes. \$6.50/lb
- Honey Glazed Carrots. \$7.99/lb
- Green Beans with Toasted Almonds. \$12.99/lb
- Braised Brussels Sprouts \$8.50/lb

Salads

- Caesar Salad** with grilled chicken and our homemade croutons
Sm \$36.99 Med \$49.99 Lg \$59.99
 - Spinach Salad** with toasted walnuts, red onion and dried cherries with raspberry vinaigrette
Sm \$39.99 Med \$52.99 Lg \$62.99
- Small feeds 8 to 10, Medium 16 to 20, and Large 20 to 24 people.*

L'SHANÀ TOVA

Chestnut Hill

8424 Germantown Avenue, Phila., PA 19118

Mt. Airy

559 Carpenter Lane, Phila., PA 19119

Please feel free to call our prepared foods staff for guidance on quantities needed for your celebration. See our catering brochure for any other catering needs we can assist you with. Also, check out our grab-and-go section for a wide variety of soups, salads, dips, and spreads.

All pre-orders must be received one week in advance. Please call the Chestnut Hill Store at **215-843-2350 ext. 209**. Ask to speak to **Bonnie** or **Pat**.

All pre-orders must be received one week in advance. To order call **215-843-2350 x102** and ask for **Jenna**.

We are happy to accommodate special requests or customize a menu for you.

Call: 215-843-2350

There is a 3 lb. minimum on all pre-orders and a 2 qt. minimum for soup. Smaller quantities will be available for sale on the shelf.

Now in our 33rd Year!

Classical, Jazz & Pop
- All Ages & Levels

- Private Lessons (start anytime!)
- + Piano & Drum Classes for Children (age 4 - 7)
- + Ensembles & Bands for Teens & Adults

- | | | | |
|--------|-------------|-----------|----------|
| piano | keyboard | voice | guitar |
| violin | trumpet | flute | bass |
| viola | french horn | clarinet | drums |
| cello | trombone | saxophone | recorder |

Weaver's Way Members: 25% off first 4 lessons or term of classes (for new students)

8509 Germantown Ave.
(above Ch. Hill Cheese Shop!)

MAPLEWOOD
MUSIC
STUDIO



Richard Radtke
Director

215.848.8353

47 Maplewood Mall
in Germantown

MJS PETSITTING

Full Daily Care For Your Pet In Your Home While You're Away

Daily Dog Walks

References Available Upon Request

(215) 316-9316
Joe Pisoni



Fully Insured

www.mjspetsitting.com

727 Vocal/Piano Studio

30 + years experience

- Recitals
- Community Outreach Programs



Contact: Alyssa Davidson
(215)885-8628

Brown's GUTTER CLEANING

GUTTER & DOWNSPOUT CLEANING

- Prompt & Reliable
- Licensed & Insured
- Free Phone Quotes
- Seasonal Contracts

215.836.5890

www.BrownsGutterCleaning.com

EVERY MONDAY IS



@

WINE THIEF
NEIGHBORHOOD BISTRO

\$22 VEGETARIAN

PRIX FIXE MENU

DELICIOUS COCKTAILS

REGULAR DINNER MENU

SERVED AS WELL

Alternative Healthcare
for Women



Holistic Gynecology
Natural Menopause Counseling
Fertility/Pregnancy Consultations



Energy/Sound Healing Arts
Therapeutic Touch
Tibetan Bowls
Shamanic Drums and Journeying

Iris S. Wolfson, CNM, CRNP
133 W. Phil-Ellena Street
Philadelphia, PA 19119
(215) 842-1657
iriswolfson.com

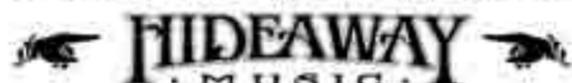
WANTED

RECORDS CDs • DVDs

TOP PRICES PAID IN CASH!

DROP OFF OR WE'LL PICK UP!

215-248-4434



8612 Germantown Ave., Chestnut Hill, PA · hideawaymusic@gmail.com

International Year of the Co-op Update

by Margaret Lenzi, Weavers Way Board President

In the International Year of Cooperatives, it's time to look around the world to see how cooperatives build healthy communities, produce goods and services, and bring some of those products to Weavers Way.

Co-op Producers & Brands At Weavers Way: Maggie's Clothes



photo courtesy of Acopagro

Members of Genesis Spinning Co-op, with Maggie's President, Bena Burda.

COOPERATIVES ARE a big part of the operation that makes Maggie's clothes such a big hit with many at Weavers Way. Maggie's Organics was founded in 1992 on the premise that workers should be treated ethically and that clothing should be durable, affordable, and constructed of environmentally sustainable materials. In pursuing its goal of a 100% worker-owned supply chain for their products, Maggie partners with many cooperatives in Central America. The Organic Cotton Gin Cooperative does the first step of taking the harvested seed cotton and turning it into clean, spinnable fiber. The Genesis Cooperative spins the cotton. The Maquiladora Mujeres and the Fair Trade Zone are two of the worker-owned sewing cooperatives in Nicaragua. In the United States, Maggie sources its extensive sock and menagerie series line through cooperatives associated with the Southern Appalachian Center for Cooperative Ownership (SACCO). Maggie's offers an array of products including socks, scarves, and apparel. For more info: www.maggiesorganics.com

Spotlight On Cooperatives: Koperativ Lojman Sides: Housing Cooperative in Haiti

HAITIANS ARE working to provide access to good sturdy housing for everyone two years after the country was hit by a devastating earthquake. In 2011, a small group of housing activists founded the Movement for Solidarity with Homeless People in Haiti (Mouvement de Solidarité avec les Sans-abri d'Haïti—Mososah), to



photo ©Mososah

Koperativ Lojman Sides: Housing Cooperative in Haiti

create a network of co-ops for savings and housing. Co-ops are legally recognized and regulated in many areas of Haitian society, such as small business, agriculture and access to schooling, but there were none in housing.

