

# WEAVERS WAY FALL GENERAL MEMBERSHIP MEETING

at Morris Arboretum on Sunday, October 28, 2012

## EAT & GREET

Food and beverages provided

## CHILDREN'S PROGRAM

Supervised art & fun activities

## BUSINESS MEETING

Approval of Spring 2012 Gen'l Membership Min., Pres's Report, GM's Report, Financial Report

5:30-6:00 p.m.

6:00-7:30 p.m.

6:00-6:25 p.m.

## FEATURED PRESENTATION

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

• Celebrate Co-ops during the International Year of Cooperatives

• Representatives from different types of co-ops will tell you about the goods, services, and

benefits they offer to their members and the community

• Moderated by Philadelphia Area Cooperative Alliance (PACA)

6:25-7:15 p.m.

## PROGRAM REPORTS

Membership & Marketing report, Farm Report, WW Community Programs

## CHILDREN'S PROJECTS REVIEW

## CAKE & SOCIALIZING

## ADJOURNMENT

7:15-7:30 p.m.

7:30-7:40 p.m.

7:40-8:00 p.m.

8:00 p.m.



# The Shuttle

October 2012 Vol. 41 No. 10

A Cooperative Grocer Serving the Northwest Community Since 1973

## We're Back! Mt. Airy Store Reopens After Renovation

by Jon McGoran, *Shuttle* Editor

WEAVERS WAY Co-op's Mt. Airy store at 559 Carpenter Lane reopened after a summerlong renovation with a fresh new look, energy-efficient fixtures, and the largest bulk department in the city. Weavers Way also added a whole new storefront, "Weavers Way Across the Way," housing the newly expanded Wellness and Pet Care departments, right across the way at 610 Carpenter Lane. While the new décor has earned rave reviews and plenty of "oohs" and "aahs," the new "Incredible Bulk" section is even more impressive, featuring more than 400 bulk items, including nuts, grains, flours, snacks, cereals, dried fruit, and other dried goods, as well as oils and vinegars, and even cleaning supplies. The bulk section will help shoppers save money with lower prices and the ability to purchase only the amount they want. It will also help reduce waste, with much less packaging and less unwanted food being purchased.

The renovated Mt. Airy store opened in early September, but the new "Across the Way" store has been open since June, with an expanded selection of premium natural pet care products on one side of the store, and Weavers Way's expanded Wellness and Personal Care Products on the other side. "Folks love our new space! They have been excited to see what we have done," says Martha Fuller, Wellness Department Manager. The new Wellness Department has added great new lines like Blüm, Liddell Laboratories, Dr. Wood's, Nunn, and J.R. Watkins. Other shopper favorite lines have been expanded, like Giovanni's, Country Life, Canus,



photos by Jen Torpie

Top: People enjoying the largest bulk section in Philly.

Left: Shiny new stainless steel counters. Check it out!

Right: The important things stayed—cashier Joe Black manning the controls.

COPA soaps, Dr. Bronner's, Rainbow Light Vitamins, derm E, Alaffia, Aubrey, and Boiron.

In addition to the great new look, Mt. Airy will notice some changes that we hope will make shopping more pleasant. Shoppers no longer have to weigh their own produce. There is still a scale on the sales floor, if you want to figure out the weight and price of your produce, but the cashiers will weigh your produce at

checkout. Our Wellness and Pet Supply departments are now located at Weavers Way Across the Way, our new storefront at 610 Carpenter Lane, which has expanded to include 608 Carpenter, next door. Shopping carts are now located at the middle door.

See page 3 for more about what's going on Across the Way, and page 4 for more on the Incredible Bulk section upstairs at Weavers Way Mt. Airy.

## Fall Membership Meeting at Morris Arboretum

by Margaret Lenzi, President,  
WW Board of Directors

TREES and plants from around the world will surround Weavers Way Fall General Membership Meeting at the Morris Arboretum on Sunday, October 28, 6-8 p.m. Although the meeting will officially start at 6 p.m. in the canopied area adjacent to the visitor's center, you can come early and enjoy a tour and free admission to the Arboretum from 3 p.m. on. The General Membership Meeting will have something for every member of your family:

- Enjoy free admission to Morris Arboretum after 3 p.m.

(continued on page 10)

## Marion Nestle at Academy of Natural Sciences

by Glenn Bergman,  
General Manager

FOR THE grocery industry today (and WW is part of the grocery "industry"), there is no more important voice supporting the work of co-ops than Dr. Marion Nestle. The keynote speaker at the national co-op conference Weavers Way hosted this past June, Nestle is the head of the Nutrition Department at NYU and an author who has written extensively on food politics, policies, and processes of the United States. On November 8, she returns to Philadelphia as part of the Academy of Natural Sciences's Food and Public Health series of public forums.

(continued on page 21)

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
News from Across the Way	3
Meet the Incredible Bulk	4
Managers Corner	6
Renovation a Small Wonder	7
Volunteer Opportunities for 55+ Members	7
Suggestions	28

### Community News

Non-GMO Month	8
Cohousing and Raising Children	11
Electric Car Plug In at Trolley Car Diner	11
Indie Pharmacy in Mt. Airy	17
Schuylkill Center Anniversary, Town Hall	18 - 19
Author Talk at CHCE	24
Fall Events at Woodmere, Morris Arboretum	26 - 27



# Editor’s Note



by Jon McGoran,  
Shuttle Editor

AFTER AN exciting “Year of the Co-op,” this October Weavers Way will celebrate a quiet, traditional Co-op Month. (traditionally, we ignore it apart from a few snarky comments in this column about how we ignore it). After all, October is also Fair Trade Month and Non-GMO Month, initiatives at the center of what co-ops like Weavers Way are all about. So when you celebrate them, you’re celebrating Co-op Month, too. Maybe to fully capture what co-ops are about, next year October could also be National Build It with Duct Tape and Spit Month, Reinvent the Wheel Month, and Ad-Hoc Committee on Subcommittee Consensus Awareness Month (currently observed from late April through early June). It could also be “Buy in Bulk Month,” but with our new Incredible Bulk section, that’s every month now.

We are so committed to bulk, we offer bulk in bulk, with over 400 different items. Buying bulk helps you save money because you buy only the amount you want, as long as you have quick reflexes and nimble wrists. I am working my way through the granolas (not to feed into any stereotypes or anything). Currently, we have over 40, but you can combine three or four of them together to make tens of thousands of custom variations. My favorite so far is raisin orange pecan cashew ginger almond maple triple berry coconut honey.


Not everyone is happy about this. While generally a pro-choice crowd, some think we really only need a couple of varieties of granola (as long as one of them is the type they like). Others feel intimidated by having to “tare” their containers (subtracting the weight of the empty container, so you are only paying for the product), and anxious about forgetting to bring in their own container.

But I don’t know what they are so upset about. Again and again, I have heard our friendly staff cheerfully reassure them that if they forget to bring in their own containers, we will happily tare them a new one.

**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](mailto: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](mailto: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](http://www.weaversway.coop), or via e-mail at [advertising@weaversway.coop](mailto: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**

# Collaboration Makes a Bounty

by Shelley Hedlund, Farm Educator

TROMPING THROUGH our upper pathways and green strawberry patch, gaining a view of the whole expanse of the farm, I pause to admire our little corner of the world. It’s really a magical place. I am lucky to come to work here every day. Outside I am teaching and helping plants grow, bringing beautiful, nutritious food to the local community. And I get to learn all the time as well! Currently it’s the time of year where you can see the fruits of your labor in full swing, and yet the days are getting shorter and the season has begun its shift down toward the dormancy of winter.

As I look around at each row of vegetables I remember everyone who has helped make this garden grow this season to be such a bountiful place. From weekly student volunteers, to school service groups and college interns to the unforgettable help of our current intern, Juan Lopez. We couldn’t have made this place what it is without collaboration. That is what our mission as an urban farm should be: coming together to create a lasting benefit to the larger community.



photo by Shelley Hedlund  
Juan Lopez helps to harvest tomatoes for market.

This summer we collaborated with Awbury Arboretum’s Summer Field Studies to bring even more youth out to the farm for a lesson we called “Farm to Plate.” Kids would tour the farm, learning about all different aspect of farm life, then we would ask them to help us harvest a few vegetables, help wash them and prepare a tasty treat, like salsa or bruschetta that could be eaten on the spot. The kids had so much fun with this lesson, several mentioning how they never thought they liked tomatoes... but the way we prepared them, they would eat them anytime! I see it as a huge success, to hear this kind of statement from a young person who may not eat as many veggies as they should. Also, to know that many folks in the Weavers Way community don’t just value their veggies, they care where and how they were grown. My hope is that our programming can help increase people’s understanding of how good fresh produce really is. It might be one of a few simple messages we have, but many folks have never had the opportunity to eat a

(continued on page 8)

# Summer Interns Flourish at Henry Got Crops! CSA this Summer

by Clare Hyre, Henry Got Crops! Education Coordinator

GOING TO the Youth Growers Market. Running the farm stand. Eating fresh salsa. Making fried squash. Having tomato fights. Making new friends.

These are just a few memories of our eight paid interns this summer at Henry Got Crops! CSA. Four of our interns were Saul High School students: Yona, Mikel, Nicole, and Nathan. The other four were wonderfully supplied by First UnitedMethodist Church of Germantown (FUMCOG) through a Mt. Airy afterschool program. Jefferene, Nana, Dimitiris, and Shawn all joined us for short amounts of time, but put in plenty of effort and cooked us delicious Jamaican and Ghanian food.

At the end of her volunteering, Jefferene wrote, “Working on the farm was a wonderful opportunity for me because I got to work hard and meet some loving people, and best of all I got to take home veggies.”



Yearlong student farmer Yona Hudson wrote in the weekly newsletter, “I LOVE the farm, and have a HUGE passion for urban farming and sustainability.” She also wrote “I plan on applying to an agriculture-based college/university this fall, such as Penn State Berks or Warren Wilson College, and majoring in Sustainable Agriculture or Food Systems. Also, my dream job would be to join Food Corp then afterward, to travel and learn about different food systems and sustainable

(continued on page 6)

# Harvest on Henry Festival

by Ken Schamberg




photo by Jon McGoran

The ever popular kid-powered cider press returns for Harvest on Henry

COME ONE, come all to the fantabulous annual Harvest on Henry Festival, Saturday, October 20, 1-4 p.m. (rain date the following day). The venue will be the Weavers Way farm across the street from Saul Agricultural High School, 7100 Henry Avenue, Roxborough. It promises to be even better than last year’s memorable autumnal celebration. Bring family and friends to this free-admission extravaganza. There will be something there for kids of all ages, including: face painting, live folk entertainment, a demonstration of apple pressing, children’s games, hay rides, a pie-baking contest, pumpkin painting, a 50/50 raffle, gardening workshops, and even a petting zoo starring the farm’s resident livestock. If you’re hungry or thirsty (and who won’t be?), there will be such seasonal goodies as crunchy apples, tangy cider, and yummy cider doughnuts, among other delectable items offered by local vendors. We are hoping for food trucks, including one with native takes on old favorites such as bison franks. Please set aside the date on your calendar. We’ll see you there!

**Donate to the TRACTOR FUNDRAISER & you could be eating PIE!**



We are selecting a fine group of enthusiastic judges from the local foodie community for the “Harvest on Henry Festival” Pie Bake-Off and we have one vacancy: donate \$100 or more to the Tractor Fundraiser, you will automatically be entered to win a spot at the judges’ table in the Pie Bake-Off on October 20. Imagine spending a leisurely Saturday afternoon eating lovingly prepared homemade fruit and other sweet pies in order to pick the best of a spectacular bunch! Make your donation of \$100 or more by October 12 and you could be randomly picked to be a part of our judging panel.

To donate to the Tractor Fundraiser, please go to <http://weaversway.coop/index.php?page=tractor-fundraiser>

To sign up to this year’s Pie Bake-Off, please go to <http://tinyurl.com/HGCPie> or pick up a registration form at Henry Got Crops! Happy baking and pie-dreaming.



