

Your Patronage
REBATE

This is your benefit as a member... And this is how to redeem it. See page 7.

Preorder your Thanksgiving dinner online!

Delicious Esbenshade Farms turkeys from Paradise, PA, housemade prepared foods and My House pies. Pick up Tuesday, November 20 or Wednesday, November 21. See back page for our holiday menu!

www.weaversway.coop



The Shuttle

November 2012 Vol. 41 No. 11

A Cooperative Grocer Serving the Northwest Community Since 1973

WW Announces \$200k Member Rebate

by Stuart Katz, Weavers Way Treasurer

WE ARE tremendously pleased to announce that Weavers Way will issue a \$200,000 patronage rebate to our member/owners based on the profits earned by the Co-op for the fiscal year that ended on June 30, 2012. The amount each member will receive is determined by rules set by the IRS and is based upon the value of each member's patronage during the last fiscal year.

(continued on page 21)

Weavers Way Celebrates Mt. Airy Renovation

by Jon McGoran, Shuttle Editor

CONGRESSMAN CHAKA Fattah, State Representative Dwight Evans, and Philadelphia City Councilwoman Cindy Bass were among the VIPs in attendance Sat., Sept. 29 for the Grand Re-opening Celebration marking the completion of renovations to Weavers Way Co-op's Mt. Airy store at 559 Carpenter Lane. The store reopened several weeks earlier after a summer-long renovation that added a fresh new look, energy-efficient fixtures, and the largest bulk department in the city with over 440 bulk items. The Co-op also added ten new jobs and a brand new storefront: Weavers Way Across the Way, housing the expanded Wellness and Pet Care departments at 610 Carpenter Lane.

After brief remarks from Weavers Way Chief Financial Officer and renovation project manager Michael McGeary and Board President Margaret Lenzi, Fattah and Bass congratulated the Co-op and spoke of the unique and important role Weavers Way



photo by Ellie Seif

Among the Mt. Airy Renovation Celebration guests of honor were founding members (l to r) Dorothy Guy, Vivan Schatz, and Sylvia Carter

(continued on page 15)

First Annual WWCP Farm-to-Table Dinner



photos by John Barone

Thirty-two people dined under the stars at the Weavers Way Mort Brooks Farm at Awbury Arboretum on Thursday, October 11. Guests enjoyed tours of the farm and delicious food prepared by Glenn Bergman and Bonnie Shuman, with help from cooperators and WWCP board members. All vegetables and herbs used in the meal were grown at Awbury, Henry Got Crops and the Hope Garden at Stenton Family Manor. The event raised over \$4,000 to support WWCP's farm education and school Marketplace programs. Many thanks to High Point Cafe, John and Kira's Chocolate, Urban Apiaries and Sue Wasserkrug/Zea May's for their generous donations. See more photos on Facebook at <http://s.coop/zlt7>.

End 2 End: Creating a New Co-op Strategic Plan

by Lindsay Bingamen

THE MT. Airy renovation completed last month marked a significant accomplishment in the history of Weavers Way Co-op. In the past five years, Weavers Way has chalked up many other substantial milestones. We have opened a second store in Chestnut Hill, doubled Co-op employment, transferred from member cards to a computer system, and much more.

These are just a few examples of the many changes the Co-op has seen in the last few years. Now, in the fall of 2012,

we find it is time to pull back, reflect on the many changes at the Co-op, and envision where the next few years might take us.

(continued on page 4)



photo by Jon McGoran

Members of the End 2 End Strategic Planning Committee (l to r) Glenn Bergman, Stacey Robinson, Beau Bibeau, Jean MacKenzie, Jon Roesser, Annette Aloe, Stephanie Kane, and Lindsay Bingaman meet to envision Weavers Way's future.

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

Farm News	2
Product News	3
Dining for Women	5
Managers Corner	6
How to Claim Your Rebate	7
Weavers Way Financia Report	7
Suggestions	25

Community News

Philly Needs a Land Bank	10
Morris Arboretum News	16
FOW Sustainable Trails Initiative	17
Weird Waste Day, Nov. 10	19
Grants for MA, CH Teachers	21
Music at Woodmere	23
RUST Comes to MAAG	27

Editor’s Note



by Jon McGoran,
Shuttle Editor

As we approach election day, the big biotech companies are spending millions of dollars a day to defeat Prop 37, the California ballot initiative that would mandate labeling of genetically modified (GMO) foods. Ironically, these companies are already labeling their GMO’s, just not where California consumers would see it. Syngenta has launched a billboard campaign in the Midwest proudly advertising their new GMO corn with the slogan, “A bug zapper in every bite.”

Now, even apart from the fact that bug zappers usually have an inch or two of dead bugs at the bottom, that’s still wrong on many levels. But the metaphor is more apt than they realized. In addition to indiscriminately killing beneficial insects along with pests, electronic bug zappers have been proven to attract more bugs than they incinerate. Apparently, GMOs do, too. New research shows that those crazy, paranoid, natural food, hippy-types were right; while originally hyped as a way to decrease the use of pesticides and herbicides, GMO crops have actually led to an increase, as weeds and bugs develop resistance to the pesticides and herbicides the GMO crops have “baked right in.”

The obvious response is to simply use more chemicals, and in places like India, where GMO cotton has become the norm, an initial uptick in profits has been forgotten as farmers are now going broke paying for all the added chemicals they must spray on their once chemical-free GMO crops. Many spray one set of chemicals for the resistant weeds, and other chemicals for the nonresistant weeds.

But where some see a problem, others see opportunity. Dow AgroSciences’ new GMO soy is specifically designed to resist the toxic herbicide 2,4-D, better known as the Vietnam War-era defoliant Agent Orange, so farmers will be able to spray it indiscriminately on their soybean fields and start breeding that next generation of super weeds. Next time you’re driving through the farm belt, look for billboards touting soybeans with, “A tragically ill-conceived endless quagmire in every bite.”

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

An Orchard Grows in Roxborough

by Jacqueline Boulden



photo by Jacqueline Boulden

Ten volunteers and more than 100 Saul students shoveled compost, sprinkled peat, and planted the trees and bushes in the ground at the Henry Got Crops! Orchard Day

ON A sunny September day, a-one-and-a-half-acre field behind the baseball diamond at W.B. Saul High School of Agricultural Sciences on Henry Avenue in Roxborough was transformed into an orchard. It will produce healthy fruit for students to eat with their lunch in the school cafeteria and to sell to members of the neighboring community. The orchard is the latest project of Henry Got Crops!, the successful Community Supported Agriculture (CSA) farm partnership with Saul, Weavers Way Co-op, and Weavers Way Community Programs.

Weavers Way Farm Manager Nina Berryman already oversees two and a half acres of vegetables at Henry Got Crops!, located on the campus of Saul, and she has big plans for the new orchard. “We have 45 cherry, Asian pear, and plum trees,” Berryman said. “They won’t produce fruit for a few years, but we also have 100 blueberry and blackberry bushes, and the blueberries will have fruit next year.” Berryman’s three-year plan for the orchard includes a wish list of future plantings of strawberries, figs, hazelnuts, and pawpaws, a fruit native to North America.

Ten volunteers and about 120 Saul students shoveled compost, sprinkled peat, planted the trees and bushes in the ground, surrounded the plantings with protective wire mesh, and poured bucketfuls of water to give them a start.

“Helping plant these blueberry bushes in the orchard gives me a better understanding of Saul, that it’s hands-on learning,” said freshman Austin Dennison. “It’s a good achievement to help do this and get paid back in berries.” Fellow freshman Lorenzo Velazquez agreed. “I love working with plants. That’s why I came here and I want to see the outcome of this.”

Senior Nathan Newman will not be here to see the orchard fully mature because he is graduating next year, but “four to five years from now, I’ll be happy to come back and see the growth in the orchard.”

The orchard planting is supported by a grant from the Alliance for Community Trees (ACTrees) People’s Garden Grant Program. The grant is being matched at 200 percent by PHS City Harvest Program as part of an initiative to increase fruit plantings at City Harvest partner sites.

(continued on page 4)

Art Installation Lights Up the Farm

by Kestrel Plump, Farm Educator

THIS PAST October 6 we hosted Farm Fest North west at the Mort Brooks farm. For weeks leading up to the event, Meei Ling Ng worked with students from Central High School and Friend’s Central Upper School to help create some of the art. One of the projects was to paint lighting bugs over a bed’s length of row cover that we use to help protect the crops. The paint was a special type of neon, so that when Meei Ling put up blue lights over the field, the lightning bugs glowed in various colors of paint. The main project that students were involved with was weaving amazing panels to help protect the farmers in the wash station on cold or rainy days. Our wash station at Brooks Farm is an open pavilion, which is perfect in the summer, but in the fall can feel a little exposed especially if the weather is blustery. What I love about Meei Ling’s art is that, having been a farmer for years,



One of the many striking pieces in Meei Ling Ng’s art installation at the October 6 Northwest Farm Fest makes dramatic use of light and context

she understands the way farms work. So she knew that, somewhere, we probably had a ton of worn old irrigation drip tape that we could no longer use. She had the brilliant idea to use this drip tape to weave a panel to hang from the roof of the pavilion and shield us on the inclement days when we have to wash vegetables. We set up giant human looms, with five or six students working at each one. Meei Ling

had started one of the panels, and let a student from Central design another. As the students worked, it was incredible to watch the patterns emerge.

One of the best things about working on an urban farm is that so often our tasks are not just about growing vegetables. Working with Meei Ling was about taking our beautiful farm and transforming it into an art studio. It was wonderful to work with the students for weeks to create something aesthetically pleasing and functional. Farm Fest after dark was magical, with

glowing farm statues and colorful lights and shadows cast everywhere you looked. Thank you to Rick, Stephanie Kane, and most of all Meei Ling Ng and all the students who worked so hard to give us such a unique and wonderful Farm Fest. Possibly the best part—Meei Ling donated the chicken tractor to the children’s garden!

Fall Vegetables and Fun Cooking

...And a recipe for stuffed acorn squash

by Stephanie Kane,
Local Produce Buyer



DESPITE THE array of fresh veggies in the summer, fall and winter is when my creativity really thrives in the kitchen. Not only does it provide the challenge of continuing to eat as many local foods as I can, but these foods need real preparation. They can't really be just chopped and thrown into a salad. Summer is more about getting the food in so I can run off to do something else. Winter is about staying at home and spending the whole day cooking.

The great culmination of that is the holidays. I always looked forward to spending the days prior to holiday meals helping my mom bake bread and cookies and pies. I definitely figured out early on in my life that the best way to avoid the

(continued on page 12)

Give a Dog a Bone?

by Jon McGoran, Shuttle Editor

GIVING A dog a bone has long been synonymous with an act of kindness, but it turns out there is a fair amount of controversy over the practice. Recently, one of our members' dogs had an unfortunate incident involving a bone purchased at the pet supply department at Weavers Way Across the Way. The bone splintered while the dog was chewing on it, and before the owner could take it away, the dog had consumed some of the chunks of bone. What followed were several tense days and a visit to the vet as the dog became quite ill. Fortunately, the dog made a full recovery and is fine now.

Bones are a natural part of a dog's diet, and many pet owners, nutritionists and veterinarians extol their dental, nutritional and behavioral benefits, but the incident pointed out some of the dangers of bones.

A visit to the FDA's website produced a stern warning against giving bones to dogs, citing dangers like broken teeth and mouth injuries, bones getting looped around a dog's lower jaw; bones getting stuck in the esophagus, windpipe, stomach or intestines; constipation; severe bleeding from the rectum, and peritonitis, which can be fatal.

Our initial impulse was to stop selling bones, but there are compelling arguments to continue to carry them.

Sage Advice About Fall Vegetables

by Nina Berryman, Henry Got Crops! Farm Manager

WHILE THE growing season is slowing to a halt, we still have plenty of vegetables coming off the fields at our Weavers Way Farms. This time of year, cold-hardy vegetables are enduring the short days and colder temperatures. Harvests are also starting to come out of our hoop houses, which extend the growing season by protecting the plants under a greenhouse-like structure made of metal poles and soft plastic. Most abundant on the shelves at the stores will be bags of salad mixes, pea shoots, and bunches of cooking greens, such as kale, collards and Swiss chard.

Also, with Thanksgiving right around the corner, we are happy to be supplying the stores with beautiful bunches of sage for your dinner menus. For the cooks, here are a couple of recipes. And for the botanists and trivia lovers, here are some fun facts.

Plant Profile: Sage

Salvia officinalis is in the mint family, Lamiaceae. Mint and basil are also in this family. Common characteristics of this family are a square stem and leaves which are opposite from one another. It is originally from the Mediterranean. It got its name from the Latin "salvare" meaning to save, which indicates it has many purposes. There is a Latin saying, "Cur moriatur homo cui Salvia crescit in horto?" which means, "Why should a man die when he has sage in his garden?" Sage and sea salt can remove tartar and whiten teeth. You can make a mouthwash out of sage, rosemary, peppermint and comfrey. Stuffing a turkey with sage also aids in preventing discomfort from indigestion. Sage leaves in the soil can deter nematodes, which are common garden pests. Sage is antibiotic (kills bacteria), antifungal (kills fungus), astringent (constricts body tissues), antispasmodic (suppresses spasms), and a diaphoretic (promotes perspiration). Smudge sticks are commonly made out of dried sage that is wrapped together in a bundle. Burning a smudge stick like incense is supposed to purify a physical space.

Sage Brown Butter Sauce

- 8 tablespoons butter
- 12 sage leaves

In a large sauté pan, melt the butter. Add the sage to the butter and cook until the butter starts to brown. Remove from the heat.

From: *thefoodnetwork.com*

Butternut Sage Orzo

- 1 cup chopped onion
- 1 clove minced garlic
- 4 cups butternut squash – peeled, seeded, and cut into ½ inch pieces
- ½ cup vegetable or chicken broth
- ½ cup white wine or additional broth
- 4 cups water or broth
- 1 cup orzo
- ½ cup Parmesan cheese – freshly grated
- 2 tablespoons fresh sage – chopped
- Stir in salt and pepper to taste

In large frying pan, sauté over medium heat onion in 1 tablespoon oil until tender, about 6 minutes. Add garlic and sauté until fragrant, about 1 minute. Add squash and stir to coat. Add cup of broth and/or wine and simmer until squash is almost tender and liquid is absorbed, about 10 minutes. While squash cooks, bring 4 cups water or broth to a boil in a large saucepan and add orzo. Boil until tender but still firm to bite, about 8 minutes. Drain. Transfer to a large bowl. Stir in squash mixture. Add Parmesan, sage and salt and pepper.

From: "Simply in Season" recipe book



Local veterinarian Natasha Kassell is an advocate of raw bones. "They're good for dental health, useful for anxiety and give a dog something constructive to do," she says. "I'm not personally crazy about cooked bones (such as Merrick's) as cooking makes bones brittle and gives them a greater tendency to splinter than raw. That said, I always tell my clients that ultimately it's up to them what to feed their dogs. If they're comfortable with the small risk associated with feeding raw bones (as I am), I tell them to go for it, as in my opinion, the health benefits outweigh the risks."

In its April 2010 issue, the highly re-

(continued on page 9)



Fresh Turkeys

Preorder turkeys online :
www.weaversway.coop

For your convenience we have online ordering for Thanksgiving turkeys. Go to www.weaversway.coop and click on the "Turkey Order" button. Choose your pickup location and the size turkey that you want. If you do not have access to a computer, we will be glad to help you when you come in.



Fresh-made Prepared Foods and Pies are also available for preorder online!

We will once again have Esbenshade's all-natural local turkeys and Empire Kosher Turkeys available for preorder. Quantities are limited. Web site will be updated as sizes run out.

SIZE RANGES ARE APPROXIMATE:

Esbenshade \$2.55/lb.
only \$2.43/lb. for working members!
Sizes in lbs.: 10-12, 12-14, 14-16, 16-18, 18-20, 20-22, 22-24, 24-26

Empire Kosher \$4.99/lb.
(all turkeys are 10-14 lbs.)

Turkeys must be picked up on Tuesday & Wednesday, November 20 & 21

Join Us at the Philadelphia Cooperative Summit

Saturday, November 10, 12:30-5:30 p.m.

New College Building, Drexel University College of Medicine
245 N. 15th St, Philadelphia, PA 19102

The Philadelphia Area Cooperative Alliance (PACA) has begun promoting and supporting the growing cooperative movement. At the Philadelphia Cooperative Summit, we will take the next steps to move PACA from an informal group of co-ops and supporters to a more permanent organization—electing a steering committee and developing a membership and voting structure.

PACA invites all members of co-ops and credit unions to join us in thinking creatively and critically about PACA’s goals and structure and how it can best serve our co-op community now and in the future. This is a free event, but you must register at <http://philadelphiacooperativesummit2012.eventbrite.com>

For more information, <http://www.philadelphia.coop>
Contact: info@philadelphia.coop

Orchard Grows

(continued from page 2)

teaches Urban Gardening and AP Environmental Science at Saul and was instrumental in establishing the CSA Henry Got Crops! program. “The field wasn’t being used for anything purposeful and now we have something that will engage kids, somewhere outside of the classroom they can learn hands-on.”

“Many kids don’t really have a sense about the variety of produce. They have never seen so many different plants,” echoed Clare Hyre, Education Coordinator for Henry Got Crops!, from Weavers Way Community Programs. “The orchard is adding another layer to increasing the students’ knowledge about farming and the food they eat, where that food comes from.”