The first housing co-op was launched in Jacmel on December 4, 2011—the Southeastern Haiti Savings, Housing and Small Business Credit Co-op (CEL-CPME SE). Co-op members say they are the first positive and organized response from Haiti's civil society to the earthquake. It aims to mobilize the savings of co-op members to provide cheap loans, since commercial banks charge far too much.

The co-op so far has 100 members, many of them with plans to build, and five employees. "A lot of them already have their own house," says Jacques Jean-Pierre, chairman of the co-op's supervisory committee. "But they have lent us their savings to help others. We have to work together so everyone can have a decent life." They hope that similar housing cooperatives will start throughout Haiti to help in the rebuilding process. For more information, contact mososah@gmail.com.



**You've tried ear plugs.
Tried the "gentle nudge."**

Now what?

Is someone you love keeping you up at night with their snoring? Is your partner excessively tired and lacking energy during the day? These may be signs of sleep apnea, which is linked to serious health issues like diabetes, heart disease and obesity. The good news is, help is available. If your partner is experiencing chronic snoring, call the Center for Sleep Medicine at Chestnut Hill Hospital. We can help you get the rest you need.

For more information or to schedule an appointment, please call 267-339-6462.

CHESTNUT HILL HOSPITAL

UNIVERSITY of PENNSYLVANIA COMMUNITY HEALTH NETWORK

ChestnutHillHealth.com

The Right Apple

(continued from page 3)

passed through environmental and ethical filters, Co-op shopping brought a clarity of purpose and focus that I relished.

Now, facing the huge array of apples, I wondered what to do. Should I stick with the old favorites? Try a new variety? Buy one of each? A few days later, when I poked around in our produce drawer for an appetizing snack, how would I distinguish the Cameo from the Cortland, or even be sure which of the many types I'd brought home? And why, in so many decades of life, hadn't I heard some of these names before? Were they new breeds? Rare gems? Unpopular but tasty to some?... I soon found myself mired in the "paradox of choice" as Swarthmore psychology professor Barry Schwartz terms it: On the one hand, the number of possibilities offered newfound freedom. On the other, it created more labor, pressure to make the right decision, and the possibility of regretting whatever choice I ultimately made.

Thankfully, my son came to the rescue. Always eager for a project, and with the soul of a scientist, he chimed in, "Why don't we just do some taste testing?" Little did I know that this was the start of his leadership in an entertaining, compelling family quest. Working together that day, we chose five of the varieties in stock, labeled them with the masking tape by the scales, and took them home. That night, the four of us in my household participated in our first "blind" apple tasting event. My son washed and sliced each variety of apple into one of five small colored plas-

tic bowls—leftover dishware from toddlerhood—and discretely transferred the masking tape names to their undersides, where they stayed hidden until after the rating process. He supplied each of us with pens and slips of paper on which we wrote the five bowl colors. Our task was to eat as many pieces of each variety of apple as needed to privately assign our individual rating of 1 (yucky) to 5 (very yummy) to the contents of each bowl.

What an adventure! We were struck by the strong preferences we experienced and fascinated by the marked differences between the apples, never having paid such close attention before. Instead of wolfing down large chunks of food on the run, we found ourselves enjoying the slower pace needed to differentiate and savor the flavors. Once we had settled on our private ratings, we compared notes. At times, there was enough agreement to produce a "winner." At others, strong differences of opinion emerged, creating potential moral and cognitive challenges for the next family member to purchase apples: whose preferences should be taken into account when buying? How will the shopper recall our communal findings a week from now?

My son soon became interested in how to take our four sometimes disparate scores and represent them as a meaningful whole to be able to rank apples for shopping purposes. In time, the tally handwritten on a sheet of scrap paper next to our phone morphed into an Excel spreadsheet

that computed means, medians, and sums with the press of a few buttons. One very practical feature was that, when the results of a new evening's tasting were added, the program automatically updated the order of the apple varieties on the page from those rated least to most tasty. Who would have thought that a search for our favorite apple would help us become more computer literate?

As time went on, and we continued to bring samples home for a tasting, we discovered that we had to be careful not to jump to conclusions after only one experience with a certain variety. For example, one type that achieved the highest combined rating at two of our tastings ranked much lower on a third occasion, leading us to conclude that there really is such a thing as a "bad apple." In time, we came to respect the need to stay open-minded until we'd had multiple tastings of each type.