# Art on the Farm Festival

by Rick Rigutto, Brooks Farm Manager

ONE OF my main motivations for getting involved in small-scale organic agriculture almost ten years ago was believing in its potential for creating new spaces. This type of farming offers new spaces for the spheres of economics, health, and social structure ...areas in which farming has been and will be an agitator for redefining how we think about those spaces. When thinking about farming in this context the world of art seems to be a natural partner for a shared vision.

For my personal tastes art is a communication that will challenge one’s perception, an action that will widen spaces and perhaps transform them into something other than what they are at present. This is the spirit in which I wanted to have an event that combined the worlds of art and agriculture.

This upcoming weekend the Mort Brooks Memorial Farm at the Awbury Arboretum will be hosting an installation by local artist Mei Ling Ng. Mei Ling’s art is rooted in nature and is made mostly from recycled materials, some from this farm. This event is one of the stops on the Philadelphia Open Studio Tour (POST), which will be visiting various artists workplaces and galleries in Northwest Philly all weekend long. POST feels this installation and setting to be so unique they are holding the weekend’s closing reception at the farm.

Alongside the installation, the Mort Brooks Farm is having a fall farm festival Saturday, October 6, 4 to 8 p.m. Please come out to your farm and take part in the event. Of course there will be Mei Ling’s art, food trucks, music, children’s activities and a cider press. If you only come to the farm one time this year, let this be the time. This unique pairing of events will be worth your while.



**WEAVERS WAY**  
**NORTHWEST FARM FEST**  
**WITH DEEP ROOTS ART INSTALLATION**  
**AT MORT BROOKS MEMORIAL FARM**

*JOIN US FOR A FESTIVAL  
OF LOCAL FOOD AND LOCAL ART*

**Saturday, October 6: 12-8 p.m.**  
Art Installation Deep Roots II  
“Days and Nights on the Farm”  
**4-8 p.m. Farm Festival**

**Sunday, October 7:**  
12-8 p.m. Art Installation

**ACTIVITIES:**

- ✧ Tours of the farm
- ✧ Apple cider pressing
- ✧ Bee Keeping demonstration
- ✧ Face painting & glow painting for kids to participate in an art exhibit
- ✧ Zea May’s and Mini Trini food trucks
- ✧ Local cider and apples
- ✧ Music by local musicians
- ✧ Beer sampling by Narragansett Brewing Co.

**Admire the art installation by local artist Meei Ling Ng.**  
Meei Ling’s multimedia installation art will feature sculptures using re-purposed materials that focus on the many facets of urban farm life. These will include both art and educational exhibits involving bee keeping, farming, and a look at what happens on the farm after dark.

**1011 East Washington Lane**  
★★★★★ **Please park on Washington Lane** ★★★★★  
Bring a blanket to relax on while snacking on goodies from local food trucks.

**weavers waycoop**

This event is held in conjunction with the Philadelphia Open Studio Tour.

# High Fashion Across the Way



photo by Jon McGoran

Among the many treasures at our newest store—Across the Way at 610 Carpenter Lane—we have a great selection (and a great price!) on oh-so-cool, brand new, “limited edition” Baggallini Bags (modelled here by Across the Way staffer Amber Christis). If you haven’t been to Weavers Way Across the Way, you owe it to yourself to come check it out.

# Across the Way is for the Birds!



photo by Jon McGoran

A little bit of a snap isn’t all that’s in the air: there are also birds! Wild birds! Hungry birds! And we have what they are hungry for: a variety of brands and blends of birdseed, in 20- and 40 pound bags. But how are you going to get that yummy birdseed into those hungry bird tummies? From our brand new selection of Droll Yankees bird feeders, here being modeled by our lovely and talented Pet Products Purchaser, Anton Goldschneider.



# Come Visit the Incredible BULK Department at Weavers Way Mt. Airy

**We encourage you to bring your own reusable containers from home when you shop in the bulk section. However, we do have bags, as well as containers for sale, on the second floor of the store.**

## Weavers Way Bulk

Like many co-ops, Weavers Way began as a buying club, with members realizing savings by dividing up cases of fruits, vegetables, and other products. That economy is still at the heart of what we do, but nowhere is it more evident than in our bulk department.

The second floor of the Mt. Airy store houses our bulk department—largest in Philadelphia. There are nearly 700 square feet of food products, cleaning supplies, and gourmet items. We stock locally roasted coffees and teas, including many Fair Trade and organic selections, on our second floor. There are many varieties of granolas, grains, beans, and bulk pasta to choose from, not to mention the harder-to-find specialty items such as dried black trumpet, crimini, and shiitake mushrooms, and chipotle, habanero, and ancho chiles. We also carry a great selection of chocolates and all natural candies. Several types of oils, vinegars, and liquid salts such as shoyu and tamari are available too.

## Less Wasting, More Tasting

By the pinch or by the pound, buy only what you need. Bulk is a great way to sample small amounts of items you’d like to try with little commitment. Because you buy only the amount you need, it helps reduce food waste, too. We frequently change our product line, so please let us know if there is an item that you would like us to carry.

## How to Shop in the Bulk Department

We encourage shoppers to bring their own containers to package their items; this cuts down on disposable packaging and our costs.

If you forget your container, we have a selection of bottles and bags available both for one-time use and to purchase, suitable for refilling. See the four easy steps in the diagram on the right.

If you’re using a one-time-use bag, transfer your bulk items into airtight containers to keep them fresh. Buy only the quantities you need. Overbuying can lead to waste and stale food. This is especially the case with nuts, which can go rancid, and spices, which lose their potency.

## More than Bulk Upstairs

On the second floor, in addition to our Incredible Bulk department, you’ll also find a variety of other products:

- Herbs, spices and seasonings (jarred and bulk)
- Dried fruits
- Kitchen foil, plastic wraps, and sandwich and storage bags
- Teas (boxed and bulk)
- Dried seaweeds, agar agar, and kuzu root starch
- Brazil nuts and cacao nibs
- Lundberg rice blends (boxed and bulk)

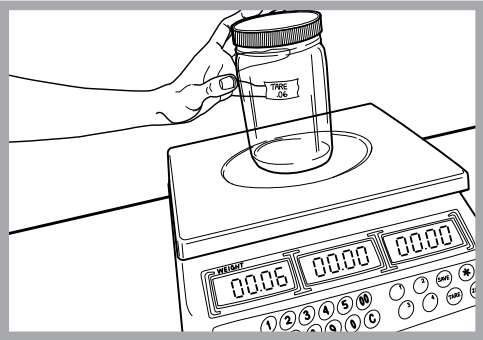


photo by Jen Torpie

Incredible Bulk manager Luis Cruz (l) helps member Carolyn Scott with her first purchase in the new bulk department.

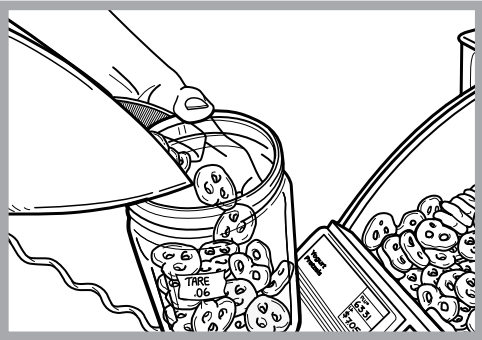
## Four Easy Steps for Shopping in Our Bulk Department

1.




Weigh your empty container, write the weight on the tape provided, and put it on your container.

2.



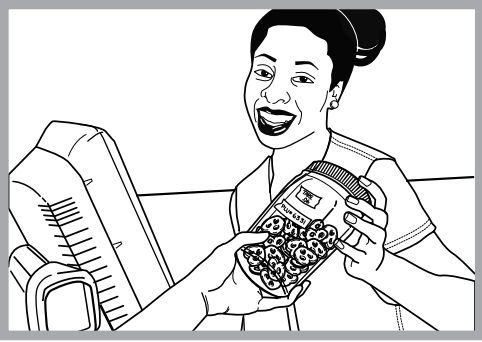
Fill your container.

3.



Write the PLU number on the tape provided and place on your container.

4.



Product will be weighed and priced when you check out.

## Can’t Find It on the First Floor?

**Some items are no longer stocked on the first floor because they are now available in bulk on the second floor.**

- Lundberg Wild Blend® and Wehani® rice
  - Alter Eco and Lotus brand rice
  - Pennsylvania Dutch egg noodles
  - Vita spelt elbow noodles
  - Arrowhead Mills spelt, rye, white, and brown rice flours, multigrain pancake and waffle mix, and wheat gluten
  - Bob’s Red Mill All-Purpose Gluten-Free Flour
  - Daisy whole wheat flour
  - Erewhon Crispy Brown Rice
  - Uncle Sam cereal
- Edward & Sons Panko
  - Rapunzel Organic Corn Starch
  - Frontier Creole Seasoning, Ground Fenugreek, and Garlic Salt
  - Spike seasoning
  - Gladcorn corn snack
  - Sunspire peanut butter baking drops

If you have any questions about where a product is now located, about our new look, or anything at all, please do not hesitate to ask. We are here to help you!



# A Big Thumbs Up to Our Working Members!

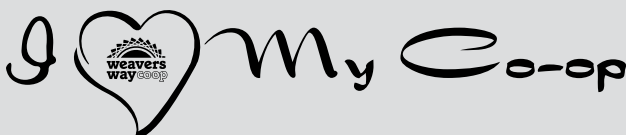
Our Working Member program saves the Co-op over 30,000 labor hours annually. It keeps costs down and provides a unique opportunity to see your Co-op from a different perspective.

Six hours per adult per household a year. Get to know the Co-op even better.



Thank you to all of our Working Members.

# WORKING MEMBER



# STRESSED...

about work? ...about school? ...  
about the mailman?

Bach Rescue Remedy quickly brings you back to balance so you can deal with stuff again.



Weavers Way Across the Way  
All Natural Pet Care and  
Wellness Departments  
610 Carpenter Lane, Philadelphia, PA

# Incredible BULK SAVINGS!

Organic Cane Sugar

**SAVE 10%**

Goji Berries

**SAVE 16%**

Organic Extra Virgin Olive Oil

**SAVE 31%**

San-J Tamari

**SAVE 35%**

Organic Steel Cut Oats  
**50% LESS EXPENSIVE**  
than the pre-packaged!

Metropolitan Granola  
**48% LESS EXPENSIVE**  
than the pre-packaged!



Buy in Bulk on the 2nd Floor in Mt. Airy





# Manager’s Corner

by Glenn Bergman, General Manager

## Renovation of Mt Airy

WE JUST celebrated the grand opening of the Mt. Airy store and I want to make it clear to all members that we are not done. If you have any suggestions please do not hesitate to e-mail Rick Spalek or me or anyone on our team. My email address is gbergman@weaversway.coop. I expect that you will have a suggestion or a comment about something you like or do not like. Do not be shy, I look forward to hearing from all of you. Of course if you like what we have done, please do not hesitate to comment. I love hearing good things too.

## Bulk

Many of our member owners have asked us to increase our bulk offerings and we have done just that. It is possible that we have added too many items, but we figured let’s make it the largest bulk in the city and see what sells and what does not sell. Now, I ask you to please bring your plastic bags, your empty containers, and your friends. Our goal is for our member owners to use their containers and to help educate other shoppers and neighbors. Not only will you save money but you will be doing your part to expand the product selection of items that require no special packaging or marketing campaigns.

Here are some of the improvements we made:

- Improved the flooring—both the sub floor and the new floor that you see.
- Fixed structural issues for some areas of the first floor, including rebuilding one wall that was structurally unsound.
- Increased the number of fresh products in meat, seafood, produce, dairy, prepared foods, and cheese departments.
- Added scales at the register.
- Installed new refrigeration equip-

ment that is 15 to 20 percent more efficient than other equipment.

- Installed new AC and heating systems for both sides of the store.
- Added the expanded bulk section on the second floor.