The new orchard is just a beginning, for the trees and for many of the students. As the students tend to the orchard and produce farm, they increase their knowledge about fresh organic foods. They will

watch the efforts of their work grow and, it is hoped, they will plant the seeds of knowledge in other places, including their own backyards.

To paraphrase a well-known quote: Give students some fruits and vegetables and they will eat for a day; teach them how to grow their own and they will eat for a lifetime.

About Alliance for Community Trees

Alliance for Community Trees (ACTrees) is a national nonprofit organization dedicated to improving the health and livability of cities by planting and caring for trees. With over 200 member organizations in 44 states and Canada, ACTrees engages volunteers to take action to improve the environment where 93 percent of people live: in cities, towns and metropolitan areas. Together ACTrees member organizations have planted and cared for over 15 million trees in cities with help from over 5 million volunteers. For more information, please visit www.ACTrees.org, follow us on Twitter @alliance4trees, and like us on Facebook at [facebook.com/AllianceforCommunityTrees](https://www.facebook.com/AllianceforCommunityTrees).

Therapy for Individuals and Couples

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

Gloria D. Rohlf, L.S.W.

Sliding Fee Scale, Insurance
215.248.6287 CoachGDR@juno.com

Vernon House

a resident owned and operated
Cooperative Housing Community in Mt. Airy
is now accepting applications.

Please contact **Chuck Staples** at Winder Real Estate
7208 Germantown Ave. Phila. PA 19119
phone: 215-247-1000 Fax 215-247-4140
chuckstaples@winderinc.com

Nick Buffone
PHILADELPHIA, PA 19129

215-620-6695

Painter / Carpenter / Sheetrock
www.linkedin.com/in/nickbuffone njbuffone@yahoo.com

Licensed / Insured PA #012259 Phila #36035

Strategic Plan

(continued from page 1)

Weavers Way recently assembled a Strategic Planning Committee to lead the Co-op through a strategic planning process in order to set the Co-op’s direction for the next five years. The plan will be guided by cooperative principles and Weavers Way’s “ends” policies, and will articulate new initiatives we want to do as a cooperative, things we want to continue to focus on doing, and possibly things we want the Co-op to stop doing. This process will run through the spring of 2013 and is divided into three phases. The first phase of the process will include the solicitation of feedback from key Weavers Way stakeholders as to what you would like to see the Co-op do in the next five years. Phase one will also include analysis of global and local trends that might affect the Co-op in the coming years and research of other co-ops for new ideas. During the second phase of the process, the strategic planning committee will begin to identify themes in the feedback and vet these themes with management and the Board of Directors. Finally, Phase Three will consist of the actual creation of a five-year strategic plan for Weavers Way and the initial planning for goals and action plans articulated in the plan.

Input and ideas from everyone in the Weavers Way and larger Northwest Philadelphia community will be instrumental to informing the plan we create. What do You want for Weavers Way Co-op in the next five years? Over the next few months, we will continually be seeking feedback from Co-op staff and management, members, the board, and other key community stakeholders. Thanks in advance for your participation in this process. You can submit your ideas through idea boxes in the store, via the website or you can e-mail Lindsey Bingaman at lindseyrbingaman@gmail.com or Jon Roesser at hr@weaversway.com.

Jogging for Jenks

A 5k Fun Run and 1k Walk for John Story Jenks Elementary School

by Jon McGoran, Shuttle Editor

JOGGING FOR Jenks is the first annual fun run and walk organized by the Friends of J.S. Jenks, an independent fundraising organization of parents, teachers, administrators and community members dedicated to supporting programmatic and infrastructure development at the John Story Jenks Elementary School in Chestnut Hill. The major fundraising goal this year is to support arts and music programming at the school.

The 5k Fun Run and 1k Walk will be held on Saturday, November 3, starting at the Church of St. Martin-in-the-Fields on St. Martins Lane at Willow Grove Avenue. Registration for the run will begin at 7:30 a.m. with a start time of 8:15 a.m. Walk registration will begin at 8:30 a.m. with a start time of 9 a.m. The start/finish area will feature a kids’ zone, vendor tables, and refreshments. Advanced registration will be available online as well.

For more info, visit www.friendsofjsjenks.org or e-mail info@friendsofjsjenks.org.

Don’t forget to preorder your Fresh Turkeys
www.weaversway.coop



Training N.W. Phila. for 4 years!

Premier Pilates Experience using Balanced Body Equipment
Weavers Way Discount Participant



- Scheduled group classes. You decide when and how often to attend. It’s your choice.
- We also offer Privates, Duets and Trios by appointment.
- Ten classes \$250, 20 Classes \$440. All credit cards accepted.

6904 Greene St. (at Rittenhouse)
Philadelphia, PA 19143
215.848.3275



Weavers Way Discount Participant

For class schedules, please visit: www.PilatesInGermantown.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

Growth of Dining for Women Allows Follow-Up Grants

by Margaret Guthrie

THE NEWS from Dining for Women continues to be good: the organization is growing as quickly as new chapters can be added and assimilated. The growth of the organization now enables us to not only make a substantial investment each month in an organization dedicated to improving the lives of women and children in developing countries but additional smaller grants to previous recipients to sustain the work already undertaken.

In September, the southeastern Pennsylvania regional chapters co-sponsored a screening of the first episode of the mini-series *Half the Sky*, based on the book by Nicholas Kristof and Sheryl WuDunn. This was a big success, both from the standpoint of the food we provided and the turnout, which filled the WHY? auditorium almost to overflowing. The first episode deals with the rescue of girls from the sex trafficking that goes on in Cambodia, with girls as young as three years old being rescued from brothels where they’ve been sold to the owners for use as sex slaves. (One of Dining for Women’s recent grant recipients is an organization in Cambodia that works with the rescued girls to educate them and give them new and productive lives.) Check listings for the local PBS stations for a full showing of this very important miniseries.

November’s recipient of the Dining for Women grant will be Pachamama’s Jungle Mamas project. The Pachamama Alliance was formed in 1997 to empower indigenous peoples of the Amazon rainforest in Peru and Ecuador to preserve their lands and culture and, using insights gained from that work, to educate and inspire individuals everywhere to create a thriving and sustainable world. To that end the group has encouraged eco-tourism as a way to combat the encroachment of 21st century oil and gas exploitation of fragile ecosystems. As we all know, much damage has already been done to these fragile

ecosystems in the Ecuadorean and Peruvian rainforests from the unbridled oil and gas extraction, to say nothing of the despoilation of land and water sacred to the indigenous populations. The Pachamama Alliance is working to protect lands and people in this area in a variety of ways.

Now through their Jungle Mamas project, the group is focusing on empowering the indigenous women and communities of the Ecuadorian rainforest to ensure safe birthing and the health and well-being of the Achuar people. “We used to think we HAD to go into the jungle alone to birth our babies. Now, thanks to Jungle Mamas we know there’s a better, safer way.”

The Jungle Mamas project has expanded both its geographic reach and its activities, evolving into a comprehensive community health and sanitation initiative. One example was the installation of compost toilets in two Achuar communities to prevent soil and water contamination. This project improves access to clean drinking water, reducing infant and child mortality rates and improving general community health.

The Jungle Mamas Program aims to eliminate all preventable deaths in childbirth of mothers and babies, and to improve community health by focusing on the education of women, family planning education, and improving environmental health. Some accomplishments: “Over 60 Safe Birthing Kits have been given out in 2011, and trained birth attendants have supported every recipient receiving a kit to have a safe birth. As a direct result of our work, gender issues, family planning education, and the recognition of women’s health as key to community health were met with a new openness and great enthusiasm. We expanded into new areas of the territory and laid the groundwork for the best year ever in 2012!”

Rose Beloff’s Sesame Cookies

These cookies are shaped, not dropped. Crunchy, not very sweet, and high-protein, they are the perfect accompaniment for coffee or tea, and not too guilt-inducing.

Rose Beloff lived in Grand Forks, North Dakota, part of the small Jewish community in North Dakota where I grew up. I’ve modified her recipe a bit, but I like writing her name, since it brings back girlhood memories from long-ago.

- 6 tablespoons canola or other vegetable oil
- 6 tablespoons sugar
- 6 tablespoons unbleached flour (can be part whole wheat, suggested ratio half and half)
- 2 eggs
- 2 ½ cups sesame seeds, about 12 to 13 ounces. You can substitute ground almonds for up to ¼ of the recipe.

Mix all the ingredients together in a medium size bowl. Cover the bowl and let stand in the refrigerator for a few hours or overnight until thoroughly chilled. This makes the dough easier to shape.

Preheat oven to 325. Spray or butter cookie sheets.

Spray or butter a teaspoon and drop tight spoonfuls of sesame mixture onto the baking sheet. With wet hands, shape into crescents. They don’t expand much in baking, so they can be placed quite close together.

Bake 20-30 minutes until nicely browned. Cool on a rack and store in an airtight container. This recipe makes about 36 cookies.

Those of us who take for granted modern hospitals with every medical “necessity” have a difficult time visualizing going off alone into the jungle to have that baby! Helping Jungle Mamas to change practice with a small check this month seems like a real no-brainer.

First Anniversary News

The three chapters formed through Weavers Way are now a year old. As a way of celebrating we are having a communal gathering of all three chapters together and have decided to assist the Stenton Manor Family Homeless Shelter as a beneficiary. We are helping them with their holiday preparations so that residents of the shelter will not be forgotten. Our Mother’s Day Tea raised enough money that a substantial donation was made to

Weavers Way Community Programs. It is WWCP that works with Stenton Manor at the Hope Garden so we are tying two entities formed through Weavers Way together. We feel that while our emphasis is on women and children in developing countries, we need to remember our near neighbors in need as well. Watch for news about this important celebration in the next issue of *The Shuttle*.

Anyone who has not yet been to a Dining for Women dinner and would like to see what it’s like to come, eat very well, learn more about the current recipient, and meet some really interesting women in your community, please contact Betsy Teutsch at betsy@betsyteutsch.com. She will be happy to plug you into whichever November meeting fits your schedule.



Reiki

High level healing for the physical, emotional, mental & spiritual body

Kazia Renée Lechner

215.242.3887

kaziarenee@gmail.com

HeartfulHealer.com

WEAVERS WAY MEMBER WORKSHOPS

SINGING WORKSHOP

WITH BRENDAN TAAFFE
Vermont singer, composer, and teacher

Sunday, December 2, 1:00 – 4:30 pm

Join us for a session of heart-felt singing while we explore the richness of the “American vernacular”: early gospel, Appalachian ballads, shape note hymns, and Brendan’s own compositions and arrangements. Traditional American harmony—from the tight swing of gospel quartets to the “high lonesome” sound of bluegrass—has beautiful poetry, striking harmonies, great rhythm and is a lot of fun to sing. We will also explore some makwera singing from Zimbabwe.

Sponsored by the Weavers Way Education Committee

To be held in a private home in Mt. Airy - Enrollment limited to 20 persons

Fee: \$35. Weavers Way members: \$30

Information: Larry Schaffer at larryschaffer@comcast.net or 215-240-5762

Special Events, Banquets & More



PEGASUS ROOM

Accommodating 100-400 guests

267-383-7557

WWW.PEGASUSROOM.NET

Manager’s Corner

by Glenn Bergman, General Manager

Investing In Co-ops

AT A recent meeting of the National Co-op Grocers Association in Boston, I had the opportunity to hear a talk by Maurice Smith, Chairman of the Board of the North Carolina Credit Union League. He spoke about what the difference it is in owning a share in your local credit union, your food co-op, your day care co-op, your electric co-op (we do not have one here), or any other cooperative you might be a member, as opposed to just being a customer.

People often ask him why they should join the co-op, what advantages do they get. “I don’t know where to start,” he said. “There are financial reasons: member specials, patronage rebates, member days, etc. But more important is the ownership in ways that may not be so obvious. “

Smith mentioned that he has 20,000 owners to whom he has to answer each day. When he gets a call from a member of the credit union—the Local Government Federal Credit Union—he answers it himself. “It does not matter who it is, how much they have on deposit,” he said. He takes the call. That is how I feel about Weavers Way. When a member has a question or a complaint, I am happy to take the call or stop and listen. I do not pass the person on to anyone else. Every member’s voice is valid. This is *your* business.

Recently, we have been training our 150 staff members in customer/owner services. We have been empowering the staff to take care of problems, complaints, and to make your co-op experience better, regardless of your membership status. It is important that we treat everyone like an owner, but it is also important that owners’ voices are heard extra loud.

Smith said that when he goes into his food co-op, Weavers Street (Carrboro, North Carolina), he will sometimes take the time to straighten out the groceries or produce. “Hey, this is my co-op,” he says.

“I love this place. Why not make sure it looks great?”

So, why should people join? Owning a share in a local business in which you have a say is the best reason. Remember, any publicly traded company has one important goal: returning a profit on the investment of Wall Street. A co-op’s mission is different, guided by the seven International Cooperative Principles instead of the profit motive. Weavers Way’s ends or goals as defined by the Board say nothing about returning a certain amount to the investors in monetary returns. That is not our reason for being. Yes, we have to make a profit, we have to pay down debt, and we have to put away cash for future capital replacements, and other items. But we do not have to make any additional profit to pay back our equity partners. That is a very interesting way to run a business.

Supporting your local business, whether a co-op or an independent owner, will support your community, your main street, the value of your home, if you own one, and your community’s quality of life.

There is no reason why we can not expand the cooperative businesses in our region. If we can have a co-op bank, grocery, housing, and outdoor clothing/equipment (REI), why not begin thinking about consumer cooperatives or worker cooperatives that also provide for any of the following: books, movie house, pharmacy, shoe store, funeral home, small equipment repair shop, clothing for children, clothing for men, taxi service (Madison, Wisconsin has one), furniture store, etc.

It will take the support of funding agencies, the community, and technical assistance from a cooperative development group. Consumer and worker cooperatives are not easy to start, but once they get going they are hard to stop.

~ gbergman@weaversway.coop

What the Board Is Thinking Your Participation in Economic Leadership Doesn’t Mean You Aren’t Democratic”

by David Woo, Weavers Way Board Immediate Past President

TERM LIMITS in our organization are a good thing for Weavers Way leadership development, especially if people are recruited who would otherwise never consider volunteering to govern a business. Cooperative enterprise allows people who are not wealthy patrons, as well as people who are, to stand toe to toe for the votes of member/owners in elections to boards of directorships throughout the world. How is that for leveling the playing field? No need to pony up one’s outsized wealth to be recruited onto a seat or rather to stand for election. When did any of you who work for large corporations ever get a chance to vote for your CEO?

This “leadership practicum” we call the Board of Directors can then spin off community leaders to do even more good in our town by the imposition or rather graduation by term limit. Co-ops build economic democrac. The learning that happens around the board table and in committee meetings is invaluable for the hours an individual commits to follow through in assuming the fiduciary responsibility of keeping our food co-op a going concern.

Are you really thinking about the possibilities of what a seat on the Board of Directors of Weavers Way can do for you, the Co-op and our community? There is potential for greater good and the devel-

opment of community capital to make Philadelphia and the surrounding region better through the dissemination of leadership that starts with our community institution, Weavers Way Food Co-op. That’s a Co-op difference that very few grocery stores can even attempt to match let alone devote their resources, to build a community of leaders.

So, take a good look at the people around you, the young ones with potential, the older ones with spunk, and the ones with less material wealth, what can they contribute and gain by running for a seat? Don’t leave yourself out of the mix. Do you have the commitment to give a few hours a week to govern, guide, manage and delegate for the benefit of your fellow owner/members? Consider this your clarion call to do more than identify and discuss the problems we have with our world.

Consider me your resource, someone who can offer guidance and advice to help you or your neighbor on navigating the process to become a Board Director for our Cooperative Association. Elections are next spring and our nomination process starts soon. Stop contemplating; start planning for the future of our Co-op and our society.

~ woo3D@earthlink.net



Family Owned & Operated
call
Ken Glantz

MACLENS

Collision Repair Professionals Since 1945

28 W. Allens Lane
Philadelphia, PA 19119

Tel (215) 247-3986
Fax (215) 247-9586



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.houseatpoothcornerdaycare.com

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



Mt. Airy Psychotherapy Practices

Genie Ravital, LCSW, Overcoming Depression and Anxiety
Eda Kauffman, LSW, Healing from Abuse & Addictions
Lauren Kahn, LMFT, Mindfulness Based Psychotherapy
Lenore Jefford, LPC, GLBT & Adolescents
Althea Stinson, MSW, Anger Management
Ameet Ravital, PhD, DHEM, Homeopathic Consultations
Nathalie Vallieres, LPC, Bilingual Counseling & Trauma

7149 Germantown Ave., 2nd floor
(between Mt. Pleasant & Mt. Airy Aves.)
www.mtairypsychotherapy.org
215-242-5009

Our Store, Our Non-Profit: Let's Keep WWCP Growing

by Mira Rabin, WWCP Board President

WHEN I joined the Co-op 34 years ago, I was a college student living in a communal house, drawn to the affordable healthy food and the sense of shared ownership. Now, as a mother of three children who have grown up under the loving eyes of the Mt. Airy store staff, my appreciation for Weavers Way as an anchor of the Northwest community has only deepened. It still feels meaningful to ask a staffer, “Do we have such-and-such?” because it is, after all, our store.