After a while, because of the extra time it added to a meal, apple tasting became something we saved for those special nights when we were all together and one of us wasn't rushing to a soccer practice or an evening meeting. It was good, old-fashioned fun—like an after-supper game of *Scrabble* or, dare I say, *Apples to Apples*? Quite a number of unsuspecting dinner guests at our house last fall found themselves recruited to be "visiting tasters" for our project. We even established a special column labeled "Guest" on our tabulations sheet. People didn't seem to

mind this unusual form of fun and the whole endeavor became a compelling mix of sensible and superfluous.

At this point, those of you who can't resist reading the last page of novels before you begin, or who routinely skip the *Methods* section of research articles and head right for *Results*, may be on the edge of your seats wanting to know which apples emerged the tastiest. And here, I'm afraid, we must disappoint! There is no answer—as of yet! Though our family seems to be leaning more toward Braeburns and Staymans than Nittanias and Galas, we're not at all sure you'll feel the same way. The pie-makers among you may have different standards altogether. There's just no way around exploring for yourselves!

Retreat not, though. There are delights to be discovered. As a mom trying to encourage healthy eating, another unexpected perk of this apple adventure is the way that it's changed our family conversation as we enter Weavers Way for a shop. Before our project began, I would often be deluged by requests that would lead us directly to the shelves of freshly-baked sweets or potato chips. Now, my kids are equally likely to say, "Can we get some interesting apples today?" Also, despite our deep devotion to the delectable, sweet, juicy, colorful fruits of summer, my foursome eagerly awaits the return of autumn and wonders which apple varieties will grace the Co-op's shelves this fall.

for health, balance, manifestation

LEO MCELROY
215-843-9718

Shiatsu Bodywork
Shamanic Healing Practices

Cresheim Healing Arts - 138-A West Gorgas Lane www.ShiatsuLight.com



Wissahickon
Tree & Landscape
Services, LLC.

Brian Ames
Certified Arborist

CUSTOM PRUNING
DESIGN & INSTALLATION
PLANT HEALTH CARE
SHRUB RESTORATION

215-681-2436
www.wissatree.com

**Property Management
and Leasing**

- Apartments/houses available in Mt. Airy, Chestnut Hill, Germantown and all of Northwest Philadelphia. Various Locations and sizes.
- Ask about our garage rentals
 - single - \$100
 - triple - \$300

Give us a call
Martin Elfant Inc.
215-844-1200
elfantre.com
facebook.com/MEinrealestate




MR. PEEPER'S OPTICAL
EYEWEAR CONSULTANTS



**BACK TO SCHOOL
Special
\$109.99**

2 PRS. OF SINGLE VISION
GLASSES COMPLETE
WITH FRAME & LENSES

7125 Germantown Ave. **215-248-6070**



Wistaria Vintage

Vintage Clothing, Jewelry and
Accessories for Women and Men.
Plus lots more.

6375 Germantown Ave. (near Johnson St.)
Tues - Sat 12-7 215-789-9953
wistariavintage.com

Two Guys

**Light Moving
Hauling & Deliveries**

- Available 7 Days a week
- Reasonable Rates in unreasonable times

215-850-4559
215-668-8660

**HISTORIC
RITTENHOUSETOWN'S**



5K

SEPTEMBER 8, 2012

Register at
Rittenhousetown.org

MEET ME AT THE RACE!

Historic Rittenhouse Town
206 Lincoln Drive
Philadelphia, PA 19146
www.rittenhousetown.org
information@rittenhousetown.org
215-428-5711

JANET AMES, REALTOR® Cell 610.308.0802
janetamesrealestate@gmail.com Main Office 610.520.0400

GET OFF THE FENCE! THE HOUSING RECOVERY IS HERE



The housing market is recovering:
<http://tiny.cc/cz8ciw>

Inventory is tightening: <http://tiny.cc/g38ciw>

Prices are rising modestly: <http://tiny.cc/g38ciw>

Interest rates continue to hit record lows:
<http://tiny.cc/ow8ciw>

The rent vs. own numbers are favoring ownership:
<http://tiny.cc/dfadiw>

For more information, call me at 610-308-0802

Member of **EXECUTIVE REALTY'S** GREEN GROUP

610 Old Lancaster Road, Bryn Mawr, PA 19010
each office independently owned and operated

For more information on the home buying or selling process, visit
www.realtorjanetames.com or call 610-308-0802 for a free consultation

NIM Names New Exec. Director

by Jon McGoran, Shuttle Editor

NEIGHBORHOOD INTER-FAITH Movement (NIM), a local nonprofit that has been providing direct service to a diverse array of 50 faith communities for over 40 years, has announced that Ms. Jane Maloney will become the organization's new Executive Director. She is expected to start in early September.



aspirations of people of faith," Ms. Maloney said. "I look forward to getting to know NIM's staff, Board, congregations and supporters and working with them to decide how best to take NIM forward in service of its community. I can't wait to get started."

Maloney will oversee a restructuring of NIM's development pro-

gram and help NIM continue to win foundation dollars and state contracts to support its work promoting vibrant, healthy neighborhoods in Philadelphia by uniting faith, business, civic and community partners with neighbors to advocate for social justice and to serve people in need. NIM's services currently affect one in twelve preschool age children in the City of Philadelphia and one in two long-term care residents.

"The Search Committee is thrilled that Jane has accepted the Executive Director position," said John Wright, Chair of NIM's Board. "...We expect that everyone associated with NIM will quickly come to enjoy Jane's warmth, good humor and high energy. It's a great result, which would not have been possible without the generous support of the Philadelphia Foundation in funding the search effort and allowing us the opportunity to conduct the search thoroughly and professionally."