There were many other small improvements that were made to the building, wiring, etc. In general, it was our goal to come back to Mt.Airy and improve the store and I think the team has done that. I also believe that our WW staff deserve to work in a place that works well, in a nice environment, and with equipment that will not fail them on a regular basis. We have done that too.

## October and Apples

I am so proud to be working here when October comes around. It is the time when our produce departments are in full force with local apples. When I started at the Co-op nine years ago, we had a mix of local and western apples. Today, we rarely have any western apples. The selection continues to improve each year as growers are planting new trees of different varieties: some heirloom and some new breeds of apples.

I love this because I know that our shoppers are getting an excellent local product that comes from great orchards. I am also pleased that our prices on these apples are lower than anyone else’s for any apple in the city. In fact if you are a working member, on Wednesdays and Thursdays, apples are only .99/lb. for almost all apples. From a public health standpoint it is wonderful to see kids, parents, and shoppers of all types walking around the neighborhood eating apples and knowing that the price is right and the product is meeting many aspects of WW’s mission.

## Eating Animals: Continued

As I reported last month, after reading Jonathan Safran Foer’s *Eating Animals*, I have continued to keep my consumption

of animals very low. In fact, I can count on one hand the number of times I did so last month. This month, after eating the excellent dishes made in our Chestnut Hill store using seitan and really liking them, I went home and finally made dishes using seitan. When cooked with the right mix of seasonings, it is excellent.

I am still looking for a “study group” of vegans and vegetarians to get started in the near future and seeing whatever educational goals they set for the rest of us.

~gbergman@weaversway.coop

## Summer Interns

(continued from page 2)

agriculture in different parts of the country and the world.”

It was an amazing summer and we were so happy to have these folks around. A big thanks to the Urban Nutrition Initiative, FUMCOG, and to North Light Community Center for making this summer financially possible. Another big thanks to Erica Reinhard and Miki Palchick for helping with youth programs. And last but not least, a big thanks to Nina, Matt, Chris, and Nancy (the farm crew) for being so patient with me and the youth as we figured our systems out.

We are looking forward to this fall and a return to Saul classes coming out to the farm! With our new cooking equipment we’re really going to mix things up and do plenty of nutrition and food-based lessons! Look for us out in the field: harvesting, transplanting, weeding, or just eating tomatoes straight off the vine!

# PHILADELPHIA READS Book Drive Collection

by Arline Morris-Balaban

WEAVERS WAY is pleased to be participating in an upcoming book drive collecting new and gently used children’s books, October 19-21, at both the Mt. Airy and Chestnut Hill stores. Philadelphia Reads is a city-based literacy organization that builds children’s literacy skills through several core programs: Reading Coaches, the Summer Reads Program, Reading Olympics, Read Across America activities, the Power Partners Program that sends over 800 children to weekly tutorials at corporate and nonprofit groups in the city, and the Book Bank, located at Martin Luther King High School. The Book Bank provides children’s books and school supplies—free of charge—to Philadelphia educators who teach in public, charter, and parochial schools; day care centers; afterschool programs; shelters; and other educational sites. All books and supplies at the Book Bank are donated through Philadelphia Reads book drives and corporate and individual donations. Teachers who visit the Book Bank on Wednesdays of each week are welcome to select up to 400 books per year for their classroom libraries and up to 50 school supply materials. Books are geared for preschool to middle school students. The organization has provided more than 2 million books to classrooms since 1997. You now have a chance to donate books to this great cause: On October 19-21, bring your new and gently used children’s books to the Philadelphia Reads book bins located at both of our locations. Help Philadelphia Reads to raise a city of readers. For more info, visit [www.philareads.org](http://www.philareads.org).



**MACLENS**  
Collision Repair Professionals Since 1945

20 W. Allens Lane  
Philadelphia, PA 19119

Family Owned & Operated  
call  
Ken Glantz

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

Prompt, Reliable, Quality Work  
Complete Roofing Services ..... Residential & Commercial  
[www.AppleRoofingCo.com](http://www.AppleRoofingCo.com)



Please contact us for your  
Free Roof Inspection

215-843-1970  
[AppleRoofing@verizon.net](mailto:AppleRoofing@verizon.net)

Celebrating 25 years  
serving our local  
community

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

## Training N.W. Phila. for 4 years!

Premier Pilates Experience using Balanced Body Equipment  
Weavers Way Discount Participant




5904 Greene St. (at Rittenhouse)  
Philadelphia, PA 19144  
**215.848.3275**

Weavers Way Discount Participant

For class schedules, please visit: [www.PilatesInGermatown.com](http://www.PilatesInGermatown.com)

- 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.





## Mt. Airy Psychotherapy Practices

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

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







# October Is Non-GMO Month! Tell Congress to Just Label It!

by Jon McGoran, Shuttle Editor

DID YOU know that more than 70 percent of processed foods in U.S. grocery stores contain some Genetically Modified Organism (GMO) ingredients? Despite 93% of Americans agreeing that GMO foods should be labeled, there is no mandatory label for GMO ingredients in the United States.

You might have heard about Proposition 37, the California initiative on the ballot this November that seeks to mandate labeling of most GMO foods (you might have also read in the last issue of *The Shuttle* about the millions of dollars that agribusiness and others in the food industry—including the parent companies of some popular organic brands—are

spending to defeat Proposition 37).

But there is also a national campaign to tell Congress to pass national legislation mandating labeling of GMO.

October is Non-GMO month, and Just Label It!, one of the organizations at the forefront of the fight to let consumers know what they are eating, thinks that is the perfect time to tell Congress to Just Label It! Visit <http://justlabelit.org/contact-congress/> and join the millions of consumers who have already told congress that the U.S. should join the growing list of countries around the world that require labeling of GMO foods—countries like Japan, Australia, Brazil, the EU & even China.

# Film by Grandson Documents Albert Schatz’s Historic Discovery

by Hannah-Ruth Miller

FOR MUCH of Weavers Way’s history, Co-op members may remember seeing a short, wiry man walking the streets of West Mount Airy or perusing the shelves of the Carpenter Lane store. If lucky, they may have seen him slip into the store early each Saturday morning to sharpen the knives that staff members and cooperators used to cut the cheese, fish, and meat that we sell. What people may not have realized is that this man, Albert Schatz (1920-2005), discovered streptomycin, the first antibiotic effective against tuberculosis. His discovery saved millions of lives and changed the course of history. His grandson, Carl Sigmond, a Haverford College

senior, spent this summer making a video documentary about Schatz’s life and legacy. Excerpts of this film, *Discovering the Discovery and the Grandfather Who Saved Millions*, as well as Sigmond’s previous film, “*Discovering Albert*,” will be shown at Stokes Auditorium, Haverford College, 370 Lancaster Avenue, Haverford, PA 19041, on Saturday, October 27 at 7:00 pm. After the screening, there will be a panel discussion including Carl and Peter Pringle, author of *Experiment Eleven*, a new book which details Albert’s life and the discovery of streptomycin.

For more information, visit [www.discoveringthediscovery.com](http://www.discoveringthediscovery.com).

# Collaboration Makes a Bounty

(continued from page 2)

round red tomato that has been picked at its moment of peak ripeness. So, getting a chance to share how good freshly picked produce tastes with young people is just a part of what’s fun about my job. Our collaboration with Awbury is certainly helping us increase the number of youth who get the chance to challenge their preconceived notions of taste!

Another collaboration we have is our ongoing partnership with Stenton Family Manor. So, when Juan Lopez was willing to come out and help us at the Hope Garden (located at Stenton Family Manor), we were eager to have him. Much of our produce from this garden goes to the Manor, so increasing the number of hands helping to grow excellent produce is important. We had the chance to offer this extraordinary youth a short paid internship to show our appreciation after he showed us how interested he was in coming out to help us at Hope. Since mid-July, Juan has helped us harvest, plant, weed and other-

wise make the Hope Garden beautiful and bountiful. As a highschooler, Juan is unusual in his interest in gardening/farming, and because of his enthusiasm and good natured attitude, he has learned about most aspects of farming. This is just another example of collaboration where both parties benefit so much! Thanks Juan!

Come taste our fresh, local, chemical-free produce at our farm stand on Tuesdays from 3-6 p.m.in front of Weavers Way Chestnut Hill through October. Veggies hand-picked... sometimes by a collaborator.

~ [educator@weaversway.coop](mailto:educator@weaversway.coop)

## Outgrown Your High Chair?

If you have a high chair at home that you no longer need, or if you know anyone that does, it is desperately needed at Stenton Manor Family Homeless Shelter. This wonderful organization is a Weavers Way Partner, and home to WWCP’s Home Garden. To arrange a donation, contact Marcy Huggins at the Stenton Manor Family Homeless Shelter, 215-685-2802 or [mhugginsmckinney@stentonfm.org](mailto:mhugginsmckinney@stentonfm.org).



## CHESTNUT HILL Computer Spa

*We Pamper Your PC or Mac!*

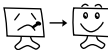
Joanne Davis  
215-939-2534

COMPLETE COMPUTER SERVICES AND TRAINING

Remote Service Available

215-939-2534

[CHComputerSpa@gmail.com](mailto:CHComputerSpa@gmail.com)



## We Switched you can too!

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

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

SHECHTMAN TREE CARE  
VALLEY GREEN BANK CUSTOMERS SINCE 2011

VALLEY GREEN BANK

You count with us.

[www.valleygreenbank.com](http://www.valleygreenbank.com)  
Mt Airy\* | 215.242.3550  
Chestnut Hill\* | 215.242.1550  
Radnor | 610.995.2265  
Center City | 215.569.2265

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



## COMPLETE MASONRY SERVICE

**Flagstone, Brick & Stone Pointing**

**JAMES G. CARDAMONE**

- Concrete Work
- Chimney Repairs
- Stucco
- Basement Wall
- Walkways & Patios
- Glass Block Windows
- Plastering & Waterproofing
- Retaining Walls
- Ceramic Tile

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

PA# 060401

All Calls Returned

**215-887-9323**

**GLENSIDE**



**Don’t miss our spectacular Fall line-up of readings, writing workshops & more!**

**For details visit [www.bigbluemarblebooks.com](http://www.bigbluemarblebooks.com).**

### HOURS

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

Voted

**Best Kids’ Bookstore**  
in Philly 2007 by *Philadelphia Magazine!*

551 Carpenter Lane 215-844-1870 [info@bigbluemarblebooks.com](mailto:info@bigbluemarblebooks.com)

[www.bigbluemarblebooks.com](http://www.bigbluemarblebooks.com)



# WW, Scribe Host Outdoor Movies

Larry Schofer, Education Committee Chair

SONIA SANCHEZ wowed the crowd of about 50 Weavers Way members and friends at an evening of poetry and films on the lawn of Allens Lane Art Center. The August 24 event was cosponsored by Scribe Video and Weavers Way.

Sanchez is a member of Weavers Way and Philadelphia’s poet laureate, often in great demand for her readings. She took the opportunity to read some of her rhythmic creations on peace, on a presentation of Sweet Honey in the Rock, and a haiku to Max Roach.

The readings were followed by four short films—a documentary about a dog walker in New York; a dreamy, very sensual description of the life of a plastic bag, narrated by Werner Herzog; a short film on bee colony collapse; and a profile of an Oakland California group for food justice.

The program was part of the efforts by the Weavers Way Education Committee to enrich our community life. Scribe Video is a nonprofit organization devoted to bringing filmmaking to local communities. This summer program of street movies was funded by PNC Bank.

~ lawrence.schofer@comcast.net

# Flu Shots Available at WW

by Jon Roesser, HR Manager

ONCE AGAIN, Weavers Way will be offering flu shots this year, but new CDC guidelines have substantially changed who is eligible, so shots will only be available to those who are:

- Aged 19 to 64 (anyone 65 or older can get a free vaccination from their doctor), and;
- UNINSURED (anyone with insurance can get a free vaccination from their doctor)

So, if you are uninsured and between the ages of 19 and 64, you can come and get your free flu shot at Weavers Way’s Community Room in Mt. Airy, 555 Carpenter Lane, from 11:30 a.m. to 6 p.m., Friday, October 19.