So in 2007, when we as a co-op decided to start a non-profit organization to better carry out Weavers Way’s mission of serving its community, it became our non-profit as well.

For the past five years, Weavers Way Community Programs has been teaching young people about sustainable local agriculture and nutrition, sharing with them the joys of digging in the dirt and eating just-harvested vegetables. We’ve been working with children at the Mort Brooks Farm, W.B. Saul High School, and Stenton Family Manor, one of the city’s largest homeless shelters. Our school Market-place Program has taught hundreds of area

(continued on page 24)

Weavers Way Finance Report, Fiscal Year 2012

by Michael McGeary, Weavers Way Chief Finance Officer

THE AUDITOR for Weavers Way, Bob Bolland, a certified public accountant and partner in the firm of Maillie, Falconiero and Company, presented his report for the Fiscal Year Ending June 30, 2012 to the Finance Committee and the Board of Weavers Way, on September 20 and October 2, respectively.

The auditors reviewed the financial statements prepared by Weavers Way’s finance staff and recommended some adjustments, which is normal in the audit process. The auditor informed the Board that the Co-op’s financial statements “present fairly, in all material respects, the financial position of Weavers Way Cooperative Association, and the results of its operations and cash flows.”

For the fiscal Year ending June 30, 2012, Weavers Way had net retail sales of \$16,248,681. Net income after interest expense and taxes was \$260,550. Based on these results, the Finance Committee recommended to the Board a patronage rebate of \$200,000.

For fiscal year ending June 30, 2013, the Co-op is forecasting net retail sales of \$17,113,133; this is a 5.32 percent increase over fiscal 2012, with net income of \$114,686.

An audit firm provided an independent review of financial statements together with a formal opinion of its findings. Audits follow standards set by the accounting profession and involve tests of financial records, cash transactions, and internal controls. The audit for Weavers Way was completed in August of this year.

Summary Financial Results

(amounts below are in thousands of dollars)

	2012	2011
Net Sales	\$16,248.6	\$14,848.8
Cost of Goods Sold	\$10,166.7	\$9,469
Gross Profit	\$6,081.9	\$5,380.2
Other Revenue	\$(7.8)	\$17.9
Operating Expenses	\$5,630.7	\$5,254.7
Operating Income	\$443.4	\$143.4
Interest Expense	\$(197.9)	\$(292.2)
Grant Income	\$0	\$342.8
All Other Income/(Expense)	\$58.2	\$54.0
Provision for Income Taxes	\$(43.2)	\$(96.1)
Net Income	\$260.5	\$151.9

Selected Balance Sheet Data at June 30, 2012

Cash	\$1,198.2	\$497.7
Property and Equipment	\$6,251.4	\$6,416.6
Debt	\$4,325.3	\$4,445.3
Equity	\$2,682.8	\$2,387.8

Redeem Your 2012 Patronage Rebate Starting November 4

At the end of each fiscal year, if Weavers Way has a surplus, our Board determines how much of that surplus to retain for the Co-op and how much should be returned to the members. Members receive patronage rebates of cash and equity based on their purchases that fiscal year.

This year, the board has voted to rebate \$200,000 to our members:

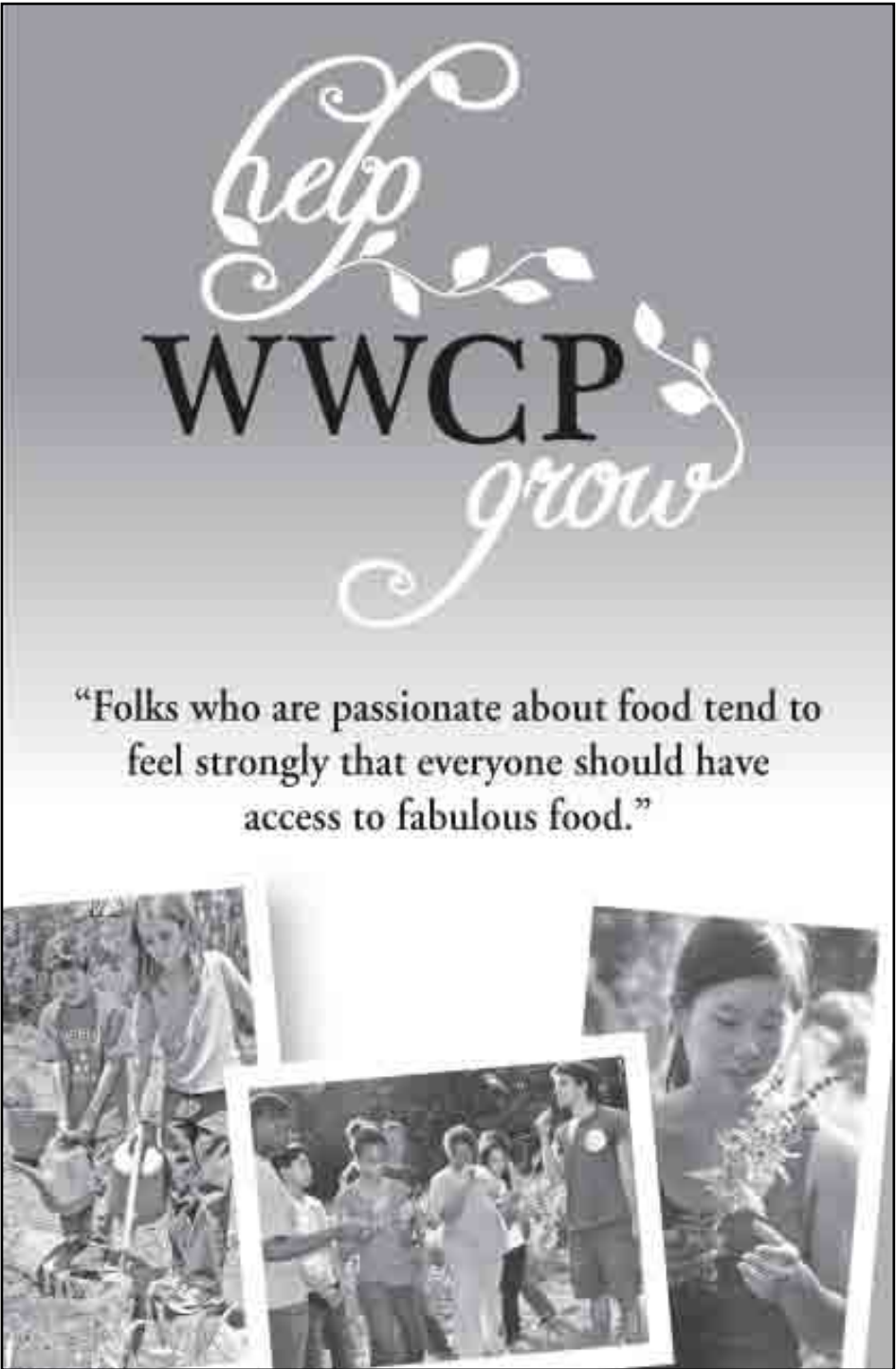
- \$40,000 will be returned as cash
- \$60,000 will go to members’ regular equity (which they get back when they leave the Co-op), and
- \$100,000 going to members’ reserve equity, which is only distributed to the members if the Co-op is dissolved.

Only members who made purchases in the fiscal year ending June 30, 2012 and were members in good standing as of October 2, 2012 (when the rebate was approved) are eligible. For a more detailed explanation of patronage rebates, see Stu Katz’s article on Page 1.

- Rebates will be distributed at the cash registers beginning November 4.
- Rebate can be applied to groceries, donated to WWCP, received as cash, or any combination thereof.
- Members must redeem their entire rebate at one time.
- Members are encouraged to redeem their rebates as soon as possible.

A summary of your available rebate (cash portion, equity portion, reserve equity portion) will appear on your sales receipts until your rebate is redeemed. When you redeem your rebate, your receipt will show a summary of what was redeemed. These notices will no longer appear on the receipt after the rebate is redeemed.

Your membership and loyalty make the Co-op and the greater community stronger. Thank you.



The Simplicity Dividend

Happy First Birthday, Bookcycler!

by Betsy Teutsch

BOOKCYCLER WAS an experiment. Could I sell enough used books online to finance a scholarship at the Kibera School for Girls? The school is an experiment itself. Would bright but extremely impoverished Kenyan girls thrive in a child-centered, curriculum-rich, free school? The answer to both experiments is a resounding yes. I have sold enough books this year to sponsor not just one, but nearly two students. And the school? It just won First Place in the Kenyan National Poetry and Elocution Festival. Not too shabby!

When I put out a call for friends and community members to donate books, the response was huge; boxes and bags of books soon started appearing on my doorstep. Each donated book needs to be checked on Amazon to establish its worth. Only about five to ten percent of the books are worth \$5 or over, the baseline. (Below that, you can actually lose money selling books). These I post for sale.

The books listed on Amazon started selling almost immediately, purchased by readers as far away as New Zealand, Brazil, and Russia. So far 170 books have sold and several dozen more are alphabetized on a dedicated bookshelf in my office. Even I, Queen of Reusing, ran out of

shipping materials. I had to break down and buy self-adhesive bags. When I ran out of heavy boxes, someone who had just moved offered book boxes on Freecycle. Score!

The system for donating the remaining books works well. I box them up, print out a return mailing label from Better World Books, and then my husband, David, graciously schleps the books to the front porch where our lovely letter carrier, Odelia Jackson, picks them up. We are talking over 50 cartons of books, nearly one a week. At an average of 25 per carton, over 1,200 books have shipped to BBW, a social business that sells used books and supports literacy projects.

Books are priced by their ISBN numbers. One day I had the bright idea to invest in an ISBN scanner to more quickly separate the wheat from the chaff. A little searching yielded a surprise. There's an app for that right in my iPhone's Amazon app. This means that if I am walking down the street and come upon a box of books being trashed, I can quickly determine their resale value. And, yes, I have lugged a few home and listed them. Based on my first year's experience, what sells best are books quite new, still popular titles and

academic nonfiction. Textbooks become low-worth the minute the next edition is published, sadly. Fiction rarely has any resale value.

Occasionally, I decide against shipping Better World Books heavy volumes which might be fun for local people to enjoy. Hence, a set of six Martha Stewart picture cookbooks found homes via FreeCycle. Rosi Greenberg, a Mt. Airy native now teaching in Baltimore, received a half dozen Harry Potter books for her Harry Potter Reading Club. My daughter, a fiction lover, has snagged a few perfect reads from the give-away boxes. One book had an undeposited check from 1999. Aunt Sue is still waiting for that thank-you, I'll bet.

This is a labor-intensive project, but I love it. People clear out books that haven't been opened for years (witness the 1999 check). Somewhere in the world, a buyer wants just those books, and the internet makes it possible to match them up. Money changes hands, and ultra-poor girls who would have lived on the streets are in school, thriving. Bookcycling feels very Rapunzel-like, spinning golden education from straw books. Many thanks to all of you who have pared down your libraries!

If you want to donate books, email me at betsy@betsyteutsch.com for directions. You can read more about Bookcycler at www.bookcycler.blogspot.com.

~ betsy@betsyteutsch.com

WWCP Seeks Volunteer to Help with Database

by Beau Bibeau, Membership Cordinator

WEAVERS WAY Community Programs (WWCP) is looking for a member who will fulfill cooperater hours by assisting WWCP in setting up a donor database/online payment mechanism using Sales-Force and Network for Good. While direct experience with these two platforms is not required, it would be most desirable. Otherwise, knowledge of databases and online financial interfaces would be great. Please contact Beau at member@weaversway.coop

~ member@weaversway.coop



Vitality Studio
7109 Emlen St.
Philadelphia, PA 19119
215-753-7153

Offering Pilates, GYROTONIC® exercise, and Yoga in West Mt. Airy.

\$15 off your initial Private Session, with this ad!
(for first time clients only)

visit www.vitalitystudio.com for more info
We look forward to working with you!

COMPLETE MASONRY SERVICE

Flagstone, Brick & Stone Pointing

JAMES G. CARDAMONE


- Concrete Work
- Basement Wall
- Plastering & Waterproofing

- Chimney Repairs
- Walkways & Patios
- Retaining Walls

- Stucco
- Glass Block Windows
- Ceramic Tile

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

FAX 660401 All Calls Returned **215-887-9323** GLENSIDE



Big Blue Marble Bookstore

Morning Madness!
This month shop with us on weekdays before noon and sale books are \$3 (paperbacks) and \$5 (hardcovers).

Also, celebrate Big Blue Marble's 7th Birthday with 15% off all purchases* the weekend of Nov. 17-18!
**excluding gift certificates*


HOURS

Mon	11:00 am - 6:00 pm
Tues - Wed	10:00 am - 6:00 pm
Thur - Fri	10:00 am - 7:00 pm
Sat - Sun	10:00 am - 6:00pm

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

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

www.bigbluemarblebooks.com



We Switched
you can too!

“Each Switchman, owner of Switchman Tree Care says, “We knew we needed a bank that would offer the same high level service we do. You would have somewhere to turn 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!

SWITCHMAN TREE CARE
VALLEY GREEN BANK • COMMUNITY SPONSOR

VALLEY GREEN BANK

You count with us.

www.valleygreenbank.com
Mt Airy 215.242.3550
Chestnut Hill 215.263.1550
Radnor 610.995.2265
Center City 215.569.2265

*Member Since 2006 & 2011
and 2012

Plenty of Plenty

by Wendy A. Horwitz

“THERE’S NOTHING vegan...when are they re-opening...this is such a pain.” Under a relentless August sun, Co-op shoppers grumbled and, with grace, staff members worked in a tiny space, dispensed free shopping bags, set up cooling fans, and answered repetitive questions. Mt. Airy Weavers Way had boarded up for renovation, partly in response to members’ wishes. A sidewalk sign promised “The Incredible Bulk,” and we looked forward to roomier, energy-efficient digs. A pop-up store, open-air market, and free shuttle to Chestnut Hill offered temporary alternatives.

So, we endured life without twenty-seven brands of shampoo and no low-salt, roasted, Ovengold roasted, maple honey, peppermill, three kinds of smoked, and bacon lovers’ turkey. We lamented the loss of local, organic, local/organic, conventional, and heirloom arugula.

But, we enjoyed sunset-colored peaches, plump and fresh from Pennsylvania orchards. Long, glossy eggplants and nests of Jersey berries. The grocery, efficient as a ship’s galley, was stocked with necessities. Many adapted, and even welcomed the brief change. In the cozy pop-up, we imagined a little European market. If you wanted spaghetti sauce, there was a selection. Instead of dried cherries, we bought raisins. Outdoors, the scent of produce in the humid air, the muted sound of conversation under the tent, felt like Provence.

Others forgot the blessings of simplicity, and maybe they didn’t know there is a downside to excessive choice. In his book, *The Paradox of Choice*, Swarthmore College professor Barry Schwartz describes how too many choices ultimately yield dissatisfaction and even depression. In our search for the holy grail of granolas, we may question our decisions. Our brains freeze in the aisles, and the sunflower-quinoa breakfast substance doesn’t taste as good as we hoped.

Chestnut Hill too inconvenient? Pop-up too limited? Try living in parts of North or West Philly, where “food deserts” mean there’s no place to buy organic—or any—produce. Try providing your child a healthy diet when the choice is chips and soda. Of America’s ten largest cities, Philadelphia has the highest rates of poverty and obesity (The Washington Post, 7/12/12). But in our neighborhood, we have dietary options and delicious choices.

The summer ended, and The Incredible Bulk arrived! Cascades of grains, gleaming vats of olive oil, cashews—raw (whole and pieces), roasted (whole and pieces), curry, and maple. I’m scooping stuff I didn’t even know existed (what is teff?), sniffing wild Northwest mushrooms. The Co-op’s shiny and spacious and seemingly endless. Abruptly, my reverie about bounty and choice is interrupted.

“Ugh. Look at all these sugary snacks. And the artificial colors!” A woman sweeps her hand at the long row of bins. I am collecting a healthy portion of Jordan almonds. Mouth rushes ahead of brain: “My kids and I love sweets.” I instantly regret my retort and listen to her explanation of how I am poisoning my children. She moves on. Chocolate caramels beckon me.

In this season, we are grateful for our bounty: of food, of diversity, of freedom to make choices. Let’s give thanks for the plenty of plenty this community enjoys.

~ whorwitz@earthlink.net

Dog Bones

(continued from page 3)

spected *Whole Dog Journal* offers qualified encouragement to allowing most dogs chew on bones, explaining that while most dogs learn to chew bones appropriately, “There are always outliers, however—dogs who, despite being raised with a ready supply of raw meaty bones, chew so aggressively that they are in danger of breaking teeth or swallowing dangerous chunks of bone. (The behavior is far more common, though, in dogs who were denied the pleasure of bones early in life.) If your dog is an aggressive chewer or greedily bolts any fragment of bone he can break off, he should be given a safer alternative to bones, such as a food-stuffed rubber toy. This will allow him to experience the zoned-out bliss of chewing and licking bits of food out of a safe facsimile of his hereditary chew item.”