More information about NIM and its work can be found on the Web at www.nimphilly.org.

Maloney's appointment comes after a year-long search by the interfaith organization, formerly known as Northwest Interfaith Movement. Ms. Maloney's extensive experience includes serving as Director of the Corporate Work Study Program at St. Martin de Porres High School in Waukegan, Illinois, Director of National Programs for Habitat for Humanity International, and Director of Development for Sarah's Circle, a residence and community center for low-income seniors. She is a graduate of Sweet Briar College in Sweet Briar, Virginia, and holds an M.A. from Washington Theological Union in Washington, D.C. She served for a time as a member of the order of the Sisters of the Holy Child, and early in her career was Director of Admissions at Rosemont College in Rosemont, Pennsylvania.

Ms. Maloney will oversee a staff of 24 at NIM, in addition to engaging clergy and congregations at NIM's affiliated member congregations. "I am very excited to have the opportunity to return to Philadelphia to pursue my interests in addressing community needs in the fulfillment of the highest

CH Book Festival

(continued from page 14)

who will talk about his experience covering the publishing industry. For mystery lovers, esteemed writers Jon McGoran, Hugh Gilmore, Cornelia Biddle and Solomon Jones compose a Mystery Panel sharing some of the intricacies of the mystery genre. Musehouse will host an Open Mic Poetry, Story Up for Children, and Slam, Bam, Thank You Ma'am, a story slam. Returning for the fourth year are Philadelphia Stories workshops, Chestnut Hill Improv, and Ted Finks's Singer Songwriter.

The following volunteers have generously offered venues for Book Festival presentations: restaurateur Paul Roller, his much loved Flying Fish Restaurant; Ron and Abby Peet, the refurbished and beautifully landscaped Chestnut Hill Hotel, Kathy Bonnano, Chestnut Hill's unique literary locale Musehouse; and the congregation of the Christ Ascension Lutheran Church. The summer festival has been hosted by The Stagecrafters Theater. The Book Festival committee strives to be as diverse, entertaining and informative as possible and so includes topics such as local history, ethnic history, crime novels, suspense, cooking, science fiction, memoirs, poetry, health, drama and current events.

Local authors who have been a part of past Chestnut Hill Book Festivals include Lorene Cary, Buzz Bissinger, Elijah Anderson, Elizabeth Varon, Dr. James J. Zogby, Allen Hornblum, Michael Capuzzo, John McWhorter, Pam Jenoff, and Witold Rybczynski.

The Chestnut Hill Book Festival remembers one of its alums, the popular novelist and speaker L.A. Banks, who died a year ago. An award-winning writer and *New York Times* best selling author, L.A. Banks will be missed by her readers and all her friends in the literary and book creating community.

Please "like" the Book Festival at www.facebook.com/chbookfest, visit www.chestnuthillbookfestival.com for more info.

ITVS Launches 2012 Film Series

by Sara Zia Ebrahimi, Independent Television Service

SEPTEMBER 20 is the launch of another season of Independent Television Service's (ITVS) Community Cinema program in Philadelphia. Community Cinema is a national public education and civic engagement initiative featuring free monthly screening of films from the Emmy Award-winning series Independent Lens and the opportunity to discuss and get involved in key current social issues.

The 2012 season kicks off with the Half the Sky, a four part series inspired by the best selling book *Half the Sky: Turning Oppression into Opportunity for Women Worldwide*, by Nicholas Kristof and Sheryl WuDunn. The screening, presented in partnership with Dining for Women and WHYY, will be held at the WHYY Hamilton Public Media Commons at 6:30pm. For more information and to RSVP visit <http://why.kintera.org/halfthesky>.

October will feature *As Goes Janesville*, and November's film is *Solar Masas*. Visit www.communitycinema.org or at phillycommunitycinema.wordpress.com for more info.



Advertise in the Shuttle

Affordable and Effective!

- 23,000 circulation
- Highly targeted
- Extended Internet presence
- Inserts available

\$11.50 / column inch
\$15.00 / color
Many Sizes
Discounts Available

Contact:
advertising@weaversway.coop



CAMMAROTA'S PLUMBING & HEATING

Serving Philadelphia for over 50 years
Plumber to Weavers Way Co-op

Modern Kitchens & Baths
Drain Cleaning Available

gas piping – gas pressure testing
automatic dehumidification systems

No job too small
ask your neighbor about our work

JAMES CAMMAROTA 24 HR EMERGENCY SERVICE
PHONE: (267) 251-8521



AMAZING SELECTION - FRIENDLY SERVICE - GREAT PRICES

Free Beer Tastings Every Sat 3-5PM

Over 8,000 sq ft of Liquid Paradise!

BREWERS OUTLET

One-Stop Shopping For All Your Beverage Needs

Craft Beers: Belgians, Imports, Ciders, Lambics, Organics, Sorghums, Gluten-Free

Sport Drinks, Seltzers, Juices, Teas, Water, Sodas, Organics, Ginger Beers

Cases - Kegs - Ice - Snacks - Cigars - PA Lottery - Open 7 Days - Free Parking - We Deliver
7401 Germantown Ave., Phila, PA 19119, 215.242.3110, www.mybrewersoutlet.com



Design, Installation & Management for Over 20 Years

Terraces, Walls, Walks, Water Gardens
Garden and Lawn Maintenance

David Brothers Landscape Services & Native Plant Nursery

Bean and Whitehall Roads, Worcester, PA
215-247-2992 davidbrothers.com 610-584-1550

Home Based Jewish Learning

An innovative choice for Jewish Education

Personalized explorations of Jewish identity and heritage custom-tailored for your children and family.