~ hr@weaversway.coop

# Join the Gardening Community at Ned Wolf Park

by Eric Sternfels, Friends of Ned Wolfe Park

THE FRIENDS of Ned Wolf Park are looking for volunteers to help add new plantings in the park’s gardens this autumn. A special Fall Planting Day has been scheduled for Saturday, October 13, from 9:30 a.m. to 1:30 p.m., to install an array of new perennials, grasses, and bulbs in a new sunny island planting bed at Ned Wolf Park, McCallum and W. Ellet Streets in Mt. Airy. Since 2007, the Friends group has turned this once-neglected public park into a very special and beautiful oasis. While the community has taken notice and offered thanks and gratitude, this time some assistance is needed by the Friends group to update and improve the park. No experience (or equipment) is needed and however much time you have available will be put to good use during the four-hour workday. (Rain date is Sunday, October 14, 9:30 a.m. to 1:30 p.m.)

With proceeds from the successful spring plant sale, the new plantings will add more color, movement, and fragrance to enrich NWP’s existing impressive gardens. Some drought-stressed, under-performing, or bland plants will also be removed in favor of new, unusual, and sustainable choices to keep these

gardens dynamic and inspiring throughout the growing season. Old azaleas left over from the park’s establishment in the 1970s were removed from the lawn area in order to make way for a planting bed with a full season of blooms and a softer palette. These include grasses like tall, golden *Calamagrostis* “Karl Foerster” and *Muhlenbergia capilaris*, which becomes a cloud of pink in October. Fragrance will be added by ever-blooming “Peach drift” roses and a hummingbird magnet, *Agastache rupestris* “Acapulco Salmon & Pink,” as well striking oriental lilies called “African Queen.”

With this October planting, along with some additional shrubs and a tree scheduled to be planted in early spring, you can safely bet there will be new blooms to see from March to November at Ned Wolf Park. And for those who want to learn more about what is planted in Ned Wolf Park, plant maps and plant lists are posted in the information boxes located as you step off the sidewalk and into the park. For more information contact Eric Sternfels at emsternfels@msn.com or 215-248-5533.

~ emsternfels@msn.com

## WEAVERS WAY MEMBER WORKSHOPS

# DON'T REpeat. RElate!

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

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

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

### Saturday, October 20

### 11:30 am - 1:30 pm

555 Carpenter Lane

Weavers Way Community Room

555 Carpenter Lane

To sign up contact skmartel@aol.com



## THE 3A's

### Academics + Arts + Athletics

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

**215.844.3460 ext. 103 • www.penncharter.com**



William Penn Charter School

A Friends School for Girls & Boys,  
Pre-K to Grade 12

### OPEN HOUSES

**SATURDAY Oct. 13, 2012 | 2 p.m.**

**TUESDAY Nov. 13, 2012 | 8:30 a.m.**

**TUESDAY April 30, 2013\* | 8:30 a.m.**

\*grades pre-K through 8 only



## 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.freedomsbackyard.com](http://www.freedomsbackyard.com).



## Join the Membership Committee!

### Earn your Co-op hours by working on:

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

**Also:**

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

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

Are you interested in joining the diversity committee?

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



# General Membership Meeting

(continued from page 1)

- Take a guided tour of the arboretum at 3:30 or 4 p.m.
- Visit the *Out on a Limb* Exhibit and meet the architect, Alan Metcalfe, 3:30-5:30 p.m.
- Free food and music provided, 5:30-6 p.m.
- A supervised children’s program, 6-7:45 p.m.
- Find out how WW is doing, 6-6:30 p.m.
- A cross-sector panel presentation on different types of co-ops, 6:30-7:30 p.m.
- Cake and Conversation to end it all

So keep on reading and bring your household out to make a day of it!

## Morris Arboretum Welcomes WW Members

“Weavers Way and Morris Arboretum have a lot in common. We are both concerned about having a sustainable and livable world,” said Bob Gutowski, Director of Public Programs for the Arboretum ,who is excited about hosting the meeting. To learn more about the relationship between people, plants, and place, WW members will enjoy free admission to the Arboretum after 3 p.m. and two special tours of the grounds at 3:30 or 4 p.m.

The Morris Arboretum of the University of Pennsylvania is a historic public garden and educational institution. There are more than 13,000 labeled plants of

over 2,500 types growing in the Arboretum’s living collection. Many of the Delaware Valley’s “trees-of-record” (the largest of their kind) are found in the Arboretum. “What a great place to have a meeting—amidst the richness of fall colors in the trees,” said Ann Workman, WW Outreach Coordinator and a member of Morris Arboretum. “If you’ve never been there, you are in for a treat.”

Weavers Way member and architect Alan Metcalfe will also be there from 3:30 to 5:30 p.m. to talk about his creation, *Out on a Limb*—a striking 450-foot-long walkway that soars 50 feet above the ground and gives visitors a bird’s eye view of the forest. Come and experience this unique exhibit and hear about its design, its many captivating features, and how it all came together.

In honor of the International Year of Cooperatives, Morris Arboretum will also offer half price admission to members of food cooperatives in the Philadelphia area during the entire week of October 21-October 28. Just show some proof of your cooperative membership and you will be treated to a natural wonderland.

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

If you thought that there were only food co-ops in Philly, you’ll want to drop in on this conversation. In celebration of

the International Year of Cooperatives, the featured presentation will be a panel discussion showcasing different types of co-ops in the Philadelphia area. Panel participants include:

- Karen Kulp, Director, Home Care Associates
- Angela Kassahun, Co-Director, The Energy Cooperative
- Mary Aull, Past President, Vernon House
- Morgan Stewart, Commercial Loan Officer, Philadelphia Federal Credit Union
- Jordan Shapiro, Project Learn School

Moderated by Bob Noble from the Philadelphia Area Cooperative Alliance (PACA), the co-ops will tell you about the goods, services, and benefits they offer to their members and the community. So come and learn about the breadth and diversity of co-ops and how you can make your life more cooperative!

## Children’s Program to Parallel the General Membership Meeting

We encourage WW members to bring their children out on Oct 28. First, they will have a wonderful time exploring Morris Arboretum and climbing the tree

house before the meeting begins. Then we all come together to enjoy some food from 5:30 to 6 p.m. Realizing that the General Membership Meeting might be a tad bit boring to younger folks, WW will have a parallel children’s program from 6 to 7:45 p.m. Supervised by Susan MacLaughlin, art and fun activities will be provided until the children rejoin their parents for cake.

## Find Out How Your Co-op Is Doing

Let’s not forget about Weavers Way! WW has had a banner year and survived the renovations in style. From 6 to 6:30 p.m., you can hear from the President, General Manager, and Chief Financial Officer about the state of your co-op. Then from 7:30 to 7:45 p.m., you can hear a bit more about our Farm and the WW Community Programs.

So there is no excuse not to come out to the Fall General Membership Meeting this year. Get some fresh air exploring Morris Arboretum, then come indoors for food, a fascinating meeting, panel discussion, and children’s program. Hope to see you all there.

~ mlenzi@comcast.net

### Old school analog—

Nothing says mellow like a turntable, and they’re hot again. And no one in the Delaware Valley knows them like Community Audio. Take **the Rega P7** for example. It’s called the ultimate performance turntable at a price that makes it accessible to the music-loving public. Hand-built in the UK and in our store right now. Bring in your favorite LP and we’ll take it for a spin. While you’re here, ask about the Jolida tube amplifier, another beautiful example of analog in the 21st century.



### —or new media digital

You’ve heard about wireless streaming. Now learn how affordably and easily it can be part of your home. The **Sonos multi-room system** hits all the notes. ZonePlayers wirelessly play music in any room of your house. You can mix and match to suit your own space. And yes, there’s an app for that—controllers are available for the iPhone, iPad, Android, Mac or PC. Buy from Community Audio— **same price as online**— we can customize your system for your particular needs.



## COMMUNITY AUDIO

Open Mon-Fri 11–7 pm, Sat 10–5 pm

[www.commaudio.com](http://www.commaudio.com)

8020 GERMANTOWN AVENUE, CHESTNUT HILL • 215-242-4080

# WISSAHICKON DANCE ACADEMY

## Dance for fun or train to be professional

*Calling All Dancers... “Best of the Northwest”*



### Ages 3 to Adult

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

### The Nutcracker

*with the Donetsk Ballet of Ukraine*

Sponsored by International Ballet Exchange

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

**Fall Classes begin**  
Saturday, Sept. 8

**Registration Ongoing**

**FREE TRIAL CLASS**  
*for New Students*

*Photo: Deborah Boardman*

38 E. Schoolhouse Lane • Philadelphia, PA 19144 • 215-849-7950 • [www.wissahickondance.com](http://www.wissahickondance.com)  
[www.internationalballet.org](http://www.internationalballet.org)

# chrishillmedia

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



about us

philadelphia

big picture philadelphia home page content management | nonprofit

visit our website for a complete list of clients

[www.chrishillmedia.com](http://www.chrishillmedia.com)

[chris@chrishillmedia.com](mailto: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.



# Cohousing & Raising our Children

by Melissa Klein, Wissahickon Village Cohousing

THE OTHER evening we were out at a playground with a few friends and their children. Our children are now five and six years old. I felt ready to go home and take care of some things, yet the children were happily playing. It's moments like this that I think how wonderful it would be to live in a cohousing neighborhood, where the children can be out playing and I have the option to be home. In a cohousing community, the neighbors know each other well and the parking is away from the homes, which creates a safe environment within which the children can develop independence.

About two years ago, my partner Neysa and I each attended an introductory informational session on the concept of cohousing, offered by Lynne Iser, who has been dedicated to bringing cohousing to this area for many years. We came home from our respective sessions energized and excited—how wonderful it would be to live in a community where our front porches face out onto the common outdoor area, which encourages the spontaneous social interactions that reduce stress and remove us from our sense of isolation. How wonderful it would be to walk over to the community house for a shared, home-cooked meal. How wonderful it would be for our children to grow up in an environment where they can easily walk to their friend's houses and where a village is truly supporting the work of parenting.

We have been meeting as a developing cohousing community since around

January 2011. As members and prospective members of different ages, cultures, and family structures, we are learning to work together and to communicate in ways that honor one another. We are learning to speak openly and honestly and to not shy away from difficult questions and topics. We are learning to trust one another. We're all growing, and we're having fun in the process. Yes, meetings can be fun! We opened one meeting playing the song "Yes We Can Can" by the Pointer Sisters, and over half of our members got up and boogied. Our children are also having fun at meetings—lots of playdates with the other cohousing kids.

Wissahickon Village Cohousing will likely be a community built from the ground up. We are currently in dialogue with the developer who owns the 1.5 acre property between Mt. Pleasant and Sedgwick on Germantown Avenue, in the heart of Mt. Airy, near the library, playground, and restaurants. One of the rare opportunities of cohousing is for us as future residents to give substantial input into the design of our homes and neighborhood. How do we create beautiful, affordable homes that are easy to live in and maximize energy efficiency? A tall order, yet we believe that this is possible. Yes we can can! See our website for our schedule of information sessions and more information at [wissahickonvillagecoho.com](http://wissahickonvillagecoho.com). Prospective members are welcome at our social events and as observers at our business meetings.

~ [malkahbinah@gmail.com](mailto:malkahbinah@gmail.com)

# Electric Cars Can Get Plugged In at Trolley Car Diner

by Erica Hawthorne, Trolley Car Diner

NOW WHEN customers visit Trolley Car Diner, they can do more than get good food with friendly service, they can plug in their car. Thanks to a partnership with U-Go Stations, the Diner will be the newest Philadelphia car charging location.

"Anything that is good for the community and the environment is good for us," says Trolley Car Diner Owner Ken Weinstein. "Electric cars are a growing eco-friendly transportation option and we want to be at the forefront of offering this resource to our customers."