“We have decided to keep selling bones for our customers who want them, but we will add signage to educate all of our customers about the risks,” explains Pet Supply Purchaser Anton Goldschneider. “We have many customers who are thrilled with the selection of bones we carry, especially the raw marrow bone that we sell frozen. And for our customers

with dogs who tend to scarf down whole chunks of bone, we have other chew toy options, although they have slight risks as well. Rawhide is another option to satisfy your dog’s need to chew. Make sure you choose a rawhide bone that is larger than your dog’s mouth to avoid a choking hazard. When the rawhide gets chewed down to a size that is small enough to completely fit into your dog’s mouth, it is time to take it away from them. Sometimes a rawhide can become shredded when dogs chew on them, causing pieces to hang off. You can simply cut off the shredded pieces with scissors and give the rawhide back to your dog. You mainly want to prevent them from swallowing pieces of rawhide.” Rawhide is beneficial to your dog’s teeth and gums and is an effective tool for relieving boredom, but larger chunks can swell inside a dog’s digestive track, potentially causing a blockage.

Even for dogs who show no sign of unsafe chewing behavior, experts recommend that they be monitored while they are chewing on bones, rawhide or other toys.

~ editor@weaversway.coop

THINKING ABOUT SAFETY?

Want to make a difference?

Carpenter’s Woods Town Watch

Join us and help to keep us all safe!

cwtownwatch.org

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

SPEND SECOND SATURDAYS
in Freedom’s Backyard.

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

HISTORIC GERMANTOWN
Freedom’s Backyard

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.freedombackyard.com.

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

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

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

OPEN HOUSES

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

Custom Designed Websites from \$900

Business, professional & personal websites designed to fit you!

Get your website in as few as 7 days!

Call (215)840-3463 or visit www.DNewmanWebDesign.com

Parenting and Blueberries: A Common Thread?

by Sarah Gabriel, Managing Director of The Home Grown Institute

In 2006, two books were published that would alter my “way” in the world: *The Price of Privilege* and *The Omnivore’s Dilemma*. The former changed the way I parent, the later transformed my relationship to food. That was six years ago, but I am still integrating the lessons.

In *The Price of Privilege*, Madeline Levine tells the stories of how well-intentioned parents do two very destructive things that have a dramatic impact on their children’s development: They overprotect their children from perceived danger, pain and discomfort, and at the same time they micro-manage the activities of their children’s lives.

With wisdom and insight, Levine describes the profound impact of this double whammy: how overprotecting weakens children, depriving them of developing internal strength and coping skills that will ultimately protect them when they leave the nest; and how micro-managing—often over-scheduling imagined college-application enhancing activities—deprives them of self-directed exploration and discovery which leads to the development of a strong sense of self. In short, children who are over-protected and micro-managed are at risk of diminished life skills and not manifesting their full potential.

What you might ask, does this have to do with blueberries?

In *The Omnivore’s Dilemma*, Michael Pollan traces the life-cycle of four meals. Famously, Pollan documents his week at Polyface Farm where every movement is useful and there is no such thing as waste. It was the inspiration for what has become The Home Grown Institute. On page 295, there is a paragraph about blueberries that was the seed for my thinking about the connection with teenagers.

Pollan reports on the findings that organically grown blueberries have a higher antioxidant level than blueberries grown “conventionally.” Antioxidants, it seems, are actually part of the immune system of the plant. Chemical pesticides act as a kind of over-protection of the blueberries and the result is that the plant loses its motivation to create it own internal strength to cope with pests. Similarly, applied chemical fertilizer micro-manages the plant’s environment—feeding nitrogen (N) to make it green, potassium (P) to make its roots grow, and phosphorus (K) to help it flower so we can get plants that grow fast and look good. But this NPK formula neglects the importance of all the other activities going on in the soil—microbes, bacteria, fungi, trace minerals—that are essential for the blueberry to grow strong and healthy. In short, blueberry bushes that are over-protected and micro-managed lack core strength and fail to reach their highest potential.

Sound familiar?

Supporting local organic farmers has become a habit and I don’t think twice about buying organic blueberries. The parenting shift is sometimes more of a challenge. My son, a high school sophomore, petitioned for a summer with minimal structure with plans to go to New York City with friends. I reined in my impulse find some cool community service project for him to do close to home and took a deep breath as he headed off for the Bolt Bus, knowing that he was on his way to becoming a strong “specimen” of who he is meant to be. I’ve decided this year to plant blueberry bushes as a reminder.

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

Why Philadelphia Needs a Land Bank Now

by Rick Sauer, Executive Director of the Philadelphia Association of Community Development Corporations

THE FACTS in Philadelphia are staggering. Forty thousand-plus vacant properties cost taxpayers \$20 million per year to maintain, and are magnets for illegal activity. These properties lower the value of homes by up to 20 percent, destabilize neighborhoods, and devalue, by an estimated \$3.6 billion, the overall property tax base on which the city and school district rely. Ownership is fragmented, with four public agencies in control of more than 10,000 vacant properties, while private individuals own the remaining 30,000 including 20,000 that are long-term tax delinquent.

In 2006, Cleveland confronted a similar situation and created the Cuyahoga County Land Bank. Since then, that Land Bank has collected properties from a number of sources—bank foreclosures, federal and state agencies, even donations—and coordinated their sale, consolidation and reuse. This coordination replaces disjointed and ineffective efforts of the past.

Philadelphia can learn from the experiences of Cleveland, as well as Atlanta, Flint, Michigan, and other cities, all of which have supported land banks as a way to remake their cities by making it easier to put vacant land back into productive reuse.

With the passage in mid-October of legislation for local land banks in Pennsylvania, Philadelphia now has a golden opportunity to pursue this model.

Land Banks are intended to consolidate local government’s ability to deal with these properties, assembling lots if possible and coordinating their sale for reuse. With a land bank, good things can happen: homeowners can get side yards to replace weed-filled lots; community organizations can create new housing, green space, community gardens or urban farms; local businesses can expand next door; and for-profit developers can build

commercial or residential developments more quickly.

Philadelphia is moving in the right direction. This past May, the city opened its “Front Door” to make it easier to see surplus properties held by three city agencies (although not the Philadelphia Housing Authority) on a map, along with related property information. This “Front Door” allows a user to express interest in a property and track the progress of its disposition on-line. In addition, the city has developed a written disposition policy, and launched more aggressive code enforcement to hold owners accountable for maintaining vacant properties.

That’s a great beginning. But a land bank goes beyond that. It would consolidate the continued fragmented ownership of properties in one entity, starting with more than 10,000 public-owned properties. It could also strategically acquire vacant private-owned, tax delinquent properties to facilitate their reuse by responsible new owners (versus simply going to the highest bidder regardless of track record or plans), including assemblage for larger-scale reuse efforts.

A land bank is not magic, but can be an effective tool to balance attracting market-rate development with addressing lower-income resident and community priorities such as affordable housing, community facilities and open space. It is the logical and necessary next step for Philadelphia to facilitate the appropriate reuse of that most valuable urban asset—available land.

Rick Sauer is Executive Director of the Philadelphia Association of Community Development Corporations, which is leading the Campaign for a Philadelphia Land Bank 2012. For more information, go to www.pacdc.org/landbank2012.

Luxuriously Comfortable



Franchise Opportunities Available
Offer by Prospectus Only

Mattresses • Pillow Tops • Comforters & Duvets • Peruvian Sheets • Wood Beds
Moisture Pads • Wood Cribs • Pet Beds • Natural Wool Carpet

Organic Mattress
Store



1075 Main Street
Hellertown, PA 18055
Directly in between NYC & Phila.
Call Toll Free 1-866-246-9866
www.TheOrganicMattressStore.com

• WJ Southard • Royal-Pedic
• Greensleep
• OMS Private Label
• Factory Direct Pricing

GROW STRONG: MILL CREEK FARM ANNUAL BENEFIT PARTY

Celebrating our 7th growing season

Saturday, December 1, 4-7 p.m.
Underground Arts, 1200 Callowhill St.

DJs, Food, Cash Bar, Desserts, Silent Auction, Raffles, and More!

Tickets and more info tba:
millcreekurbanfarm.org

chrishillmedia

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

about us

picture
philadelphia



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.

Profit Before People

by Sandra Folzer, Environment Committee Chair

WHAT EXACTLY is an environmental issue? Plants and animals, for sure. What about people? Can we separate caring for our fellow humans and caring for the earth?

Last month, I wrote how brand name clothing often is made with slave labor. A few events that occurred since last month have inspired me to continue the discussion.

One hundred years ago in 1911, there was a terrible fire at the Triangle Shirtwaist Company in which 146 young women and men died because a door to the stairs was locked. The fire was significant because it brought to light the terrible working conditions of “sweatshop” workers: excessively long hours, low wages, and dangerous working conditions. Most workers were so afraid of losing their jobs that they feared speaking out. Though the women were unorganized, they did protest the working conditions and staged a strike a year before the fire. As a result, an historic agreement was made, creating a grievance system. Unfortunately, the factory owners disregarded the workers’ rights and allowed unsafe working conditions to continue.

One person who witnessed the fire was Frances Perkins, who said of the fire, “people were disturbed everywhere. It was as though we had all done something wrong. It shouldn’t have been.” Perkins went on to become a U.S. Secretary of Labor, who strived to improve the rights of workers.

I wish this story had a happy ending. But, in 1991, a similar fire occurred in a poultry plant in North Carolina. Despite many regulations to protect workers, 40 people died because the doors were locked. Like the Triangle Shirtwaist company, this facility was dirty and dangerous, workers were paid low wages, and employees had no union to protect them. Despite the laws, this facility had never been inspected. The wealthy owners es-

caped prosecution, as with the Shirtwaist Factory.

In my last article, I mentioned a fire in 2010 in Bangladesh in which 28 women in a clothing factory died in a fire because the doors were locked.

Fast forward to 2012, one hundred years after the Shirtwaist fire. A clothing sweatshop in Pakistan had a fire in which 289 workers were killed. Once again, the escape door was locked. Once again, these poor workers toiled long hours for little pay. While there were laws to protect them, they were ignored. In fact, the month before two inspectors had given the factory a clean bill of health. These inspectors were part of a legitimate sounding organization, Social Accountability International, a nonprofit monitoring group based in New York which gets its finances from corporations like Gap and Gucci. The SAI claims it has “improved the lives of over 1.8 million workers...” This is clearly not the case, for “workers are often told what to tell the auditor. The inspections are announced and there is time to do things like open exit doors that other times are locked.”

What do all these fires have in common? The victims were poor and powerless. At the Shirtwaist, the workers were mostly Jewish immigrants. In North Carolina, they were black. In Pakistan, there were many immigrants. How much do we tolerate this continual disrespect for life because of cultural or racial prejudice?

We may think we would not tolerate this disregard for human life, but we support it whenever we buy clothing from sweatshops. They could not survive without our purchases.

In the past, I remember the labels in most of my clothing identified the union whose members made my clothes. Despite the push by many politicians to eradicate unions, I hope they survive. Unions are the only protection some have.

In September, the workers death in Bangladesh of a popular labor organizer, Aminul Islam, was reported. Before he was killed, he had helped workers who made brands like Gap and Tommy Hilfiger with problems like unpaid wages and abusive treatment. This year, he arranged for an ABC news story about unsafe conditions at the factory where the 28 workers died in a fire. Previously, he had been kidnapped and beaten by police and intelligence agents who told him that he was hurting the country where garment exports were important for the economy. A small man who worked tirelessly to encourage his fellow Muslims to be better Muslims, Mr. Islam was tortured by having his knees smashed, toes broken and finally a hole drilled in his knee. He bled to death. Security forces who operate at the behest of the government are blamed. Wealthy businessmen are known to buy police and security support to protect their profit margins.

Prior to Mr. Isam’s murder, businesses were praising Bangladesh, and brand name companies rushed to take advantage of the very low wages. Now, hopefully, attention will be directed to the absence of unions and fair business practices there and in other poor countries. U.S. International labor groups and some diplomats, including Hillary Clinton, have protested Mr. Islam’s death. Outside pressure is occurring because so many global brands use Bangladesh factories where wages were recently raised from \$21 to \$37 a month, about a dollar a day. When this raise occurred, workers hoped that the Prime Minister Sheikh Hasina would lift restrictions on labor organizing, but that never hap-

pened. Workers there have no power and no process for resolving disputes.

Mr. Islam’s former boss and friend asked, “Who is so powerful that they killed Aminul, yet is still untouchable?”

In 2010, Islam and two of his bosses were charged with “anti-state” activities because he was trying to work as a mediator for the workers and recruiting workers for labor groups affiliated with the AFL-CIO. He was harassed by the police as well as Bangladesh’s National Security Intelligence agency (N.S.I.). He had been warned by an N.S.I. agent “to refrain from” discussing labor rights with workers or the agency would take “strong action” against them.

Union busting is happening all over the world. Presently, California unions are having to defend themselves against Proposition 32, which appears to limit special interest money in elections. It looks good but is a sham since corporations would hardly be affected while union power would be gutted.

Is it mere coincidence that as corporations gain more and more power in the U.S. that those politicians who do their bidding try to dissolve unions and support outsourcing businesses for cheap labor? They exhibit racism by condoning the mistreatment of those in other countries whose lives don’t seem to count. When corporations are so powerful, making a profit becomes sacrosanct. It is no wonder that unions are demonized. Are events in Bangladesh a preview of what might occur if corporations continue to gain unrestrained control over workers here in the U.S.?

~ environment@weaversway.coop



SAVE MONEY! SAVE THE EARTH!

TriEagle Energy

GREEN ENERGY COLLABORATIVE

Join the Green Energy Collaborative (it’s free) and switch to a 100% Pennsylvania Wind Energy Plan offered by TriEagle Energy. Save on your electric bill while promoting clean wind energy at the same time!*

LowCostWind.com


* Based on PECO price to compare as of 9/24/12.
The Green Energy Collaborative is a program of Citizen Power, Inc.
For more information call 412-421-7029.



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: 215-353-3817 E-mail: Ingrid.Brown@prfoxroach.com



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



Claudia Apfelbaum, LCSW
Psychotherapist



- Affirming people’s felt experience
- Strengthening people’s healthy selves
- Assisting people to process their feelings and worries
- Helping people to better understand themselves and others

Individuals, couples and families * Groups * Clinical Supervision

215-317-8855 * claudialistens@gmail.com * NW Philadelphia
www.Claudialistens.com

Fall Vegetables

(continued from page 3)

relatives was by being in the kitchen. At worst, would be the dispute between my mom and her sister about whose apple pie is better. It's my mom's, in case you were wondering. It's all about the crumb top-ping.

Of all the conversations I try to avoid at the holidays, I can now add being a veg-etarian. In the beginning, I was happy to use this as an excuse to just eat homemade bread and three kinds of pie. I was never really a fan of turkey, anyway. Now, I'm a little more apt to make something cre-ative, to round out my meal and maybe show my family how interesting and de-licious a vegetarian Thanksgiving can be. Squash is definitely the vegetarian's best fall friend, and Nina's recipe in the farm's article for Butternut Squash Orzo with sage would make a fantastic side or main dish. Stuffed Squash recipes are also easier than they look, and give you a lot of points for presentation. They are a meal all in one dish.

~ skane@weaversway.coop

Quinoa Stuffed Acorn Squash

Hard squash are very interchangeable. Acorn has a natural cavity for stuffing, but you can scoop out some of the center of other squashes like delicata or butternut to make this. Quinoa is a great protein source for vegetarians. It can upset some stomachs; so, if you know this, just substitute wild rice.

- 2 acorn squashes
 - 1 cup quinoa
 - 1/2 yellow onion
 - 2 cloves garlic, chopped
 - 1/2 cup chopped mushrooms (any variety)
 - 1/2 package organic tempeh, cut in to half inch pieces OR 1/2 cup canned chickpeas (your choice)
- 1/4 cup dried cranberries
 - 1/3 cup pine nuts (substitute options: pumpkin seeds or sunflower seeds)
 - 1 tsp. Tamari or soy sauce
 - Dash of cayenne
 - Chopped fresh sage

Heat oven to 375 degrees. Brush the squash with olive oil and sprinkle with salt and pepper. Place in a lightly oiled baking dish with an inch of water and pop into the oven.

While squash is baking, prepare the stuffing!

Boil 2 cups water and add quinoa. Cook about 15 minutes until the rings from outside the quinoa begin to separate and fluff the quinoa with a fork.

Heat oil in a pan and add onions, mushrooms, garlic and tempeh or chickpeas. Cook 5 minutes then add sage. Sauté a few minutes more, and once everything is starting to brown, add tamari and dash of cayenne.

Add cooked mixture, dried cranberries and pine nuts to the quinoa mixture and stir to combine.

When squash is almost fork tender (30-45 minutes depending on the variety), remove from oven and fill with stuffing. Cook another 15 minutes, face up, with stuffing inside. Finish with a sprinkling of goat cheese or nutri-tional yeast on top!

~ Stephanie Kane, local produce buyer

PLYMOUTH MEETING FRIENDS SCHOOL

Building on your child's curiosity

Fall Open Houses:

Sat. Nov. 3, 2-4pm

Dec. 8, 9:30-11:30am

Please call to register.

Plymouth Meeting Mondays:

Join us for a campus tour from 5-6pm on non-holiday Mondays beginning 9/24

R5VP required

3 years old - 6th grade

2150 Butler Pike • Plymouth Meeting PA 19452 • www.pmfcs1780.org • 610-828-2288

A Big World in a Small Quaker School

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.energyworksknow.com

Make your home more healthy + comfortable. Sell for 2% to 14% more!

Your neighborhood's answer for green remodeling, weatherization & more.

215-669-3660

Full Service Remodeling & Weatherization

Real Estate for Tomorrow and Today.

it's back!

Saffron POP-UP SHOP!