- Flexible curriculum to reflect your priorities
- Creative learning activities
- Family enrichment ideas
- Lessons in your home at your convenience

Melanie Sherry Berman, MA in Jewish Education
homebasedjewishlearning@gmail.com



Dental Arts of Chestnut Hill, LLC

8625 Germantown Ave. Tel. 215-242-6630
Philadelphia, PA 19118 Fax 215-242-6633

Axel Ramke, D.M.D., D.D.S., Ph.D.
General Dentistry

www.DentalArtsOfChestnutHill.com

Avenue Art & Framing

Your neighborhood shop for quality custom framing

Open Tuesday through Friday 10 to 5:30
and Saturday from 10 to 4.



6837 Germantown Ave.
Philadelphia, PA, 19119
215.848.4420

Social Venture Institute Helps Sustainable Businesses & Start-Ups

by Jon McGoran, *Shuttle* Editor

WHAT MAKES your community vibrant? The Sustainable Business Network (SBN) of Greater Philadelphia believes it's the local, independent businesses that help our neighborhoods thrive. On October 19–20, SBN's annual conference, Social Venture Institute (SVI) will provide invaluable assistance to local businesses and others who want to do just that. SVI is the region's premier forum for social entrepreneurs, two jam-packed days of connecting with fellow business leaders exploring the latest and most innovative approaches and practices for a lean and thriving business.

The Social Venture Institute attracts an incredibly diverse audience, as measured by background, industry, and stage of growth. Every attendee will meet a new person who can bring value to their business. Some people meet new investors,

others meet mentors, and others meet new suppliers and clients. You do not have to produce a "green" product or service to attend this conference. Both Triple Bottom Line veterans and those who just started their sustainability journey will get something from the Social Venture Institute.

In addition to networking, expert panels, and workshops, Social Venture Institute connects you with some of today's hottest social entrepreneurs and change agents including:

- Mandy Cabot, at Dansko: Learn about local heroes Dansko, whose 175-person company is 100% employee owned!
- Nikhil Arora and Alejandro Velez, Back to the Roots: Hear how Nikhil and Alex

found success by wandering around Berkeley with a bucket full of mushrooms!

- Maggie Anderson, Our Black Year: Would you be able to dedicate an entire year to shopping only at black-owned businesses? That is exactly what Maggie and her family did and her story is one sure to inspire!

Social Venture Institute is the premier annual forum for local businesses to share best practices that benefit our community, the environment and their company's bottom line. In addition to learning from seasoned entrepreneurs, participants receive concrete feedback in the areas of finance, marketing and management. John Doyle, of John and Kira's Chocolates, says, "If you want to run a good business – not just a profitable business, but a business that does good for the world – you need to attend SVI."

The demands for economic, social and environmental responsibility are increasing daily. The Social Venture Institute gives you access to experts and the tools needed to meet these challenges and

bring your business to the next level. Plan now to attend the most important event of 2012 and spend two value-packed days connecting with fellow entrepreneurs and business leaders exploring the latest and most innovative approaches and practices for a lean and thriving business.

Discounted "early bird" tickets are now on sale. Take advantage of these major discounts to receive up to \$75 off the full conference price. Scholarships are available: attend for just \$40 if you qualify as a minority-owned business or low-income entrepreneur. The conference takes place October 19–20, 2012 at The Hub Cira Centre, 2929 Arch Street, Philadelphia, 19104.

The Sustainable Business Network of Greater Philadelphia is a community of local businesses and individuals working to build a just, green, and thriving economy in the Greater Philadelphia region. SBN's staff and 500 members are transforming our regional economy by challenging locally-owned businesses to improve their social and environmental impact every day. Learn more at www.socialventureinstitute.org.

ECO TIPS

from The Environment Committee

Love birds? Keep your cat indoors! Domestic cats kill over one billion small birds and animals every year. One outdoor cat averages 40 kills per year. Outdoor cats upset natural predator/prey balances and eliminate ground nesting birds. And if you think that putting a bell on your cat's collar will help save birds, think again. Cats with bells on their collars can learn to stalk their prey silently. Even if they don't learn to do this, wildlife does not necessarily associate the ringing of a bell with danger. During nestling and fledging season, a newly fledged bird may still be learning to fly and may be spending some time on the ground and unable to escape a cat attack, whether or not the cat is wearing a bell. The urge to hunt is natural for a cat, so even well-fed cats will still hunt and kill or maim birds. If you insist that your cat have some time outdoors, consider building an enclosed and covered cat play area for your pet.

2012 International Year of Cooperatives

FACTOIDS

Did you know?

Around the globe, financial cooperatives are the largest providers of microfinance services, such as loans to start business, to the poor—some 78 million clients living below the poverty line of \$2 a day.