According to its website, "U-Go plans to enter into exclusive lease agreements with host/site owners acquiring rights to more than 5,000 locations." This is good news for electric car owners who often find it challenging to find locations

to charge their cars away from home.

"Now, Diner customers can enjoy a good meal while their car charges. It's a win-win-win for the Diner, the electric car owner and the environment," says Weinstein.

U-Go will have a handful of new electric cars on-site for the unveiling of the charging station.

The unveiling is free and open to the public. Trolley Car Diner is located at 7619 Germantown Avenue in the Mt. Airy section of Philadelphia. For more information about Trolley Car Diner & Deli, please call 215-753-1500 or visit [www.trolleycardiner.com](http://www.trolleycardiner.com). For more information about U-Go Stations visit [www.ugostations.com](http://www.ugostations.com).

~ [erica@trolleycardiner.com](mailto:erica@trolleycardiner.com)



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

 **Prudential**  
Fox & Roach, REALTORS®

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



**SAVE MONEY! SAVE THE EARTH!**

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.

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](http://www.ShiatsuLight.com)



7619 Germantown Avenue  
Philadelphia, PA 19119



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

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

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

**Weavers Way Environment Committee**  
**Valid Monday, Oct 8<sup>th</sup> to Sunday, Oct 14<sup>th</sup>**

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

Name \_\_\_\_\_

E-mail \_\_\_\_\_

Cafe - 3269 S. Ferry Rd., Phila, Pa 19129  
[www.trolleycarcafe.com](http://www.trolleycarcafe.com)  
Diner—7619 germantown ave., phila, pa 19119 [www.trolleycardiner.com](http://www.trolleycardiner.com)

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

*\*May not be combined with other promotions or special offers*

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

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



# Up Close & Personal

## It's Not Just About the Eggs

by Sarah Gabriel, Managing Director of The Home Grown Institute

WHEN I talk to people about having backyard chickens, inevitably they ask. “Is it for the eggs?” I’ve noticed my response is a combination of rant, reflection, passion, and invitation. “Up until recently everyone had chickens!” I exclaim. “It was a good idea and I don’t know why we stopped.”

Having chickens makes me less self-centered, reminding me of the complex relationships we have in the eco-system—and how we nourish each other. Just as I feed apple cores to my indoor worms and then use their castings to feed my soil, and just as I nourish my SCOPY (Symbiotic Colony of Bacteria and Yeast) with sugar and black tea and then drink the resulting kombucha to replenish the bacteria in my gut, so I will provide my chickens organic mash and food scraps, and give them plenty of space to find bug treats, and yes, I’ll get eggs—likely enough that I can be generous with friends, trade with neighbors, and feed my family.

I’m lucky. I live in Springfield Township and, like its neighbor Cheltenham, it was zoned agricultural back in the day and never changed. I can keep whatever animals I want in my backyard... as long as my neighbors don’t complain. So when I moved last November, I casually mentioned I was thinking about chickens (and pressed my luck: “maybe bees, too”). Again, I was lucky. The woman next door totally gets it. Across the street, they jumped at the chance to trade home-

baked bread for eggs, and from down the street, a neighbor offered his woeful story of losing chickens to hawks and fox. The neighborhood kids asked everyday, “Are the chickens here yet?”

In preparation for my backyard design, I visited a half-dozen coops in the neighborhood with an eye toward both maximizing my convenience and minimizing the probability of predator attacks. I found wooden slats on their way to the landfill, corrugated plastic political signs bound for recycling, and hardware cloth and poultry wire left over from The Home Grown Institute. I got latches and nails (and thoughtful advice) from our old-fashioned neighborhood hardware store—Kilian’s—in Chestnut Hill and passionately dove into constructing an 8’ x 2’ predator-proof tunnel that would connect the solid (used) Amish-built coop with the open-spaced, loosely-fenced 10’ x 10’ daytime playpen. Passion, however, has its dark side... I lost count after 70 hot, sweaty, often lonely, mosquito-bitten hours of planning and physical labor. But even in the midst of the this-is-so-not-fun moments, I could already see how satisfied I would feel when it was complete.

And the hard work did indeed pay off! It’s now been three weeks since the three gals (no rooster) arrived. They spent their first four hours in what I imagine was a slice of chicken heaven—scratching in my compost pile, eating bugs and discarded kale. In the early mornings, while I

sleep in, they stroll into their predator-proof vestibule. When I finally get up and open their slot into the larger playpen, I watch them run around finding all the bugs that have taken refuge overnight in the cool dark crevices among the rocks and sticks.

They are different breeds but you’d think they were sisters, the way they roam, forage, and nestle together and occasionally cackle at each other. I can see how they are related to dinosaurs and it both connects me to the past and piques my curiosity about the future. And they really do have personalities, a pecking order, and they do come home to roost. They’ve also given me a great excuse to connect with my neighbors and turn a bit of ludicrous lawn to better use.

Logistically, any question I could possibly have has already been asked and answered on backyardchickens.com, and members of the local COOP (Chickens Outside—and in—Of Philadelphia) are happy to help. It really is, as one happy chicken owner told me, like having fish... two minutes in the morning, two minutes



photo by Sarah Gabriel

The chickens at Sarah Gabriel’s suburban “homestead” have found their favorite spot on top of the compost pile.

in the evening and as much time during the day as I want to sit and watch them do their thing.

Wanna come see the chickens? The girls are not yet laying and may not until the spring, but that’s okay, because for me, having chickens is most definitely not just about the eggs.

*Sarah Gabriel is the Managing Director of The Home Grown Institute, which offers “Up Close & Personal” workshops at her suburban homestead northwest of the city. Visit [thehomegrowninstitute.org](http://thehomegrowninstitute.org) for more information.*

~ [sarah@thehomegrowninstitute.org](mailto:sarah@thehomegrowninstitute.org)

**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](mailto:sharonkatz2000@aol.com)

[www.sharonkatz.com](http://www.sharonkatz.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!  
  
**215.948.3747**



**planet paint  
SOLUTIONS, INC.**  
  
[planetpaint.org](http://planetpaint.org)




**Get control of your energy bills  
with Energy Works:**  
very low interest loans—less than 1% for energy  
efficient appliances, HVAC, windows, insulation & more.  
[www.energyworksnow.com](http://www.energyworksnow.com)  
Make your home more healthy + comfortable.  
Sell for 3% to 14% more!

Your neighborhood resource  
for green remodeling  
questions and contacts.  
**215-669-3660**  
7630 Germantown Ave  
at Mermaid Lane  
**Zeta Cross**

*Real Estate for Tomorrow and Today.*

**PLYMOUTH MEETING FRIENDS SCHOOL**  
  
**Building on your child's curiosity**  
  
**Fall Open Houses:**  
Tue. Oct. 2, 9:30-11:30am  
Sat. Nov. 3, 2-4pm  
**Please call to register**  
  
**Plymouth Meeting  
Mondays:**  
Join us for a campus tour  
from 5-6pm on non-holiday  
Mondays beginning 9/24  
RSVP required  
**3 years old - 6th grade**  
  
2150 Butler Pike • Plymouth Meeting PA 19462 • [www.pmfs1780.org](http://www.pmfs1780.org) • 610-828-2288



**A Big World in a Small Quaker School**



# Autumn Signals Migration or Hibernation

by Brenda Malinics, Schuylkill Center Wildlife Rehabilitation Clinic

AUTUMN is a busy time for animals. The weather stimulates them to prepare for winter by hibernating (going into a deep restful sleep) or migrating (moving to a more hospitable climate).

Migration means a regular movement and when associated with birds or animals, it usually refers to the spring movements of birds from their wintering grounds to the summering or nesting places. In the fall, the movement is reversed. We are lucky to be located so near to some of the best migrating corridors in North America, primarily Cape May, New Jersey, and Hawk Mountain, near Allentown. One can experience the wonders of this cosmic annual event and see thousands of majestic raptors and songbirds flying overhead or resting near the ground.

After breeding, birds begin storing fat for their long journey across huge bodies of water. The blackpoll warbler, for example, normally weighs 11-12 grams, but will weigh twice that for its nonstop 85 hours flight over the Atlantic to the mainland of South America. The tiny hummingbird will carry half its body weight in fat for a 26-hour nonstop flight across the Gulf of Mexico.

One of my most memorable birding experiences took place in the Meadows in Cape May during a full moon in No-



vember. I was looking for owls, and while not much was happening on the ground, I turned the spotting scope on the moon and caught migratory birds passing before my eyes. It was so magical, and oddly reminiscent of the movie ET! It is not unusual to spot migratory birds flying at night, especially with good optics and the help of a full moon. If you go outside during the night, you can hear birds tweeting as they migrate. Most birds, except the mockingbird, of course, are quiet when it becomes dark.

Some birds, like owls, pheasants, quail, grouse, woodpeckers, sparrows, bluejays, and cardinals, do not migrate and remain in this area during the harsh winters, bringing activity and color to our backyards. The arrival of white throated-sparrows and the slate juncos are bitter-sweet for me since they are the harbingers of winter.

At least two thirds of our local birds

will migrate elsewhere for the winter months. Even some bats—primarily the foliage bats that live in our parks and forests—will migrate to warmer climates such as Florida or the Carolinas for the winter. The other species of local bats will go into hibernation in caves or mines for as long as eight months.

Being a bat-lover and advocate, I remind people that even if you don't love bats like I do, they are only active for about four months of the year serving as our nocturnal bug patrol. The remaining eight months bats follow the lead of another Pennsylvania resident, the black bear, and after finding a suitable cave or mine, they enter a true state of hibernation. Bats will slow down their metabolism including their heartbeat to only four beats per minute. During this state of hibernation, bats rely on their fat reserves to get them through the winter.

Hibernation is a fragile state and disturbances can result in the starvation of bats. Every disturbance results in depletion of valuable fat reserves. Simply to open its eyes, a bat consumes the equivalent of 30 days of stored fat. Each sub-

sequent disturbance results in twice the consumption of fat reserves. Bats that are frequently disturbed during winter will be too thin and weak come spring to fly out of their winter shelter. It is critical not to disturb hibernating bats. Since 2006, over 7 million (yes million) bats have succumbed to White Nose Syndrome, a deadly cold-loving fungus that is new to North America.

Unfortunately, with fewer bats, we have more mosquitoes that carry deadly West Nile Disease, which is affecting wildlife and humans across the country. Mosquito spraying in all communities has increased, but this spraying indiscriminately kills all insects, thereby depleting a valuable food supply for birds and bats. This means that bats and birds will not be able to build up enough fat reserves to successfully migrate/hibernate in the fall.

Some of our other animal residents, like raccoons, skunks, and groundhogs, go into a state of semihibernation during winter. They remain inactive for long periods of time, staying in their underground dens most of the winter, coming out on warm sunny days to forage. Winter is indeed a time to rest, whether you are a tree, an animal, or a person racing through life. Take a clue from nature and slow down.

If you have an injured animal, call the Schuylkill Center Wildlife Rehabilitation Clinic at 215-482-8217 or Diamond Rock Rehab Clinic at 610-240-0883. Bat questions or problems: call me at 215-482-4356.

## COOL HOME, HAPPY SUMMER.

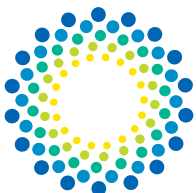
Learn how to save up to 20% on your utility bills and make your home more comfortable than ever.



### SIGN UP TODAY FOR ONLY \$150

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

Schedule your Home Energy Assessment from a Certified Building Analyst



**EnergyWorks**  
ENERGY EFFICIENCY IMPROVEMENTS

[ENERGYWORKSNOW.COM](http://ENERGYWORKSNOW.COM)  
215.609.1052

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

## 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**

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

**Call 215-542-0740 for  
a visit today!**



**1701 Jarrettown Road  
Dresher, PA 19025  
215-542-0740  
[www.discovertms.org](http://www.discovertms.org)**

**Building the Essential Foundation**

**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](http://school.omcparish.com) • 215-247-1060 • [www.facebook.com/OMCParishSchool](http://www.facebook.com/OMCParishSchool)**





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.