GREENE ST AND CARPENTER LN (ACROSS FROM WW MT AIRY)

SATURDAY, NOVEMBER 24TH 9-5

SUNDAY, NOVEMBER 25TH 9-5

find us on facebook!

HOME DECOR - ACCESSORIES

GLASS - PRINTS - JEWELRY - POTTERY

There are **Twelve Independent Countries** in South America. How many can you name?

Ask a Friends Subject student, and they'll undoubtedly name them all.

They'll also explain the political struggles in Venezuela and the economic and religious challenges facing the people of Brazil. Because last year we studied South America. And when we study a subject, we don't just brush the surface. We spark fascination.

FRIENDS SUBJECT
Class & Homework Found in Pathways
www.friends.org

FASCINATION
— FOREVER BRIGHT —

Red Red Rice

by Rick Josiassen

RICE HAS, for too long been relegated to a dull side dish served underneath or next to something much more interesting. It need not be this way. There are dozens of rice varieties with flavor and pleasing aromas. Weavers Way is now carrying organic Heirloom Red Rice and Harvest Medley Rice direct from the Lofgren Brothers Farm in beautiful Butte County, California. The ways to prepare them are myriad.

Here is one interesting recipe for Thanksgiving dinner.



Red Red Rice



- 2 tablespoons minced garlic
- 2 tablespoons butter
- 2 tablespoons oil
- 1 ½ cups Heirloom Red Rice
- 3 cups stock (chicken or beef)
- 2 ripe plum tomatoes (seeded and chopped)
- 1 (8 ounce) can tomato sauce
- 1 tablespoon chili powder (maybe a pinch more)

Optional

- 8 ounces peeled shrimp,
- 1 tablespoon soy sauce
- 1 teaspoon sesame oil for the last 5 minutes of cooking.

Garnish: Chopped cilantro.

Cook minced garlic in butter and oil in a heavy cast iron skillet (or any of your choice) for two minutes. Add Heirloom Red Rice and cook, stirring, about three minutes. Add stock, plum tomatoes, tomato sauce, and chili powder. Bring to a boil, then lower to simmer and cover. Cook until liquid is absorbed and rice tender, 40 to 50 minutes. Cover and let rest for 10 minutes.

If you are feeling adventurous, add 8 ounces peeled shrimp, 1 tablespoon soy sauce and 1 teaspoon sesame oil for the last five minutes of cooking. Garnish: Chopped cilantro.

WISSAHICKON PET MINDERS

Customized Care for ALL Your Califiers!

—walks—
—play dates—
—overnight & vacation services—
—house sit!

—exercise—
—dog training—

wissahickonpetminders@gmail.com
www.wissahickonpetminders.com


215-688-6552

WoodmereArtMuseum

MURRAY DESSNER

A RETROSPECTIVE

Through January 6



ALSO ON VIEW
Generations: Louise Fishman, Gertrude Fisher-Fishman, and Rafael Kapustin

MUSIC AT WOODMERE

Through Dec 23

FRIDAY NIGHT JAZZ and CLASSIC SUNDAYS

Fridays, 6pm-8pm / Sundays, 3pm-4:30pm / \$20 (\$15 members)

Friday Night Family Happenings Activities for kids from 6-7pm.

9201 Germantown Avenue | Chestnut Hill | 215-247-0476
woodmereartmuseum.org

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

Martin Elfant Inc.
215-844-1200



Martin Elfant Inc.
REAL ESTATE

facebook.com/MEInerealestate elfantre.com

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!



planet paint
SOLUTIONS, INC.
planetpaint.org

215.948.3747

Holiday FAIR & Craft Bazaar 2012

Handmade gifts for sale and magical children's activities



FRIDAY, NOVEMBER 16TH, 6:00PM-10:00PM

SATURDAY, NOVEMBER 17TH, 10:00AM-5:00PM



the waldorf
SCHOOL OF PHILADELPHIA
phillywaldorf.com

at The Waldorf School of Philadelphia
7500 Germantown Avenue, Eagles 2 Building
Philadelphia, PA 19119
across from the Trolley Car Diner in Mt. Airy

phillywaldorf.com

child: hood

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.



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



we've got *philadelphia* covered.

PENNSYLVANIA • DELAWARE • NEW JERSEY



discover

newsworks.org

WHYY



smart. local. news.



Mt. Airy Renovation Celebration

(continued from page 15)

plays in Northwest Philadelphia, and the similar contributions co-ops can make in communities nationwide. Weavers Way Mt. Airy store manager Rick Spalek introduced three guests of honor—founding members Dorothy Guy, Vivian Schatz, and Sylvia Carter, each of whom has been active and involved since the Co-op’s creation 40 years ago. The trio wielded a pair of giant scissors to cut the

ribbon, and then cooperatively cut the cake.

The rest of the afternoon included tours of the stores, live music, games and prizes, and plenty of food from vendors including Samuel and Son Seafood, Philly Cowshare (beef), Sweet Stem Farm (bacon and ham), Wellshire Farms, Chilly Philly Ice Cream, and Weavers Way’s own prepared foods department.

At Weavers Way’s Mt. Airy Grand Reopening Celebration, Chief Financial Officer and Renovation Project Manager Michael McGeary (below) introduces Congressman Chaka Fattah (below, right). Afterward, (top right) State Representative Dwight Evans and Philadelphia City Councilwoman Cindy Bass enjoyed a tour of the renovated store by Mt. Airy Store Manager Rick Spalek.

photos by Ellie Seif



There are any number of reasons to choose
WESLEY ENHANCED LIVING *at Stapeley*
HERE’S ONE YOU’LL LOVE:
50% off entrance fees!



Enjoy 50% off entrance fees for a limited time only on independent living apartments.*

Wesley Enhanced Living at Stapeley has it all:

- Incredibly spacious and upgraded independent living apartments with balconies
- Delicious home-cooked meals
- Programs and activities that enrich your mind, enliven your body, and captivate your spirit
- All inclusive assistive living services available – Save \$600 for the first three months of assistive living services**

For more information please call 267-278-3114.

WESLEY ENHANCED LIVING*
at Stapeley

6300 Greene Street, Philadelphia, PA
1-877-U-AGE-WEL • www.WEL.org



The Wesley Enhanced Living (WEL) continuing care retirement communities are non-profit and faith based, with a mission to deliver a purposeful life to residents.
*50% off independent living apartment entrance fees only. For deposits received by 11/01/12. **\$600 off personal care apartments only for the first three months of assisted living services. Reservation must be made by 11/30/12.

Wellness Walks Return in Nov.

by Susan Crane, Director of Marketing, Morris Arboretum

GET OUTSIDE, get some exercise! Morris Arboretum guides intend to keep you moving with the popular Wellness Walks beginning November 3 at 10:30 a.m. Arboretum Wellness Walks encourage visitors to step outside and get your heart rate up by walking the Arboretum’s paved paths, in a beautiful, safe environment. Wellness Walks are offered every Saturday morning at 10:30 a.m. November 3 through March 30. What better way to gain energy for the day! Walkers meet at the Visitors Center wearing comfortable clothing and shoes, ready to walk two mile-long loops on the paved paths. Guides point out some of the Arboretum’s specimen trees and other distinctive features along the way, but there is no stopping to smell the roses, so to speak. The walk lasts for approximately 45 minutes to an hour, and walkers are welcome to continue on their own afterward.

The Morris Arboretum of the University of Pennsylvania is located at 100 East Northwestern Avenue in the Chestnut Hill section of Philadelphia. For more information, please visit www.morrisarboretum.org. Blog and Facebook links appear at the bottom of the home page.

~ cranesj@pobox.upenn.edu

Morris Arboretum Holiday Garden Railway Returns November 23 to December 31

by Susan Crane, Director of Marketing, Morris Arboretum

THE MORRIS Arboretum’s popular Garden Railway Display returns the day after Thanksgiving as the Holiday Garden Railway display. Visitors of all ages will be wowed by a quarter mile of track featuring seven loops and tunnels with fifteen different rail lines and two cable cars, nine bridges (including a trestle bridge you can walk under), and bustling model trains, all set in the lovely winter garden of the Morris Arboretum. The display and buildings are all made of natural materials—bark, leaves, twigs, hollow logs, mosses, acorns, dried flowers, seeds and stones—to form a perfectly proportioned miniature landscape complete with miniature rivers. Each building, while an exact replica of the original, is unique in its design. Philadelphia-area landmarks such as a masterpiece replica of Independence Hall are made using pinecone seeds for shingles, acorns as finials and twigs as downspouts.

The buildings are all meticulously decorated for the holidays with lights that twinkle along the tracks and around the surrounding landscape. The Garden Railway Display has become one of the Arboretum’s most beloved attractions since it



photo courtesy of Morris Arboretum

Morris Arboretum Holiday Garden Railway

opened in 1998, and the Holiday Garden Railway is quickly becoming a favorite holiday tradition for many families. The Holiday Garden Railway opens the day after Thanksgiving and is open daily from 10 a.m.–4 p.m. through December 14 and 10 a.m.–5 p.m., December 15–31 (closed Christmas Eve, Christmas Day, and New Years Day).

A special Holiday Garden Railway Grand Opening Celebration will be held on Saturday, November 24 from 1–3 p.m. that will include the sounds of carolers. Kids and adults will also have the opportunity to make an ornament or decoration from natural materials to take home. The Holiday Garden Railway is a great way to kick off the season and also serves as a

fabulous a backdrop for your holiday greeting card, so bring your camera! The Railway is free with regular garden admission: \$16 adults, \$14 for seniors, \$7 students and youth (3–18), children under age three and members free.

On December 15 at 4 p.m., catch more of the holiday spirit at Morris Arboretum with the Holiday Hat Parade. Join in the fun as visitors don their favorite hat and parade from the Widener Visitor Center down to the Garden Rail to celebrate the start of extended viewing hours, until 5 p.m. through December 31.

The Morris Arboretum of the University of Pennsylvania is located at 100 East Northwestern Avenue in the Chestnut Hill section of Philadelphia. For more information, please visit www.morrisarboretum.org.

~ cranesj@pobox.upenn.edu

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

Children learn by doing projects that stimulate their desire to learn.

The Miquon School

Learn more about Miquon's tenets at our fall admissions events.

Family Open House
Sunday, November 18th • 2-4 p.m.

Weekday Open House
Thursday, December 6th • 9-11 a.m.

Registration preferred

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

founded in 1932

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.

Zipf's CANDIES

- Unique chocolates
- Imported licorice
- Old fashioned candies

Mention this ad and receive 10% off purchases of \$10.00 or more.

8433-B Germantown Ave.
215.248.1877

HOLIDAY BAZAAR

SHOP LOCAL!

DECEMBER 8 • 9 • 15 • 16

LOCALLY MADE GIFTS FROM 30+ GREAT PHILLY CRAFTERS, ARTISTS, FOOD ARTISANS & SMALL BUSINESSES

SUPPORT YOUR LOCAL ECONOMY!

ASK ABOUT WINTER CSA AND WINTER FARMSTANDS

WINTER HOURS: WEDNESDAY-FRIDAY 1PM-8PM • SATURDAY 10AM-4PM • SUNDAY 11AM-4PM

LOCAL PA CHRISTMAS TREES • WREATHS • GARLANDS • WINTER FLOWERING PLANTS • GIFT BASKETS

WWW.GREENSGROW.ORG • 2501 E. CUMBERLAND STREET • PHILADELPHIA • PA • 19125

Public Meeting on Sustainable Trails Initiative

by Denise Larrabee, Editor/Publicist, Friends of the Wissahickon

THE FRIENDS of the Wissahickon (FOW) will host a public meeting to discuss progress to date on the Sustainable Trails Initiative (STI), upcoming STI projects, and new park signage for Wissahickon Valley Park on Thursday, December 6, 2012, at 6 p.m. at Founders Hall, New Covenant Campus. A representative from Philadelphia Parks and Recreation will be present.

The Sustainable Trails Initiative is a multi-year project to make the 50 miles of National Recreation Trails in the Wissahickon a physically and socially sustainable system that works for all park users. This project is being executed in partnership with Philadelphia Parks and Recreation.

Upcoming work includes projects at the Andorra Natural Area and the Wissahickon Environmental Center. The signage plan has been in development for approximately five years and is part of STI. This signage project is the first comprehensive plan for a new park-wide signage system that will orient park users during



photo courtesy of Friends of the Wissahickon

The trail these summer day-campers at the Wissahickon Environmental Center are hiking is severely degraded due to stormwater runoff (see right side of trail). This trail, part of the Andorra Natural Area, and others like it will be improved through FOW's Sustainable Trails Initiative in the coming year.

their visits to the Wissahickon and help them deal with potential safety and health emergencies on the trails.

New Covenant Campus is located at 7500 Germantown Avenue. Those wishing to attend the meeting should register with FOW by contacting Outreach Coordinator Sarah Marley marley@fow.org or 215-247-0417 ext. 109.

~ deniselarrabee@comcast.net

Two Opportunities to Learn about Climate Change and Africa

by Eileen Flanagan

Green Street Meeting Film Night, Saturday, November 10, 7 p.m.

THE ISSUES of peace, equality, and environmental stewardship converge in the film *Weather Gods* which explores how climate change is impacting three different regions of Africa. A joint venture between Greenpeace Africa and UHURU Productions, it was directed by one of South Africa's leading filmmakers, Rehad Desai. This 34-minute film will be followed by my photos and reflections from my recent trip to South Africa and Botswana, where I met with scientists, eco-justice activists, and people dealing with the effects of climate change on the ground. Join us for the film, presentation, and following discussion. Childcare will be provided.

Chestnut Hill Meeting Forum: Change and Climate Change in Southern Africa, Sunday November 11, noon

Join us at noon on November 11 to hear stories about my travels in South Africa and Botswana over 25 years after finishing the Peace Corps there. Using photos from the trip, I will focus on how the



photo courtesy of Eileen Flanagan

Eileen Flanagan at her old school in Botswana with former Headmaster Sam Rahube. Eileen Flanagan is a Quaker eco-justice activist, a member of Weavers Way, and the author of *The Wisdom to Know the Difference: When to Make a Change—and When to Let Go*.

two countries have changed in that time, how they differ from each other, and how climate change is affecting them both. Light fare will be provided after the rise of Meeting and the program will start as close to noon as possible. Child care will be provided.

~ eileenflanagan@juno.com

Upsal Garden Apartments

A walk around West Mount Airy reveals a neighborhood of fine landscaping, huge old trees, and fascinating architecture, including Victorian, Greek and Gothic Revival—a stellar example of which is Upsal Garden 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, ball-finials, cornices, leaded glass and painted 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

Apartment Features

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

Convenient Features

- Controlled access entry
- Elevator building
- Walk to Upsal train station
- Close to shops
- Close to public transportation

Pet Policy

- Kittens/Worms
- Cats welcome
- Dogs with manager approval
- Cats ready

Contact: Beth Sheard
beth@youcanmovehere.com
215.843.6218

youcanmovehere.com

Critical Thinking & Problem Solving
Creativity & Innovation
Communication
Collaboration
Global Citizenship

Call 215-542-0740 for a visit today!