Chestnut Hill

8424 Germantown Ave, 215-866-9150
Monday-Saturday 7-8, Sunday 9-8

Mt. Airy

559 Carpenter Lane, 215-843-2350
Monday-Sunday 9-8

Across the Way Pet Store & Wellness

610 Carpenter Lane, 215-843-2350 ext. 276
Monday-Sunday 9-8

www.weaversway.coop

contact@weaversway.coop

Follow us on
Facebook
and Twitter



Managers/Department Heads

General Manager

Glenn Bergman, 215-843-2350 ext. 131
(cell) 215-913-9437
gbergman@weaversway.coop

Purchasing Manager

Norman Weiss, 215-843-2350 ext. 103
normanb@weaversway.coop

Chief Financial Officer

Michael McGeary, 215-843-2350 ext. 116
mmcgeary@weaversway.coop

Communications Director/ Shuttle Editor

Jonathan McGoran, 215-843-2350 ext. 135
editor@weaversway.coop

Membership Manager

Beau Bibeau, 215-843-2350 ext. 119
member@weaversway.coop

Outreach Coordinator

Anne Workman, 215-843-2350 ext. 118
outreach@weaversway.coop

SHUTTLE STAFF

Editor & Advertising Manager

Jonathan McGoran

Advertising Billing

Susan Beetle, Anne Workman

Graphic Design

Annette Aloe

Proofreaders/Editors

Jody Kessler, Kara Tennis,
Fran Wilde

Contributors

Glenn Bergman, Nina Berryman,
Steve Brady, Carly Chelder,
Margot Desannoy, Sara Zia Ebrahimi,
Margaret Guthrie, Tobie Hoffman,
Stephanie Kane, Marie Lachat,
Nathea Lee, Margaret Lenzi,
Marsha Low, Claudia McGill,
Jon McGoran, Josh McIlvain,
Jonna Naylor, Jeff Sedwin,
Anne Standish, Juliet Sternberg,
Brian Troy, Amy Wardell

Photographers

Shelley Hedlund, Jon McGoran,
Jamie Stewart, Anne Workman

Therapy for Individuals and Couples

Stress Management
Coping with Life Changes,
Fear, Anxiety, Depression, Grief
Increase Serenity in Your Life

Gloria D. Rohlfs, L.S.W.

Sliding Fee Scale, Insurance
215.248.6287 CoachGDR@juno.com

Malt House LTD

Barware - Brewing Supplies - Beer Accessories



Outfitting Your Craft Brew Lifestyle

Glassware - the right glass for every beer

Draft Systems - pour your own perfect pint

Home Brewing Supplies - great beer made in your kitchen

Craft Brew Apparel - wear your good taste with pride

Sign Up For A Beginners Brewing Class

Fresh Beer From Your Kitchen - It's Easy

7101 Emlen Street at the corner of Mt. Pleasant

www.malthouseltd.com

215-242-1700

WVWA Introduces Race for the Green Ribbon Trail

by Anne Standish

ON SUNDAY, October 7, the Wissahickon Valley Watershed Association (WVWA) will introduce the *Race for the Green Ribbon Trail*, a great new addition to the 16th annual *Wissahickon Walk and Trail Race*. The five-mile circular trail race begins and ends in the Upper Gwynedd Township Park in North Wales.

Runners will start the event on WVWA's Green Ribbon Trail, a 21-mile natural trail that begins in the Upper Gwynedd Township Park and follows the Wissahickon Creek, eventually con-

necting with Fairmount Park's Forbidden Drive and ending at the Schuylkill River. Runners will return to the park through the Natural Lands Trust's Gwynedd Wildlife Preserve that connects with the Green Ribbon Trail. The Trail Race is capped at 300 runners.

This new Trail Race is an exciting addition to WVWA's annual Wissahickon Walk and Trail event. Walkers can choose from a series of guided hikes on the Green Ribbon Trail. Hikers can take the Challenge Hike: all 21 miles of the Green

Ribbon to end at the Philadelphia Canoe Club on the Schuylkill River (8 a.m.- 4:30 p.m.), or 13 miles and stop at the Philadelphia Cricket Club in Flourtown (8 a.m.- 1 p.m.). Others may choose the Upper Wissahickon Hike and walk 5 miles to end at Penllyn Park (8 a.m. - 10:30 a.m.) or 8 miles (8 a.m.- noon) to end at WVWA's Four Mills Barn in Ambler for a picnic lunch. All walkers/hikers are bussed back to the starting point. For more information visit www.wvwa.org.

McNeil Consumer Healthcare is the event's Presenting Sponsor and North Wales Running Company is sponsoring the Race for the Green Ribbon Trail. The Wissahickon Walk and Trail Race raises funds for WVWA's efforts to preserve and protect open space in the Wissahickon Watershed. For more information on sponsorship or event details, please contact Carol DeLancey at 215-646-8866 or visit www.wvwa.org.

~ anne@wvwa.org



photo by Jamie Stewart

Runners crossing the Wissahickon Creek.

Auto • Home • Business • Life

Call us for a quote today.

The Iowa Group, Inc.
 8002 Germantown Avenue
 Philadelphia, PA 19118
610-327-1980
www.lowagroup.com

S882 Not all companies are licensed or operate in all states. Not all products are offered in all states. Go to erieinsurance.com for company licensure and territory information.