THE waldorf  
SCHOOL OF PHILADELPHIA

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

open  
house

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

DON'T MISS THIS.....

CHESTNUT HILL CENTER  
FOR ENRICHMENT'S  
*fabulous*  
**HARVEST KITCHEN TOUR**  
November 2 & 3, 2012

**SPEND A DELIGHTFUL FALL AFTERNOON  
IN CHESTNUT HILL!**  
*Tour six stunning kitchens  
in six unique residences and  
enjoy tastings from  
some of the area's  
finest chefs.*

**HARVEST KITCHEN  
TOUR HOURS**  
Friday, November 2  
1 pm - 4 pm  
*Enjoy tastings from area  
bakeries and shops.*  
Saturday, November 3  
10 am - 4 pm  
*Enjoy the talents of area chefs  
and delicious tastings from  
Chestnut Grill and Sidewalk Cafe  
Bacchus Market and Catering  
Campbell's Place  
Heirloom  
Roller's at Flying Fish  
Tavern on the Hill.*

**ADVANCE TICKET SALES  
AND INFORMATION:**  
215-248-0180 or  
[www.chenrichment.org](http://www.chenrichment.org)  
and at the  
Chestnut Hill Center for Enrichment,  
8431 Germantown Avenue  
Philadelphia M-F 10am – 4 pm





we've got philadelphia covered.

PENNSYLVANIA • DELAWARE • NEW JERSEY



discover  
newsworks.org

WHYY smart. local. news.  





# OCTOBER

# Special Events

## Member Appreciation Day

October 1

Last day for members to enjoy additional 5% savings at all WW locations!

## WWCP Farm Stand at WW Chestnut Hill

October 2 - 3:00 pm

Shop for local produce at Weavers Way Community Programs' farm stand in front of the WW Chestnut Hill store.

## Awbury Arboretum Open Studio Fall Fest

October 6 - 4:00 pm

WW Mort Brooks Farm at Awbury Arboretum hosts Open Studio Fall Fest. Music, food and fun!

## CH Fall for the Arts

October 7 - 11:00 am

CH Bus. Assoc. sponsors Fall for the Arts. Stop by WW Chestnut Hill for an art project with Fresh Artists! Kids create their own Memory Game that they can take home.

## Morris Arboretum Fall Festival

October 7 - 11:00 am

Weavers Way participates with annual apple and cider sales!

## WWCP Farm Stand at WW Chestnut Hill

October 9 - 3:00 pm

Shop for local produce at Weavers Way Community Programs' farm stand in front of the WW Chestnut Hill store.

## Taste Fair WW Chestnut Hill

October 13 - 12:00 pm

Join us in the store and on the back lawn of WW Chestnut Hill for an afternoon of food, music and fun.

## WWCP Farm Stand at WW Chestnut Hill

October 16 - 3:00 pm

## Harvest On Henry Fall Festival

October 20 - 12:00 pm

Weavers Way Farm at Saul H.S. hosts fall festival to raise funds for CSA shares for families. Come and enjoy fun, music and food!

## WWCP Farm Stand at WW Chestnut Hill

October 23 - 3:00 pm

## General Membership Meeting

October 28 - 5:30 pm

Morris Arboretum hosts and celebrates the International Year of the Co-op. Light dinner at 5:30 pm, business meeting at 6pm, local area co-op roundtable, and kids programs.

## WWCP Farm Stand at WW Chestnut Hill

October 30 - 3:00 pm

## Halloween Parade

October 31 - 6:30 pm

Trick or Treat at Weavers Way Mt. Airy and watch the costumed kids parade by!

### WEAVERS WAY NORTH WEST FARM FEST WITH DEEP ROOTS ART INSTALLATION AT MORT BROOKS MEMORIAL FARM

JOIN US FOR A FESTIVAL  
OF LOCAL FOOD AND LOCAL ART

Saturday, October 6: 12-8 pm

Art Installation Deep Roots II "Days and Nights on the Farm"  
4-8 pm Farm Festival

Sunday, October 7:  
12-8pm Art Installation

#### ACTIVITIES:

- \* Tours of the farm
- \* Apple cider pressing
- \* Bee Keeping demonstration
- \* Face painting & glow painting for kids to participate in an art exhibit
- \* Zee Mays and Mini Trini Food trucks
- \* Local cider and apples
- \* Music by local musicians
- \* Beer sampling by Narragansett Brewing Co.



Admire the art installation by local artist

Meet Ling's multimedia installation art will feature sculptures using repurposed materials that focus on the many facets of urban farm life. These will include both art and educational exhibits involving bee keeping, farming and a look at what happens on the farm after dusk.

Meet Ling strives to use her art as a tool to teach about preserving nature, sustainable living, and farming in an urban environment.

[www.mseiling.com](http://www.mseiling.com)

1011 East Washington Lane, 19138

\*\*\*\*\* Please park on Washington Lane \*\*\*\*\*

Bring a blanket to relax while snacking on goodies from local food trucks



For more information, contact Stephanie Kane at [skane@weaversway.org](mailto:skane@weaversway.org)

This event is being put on in conjunction with the Philadelphia Open Studio



**HENRY GOT CROPS**  
A CSA (Community Supported Agriculture) partnership between Weavers Way Co-ops, Weavers Way Community Programs, Fairmount Park and Saul Agricultural High School in Roxborough

**PRESENTS:**  
**HARVEST ON HENRY FESTIVAL**  
Saturday, October 20, 1-4 pm  
Rain date Sunday, October 21st. At the farm, across the street from Saul High School, (7100 Henry Ave) in Roxborough

**Event Highlights:**  
Free admission \* Face painting \* Folk Music  
Apple Press demo \* Fun kid's games \* Hay rides  
Pie Baking Contest \* Apples & Cider for sale  
Pumpkin painting \* Petting Zoo \* 50/50 Raffle  
Local Food trucks on site \* Garden Workshops

Check out our Facebook page at: [www.facebook.com/HenryGotCrops](http://www.facebook.com/HenryGotCrops)  
Or e-mail us with questions at: [henrygotcrops@weaverswaycoop.org](mailto:henrygotcrops@weaverswaycoop.org)  
Please consider entering the Pie Bake Off

The proceeds from this fundraiser will be used to support Henry Got Crops CSA, to reduce the price of a vegetable share for people who want to sign up for a membership in the farm but for whom the cost is prohibitive and to offset the cost of donating food to the Saul cafeteria.

"Henry Got Crops" is a 501(c)(3) non-profit organization located at Saul High School, managed by Weavers Way and the farm. The farm is open to the community and offers many educational opportunities for students at Saul. The farm is located on the school campus on Fairmount Park and the school can serve as a venue for a number of events and activities. The farm is a CSA (Community Supported Agriculture) partnership between Weavers Way Co-ops, Weavers Way Community Programs, Fairmount Park and Saul Agricultural High School in Roxborough. The farm is a healthy source of fresh produce for the community.





# Ginger Arthur Studio on POST Tour



Weavers Way Mt. Airy Flower Purchaser and painter, Ginger Garrett Arthur will be participating in the 13th annual Philadelphia Open Studio Tour (POST), October 6 and 7, 2012, from 12-5 p.m. As part of the tour, Ginger's gallery/studio space at 8044 Germantown Avenue will be opened to the public with an exhibition of her recent floral, landscape, and garden paintings of Chestnut Hill and nearby neighborhoods.

Ginger says she has enjoyed a lifelong interest in "exploring the God-given gift of nature" through her painting, with an emphasis on local scenery. "Our area, with two overlapping growing zones, yields a huge diversity of plant material which in turn attracts so many artists to the unique landscape and well-cultivated (pun intended) garden history," she says. "It is rich with subject matter."

For more information please contact Ginger at [info@gingerarthur.com](mailto:info@gingerarthur.com); or visit [gingerarthur.com](http://gingerarthur.com) or [www.facebook.com/GingerGarrettArthurFineArt](http://www.facebook.com/GingerGarrettArthurFineArt).

# Exhibit Features Photo by Ellie Seif at Infusion



From October 5 - 30, the photographs of Co-op member and Shute photographer Ellie Seif will be on display at Infusion Coffee and Tea Gallery, 7133 Germantown Ave., as part of a two person show, together with her friend Carolyn Johnson. There will be an opening reception from 6 to 8 p.m. on October 5, and the artists will also be on hand from 12 to 3 p.m. on Oct. 6 and 7.

## Hansell Contractors, Inc.

Builders - Historical Restoration - Fine Carpentry  
Energy Conservation - Architectural Design Services

[HansellContractors.com](http://HansellContractors.com)

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

Lic. # PA022176

EPA Lead Certified

### WISSAHICKON PET MINDERS

Customized Care for ALL Your Critters!

- Walks
- Dog Training
- Play Dates
- Long Term Care
- Overnight & Vacation Services
- House Sits

[wissahickonpetminders@gmail.com](mailto:wissahickonpetminders@gmail.com)  
[www.wissahickonpetminders.com](http://www.wissahickonpetminders.com)  
215-688-6552

Confident, life-long learners start here.

## The Miquon School

founded in 1932

Progressive education  
for children ages 3-12

### Information Evening for Prospective Parents

Thursday, October 11 • 7-8:30p.m.

2025 Harts Lane, Conshohocken, PA 19428 • (610) 828-1231  
[www.miquon.org](http://www.miquon.org)

### GERMANTOWN FRIENDS SCHOOL

Where learning and growing happen at a higher level.

Fall Open Houses: October 13 & November 12, 2012

A Quaker Independent Day School for Grades K-12

31 West Coulter Street, Philadelphia, PA 19144  
215-951-2345 • [www.germantownfriends.org](http://www.germantownfriends.org)

### Chestnut Hill Cat Clinic

215-247-9560  
8220 Germantown Avenue  
[www.chestnuthillcatclinic.com](http://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](http://www.riverrockmasonryco.com)



# Indie Pharmacist Opens in Mt. Airy

by Claire McGuire

THE RETAIL strip at Hortter and Greene is one of the intersections that makes Mt. Airy feel like a small town. Within half a block, there's a whole slew of services—a train station, a dry cleaner, a dollar store, a childcare center, a pizzeria, and a food market. And since Idayat Adewunmi opened the doors of Pelham Pharmacy a year ago, there is also an independent drug store.

Adewunmi started her career in a big chain pharmacy after she graduated from Temple's pharmacy school in 2005. But she was under pressure to fill prescriptions quickly so patients wouldn't have to wait. That meant she couldn't spend time counseling patients or getting to know them. Opening her own pharmacy has allowed Adewunmi to offer more personal service.

She chose Mt. Airy partly because of the local emphasis on sustainability. "Mt. Airy's going green, and going green means being able to walk everywhere," said Adewunmi. She chose a walkable spot—close to Joa Mart and the Upsal train station. She's within walking distance of many area residents who would once have been forced to drive to CVS or Cooperman's. She also carries a small selection of natural household items like laundry detergents and herbal tea.

Adewunmi counted on the neighborhood's track record for supporting small businesses. Mt. Airy locals are accustomed to shopping at Big Blue Marble instead of at Amazon, and at Weavers Way instead of at Whole Foods. To make it easier for new patients to move their prescriptions away from the big retail chains, Adewunmi does all the legwork herself. Patients can bring in an old pill bottle, and she'll call their pharmacy to make sure everything gets transferred smoothly.



photo by Claire McGuire

Idayat Adewunmi, of Pelham Pharmacy

Adewunmi participates in a buying club for independent pharmacists, allowing her to keep her prices competitive with the big chain stores. People with insurance pay the same co-pays at Pelham Pharmacy as they would at another drug store. But Adewunmi says it's cheaper for the uninsured to buy prescription drugs from her than from a big chain.