THE MONTESSORI SCHOOL
1701 Jarrettown Road
Dresher, PA 19025
215-542-0740
www.discovertms.org

Building the Essential Foundation

SPRINGSIDE CHESTNUT HILL ACADEMY

DARE TO BE GREAT

BREAKTHROUGH THINKERS
IMAGINATIVE PROBLEM SOLVERS
INNOVATIVE LEADERS

Launching
The Center for Entrepreneurial Leadership
Fall 2012

Visit us at **SCHOLAR** and join us for our **OPEN HOUSE**
Sunday, November 4 • 2 PM

Project Learn School

A Cooperative School Community

You're invited to our Open House

Sat, Nov. 17th
10:30 am - 12:30 pm

Call to RSVP or schedule a tour!
215-438-3623

www.projectlearnschool.org

OMC

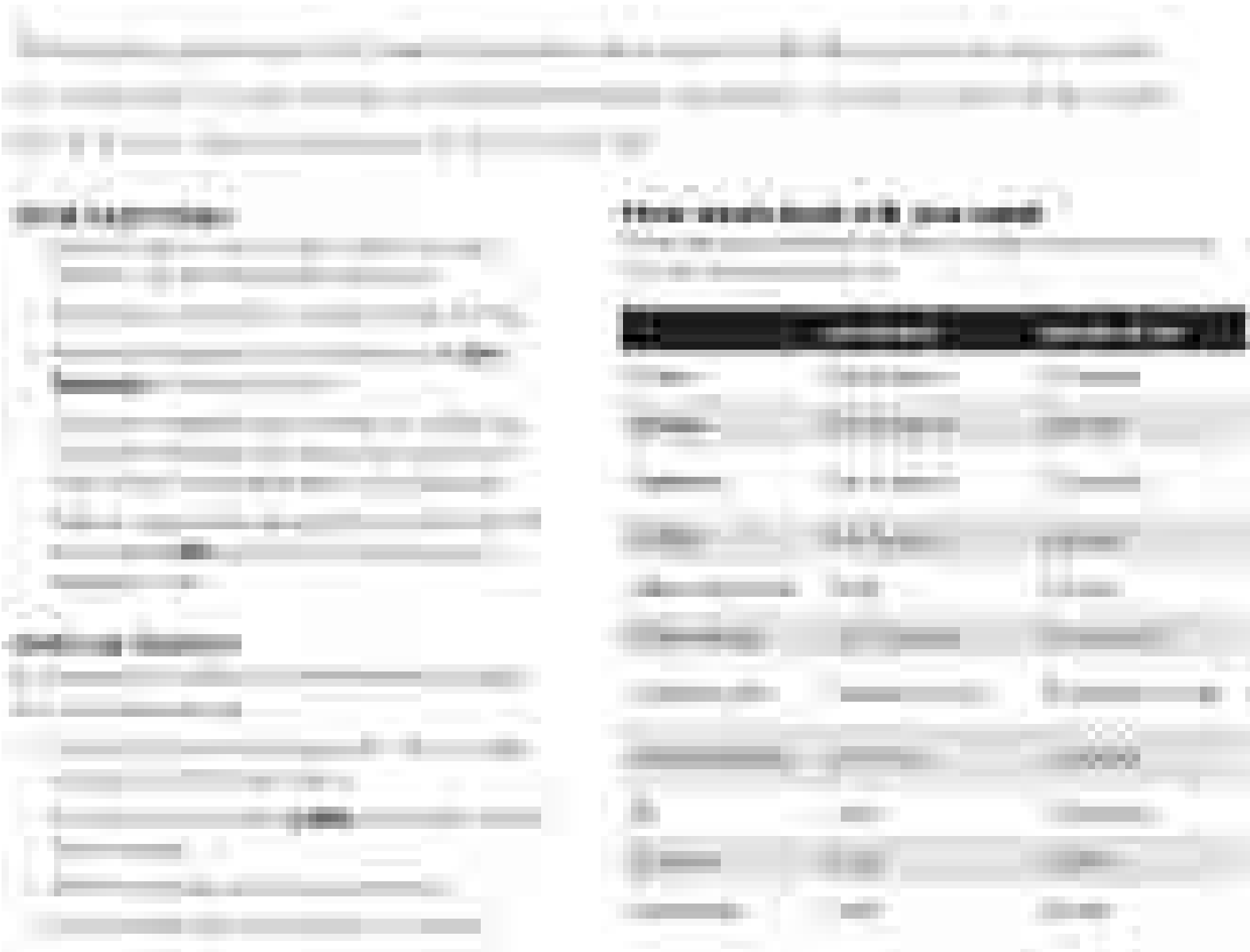
Our Mother of Consolation Parish School
Founded 1862
Catholic Values and Academic Excellence from Pre-K through Grade 8

Celebrating 150 Years of Excellence in Catholic Education

Call to RSVP for an upcoming Observation Morning
Fri Oct 12 • Tue Nov 13 • Fri Dec 14

17 East Chestnut Hill Avenue • Philadelphia, PA 19118
school.omcparish.com • 215-247-1060 • www.facebook.com/OMCParkSchool

celebrate!



Turkey Roasting Tips

- Remove the giblets from turkey cavities after thawing. Cook separately.
- Set oven temperature no lower than 325° F.
- Place turkey or turkey breast on lower rack in a shallow roasting pan.
- For even cooking, bake stuffing in a separate casserole dish, versus in the bird. Use a food thermometer to check the internal temperature of the stuffing. The center should reach 165° F.
- If you choose to stuff your turkey, the ingredients can be prepared ahead of time. Separate wet and dry ingredients, and chill wet ingredients (butter/margarine, cooked celery and onions, broth, etc.) until ready to prepare. Mix wet and dry ingredients together just before filling the turkey cavities. Fill the cavities loosely. Cook the turkey immediately. Use a food thermometer to make sure the center of the stuffing reaches 165° F.
- Whole turkeys should be cooked to 180° F. To check for doneness, insert a food thermometer in the thickest part of the inner thigh without touching the bone.
- Turkey breasts should be cooked to 170° F. Insert a food thermometer in the thickest part of the breast to check for doneness.
- Let the turkey stand for 20 minutes before carving to allow juices to set. The turkey will carve more easily.

Turkey Roasting Timetable

(325° F oven temperature)

Unstuffed		Stuffed	
4–8 lbs.	1.5–2.25 hours	6–8 lbs.	2.5–3.5 hours
8–12 lbs.	2.75–3 hours	8–12 lbs.	3–3.5 hours
12–14 lbs.	3–3.75 hours	12–14 lbs.	3.5–4 hours
14–18 lbs.	3.75–4.25 hours	14–18 lbs.	4–4.25 hours
18–20 lbs.	4.25–4.5 hours	18–20 lbs.	4.25–4.75 hours
20–24 lbs.	4.25–5 hours	20–24 lbs.	4.75–5.25 hours

It is safe to cook a turkey from the frozen state. The cooking time will take at least 50 percent longer than recommended for a fully thawed turkey. Remember to remove the giblet packages. Remove carefully with tongs or a fork.

USDA Meat and Poultry Hotline
1-888-MPHotline (1-888-674-6854)
TTY: 1-800-256-7072
10:00 a.m. to 4:00 p.m. Eastern time, Monday through Friday
E-mail: mp hotline.fsis@usda.gov

Turkey Thawing Instructions

TO THAW TURKEY IN THE REFRIGERATOR:
Keep the turkey wrapped and place it in a pan. Let it stand in the refrigerator roughly 24 hours for each 5 pounds. Large turkeys should stand in refrigerator a maximum of 5 days. The giblets and neck, which are customarily packed in the neck and body cavities of frozen turkeys, may be removed from the bird near the end of the thawing period. If desired, the giblets and neck may be refrigerated and reserved for use in giblet gravy.

TO THAW TURKEY IN COLD WATER:
Make certain that the turkey is in a leak-proof package or a zipper-seal plastic bag. This prevents bacteria in the surrounding environment from being introduced into the food, and prevents the poultry tissues from absorbing water. Change the cold water every 30 minutes. Approximately 30 minutes per pound of turkey are required for thawing. After thawing in cold water, the turkey should be cooked immediately.

Heft Author Liz Moore Sings for Her Supper

by Stacia Friedman, Chestnut Hill Center for Enrichment

WHEN NOVELIST Liz Moore appears in Chestnut Hill this month, she'll have her guitar in hand. An accomplished singer/songwriter, Moore released her first album *Backyards* soon after the publication of her debut novel, *The Words of Every Song* in 2007. At the time, she was earning her MFA in fiction at Hunter College.

While her first novel and album were well-received, it was her second novel, *Heft*, in 2012 that drew critical acclaim. *The Boston Globe* wrote, "Moore's writing is clear, persuasive, and totally engaging, bringing her characters to life in all their sweet, quirky glory....*Heft* is about transformation and about accepting that the agent of change can come from the most unlikely source." The story of a friendship between a 550-pound, retired academic and a seventeen-year-old aspiring baseball player, *Heft* untangles the past to affirm the present.

Moore previously taught writing at Hunter College and the University of Pennsylvania. Currently, she is an Assistant Professor of writing at Holy Family University in Philadelphia and keeps up with a busy schedule of appearances and media interviews. So how does she find time to write? In her blog *lizmooremusic.tumblr.com*, Moore admits that it's a daily challenge. "I spend a great deal of time thinking about how to find balance with writing, how to do everything that needs to



photo courtesy of Chestnut Hill Center for Enrichment
Author Liz Moore

get done, for myself and for others, while still reserving time to write." Fortunately for her fans, Moore manages to carve out time for the words and the music.

Liz Moore will appear in the Bombay Room of the Chestnut Hill Hotel, Wed., Nov. 7 at 7 p.m. Wine and cheese reception to follow. Tickets are \$12 in advance and \$15 at the door, and include a ten percent discount on food at the Chestnut Grill before or after the event. This monthly literary salon benefits Chestnut Hill Center for Enrichment. For tickets and information, visit www.chEnrichment.org or call 215-248-0180.

~ stacia4chce@gmail.com

Chris Wheeler, Reckless Amateurs at Hill Church

by Hillary Mohaupt, Presbyterian Church of Chestnut Hill

LOCAL CELEBRITIES Chris Wheeler and Reckless Amateurs will visit The Presbyterian Church of Chestnut Hill in November. Wheeler is well-known among baseball fans as the broadcaster for the Phillies. He will speak on Thursday, Nov. 8, as part of the church's Speaker Series on the Hill. The monthly luncheon takes place on the second Thursday of each month, from 12:00 p.m. to 1:30 p.m. Attendees bring their own lunches; dessert and a beverage are provided, and a \$3.00 donation is requested.

Reckless Amateurs, a Chestnut Hill band that plays a rich blend of rock, roots, country, blues, and singer-songwriter pop, will perform at the church on November 10, as part of the Rock 'n' Roast. The fundraising event includes a robust pork roast dinner as well as the concert. Tickets for the Rock 'n' Roast are \$25 for adults, \$10 for children, or \$75 for a family ticket. All proceeds benefit the church's mission fund. The Presbyterian Church of Chestnut Hill is located at 8855 Germantown Avenue. For more information, call 215-247-8855 or visit chestnuthillpres.org.

~ hmohaupt@chestnuthillpres.org

Weird Waste Day, Nov. 10

by Amy Beth Edelman, Green in Chestnut Hill

EMPTY OUT your basement and garage of all those old electronic items you didn't know what to do with. Bring your CPU's, TV's, printers, faxes, cell phones, etc., on Nov. 10, and all will be responsibly reused or dismantled instead of being thrown in a landfill. This event is being organized by Green in Chestnut Hill (GRinCH). For more information and a complete list of recyclables accepted, visit www.greeninchestnuthill.blogspot.com.

The event takes place Saturday, November 10, 2012, 1-4 p.m. at Norwood Academy Germantown campus parking lot at 8891 Germantown Ave. in Chestnut Hill. (Thank you, Norwood Academy!)

Suggested tax deductible donation of \$10 to \$20 will help fund GRinCH's Green Warrior Youth grant program. The recycler may charge a fee to drop off large quantities of household batteries and fluorescent bulbs. Air conditioners are a flat fee of \$15.

Two Guys

Light Moving
Hauling & Deliveries

• Available 7 Days a week.
• Reasonable Rates in unreasonable times

215-850-4559
215-668-8660

Valley Greene Cooperative Apartments

Affordable Living in a Peaceful Setting

1 Bedroom Units for sale
Starting at \$42,000

1 Bedroom Units for Rent \$900/monthly all utilities included

Convenient to everything! A must see!

For more information please call 215-844-7750

Dental Arts of Chestnut Hill, LLC

8625 Germantown Ave.
Philadelphia, PA 19118

Tel. 215-242-6630
Fax 215-242-6633

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

www.DentalArtsOfChestnutHill.com

mt. airy village

Holiday Fair

Friday, December 9 from 5 to 8 pm

Celebrate the Holiday Season with the businesses and neighbors of Mt. Airy Village

Holiday Shopping • Music • Treats

Weavers Way Co-op • The High Point Cafe • The Big Blue Marble Bookstore
The Nesting House • Philadelphia Salvage
The Waldorf School of Philadelphia (at the Pop Up Shop)

Big Blue Marble

Philadelphia Salvage Co.

High Point Cafe

The Nesting House

Weavers Way Co-op

The Waldorf School of Philadelphia (at the Pop Up)

Mid Across the Way

THE MT. AIRY
HOLIDAY
CRAFT BAZAAR

HANDMADE JEWELRY, ACCESSORIES, CERAMIC
HOUSEWARES AND MORE FROM 6 LOCAL ARTISANS.

Final-ly Friday, November 30th 5-8 pm
Saturday, December 1st 12-8 pm

The Sedgwick Theater
7141 Germantown Avenue, Philadelphia, PA 19119

www.gomtairy.com

FINALLY FRIDAY
IN MT AIRY

BUSINESS ASSOCIATION of MT AIRY

GO MT. AIRY



November Member Specials

Valid from October 31st to December 4th

For more member savings, visit www.weaversway.coop



SIMPLY ORGANICS
Vanilla Extract - 4 oz
\$6.79 REG \$8.69



MUIR GLEN
Organic Salsa - 16 oz
Assorted Varieties
\$3.29 REG \$4.05



INES ROSALES
Tortas - 6.34 oz
Assorted Flavors
\$3.49 REG \$4.61



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



RISING MOON
Organic Ravioli 8 oz
Assorted Flavors
\$3.49 REG \$4.09



BOIRON
Arnica Gel Pain
Relief - 1.5 oz
\$5.49 REG \$7.09



DR. KRACKER
Organic Flatbread
Crackers - 7 oz
Assorted Varieties
\$2.99 REG \$4.26



THEO CHOCOLATE
Organic Chocolate
Bar - 3 oz
Assorted Varieties
\$2.49 REG \$3.16



TO-GO WARE
Bamboo Utensil Set
Assorted Varieties
\$8.99 REG \$10.92

**Landscaping
Gardening**

Mark Goodman
215-248-1676



PLANTING SHRUBS MAINTENANCE FLOWERS CONSULTATIONS GROUND COVERS

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

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)

**MAPLEWOOD
MUSIC
STUDIO**



Richard Butler
Director

215.848.8353

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

47 Maplewood Mall
in Germantown



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



Wissahickon
Tree & Landscape
Services, LLC

Brian Ames
Certified Arborist
CUSTOM PRUNING
DESIGN & INSTALLATION
PLANT HEALTH CARE
SHRUB RESTORATION

215-681-2436
www.wissatree.com

Alternative Healthcare
for Women



Holistic Gynecology
Natural Menopause Counseling
Fertility/Pregnancy Consultations



Cranio/Sacral Healing Arts
Therapeutic Touch
Herbal Remedies
Somatic Drums and Journeying

140 S. Wolfson, CNM, CRNP
133 W. Philadelphia Street
Philadelphia, PA 19110
(215) 592-1007
www.althcare.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

Education Grants Expand To Chestnut Hill, Mt. Airy Teachers

by Michele Orellana, Community Outreach Assistant, Trolley Car Diner

THE MT. Airy/Chestnut Hill Teacher’s Fund, now in its fourth year, has expanded to include three new schools in Northwest Philadelphia. Teachers from AB Day, Emlen, Henry, Houston, Lingelbach in Mt. Airy and new Teacher’s Fund schools Jenks, McCloskey, and Parkway Northwest can now apply for grants for the 2012–2013 school year. Grants ranging in size from \$50 to \$500 will be awarded to teachers who create educational opportunities for their students.

The Mt. Airy/Chestnut Hill Teacher’s Fund has provided more than \$32,000 in grants to 97 public school teachers in Mt. Airy’s five public schools over the past four years. The grants provided by the Teacher’s Fund have been used for projects from purchasing supplies to funding a special trip, as long as it is geared towards broadening the student’s experience.

Teachers seeking the grants are asked to complete a one page application spelling out the cost and educational opportunities to be created by funding their proposal. Applications are reviewed by seven Teacher’s Fund committee members based on established criteria that include: geographic balance, educational benefit and cost effectiveness. Committee

members include Pauline Henry, Richard Raisman, Ken Weinstein, Leslie Winder, Leslie Burrell, Deidre Shaffer, and Vanessa Yingling.

At least ten percent of this year’s grants will go towards programs that incorporate a pro-tolerance/anti-bullying message in their grant applications to send a message to kids that bullying is not tolerated. Anti-bullying funds were made possible thanks to Peter Yarrow of the group Peter, Paul and Mary who held a fund-raising event at the home of Judy and Ken Weinstein in 2007. This years’ distribution of \$10,000 was generously provided by Trolley Car Helping Hands, a non-profit arm of Mt. Airy’s Trolley Car Diner.

Applications for the Mt. Airy/Chestnut Hill Teachers’ Fund are due Friday, November 9. Teachers interested in applying for the Teachers Fund should go to tinyurl.com/teachersfundgrants. To get more information about the Mt. Airy Teacher’s Fund, contact Michele Orellana at 215-247-5555 x205 or trolleycarassistant@gmail.com.

Member Rebate

(continued from page 1)

This \$200,000 will be distributed to members as follows: 20 percent in cash, 30 percent in regular equity, and 50 percent in reserve equity. The 20 percent can be taken as cash, or as a deduction when checking out at the cash register. A member can also choose to donate the cash portion of the rebate to Weavers Way Community Programs. The 30 percent going to Regular Equity will accrue to a member’s equity account and can be returned to them upon their departure from the Co-op. Reserve Equity can only be returned to members if and when the Co-op ceases to function as a business. Both regular and special equity add to the asset value of Weavers Way. Member equity is an indispensable element in the financial and organizational strength of a cooperative business.

To accomplish the Chestnut Hill expansion, the Mt. Airy store renovation and expansion and to be able to award a patronage rebate at this time is: (choose your adjective) amazing, unbelievable, stupendous, and/or wonderful. That we have been this successful so quickly is a testament to great management; a dedicated, creative and hard working staff; good planning by our finance department; and the appropriate and committed oversight by the board and finance committee. Most important, this rebate is a small token of thanks and appreciation to our member/owners, some whom have stood with us for many years and some of whom are among the nearly 1,300 new members in the last two years.

Over the next few years, the board and managers are committed to generating cash that will be used to reduce Weavers Way’s debt. We believe that this reduction in debt will be the best way for us to prepare for the challenges and opportunities in the future, but today we proudly announce this rebate. It is a small but meaningful way to say thank you to our members.

This is a truly special announcement marking a special time in the history and future of Weavers Way. IRS rules allow us to significantly reduce our tax liability by returning a share of our profits to our owners. At the same time we reward our member/owners and proudly proclaim the strength of our co-op. That this is occurring in the midst of the current recession is that much more remarkable. If you want a fuller explanation of IRS rules and the logic behind this rebate decision, please contact me or Michael McGeary, CFO.