CAMA Acupuncture Offers:

- * ELEGANT, WARM, HEALING ENVIRONMENT
- * RELAXED IN DEPTH INTERVIEWS
- * WHOLE BODY TREATMENTS ON COMFORTABLE TABLES
- * CHINESE HERBS
- * AFFORDABLE FERTILITY CARE
- * WELLNESS EDUCATION

DAY & EVENING APPOINTMENTS
 SERVING MT. AIRY SINCE 2005!
 WE ARE YOUR NATURAL SOLUTION FOR ILLNESS, PAIN & STRESS

ELISE RIVERS, M.A.C.
215-266-5757
 6782 GERMANTOWN AVE
CAMACENTER.COM
\$30-\$45 SLIDING SCALE

CAMA
 COMMUNITY ACUPUNCTURE OF MOUNT AIRY

WoodmereArtMuseum

ALEX KANEVSKY
 ARTIST, CURATOR, JUROR

71ST ANNUAL JURIED EXHIBITION
 ALEX KANEVSKY: SOME PAINTINGS AND DRAWINGS
 SELECTIONS FROM THE COLLECTION

July 28-September 30, 2012

ALSO ON VIEW Doris Staffel: Painter, Teacher

9201 Germantown Avenue | Philadelphia, PA | 215-247-0476
woodmereartmuseum.org

Morris Arboretum
classes

Continuing Education
 Fall 2012

GROWING MINDS
 Back-to-School Yoga

SIGN UP TODAY!
 Check our website for full class listings

CULINARY ADVENTURES
 Botany of Beer
 Chocolate & Wine Tasting

BOTANY
 Plant Identification

HORTICULTURE
 Great Plants for Fall Color

TRIPS
 Kykuit: the Rockefeller Estate

Morris Arboretum of the University of Pennsylvania
Official arboretum of the Commonwealth of Pennsylvania

100 East Northwestern Avenue • Philadelphia, PA • 215.247.5777
online.morrisarboretum.org/classes

Mt. Airy Art Garage Classes, Auction

by Claudia McGill

FALL'S THE time to get back to the classroom, and if you are looking to get into a classroom and create some artwork, Mt. Airy Art Garage is the place to be. Starting in October, MAAG will be offering both artists and members of the community the opportunity to make collages; learn better writing and presentation skills; create artists' books; sew and quilt; learn about photography; paint and draw, you name it. All this and more will be offered in MAAG's fall class schedule.

There are both weekend and week-day/night class opportunities to fit your busy schedule. MAAG members receive ten percent off the class fee. Classes will start the week of October 8 and run through November 16. For more information or registration forms, visit www.mtairyartgarage.org, or e-mail donna@mtairyartgarage.org. See you in there!

3rd Annual Silent Auction

MAAG's 3rd Annual Silent Auction will be a stunning soiree and a showcase

for some of the Northwest's most accomplished artists. Each year, the auction expands its array of fine art and handcrafts and attracts an even more diverse crowd of artists, art-lovers, and collectors. This year is no exception, featuring not only two- and three-dimensional work, but also magical fantasies by our performance artists, all at our new home at 11 West Mt Airy Ave. Artists have already donated kinetic sculpture, fine art, and a host of other creations—all to raise money to complete our Artists' Studios and expand opportunities for our MAAG member artists. There will also be a lavish lineup of food and drink featuring catering by Hershel's East Side Deli at Reading Terminal (and others).

The event takes place Saturday, September 22, from 6-10 p.m., at 11 West Mt Airy Ave. Tickets are \$30 in advance and \$35 at the door. All proceeds benefit the MAAG Building Fund. Preview the auctioned work beginning on September 7. For more information, call 215.242.5074 or visit www.mtairyartgarage.org.

Less Litter at Devil's Pool



photo courtesy of Friends of the Wissahickon

The Friends of the Wissahickon (FOW) is seeing improvement in the amount of litter at Devil's Pool this summer. FOW's ongoing efforts have been greatly enhanced by an increased presence by police and rangers, and the work of the Student Conservation Association (SCA), including crew members. Front Row: Quadir Monroe, Apprentice Leader Maryanne Manual. Second Row: Rachel Collier, Brianna Belo. Back Row: Darren Fields, Terence Melton, Crew Leader Cindy LaRue.

Grant Fox Contracting

Custom Renovations • Fine Cabinetry
Old House Renovations and Repairs
Kitchens • Baths • Additions
Over 25 Years of Experience
Co-op Member

Grant@GrantFox.biz

215-771-2713



Tai chi?
I'll tell you about
tai chi...

philataichi.com

Mind Body Spirit Expo™

November 2-4

in Philadelphia at Lincoln Financial Field
(inside the SCA Club Lounge)

\$5 off
General
Admission
with this AD
PER PERSON OR COUPLE
*Not good with
any other discount
(code: SH)*

The Holistic & Spiritual Event of the Year!



Michael Bernard Beckwith



Rickie Byars Beckwith



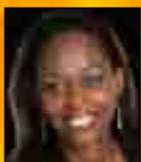
Lorna Byrne
Irish Mystic Who Sees Angels



Krishna Das
Kirtan Concert



Donna Eden



Immaculee Ilibagiza



Oneness Meditation



Carol Bowman



Joseph Tittel

Holistic Health
Natural Weight Loss
Personal Growth
Spirituality
Psychic Readings
150 Exhibits
and more!