Now she's hoping to attract Weavers Way members. She's offering Co-op members a 10 percent discount off of over-the-counter medication through the end of November. A year after opening, Adewunmi is still pulling long hours as she tries to get her business established. But she still prefers her new venture to her job in a big retail chain. "It's so much better," she said. "You get one-on-one interaction. You put all your heart into it."

**SPRINGSIDE**  
**CHESTNUT HILL**  
**ACADEMY**

PRE-K-8 SINGLE SEX & 9-12 COED  
215-247-7007 ADMISSIONS

**DARE TO BE GREAT**

BREAKTHROUGH  
THINKERS  
IMAGINATIVE  
PROBLEM  
SOLVERS  
INNOVATIVE  
LEADERS

Launching  
The Center for Entrepreneurial Leadership  
Fall 2012

Visit us at [SCH.ORG](http://SCH.ORG) and join us for our OPEN HOUSE  
Sunday, November 4 • 2 PM

# CHCE Kitchen Tour Features Top Chefs

by Stacia Friedman,  
Assistant Director, CHCE

CHEFS FROM Chestnut Hill's finest restaurants will demonstrate their culinary talents during the Harvest Kitchen Tour, Friday, Nov. 2, 3 to 6 p.m. and Saturday, Nov. 3, 10 a.m.-4 p.m. Proceeds benefit Chestnut Hill Center for Enrichment, a nonprofit that has been serving older adults in the community for over 35 years.

"This is a first for us," said Marilyn Paucker, president of the Center for Enrichment. "Last year, we had a very successful Designer House fundraiser and we anticipate that our Harvest Kitchen Tour will draw an equally enthusiastic response."

Participating chefs include: John Arena of Chestnut Grill, Rob Mullen of Campbell's, Al Paris of Heirloom, Paul Roller of Flying Fish, Gerard Strenger of Tavern on the Hill, and Tracey Wolfson of Bacchus Catering. On Saturday, November 3, the chefs will demonstrate their cooking skills and offer samples in the six sensational designer kitchens included in the Harvest Kitchen Tour. "We're not only excited about the chefs," says Paucker, "We're thrilled with the beautiful homes that local residents have made available to us. They include some of the most architecturally significant estate houses in our area."

To purchase tickets, visit [www.chEnrichment.org](http://www.chEnrichment.org) or call 215-248-0180.

# Church Hosts Speakers

by Hillary Mohaupt

IN OCTOBER, The Presbyterian Church of Chestnut Hill and Center on the Hill will host two speakers. On Thursday, October 11, Bill Whiteside—a retired attorney, former Chairman of The Police Athletic League (PAL), and former president of the Wissahickon Skating Club—will be talking about the work of PAL and its mission to make a positive difference in the lives of young people and to contribute to the overall quality of life in Philadelphia. Bill's other claim to fame is his time playing safety and quarterback for Frank Leahy's 1949 national champion Notre Dame football team. The event is part of the monthly Men's Luncheon and Speaker Series at The Presbyterian Church, on the second Thursday of each month, from 12 to 1:30 p.m. Attendees bring their own lunches; dessert and a beverage are provided, and a \$3 donation is requested. Phillies broadcaster Chris Wheeler will speak on November 8.

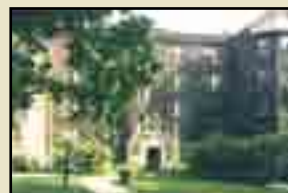
On Thursday, October 25, from 7 to 8:30 p.m., the Rev. Dr. Beverly Dale will lead a program titled, "Fifty Shades of Gray: What We Can Learn (and Unlearn) about Sexuality from a Best Seller," which will examine some of the sexual issues explored in the book. The program is \$10; preregistration is requested although not required.

The Presbyterian Church of Chestnut Hill is located at 8855 Germantown Avenue. For more information, call 215-247-8855 or visit [chestnuthillpres.org](http://chestnuthillpres.org).

## Upsal Garden Apartments

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

**Prices ranging from \$775-\$1400**



**Upsal Garden Apartments**  
246 West Upsal Street  
Philadelphia, PA 19119

### Apartment Features

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

### Community Features

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

**Contact: Beth Sheard**  
[beth@youcanmovehere.com](mailto:beth@youcanmovehere.com)  
215.843.6218

[youcanmovehere.com](http://youcanmovehere.com)

## PROPERTY MANAGEMENT AND LEASING

- Apartments/houses available in Mt. Airy, Chestnut Hill, Germantown and all of Northwest Philadelphia. Various locations and sizes.

- Ask about our garage rentals

**Martin Elfant Inc.**  
**215-844-1200**



[facebook.com/MEincrealestate](https://facebook.com/MEincrealestate)

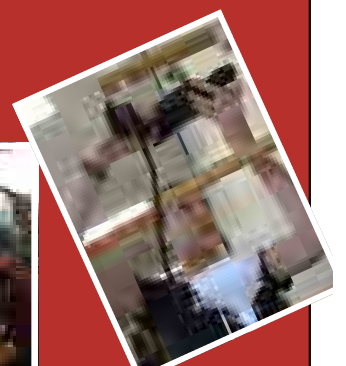
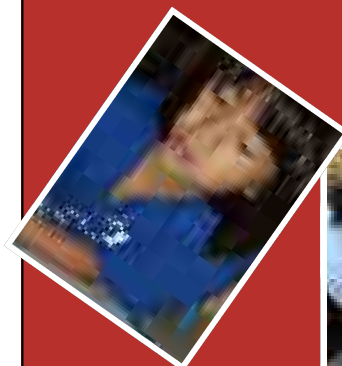
[elfantre.com](http://elfantre.com)

## Project Learn School

*A Cooperative School Community*

### All School Open House

**Wed, Oct. 10th**  
**6:30-8:30 pm**



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

[www.projectlearnschool.org](http://www.projectlearnschool.org)





# Schuylkill Wildlife Clinic Celebrates 25 Years

by Marsha Low

THE WILDLIFE Rehabilitation Clinic at the Schuylkill Center for Environmental Education first opened its doors in 1987, and is celebrating its 25th anniversary this fall. To mark the milestone, the center’s art department is presenting a new photograph exhibit, *Rescue: Scenes from a Wildlife Clinic*, from September 22 to December 1. The exhibit is by artist Jennifer Hynes, who spent the summer visiting the clinic and photographing its animals, people, structures, and landscape.

## A Bustling Place

If you’ve ever brought a wild animal in need of care to the wildlife clinic, you’ve probably noticed how busy it is. In its quarter century, the clinic has cared for over 80,000 injured and orphaned animals and has successfully returned the majority of those animals to the wild. The clinic deals with over 120 species, including mammals such as raccoons, squirrels, opossums, and woodchucks; birds such as songbirds, waterfowl, doves, hawks, vultures, and owls; reptiles such as snakes and turtles; and amphibians.

Rick Schubert, Director of Wildlife Rehabilitation at the clinic, emphasizes its uniqueness: “We’re a unique wildlife rehabilitation center because we’re in a huge city in one of the largest metropolitan areas in the country. You don’t need wildlife rehabilitation in the middle of the wilderness, because nature takes care of its own. You need it where the humans are, to counteract the effect of our roads, cars, buildings, construction, pollution, and insatiable greed. Both humans and wild animals are here to stay; neither of us is going anywhere, so we need to increase our awareness and foster an atmosphere of tolerance and kindness toward our wild neighbors.”

Working with Rick is Assistant Wildlife Rehabilitator Michele Wellard. Volunteers are also a vital part of clinic opera-

tions. Fifty to sixty volunteers work each year, with four or five helping out during each four-hour shift. During the spring and summer, the clinic is humming with activity, when 80 percent of the 3,000-plus animals that are brought to the clinic every year arrive. Although there is no such thing as a “typical” day at the clinic during the busy season, Michele offers this description: “Staff and the first shift of volunteers arrive at 8 a.m. and hit the ground running. We start by feeding baby mammals in the nursery, and baby birds in the bird room. Then we work on animals in the ICU and in outdoor cages; feeding, cleaning, and administering medicines. Next thing you know it’s time for the next baby mammal feedings. Baby birds are fed every hour, 8 a.m. to 8 p.m. In between all of this, we are admitting patients and dealing with emergencies that come in, answering the near-constantly ringing phone, and doing mounds of dishes and laundry. We continue this until 8 in the evening, then start it all again the next day!”

Rick and Michele would like people to know that some animals are unnecessarily brought to the clinic due to misconceptions they have about wildlife. Unlike human babies, baby animals are not always supervised. Baby bunnies and deer (fawns) are left alone for long periods. Baby birds with all their feathers and that can hop, but not yet fly, are fledglings that are being cared for on the ground. This is all natural behavior, and such animals don’t need our help. If you find one you think is orphaned, call the clinic (215-482-8217) before doing anything. Another misconception people have is about trapping and relocating wildlife. Far from a humane thing to do, relocating wildlife is cruel, as you could be separating a mother from her babies, and the relocated animal could be chased out of others’ territories and may starve to death. (More information about what to do if you come across

an animal that appears to need help is on the clinic’s section of the Schuylkill Center’s website, on its “What Do I Do If . . .” page.)

Although the goal of the wildlife clinic is to release as many as possible of its animals back to the wild, some have injuries or conditions that render them unfit to be released. Some of these animals have been able to adapt to life in captivity, live at the clinic permanently, and have become wildlife education ambassadors. These include Loki the Screech Owl, Tabitha the Black Vulture, Russell the Fish Crow, Pasta the Virginia Opossum, and Artemis the Broad Winged Hawk.

## Support the Clinic

The wildlife clinic relies upon the public to support its important work, and is always looking for volunteers. If you are interested in being a volunteer, come to one of the orientations held in late winter or early spring. Check the “Calendar of Events” on the Schuylkill Center’s website around late February/early March 2013 to find out when the first orientation sessions are. In addition to volunteers, the clinic is in need of donations of paper



photo by Jennifer Hynes.

Schuylkill Wildlife Clinic Assistant Wildlife Rehabilitator Michele Wellard, with Russell the Fish Crow

towels, gift cards to supermarkets (to buy greens, fruit, and other foods for the animals), bleach, laundry detergent, sheets and towels, rubber gloves, and medical supplies such as syringes and needles. Large items on the wish list include construction materials for cage building and hospital incubators (isolettes). The clinic is also in need of specialized services such as plumbing.

Located at 304 Port Royal Avenue in Roxborough, the clinic is open year-round, seven days a week. From April through September, the clinic accepts animals from 9 a.m. to 7 p.m. From October through March, animals can be brought in from 10 a.m. to 4 p.m. For more information about the clinic, go to [www.schuylkillcenter/departments/wildlife](http://www.schuylkillcenter/departments/wildlife).

## 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](mailto:chuckstaples@winderinc.com)

## Nick Buffone

PHILADELPHIA, PA 19129

215-620-6695

Painter / Carpenter / Sheetrock

[www.linkedin.com/in/nickbuffone](http://www.linkedin.com/in/nickbuffone) [njbuffone@yahoo.com](mailto:njbuffone@yahoo.com)

Licensed / Insured PA #012259 Phila #36035

## 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](http://www.mjspetsitting.com)

## H

HANSON SERVICES  
Small Projects for the Home

Interior/Exterior Carpentry  
Custom Cabinetry  
Door & Window Installation/Repair  
Structural Work, Roofing  
Porch Repair, Deck Construction  
Hardwood Flooring  
Energy Efficiency Consultation  
Drywall/Plaster Work  
Painting, Masonry & Stucco  
Fire Protection  
Electrical & Plumbing

214 KALOS STREET, PHILADELPHIA  
Tel 215-483-8338 ~ HGCINC.BIZ

## 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](mailto:hideawaymusic@gmail.com)



# Schuylkill Center to Hold Environmental Town Hall Meeting

by Naomi Leach, Schuylkill Center Marketing and PR Coordinator

THE SCHUYLKILL Center for Environmental Education invites the public to a Town Hall Meeting on the Environment and Presidential Politics on Tuesday, October 2 at 7:30 p.m. Joseph Minott of the Clean Air Council, Phil Wallis from Pennsylvania Audubon, and Liz Robinson of the Energy Coordinating Agency will lead a public discussion of environmental and energy issues in the 2012 presidential campaign.