One last note: Please, *please* claim and cash in your rebate. IRS rules require that taxes will have to be paid on any re-

Rebates will be available at store registers beginning Sunday, November 4.

Your register receipt will provide full details regarding your rebate until you claim your cash portion.

If you have any questions regarding the rebate process, please contact Susan Beetle at 215-843-2350 ext. 110 or sbeetle@weaversway.coop.

bate not redeemed both on the 20 percent paid in cash and on the 80 percent of the rebate paid as regular and special equity. This imposes both direct and many indirect accounting, administrative and time costs on the Co-op. So take *your* money and thank you for being an owner of Weavers Way.

~ sikman@comcast.net

ECO TIPS

from The Environment Committee

Ever stop to think how much power all your social networking and e-mailing of photos and videos uses? According to a recent article in the New York Times, worldwide digital warehouses use about 30 billion watts of energy, roughly equivalent to the output of 30 nuclear power plants! (<http://www.nytimes.com/2012/09/23/technology/data-centers-waste-vast-amounts-of-energy-belying-industry-image.html?ref=technology>)

The prime reason? Consumers who demand an instantaneous response to a click of a mouse . . . in other words, us! Since we’re what’s causing the problem, here are a few ways to contribute to solving it:

Go through your saved e-mails and delete those you no longer need (especially those that have attachments). Don’t send huge data files (videos and photo attachments) back and forth. When responding to such an e-mail, just start a new one. After all, it only takes a few extra seconds.

Does this mean that those of us who love both social media and the environment have to stop sharing pictures and whatnot on Facebook? Well, that’s not going to happen any . . . but maybe if we think about the energy use involved before posting something, we’ll post more judiciously.

International Cooperative Principles

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

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

and a statement of values:

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

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

- 1. Voluntary and Open Membership**
Cooperatives are voluntary organizations, open to all persons able to use their services and willing to accept the responsibilities of membership, without gender, social, racial, political, or religious discrimination.
- 2. Democratic Member Owner Control**
Cooperatives are democratic organizations controlled by their member owners, who actively participate in setting their policies and making decisions. Men and women serving as elected representatives are accountable to the membership. In primary cooperatives member owners have equal voting rights (one member, one vote), and cooperatives at other levels are also organized in a democratic manner.
- 3. Member Owner Economic Participation**
Member owners contribute equitably to, and democratically control, the capital of their cooperative. At least part of that capital is usually the common property of the cooperative. Member owners usually receive limited compensation, if any, on capital subscribed as a condition of membership. Member owners allocate surpluses for any or all of the following purposes: developing their cooperative, possibly by setting up reserves, part of which at least would be indivisible; benefiting member owners in proportion to their transactions with the cooperative; and supporting other activities approved by the membership.
- 4. Autonomy and Independence**
Cooperatives are autonomous, self-help organizations controlled by their member owners. If they enter into agreements with other organizations, including governments, or raise capital from external sources, they do so on terms that ensure democratic control by their member owners and maintain their cooperative autonomy.
- 5. Education, Training and Information**
Cooperatives provide education and training for their member owners, elected representatives, managers, and employees so they can contribute effectively to the development of their cooperatives. They inform the general public—particularly young people and opinion leaders—about the nature and benefits of cooperation.
- 6. Cooperation Among Cooperatives**
Cooperatives serve their member owners most effectively and strengthen the cooperative movement by working together through local, national, regional, and international structures.
- 7. Concern for Community**
Cooperatives work for the sustainable development of their communities through policies approved by their member owners.



The best things come in little packages!

Co-op Gift Cards
Always great taste!



International Year of the Co-op

The International Year of Cooperatives is a great time to look around the world to see how cooperatives build healthy communities, produce goods and services and sometimes, kill zombies.

Working Together... to Kill Zombies

DIE2NITE is a computer game about zombies. But it is also, according to one review, “an interactive piece of social commentary,” in which you join 39 other players in a town repeatedly beset upon by the living dead. It’s your choice whether or not to help the community or live (and die) alone. With its emphasis on community, it’s not surprising to learn that *Die2Nite* is one of the flagship games of Motion Twin, a French computer game studio which is run as a “Scop” (Société Cooperative et Participative), a cooperative enterprise managed by its employees.

Alexander Dodds, the international development manager for Motion Twin, explains that it was founded in 2001, when a few friends with a passion and talent for game development got together and decided to try to pursue their dream: “Making a living making games, not for big corporations, but under their own steam and by their own rules.”

Motion Twin believes in making games for everyone. The cooperative creates everything for its mostly browser-based games in-house, from concept to launch via development, localization and marketing. “All our games are free to play,” says Dodds. “If players wish to take more turns or get more items than the ones we give them for free every day, they have the option to pay for more.”

Motion Twin is currently run by 11 member-partners, who are also the employees. “Our particular organizational structure is completely flat, with no hierarchy, no boss, and no limits,” says Dodds. “We are all free to propose new projects, concepts and changes to the organization itself. Everything is voted on democratically, with one vote per partner.” When new workers join Motion Twin, they have a fixed-term trial of one year, after which the partners vote on their acceptance into the company. “If you’ve impressed sufficiently, you’re in—with the same rights, salary and benefits as the partners who have been here for 10-plus years,” says Dodds.

About the lack of hierarchy, he says: “Personally, I feel that this allows us to really feel valued and involved in the group, and lets us make rapid changes at any level which would be simply impossible for traditional companies.”

With a revenue last year of 3.67 million Euros, clearly this structure is working for Motion Twin. What are the plans for the future for this small but influential worker-run cooperative? “World domination,” says Dodds. “Oh, and to focus on developing great games which we have as much fun developing as our players have playing. Over and above this, we want to demonstrate the values we hold dear at Motion Twin to our communities.”

Hundreds at CreekSide Job Fair

by Jon McGoran, *Shuttle* Editor

MORE THAN 250 job-seekers attended CreekSide Co-op’s day-long October 10 Job Fair, applying for the more than 40 new jobs being created in advance of the store’s opening, anticipated for early November. The new community-owned co-op was seeking candidates for a variety of openings, including cashiers, deli staff, stockers, receivers, and more. “We were always excited by the employment opportunity that CreekSide promised to bring to the community,” says board member and interim General Manager Andy Schloss. “The community response we got through the job fair was awesome. We now know that that promise will be fulfilled.”

CreekSide Co-op received assistance in setting up and running the event from Montgomery County’s Workforce Investment Board, which seeks to increase awareness of workforce development issues and to strengthen the County’s workforce development system by developing partnerships with business, government and community-based organizations. “Creekside Co-op represents an example of what can happen when government and private entities work together to create something that has multiple benefits for the community,” said Josh Shapiro, chair of the Montgomery County Board of Commissioners. “In this case, an abandoned shopping center has been revitalized and will be a vibrant part of the community providing a valuable resource. In addition, the Co-op creates more jobs for the community and the county has played an active role in helping to train some of those employees. This is a winning project from every aspect.” The Workforce Investment Board is also providing training grants to help offset some of the costs of training new employees who had been unemployed or underemployed. The Job Fair took place on-site at the new 9,000-square-foot store, located at 7909 High School Road, in Elkins Park, PA.

The effort to open the store began almost five years ago, when close to 250 neighbors crammed into Elkins Park Library to discuss the idea of starting a food co-op, a full service grocery store owned by the customers who shop there. Since that time, over 1,450 households have joined, investing \$214,000 in member equity and another \$300,000 in member loans, while the board of directors worked tirelessly to assemble a financing package that includes \$3.5 million in funding from Vantage Point Bank and The Reinvestment Fund, with guarantees from the USDA. For the past three years, CreekSide Co-op has also run the popular CreekSide Co-op Farmers Market, Sundays from May through October at High School Park. Offering sustainably raised produce, kosher meats, organic bulk foods, a café and community meeting place, this full-service grocery store will be a major asset in and of itself, and housed in the former home of Ashbourne Market, it will bring a huge boost to the Elkins Park East commercial district.

For more information about CreekSide Co-op, visit www.creekside.coop

Top.



The Only Top Performer in Philly – Two Years In A Row!

By focusing on quality care for patients and doing what’s right, we have received national recognition – for the second year in a row. The Joint Commission recognizes Chestnut Hill Hospital for achieving excellence in performance on its accountability measures during 2011 for Heart Attack, Heart Failure, Pneumonia, and Surgical Care. So what does our being a top performer in using evidence-based care mean for you? Peace of mind in knowing that our local care is among the top in the nation.

Find out more at our website:
ChestnutHillHealth.com.



CHESTNUT HILL HOSPITAL

UNIVERSITY of PENNSYLVANIA COMMUNITY HEALTH NETWORK

Chestnut Hill Hospital is the only hospital in Philadelphia and one of 244 hospitals in the country to be recognized by The Joint Commission two years in a row.

Culture Documentary Films at Penn Museum

by Kate Pourshariati

CO-OP MEMBERS may be interested in two film series being presented by the University of Pennsylvania Museum: “Second Sunday Culture Films” and “Live from the Archive.” Both provide stimulating conversation in an informal atmosphere and are open to the public.

Second Sunday Culture Films takes place the second Sunday of each month at 2 p.m. This year’s theme is “Peripheries,” focusing on people who exist at the margins of their cultures. The next film to be screened is *The Pursuit of Happiness*, Nov. 14, in which a Japanese filmmaker contemplates what is essential for happiness with a group of homeless men living by a river in the outskirts of Tokyo. Each screening features a speaker. This month the speaker is a professor from Temple University/Tokyo. December’s film *Excavation* reflects on the exotic American family farmer, with the point of view that a Midwestern family farm is quite peripheral to those of us on the coasts. The film deals with the closing of the farm and the legacy items in it that nobody in the family wants to take. For more info, including films for subsequent months, visit www.penn.museum/culture-films. These screenings are free with Museum admission donation, so come and see an exhibit then stay for the film!



Still from the film *Gods and Kings*

The other series is called Live From The Archives!, an occasional series totally free of charge. The films are presented by speakers from many disciplines, so the audience gets a free mini-course in a cultural subject. (Move over TED!) This series screens films that use the museum’s archival footage, discovered by the filmmakers online. The next screening is *Gods and Kings*, on Tuesday Nov. 13 at 6 p.m. This film is about the adaptation of Hollywood character and other pop culture icons in Maya masks for traditional celebrations and ceremonies. To see a preview trailer for this film, visit <http://vimeo.com/18453085>.

Please come join a thoughtful conversation at Penn Museum! You can also find us at www.facebook.com/PennMuseumCultureFilms.

~ pourshariati@gmail.com

Music at Woodmere Hits New Notes in November

by Rose Mineo, Woodmere Art Museum

WOODMERE ART Museum offers music lovers more reasons to keep coming back with a new season of Music at Woodmere, which continues to attract emerging and established talents through their weekly Friday Night Jazz and Classic Sundays: Opera, Chamber & Classical concerts. Performances often stretch expectations, infusing blues, Brazilian samba and the Motown sound into contemporary jazz; or by adding a Latin beat to a classical repertoire. November is a perfect time to experience all of these incredible sounds.

During Friday Night Jazz, Frank Bey and the Swing City Blues Band start the month with “Sexy, Sultry Blues,” covering favorites such as “Georgia” and “Stormy Monday.” If you prefer a Motown feel, Arpeggio Jazz Ensemble returns with Motown Meets Jazz, Part 2, a follow up to last season’s concert and featuring vocalists Roy Richardson and Patricia Scott on November 9. The Brazilian group Minas takes over with an intimate and unforgettable musical tapestry that weaves together samba, bossa nova, and baião, blending them with American jazz, blues and folk for Samba Journey on November 30.

Highlights during Classic Sundays include guitarist Emiliano Pardo-Tristan performing Cachaça Ensemble: Classical Latin Beat on November 11, bringing together the sounds of Cuba, South America,

Argentina, and the islands. Two favorite returning artists are pianist Oxana Harlamova and tenor Perry Brisbon for “The Romantics,” the poetic music of composers Richard Strauss, Vincenzo Bellini, Giuseppe Verdi, Henri Duparc and more on November 18.

Bringing the family? Friday Night Jazz events include a Friday Night Family Happening, a free companion family-programming event from 6 – 7 p.m. that offers visitors with children the opportunity to engage the whole family in a visit to the museum. November features Kid Cinema, a selection of contemporary animated films such as *Coraline* and *WALL-E*.

Woodmere Art Museum is located at 9201 Germantown Ave. in Chestnut Hill. Friday Night Jazz: Fridays through December 21, from 6 – 8 p.m.; Classic Sundays: Sunday afternoons through December 23, from 3 – 4:30 p.m. Performances include light refreshments. Tickets are \$20 each (\$10 for members, free for children under 12). Museum hours are Tuesday through Thursday, 10 a.m.–5 p.m.; Friday, 10 a.m.–8:45 p.m.; Saturday, 10 a.m.–6 p.m.; and Sunday, 10 a.m.–5 p.m. Admission is free for special exhibitions on Sundays. For a complete list of concerts and events, visit woodmereartmuseum.org.

JANET AMES, REALTOR®
janetamesrealestate@gmail.com

Cell 610.308.0802
Main Office 610.520.0400

GET OFF THE FENCE! THE HOUSING RECOVERY IS HERE



The housing market is recovering!
<http://tiny.cc/32c2pw>

BUYERS: While rates are still low, prices are rising and inventory choices are fewer.

SELLERS: The shift in the market bodes well for marketing your home this spring. If you have been waiting for the recovery in buy or sell, wait no longer — it has begun. For more information, call me at 610-308-0802.

Member of **RE/MAX** **EXECUTIVE REALTY'S** Green Group

410 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.homesinnwphilly.com or call 610-308-0802 for a free consultation.


Election Eve Community Prayer Service

Monday, November 5th
6:30-7:00 p.m.

Summit Presbyterian Church
6757 Greene Street
corner of Westview


*Come pray for our nation and the world.
All welcome! Non-partisan and interfaith.*

Reverend Cheryl Pyrch, Pastor • 215-438-2825 • www.summitpres.net




"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

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





MR. PEEPER'S OPTICAL
EYEWEAR CONSULTANTS



"NEW ARRIVAL"
Sports frames for the entire family

7125 Germantown Ave.

Gift Certificates Available
Contact Lenses & Glasses

215-248-6070





**CHESTNUT HILL
Computer Spa**

Joanne Davis
215-939-2534

COMPLETE COMPUTER SERVICES AND TRAINING

Remote Service Available
215-939-2534 CHComputerSpa@gmail.com



L • E • T • T • E • R • S

Dear Editor,

We have been Co-op members for many years, and are delighted with the renovation that was done. The interior layout is more convenient, spacious, and beautiful. With all the good work that was done inside, it is a shame to have the outside marred by the blight of the blue dumpsters. Of course, the trash and recyclables must go somewhere, but if the dumpsters cannot be repositioned, at least they ought to be repainted.

The co-op is generally a great credit to our beautiful neighborhood, but the outward appearance of the store is an awful detraction. The Co-op makeover could extend to the exterior for very little extra effort and expense. It just makes sense—like putting on clean clothes after a bath.

Sincerely,
Connie Swartzman and Mike Cohen


Oscillo

Experts agree that the sooner cold and flu symptoms are treated, the better chance there is for a quick recovery. And minimum disruption of lifestyle.

Feeling a bit off? The moment you feel achy or rundown, nip symptoms in the bud with Oscillo (oh-sill-oh). Clinical studies show that Oscillococcinum (oh-sill-oh-cox-see-num) reduces both the duration and severity of flu-like symptoms. It works safely and naturally without causing side effects like drowsiness, and it won't interact with other medicines. Get Oscillo and feel yourself again.

To learn more, call Boiron (Bore-on) at 1-800-B-O-I-R-O-N-1. For a two dollar coupon, visit www.oscilladoublelo.com.

Sold at Across the Way and Weavers Way Chestnut Hill



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!



Mt. Airy Weaver Way Community Room 555 W. Carpenter Lane (next door to WW Mt. Airy Store) Wednesday, November 14, 6:45 p.m. Wednesday, December 5, 6:45 p.m.	Chestnut Hill Chestnut Hill Community Centre 8419 Germantown Ave (across the street from WW Chestnut Hill Store) Saturday, November 10, 10 a.m. Saturday, December 8, 10 a.m.
--	--

PLEASE PRINT CLEARLY

Name _____ Orientation Date _____

Address: _____

City _____ State _____ Zip _____

Phone number _____ E-mail _____

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

Harvest on Henry Festival



Henry Got Crops! CSA hosted Harvest on Henry, Saturday, Oct. 20, featuring live music, hayrides, children's activities, face painting, pumpkin painting, and a pie bake-off. This community event at Saul High School raised funds to help offset the cost of donating fresh vegetables to the Saul High School cafeteria, as well as to reduce the price of Henry Got Crops! CSA vegetable shares for those for whom the cost is prohibitive. For more about Henry Got Crops! visit www.facebook.com/HenryGotCrops or visit www.weaversway.coop and click on "Saul CSA."



Keep WWCP Growing

(continued from page 7)

schoolchildren to run a healthy-snack sale for their peers as they absorb knowledge of nutrition, math, marketing, and the co-operative model.

WWCP reached more than 3,300 individuals last year, one of the largest urban farm-based nutrition education initiatives in Philadelphia. The demand for our respected programs is growing, with schools on the waiting list for Marketplace and an exciting invitation from Martin Luther King High School to re-establish a unique curriculum for its students.