Seniors (65+) & Students
(w/ current validated enrollment ID)
FREE ADMISSION
Friday
\$5 off all day
Sat & Sun

- Free Parking - Lot K
- Major Highways
- Easy Mass Transit

Advance Tickets! Call: 215-627-0102
or visit: www.MindBodySpiritExpo.com



THE 3A's

Academics + Arts + Athletics

It's rare to find a school that cultivates intellectual, artistic and athletic depth equally well. The combination of the three A's — academics, arts, athletics — and the decision-making values of a Quaker education creates an experience uniquely Penn Charter. This interplay leads to strong, creative and resilient young people ready to embrace, and even create, new opportunities.

215.844.3460 ext. 103 • www.penncharter.com

1689
William Penn Charter School
A Friends School for Girls & Boys,
Pre-K to Grade 12

OPEN HOUSES

- SATURDAY Oct. 13, 2012 | 2 p.m.
 - TUESDAY Nov. 13, 2012 | 8:30 a.m.
 - TUESDAY April 30, 2013* | 8:30 a.m.
- *grades pre-K through 8 only



Suggestions

by Norman Weiss,
Purchasing Manager

GREETINGS. AS usual, suggestions and responses may have been edited for brevity, clarity, and or comedy.

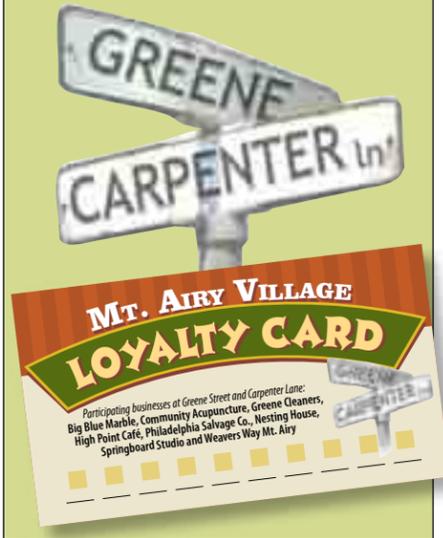
s: It's been literally decades since you have taken a month off from writing this lamebrain column of yours. What with all the craziness and extra work with the Mt. Airy renovation, we think you should take a break.

r: Great suggestion! I guess I will.

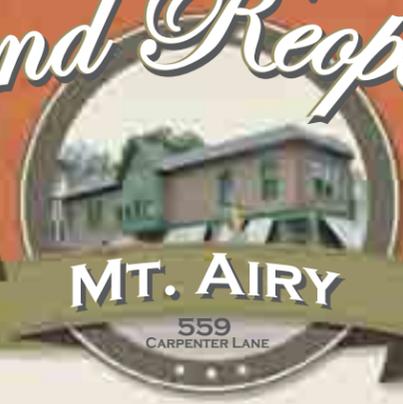
The Suggestion column will return next month.

Don't forget to
REDEEM
to save some green!

Get your \$5 discount on \$50 purchase at Weavers Way with your Mt. Airy Village Loyalty Cards. Redeemable ONLY through the first week after Weavers Way Mt. Airy renovations are complete! Hurry!



Grand Reopening



MT. AIRY
559 CARPENTER LANE

**Join us for our Mt. Airy store
Renovation Celebration!**
Saturday, September 29, 12 to 4 pm

- **Prizes!** Free drawing for \$100 Gift Card at the Mt. Airy store
- **Discounts!** Specials on featured Pet products and Wellness items at Weavers Way Across the Way all weekend long
- **Cake!** That's right, cake! Plus other refreshments!

The Incredible BULK is here!

Explore our new Bulk Department on the second floor with a treasure hunt and guess the weight games!

Thanks for your support during our makeover!



MEMBER Appreciation Days
Saturday, September 29 through Monday, October 1
Members take an additional 5% off at all Weavers Way Co-op stores! That's 10% off for working members!

2012 Mt Airy VILLAGE FAIR



Sunday Sept. 23 11 am - 4 pm

INTERACTIVE FUN!
pie eating contest
FOOD
petting zoo
MUSIC
famous pet contest
"DRESS LIKE YOUR PET"
donkey cart rides
REAL LEMONSTICKS
Willy Nilly's wheel share
DANCE
cooperatives
CARNIVAL GAMES
local currency
FREE STROLLER PARKING



RAIN or SHINE

mtairyvillage.wordpress.com

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

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



Weavers Way Co-op Welcome Meetings

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

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

| | |
|--|---|
| <p>Mt. Airy Weaver Way Community Room 555 W. Carpenter Lane (next door to WW Mt. Airy Store) Wednesday, September 5, 6:45 p.m. Wednesday, October 10, 6:45 p.m.</p> | <p>Chestnut Hill Chestnut Hill Community Centre 8419 Germantown Ave (across the street from WW Chestnut Hill Store) Saturday, September 8, 10 a.m. Saturday, October 20, 10 a.m.</p> |
|--|---|

Equal Exchange Fair Trade

September Coffees of the Month



All Caffeinated Coffees
reg. \$11.99 **sale \$9.99/lb.**

French Roast Decaf
reg. \$14.53 **sale \$13.53/lb.**



Sept. 5 - Oct. 2

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.