With your help, we can respond. Although we enjoy a strong collaborative relationship with Weavers Way, WWCP relies entirely on grants and individual

donations to fund its work. That is where we, as Co-op members, come in. When you receive your appeal letter in the mail, please be as generous as you can so that the larger Northwest Philadelphia community has access to the same food choices we have as Weavers Way members. You can also support WWCP by participating in the High Five program to donate your five percent working member discount automatically when you shop, and by donating your patronage rebate.

As Yael Lehmann of The Food Trust said recently in *The Philadelphia Inquirer*, "People who are passionate about food tend to feel strongly that everyone should have access to fabulous food." That's us, so please give generously to WWCP so we can continue to share our passion with our community.

~ mirara@verizon.net

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



AMAZING SELECTION - FRIENDLY SERVICE - GREAT PRICES

Free Beer Tastings
Every Sat 3-5PM

Craft Beers
Belgians
Imports
Ciders
Lambics
Organics
Sorghums
Gluten-Free



BREWERS OUTLET

One-Stop Shopping For All
Your Beverage Needs

Sport Drinks
Seltzers
Juices
Teas
Water
Sodas
Organics
Ginger Beers

Over 8,000 sq ft of Liquid Paradise! | Home of Northwest Philadelphia tap

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



DAVID BROTHERS LANDSCAPE SERVICES

Design, Installation & Management for over 20 years

Terraces, Walls, Walks, Water Gardens, Horticultural Services

David Brothers Landscape Services & Native Plant Nursery
Bean and Whitehall Roads, Worcester, PA
215-247-2992 davidbrothers.com 610-584-1550



Suggestions

by Norman Weiss,
Purchasing Manager

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

We know there is confusion amongst our public about whether or not it is okay for shoppers to park in the lot behind our Chestnut Hill store, as our name is not listed on the sign as one of the businesses whose patrons are allowed to use the lot. However, we do have permission for our shoppers to use the lot for up to two hours. The reason we’re not on the sign is complicated, kind of a “don’t tell unless asked” situation. If you ever have questions or a problem with parking at either of our stores, please talk to a shift manager. Also, if you do successfully park at one of our stores, remember to get an “I found a p-spot at Weavers Way” bumper sticker.

Since the re-opening of our Mt. Airy main store there has been no shortage of suggestions. So here goes suggestions and responses:

Suggestions & Responses:

- s: “Goat brie—you have it in C.H. Please!!
- r: (Jeannynes MA) I am trying to get goat brie into MA, however availability from the producer has been very undependable. I will keep trying and we’ll stock goat brie when it’s available. Thanks!
- s: “Everything looks beautiful—but none of our non-dairy cheese varieties are vegan! I like Daiya.”
- r: (Jeannynes MA) We’re currently carry-

ing shredded Daiya: cheddar and mozzarella. Thanks!

- s: “In the CH store I bought Olivia’s spring mix with herbs. We should carry this. It’s delicious.”
- r: (Jean MA) Glad you like it. We’ll bring it in and see how it sells in Mt. Airy.
- s: “Congrats on all the success in the last years. However, the prices have risen quite alarmingly, including produce and bulk... This is of some concern.
- r: (Jean MA) We price produce based on what we have to pay for it. Our markup percentages have not changed for several years, but the cost to Weavers has. Also, quite a lot of the produce is cheaper this year than last, as the weather has been kinder in most major growing regions. (Norman) Bulk markups have not changed since 2010. Price increases are due to cost increases from our suppliers, unless there was an error. (We did have a few with nuts, now corrected). Let us know if there is a specific product in question.

- s: “1) The aisle where we line up to pay is narrow compared to the aisle by the cases. We need more room where we are putting our baskets down and less along the case wall. 2) The same area as #1 is dark. Painting the ceiling a dark color is not cost effective—we need more light. It’s like walking into a cave.”
- r: (Rick MA) We are planning on moving center display out a few inches to see if that works. It is all a work in progress, so you will see a lot of change with our new design. We are still tweaking the lighting as well.

- s: “With all the improvements, is the Co-op now too upscale to still have the bargain veggie bin? It’s great that stuff is donated to some food pantry or something, but plenty of Co-op mem-

bers have benefited from the discounted produce, and still can. A staffer told me that there is no longer room, but this is nonsense. It could be put on the long counter that runs from front to back, or elsewhere.”

- r: (Rick MA) I appreciate your feelings about this, but at this time we don’t plan to bring it back. With our increased refrigeration, produce is actually keeping better. The discount bin also took away sales from our regular displays. I understand it’s a change, but on the long run it’s for the better.
- s: “Roling’s apple cake for the holidays had no apples, or it had a super small piece, but at \$13 they should do better.”
- r: (Molly MA) Sorry you were disappointed. I will pass it along.

- s: “Rye/pumpnickel bread. No wheat in it please. No fruit-sweetened please. Your diabetic, wheat allergic membership would like this bread fresh even better. Thanks.”
- r: (Molly MA) Have you tried “The Baker” Thin European-Style Pumpnickel? It is wheat-free and sugar-free. Or let me know if there is another brand or bakery you like. Thanks.

- s: “Thank you for all your planning and hard work to transform Weavers Way into the beautiful Co-op that it is. While I temporarily shopped at Chestnut Hill, I was introduced to the flat bread pizza (mushroom variety) and Ling Ling Dumplings (vegetarian ones). Could we carry them here? Thank you again.

- r: (Chris MA) Thank you for your kind comments about the new Co-op. We’ll look into making room for the pizza and dumplings in our new freezer.

- s: “Can we stock ‘No-Chicken Broth’ in the Mt. Airy store? It’s a schlep to get it in C.H. Thanks!”
- r: (Chris MA) I’ll work on making room for this item in our new layout. In the mean time, please feel free to pre-order one or more boxes and we will transfer them to MA for you to pick up.

- s: “What happened to the Fantastic and Fantastic Vegetarian Chili mixes? I bought tons of it over the past 30 years. I feel like crying. Do I have to go to the supermarket?”
- r: (Chris MA) This item stopped selling well at Mt. Airy, so we didn’t include it in our post-renovation plans. Our Chestnut Hill store does sell it, and you can pre-order one or more boxes to pick up at Mt. Airy if that would be convenient for you. (Norman) Sorry you feel like crying although I’ve read crying is actually pretty healthy, both physically and emotionally. I wouldn’t actually know myself since, being male and all, I rarely cry and view it as a sign of weakness. I do, however, help others cry, usually by causing confusion and frustration. Maybe I should add “Cry Therapist” to my resume.
- s: “Two-percent gallons of Merrymeade—please!”
- r: (Chris MA) I don’t think we have the backstock space to add two-percent gallons. You can set up a standing weekly order if you’d like. See me for details.
- s: “I like the Mt. Airy store renovation but am confused why, as part of the planning, no one thought to include a drive-up window. My view of modern food shopping is you fill out an order on line, then drive by a window from which a robot arm emerges and opens my trunk, then carefully deposits my purchases. That way I can avoid all human contact, which I find annoying.
- r: (Norman) We did create this service, just drive down the alley behind the store. It hasn’t been publicized well because we’re having trouble getting the city to do the curb cuts and ramps so there are some bumps in the path to window right now. Also, the alley is a little too narrow for most cars, but our theory was that as the alley gets used more, cars will gradually scrape away enough of the surrounding structures to accommodate wider cars. Kind of the natural, evolutionary process we’re famous for.

SHUTTLE STAFF

Editor & Advertising Manager

Jonathan McGoran

Advertising Billing

Susan Beetle, Anne Workman

Graphic Design

Annette Aloe

Proofreaders/Editors

Karen Heller, Mindy Silver, Fran Wilde

Contributors

Glenn Bergman, Beau Bibeau, Lindsay Bingamen, Jacqueline Boulden, Susan Crane, Amy Beth Edelman, Eileen Flanagan, Sandra Folzer, Stacia Friedman, Sarah Gabriel, Margaret Guthrie, Wendy A. Horwitz, Stephanie Kane, Stuart Katz, Denise Larrabee, Michael McGeary, Jon McGoran, Rose Mineo, Hillary Mohaupt, Michele Orellana, Kestrel Plump, Kate Pourshariati, Mira Rabin, Rick Sauer, Linda Slodki, Betsy Teutsch, Norman Weiss, David Woo

Photographers

John Barone, Jacqueline Boulden, Sang Cun, Larry Goldfarb, Jon McGoran, Ellie Seif

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 8–8

Across the Way

Pet Store & Wellness

610 Carpenter Lane, 215-843-2350 ext. 276

Monday–Sunday 8–8

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

weavers waycoop

The Second Floor at Mt. Airy is a Peanut Allergen Zone.

Upstairs there are a number of bulk items containing peanuts, as well as peanut oil and a peanut butter grinder.

2012-2013 Concert Series

Bach, Handel & Shakespeare

OUR SERIES CONTINUES ON THE HILL

November 4, 1:00 p.m.

Adam Pearl, harpsichord

Woodmere Art Museum

December 9, 4:00 p.m.

Art of the Prophets

St. Martinus in the Fields

February 3, 4:00 p.m.

Bach Trio Sonatas

Presbyterian Church of Chestnut Hill

May 12, 4:00 p.m.

Great Books

Presbyterian Church of Chestnut Hill

TEMPESTA di MARE

PHILADELPHIA BAROQUE ORCHESTRA

Gwyn Roberts & Richard Stone, Directors

"...one of America's great period-instrument bands"

For tickets and information, visit our website: www.tempestadimare.org | 215-755-8776

Good Eats and Drinks at This Year's Taste Fair



photo by Lawrence Goldfarb

Ryan Powell (l), cofounder of Powell and Mahoney, was a big hit at this year's Taste Fair, mixing cocktails using Powell and Mahoney mixers. Also on hand were (l to r) Molly Johnston-Heck and Julia Hofheimer from Common Market, John Rorer from Little Bakery gluten-free, and several of the many, many lucky shoppers on hand to sample all the great treats!

Fresh Artists Return for Chestnut Hill Fall for the Arts



photo by Lawrence Goldfarb

The Fresh Artists returned to Weavers Way October 7, with their 3rd Annual Fresh Artists Clothesline Art Sale at the Chestnut Hill Fall for the Arts Festival. Weavers Way sponsored the sale, proceeds of which go to purchase of art supplies for Philadelphia's most severely under-funded public schools. For more info, visit www.freshartists.org.

Locally Grown

Rebecca Buffum, REALTOR®
Now with Prudential Fox & Roach, Realtors

97 Bethlehem Pike, Philadelphia, PA 19118
215-248-4050 x1456
rebecca.buffum@prufoxroach.com
www.thebuffums.com

New Signs. Same Service.

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

GRAMMY-NOMINEE OFFERS MUSIC LESSONS & PERFORMANCES

Guitar Lessons, Recordings & Music Therapy
in Mt. Airy studio with South Africa's
Sharon Katz of The Peace Train

Also available with band for private parties & special events

215-495-9562 sharonkatz2000@aol.com www.sharonkatz.com

Tailor Maid Cleaning

Expert. Reliable. House Cleaning.

Locally owned and operated
25 years Hands on Experience
Specializing in Home Organization

Elaine and Michael Platten
215-248-0709

This moment brought to you by...

The Lowa Group, Inc.
your local Erie Insurance Agent.

8002 Germantown Avenue
Philadelphia, PA 19118
(610) 327-1980

Erie Insurance
Auto • Home • Business • Life

©2012 Erie Insurance Group. All rights reserved. Erie Insurance is a registered service mark of Erie Insurance Group. Erie Insurance Group is a member of the Erie Insurance Group. Erie Insurance Group is a member of the Erie Insurance Group. Erie Insurance Group is a member of the Erie Insurance Group.

Morris Arboretum classes

Continuing Education
Fall 2012

GROWING MINDS
Back-to-School Yoga

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

Artists Revitalizing Philadelphia Through Innovative Design

by Linda Slodki, President and Cofounder, Mt. Airy Art Garage

IF NATURE were allowed to reclaim the land in the city, it would grow in humanity’s refuse and incorporate it into its new life. What Andy Walker and Andy Heisey are illustrating in “Renewed Urban Studio Tent” (RUST) is to recycle the materials found in Philadelphia into a new structure that builds on the contaminated urban soil.

This wigwam-like structure was created out of recycled materials with the help of artists and local residents on the vacant lot at 313 S. Broad Street in Philadelphia in August of 2012. The very next month the structure itself was recycled in a second version of RUST across the street on the Hamilton platforms. This version displayed the bones (wooden arches, living roof, clay tiles with iron oxide prints of abandoned houses, and windows made from glass bottles) and skin (refuse mixed with slag cement creating collages) of RUST.

The final version of this project is to be created at the Mt. Airy Art Garage at 11 West Mt. Airy Ave. This gallery exhibition will display the work of the artists who worked inside this studio and a new version of RUST complete with a video of the whole process of this project, the



photo by Linda Slodki

RUST (Renewed Urban Studio Tent), first built on a vacant lot at 313 S. Broad, brought attention to the problems of urban renewal, pollution and abandoned housing.

special entrance and model.

The opening of the show will be Saturday, November 10 at 6 p.m. The following morning, Sunday, Nov. 11 at 10 a.m. Walker and Heisey will host a workshop where anyone can learn how to create art out of their refuse. This will be followed by a citywide panel on urban renewal “Artists Taking Back Philadelphia—Brick By Brick.” Featured speakers include Andy Walker/Andy Heisey, RUST; Gary Steuer, Chief Cultural Officer for the City of Philadelphia; and Shari Hersh and Dre Urhahn, Philly Painting (a project of the MuralArts Program). Admission to each event on Sunday is \$10. All these events combine to prove the importance of community involvement in retaking our city and creating beauty out of refuge.

~ linda@mtairyartgarage.org

Weavers Way Farms Compost for Sale at Both WW Stores



Staffer Alec Kaminsky (l) and Floral Buyer Ginger Arthur (r) show off the display of Weavers Way Farms brand organic compost, locally grown, locally composted, and great for your garden. Available at Weavers Way Mt. Airy and Chestnut Hill.

Equal Exchange Fair Trade

November Coffees of the Month

All Equal Exchange Coffees
on sale **\$9.99/lb.**
Except for Decaf

Oct. 31 - Dec. 4

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

GERMANTOWN FRIENDS SCHOOL
Where learning and growing happen at a higher level.

Fall Open House: November 12, 8:15 a.m.

A Quaker Independent Day School for Grades K-12

31 West Coulter Street, Philadelphia, PA 19144
215-957-1345 • www.germantownfriends.org

Michael L. Mendlow
D.D.S.
DENTISTRY

FOR DENTISTRY, THE CARE YOU DESERVE, THE EXPERIENCE YOU NEED.
8505 GERMANTOWN AVE PHILADELPHIA PA 19118
215-247-0700



company's coming

Mashed sweet potatoes	\$7.99/lb.
Mashed potatoes	\$7.99/lb.
Green beans almandine	\$12.99/lb.
Honey-mustard glazed Brussels sprouts	\$8.99/lb.
Wild rice with toasted pecans and dried cherries	\$10.99/lb.
Fresh cranberry and pear relish	\$8.99/lb.
Gingered pumpkin soup	\$8.99/qt.
Turkey gravy	\$8.99/qt.
Pilgrim's grub rice salad with pine nuts and dried fruit	\$9.99/lb.
Green olive and toasted pinenut tapenade	\$9.50/lb.
Marinated mushroom and fresh fennel salad	\$8.99/lb.
Fresh oyster bisque	\$9.99/qt.*
Herb roasted boneless turkey breast—fully cooked and seasoned (minimum order whole turkey breast)	\$14.99/lb.*
Trio of roasted squash—delicata, butternut and kabocha	\$10.99/lb.
Apple sage stuffing	\$10.99/lb.

*Available as preorders only—minimum quantities apply.

3 lb or 3 qt minimum on all preorders. Smaller quantities will be available for sale in the grab-'n-go section.



Please check out our bakery section for a selection pies, breads and rolls.

Weavers Way Chestnut Hill
8424 Germantown Avenue

215.866.9150
ext. 209

Weavers Way Mt. Airy
559 Carpenter Lane

215.843.2350
ext. 102

My House Pies

Available for preorder at Mt. Airy and Chestnut Hill.
Must be picked up at the store it was ordered from.
My House pies will also be for sale without a preorder.

	6 or 10 Inch
Pumpkin	\$6.50/\$13
Apple	\$6.50/\$13
(crumb, double crust, pear cranberry, caramel walnut)	
Sweet Potato	\$6.50/\$13
Mixed Berry	\$6.50/\$13
Peanut Butter	\$6.50/\$13
Coconut Custard	\$6.50/\$13
Pecan	\$8/\$14.50
Pecan and Chocolate Pecan	\$8/\$14.50

My House order deadline is Thursday, November 15

Gobble Gobble! Please see information about TURKEY PREORDERS on page 3.



PLACING YOUR ORDER

ONLINE

You can place your holiday order online at www.weaversway.coop

IN THE STORE

You can fill out a preorder form located in the Bakery Department in Chestnut Hill and above the dumbwaiter in Mt. Airy. Be sure to include Flavor and Listed Price, as well as your member number and phone number. Phone orders are NOT recommended.

Pickups will be Tuesday and Wednesday, November 20 and 21.

thanksgiving menu



Interested in becoming a member? See page 3 for more info!