“As the presidential campaign heats up, we think it’s very important to shine a spotlight on critical environmental issues and provide a public forum for discussion and learning,” said Mike Weilbacher, Executive Director of the Schuylkill Center. “We want to push people to think more deeply about the issues and their stances on them—to move beyond sound bites into a real discussion of the science, and how it can and should shape public policy,” Weilbacher explained. The event format is designed to encourage audience participation and active discussion between panelists and the audience.

The Town Hall Meeting will take place at the Schuylkill Center and will be the inaugural event for the center’s newly reopened 200-seat auditorium. The



**Joseph Minott of Clean Air Council to Receive Meigs Award**

The evening will begin with the presentation of the seventh annual Henry Meigs Environmental Leadership Award to Minott. As the executive director for the Clean Air Council, Minott has developed statewide recognition for his work on transportation and urban air pollution issues. He is also part-time professor of environmental issues and law at the University of Pennsylvania.

The Meigs Award honors leaders whose commanding presence and guidance toward our world’s sustainable future reflects the spirit, integrity and vision of Henry Howard Houston Meigs, whose family founded the Schuylkill Center in 1965. Past winners of the Meigs Award include Governor Ed Rendell and Philadelphia Deputy Mayor and Parks and Recreation Commissioner Michael DiBerardinis.

remodeling of the auditorium is the first of several facility and programming improvements the center has on tap for the fall. Schuylkill Center for Environmental Education is located at 8480 Hagy’s Mill Rd. Philadelphia, PA 19128.

For more information on the event, contact the center at 215-482-7300 x110 or [scee@schuylkillcenter.org](mailto:scee@schuylkillcenter.org).

~ [naomi@schuylkillcenter.org](mailto:naomi@schuylkillcenter.org)

# Regulation Of Plastic Use: Trying to Hit A Moving Target

by Don McGuire, Weavers Way Staffer

IN RECENT articles, I have referred to regulation of debit and credit cards (“plastic”) and the offerings from the card issuers with their changing fees and rules, as moving targets. Here is some history:

In 2003, Visa and MasterCard settled a lawsuit brought by merchants over their “honor all cards” policies that forced merchants that accepted credit cards to accept debit cards as well. This settlement did not affect card company policies that kept merchants from steering customers to cheaper forms of payment.

In 2010, the U.S. Department of Justice brought and settled a civil antitrust lawsuit against Visa and MasterCard, in which the companies agreed to drop certain policies that kept merchants from steering their customers to cheaper forms of payment, but the agreement left intact the card issuers’ policies that prohibited merchants from charging customers more when they use certain payment cards.

In 2011, the Dodd-Frank financial reform law established an upper limit on what banks can collect from merchants in “swipe fees” each time a customer makes a purchase with a debit card. This significantly reduced the average fee paid by a merchant for each debit card transaction (from an average of 41 cents to a mandated maximum of 24 cents), but placed no new controls over bank fees.

On July 13 of this year, Visa and MasterCard, along with major banks that issue their cards, agreed to a settlement in an antitrust lawsuit brought by merchants in 2005. This settlement must be approved by a federal judge before it is final. The merchants made two claims: that the companies engaged in price-fixing—charging high fees to process credit and debit card payments—and that the companies banned merchants from doing anything to get their customers to use less expensive methods of payment like cash or checks. Under this settlement, merchants will be allowed to add a surcharge on credit card purchases (thus passing on the high fees to the customer and preserving the incomes of the card companies), and card issuers will be protected from any future lawsuits over their charging practices. This agreement does not prevent card companies from hiking their fees in the future.

On August 5, one of the lawsuit plaintiffs, the National Cooperative Grocers Association (NCGA), of which Weavers Way is a member, announced it is re-

jecting the proposed settlement. Robynn Shrader, NCGA Chief Executive said “When NCGA signed onto this action, we did so in the interest of consumer fairness and in the support of industry transparency. This settlement continues to allow credit card issuers and networks to exploit retailers and consumers without risk of repercussion.” The announcement goes on to state that for years retailers have been forced to pay noncompetitive fees, averaging about two percent of the price of a purchase. The NCGA wants a revised settlement that holds card issuers accountable, ensures competition, and encourages innovation in payment systems. Given the history outlined above, it seems to me that the NCGA has taken a sensible position.

If you go to online sites that help consumers with debt settlement, you can find clear explanations of the difference between debit and credit cards. They also offer advice on how consumers can minimize fees from the plastic issuers. These practices will sometimes increase the cost of transactions for the merchant, but the most revealing information is about the latest innovation in the field of plastic, the prepaid debit card. DebtSettlement.com states that some prepaid debit cards have monthly account maintenance fees, fees to reload the account, fees for checking your balance, fees to load money on the card, and fees to withdraw money from an ATM! In a *Fort Lauderdale Sun Sentinel* article reprinted in the August 5, *Philadelphia Inquirer*, Doreen Hemlock writes, “So far, prepaid cards are largely unregulated. But the new Consumer Financial Protection Bureau is developing rules to standardize fees and make terms for the cards more transparent for users.” This sounds too familiar to give me any comfort. The target is continuing to move as the card issuers and the banks try to “innovate” in ways that create new revenue streams (read that as “new fee structures”) to offset the loss of their past incomes from practices that they have agreed in court were anticompetitive. So much for the free market.

The books have closed on another WW fiscal year, and I am looking forward to seeing how all the changes of this past year have affected WW’s credit and debit card costs. Indications are that those costs continue to rise, with 7 out of 8 of

(continued on page 21)

# High 5



## Donate Your Discount Program

### Help support WWCP’s Farm Education and School Marketplace Programs!

The High Five! Donate Your Discount Program makes it easy to donate your 5% working member discount to WWCP! Your donation helps us continue teaching Northwest Philadelphia’s children about urban farming, healthy eating, and how to run a cooperative business.

#### Two Easy Ways to Enroll

- “Register at the register” at either Weavers Way store, or
- Log into the Online Member Center and click on the link that says, “Donate my discount to Weavers Way Community Programs.”

*(You can opt out of the program at any time by un-registering at the register or going to the on-line member center.)*

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

**Weavers Way  
Community  
Programs**

## THE MILL ARTISTS’ STUDIOS

20th Annual

# OPEN STUDIOS

**Saturday & Sunday  
November 3rd & 4th, 2012  
Noon to 5 p.m.**

MANAYUNK  
123 & 128 Leverington Ave.  
Philadelphia, PA  
[www.millstudios.org](http://www.millstudios.org)

Silent Art Auction  
*Portion of proceeds to North Light Community Center & Philabundance*





# October Member Specials

Valid from October 3rd to October 30th

For more member savings, visit [www.weaversway.coop](http://www.weaversway.coop)



NASOYA  
Soy Mayonaise 24 oz  
**\$5.99** REG \$9.30



DAIYA FOODS  
Vegan Cheese Shreds  
Assorted Varieties  
**\$4.29** REG \$4.85



AMY'S KITCHEN  
Vegan Pizza 12-13.5 oz  
Assorted Varieties  
**\$7.29** REG \$7.91



BARBARA'S BAKERY  
Fig Bars 12 oz  
Assorted Flavors  
**\$3.79** REG \$4.75



NEWMAN'S OWN ORGANICS  
Ginger-O's Cream Filled  
Ginger Cookies 13 oz  
**\$3.49** REG \$4.37



EO/SMALL WORLD  
TRADING CO  
Bubble Bath 12 fl oz  
**\$7.99** REG \$9.54



FRONTERA  
Enchilada Sauce 16 oz  
**\$2.99** REG \$3.88



ONCE AGAIN NUT BUTTER  
Organic Sunflower  
Butter 16 oz  
**\$5.49** REG \$6.79



COUNTRY LIFE  
Liquid Cal-Mag 16 oz  
**\$12.99** REG \$19.93

Landscaping  
Gardening

**Mark Goodman**  
215-248-1676



**EARTHCRAFT**

PLANTING MAINTENANCE CONSULTATIONS  
SHRUBS FLOWERS GROUND COVERS

**Summit Presbyterian Church**  
Greene and Westview Streets

*A welcoming spiritual community  
dedicated to learning from diversity.*

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

**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	trumpet	saxophone	recorder

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

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



**MAPLEWOOD  
MUSIC  
STUDIO**

Richard Rudin  
Director

**215.848.8353**

**47 Maplewood Mall**  
in Germantown




**MACINTOSH  
CONSTRUCTION CO.**

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

Visit us on our website:  
[www.MacintoshConstruction.com](http://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](http://www.wissatree.com)

Alternative Healthcare  
for Women



Holistic Gynecology  
Natural Menopause Counseling  
Fertility/Pregnancy Consultations



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

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



**Shechtman**  
ARBORISTS • LANDSCAPERS

**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**



# Marion Nestle

(continued from page 1)

Nestle will deliver a talk called Food Politics: Is the Current Food System Sustainable? I highly recommend this important presentation to all of our co-op members.

Other prominent regional officials and grassroots activists will also participate in the series, organized by the Academy's Center for Environmental Policy as part of the institution's year-long bicentennial celebration.

"This is a great opportunity to hear what our community leaders have to contribute to the issues and to lend your voice to the discussion," said CEP Director Roland Wall. "We hope a lot of people will come and join the conversation." The events are:

## Philadelphia's Sustainable Food Village: It's Complicated!

Tuesday, Oct. 9, 6 p.m. reception, 6:30 p.m. program

Learn about how food moves from local fields to tabletops and the complex and interconnected food ecosystem in Philadelphia. Get a bird's-eye view of the many ways educational, agricultural, non-profit, and health organizations collaborate to bring nutritious, environmentally friendly foods to Philadelphia communities. Speakers include Steveanna Wynn, executive director of SHARE, and Ann Karlen, executive director of Fair Food.

## Is Sustainable Agriculture Bad for the Planet?

Thursday, Oct. 18, 6 p.m. reception, 6:30 p.m. program

Does eating local really make you a better citizen? Does eating grass-fed livestock raise your emissions? Is it worth it to pay extra for organic products? Join contrarian sustainable food writer James E. McWilliams, author of Just Food: Where Locavores Get It Wrong and How We Can Truly Eat Responsibly, and a panel of sustainable food experts as they dis-

cuss how we should eat to help the planet. Organized with the Urban Sustainability Forum. Moderated by Alison Hastings, manager of strategic partnerships, Delaware Valley Regional Planning Commission. Panelists include Blake Hurst, author of *The Omnivore's Delusion*, and Mark "Coach" Smallwood, executive director, Rodale Institute.

## Plenty for the Planet: Sustainable Food and a Well-Fed World with special guest Anna Lappé

Sunday, Oct. 21, 5:30 p.m., followed by reception

Can we feed the world and heal the planet? Join writer and sustainability advocate Anna Lappé and local experts as they discuss the role of sustainable food systems in addressing the roots of hunger. This celebratory evening will feature local food tastings and a chance to honor participants of the Delaware Valley Farm Share and Winter Harvest programs. See Lappé's provocative new short video in which she takes on the myth that chemical farming is needed to feed a hungry world. Presented in partnership with Common Market and Farm to City.

Marion Nestle's presentation is the series' Keynote Event and takes place Thursday, Nov. 8 (6 p.m. reception, 6:30 p.m. program). Nestle will discuss how food processing, marketing and sales are politicized in the U.S., will show food politics in action, and will ask whether the food system can be restructured in a way that is not harmful to people and the planet. Nestle blogs at foodpolitics.com and has written numerous books including *What to Eat: An Aisle-by-Aisle Guide to Savvy Food Choices* and *Good Eating, Taking Sides: Clashing Views on Controversial Issues in Food and Nutrition*.

Program supported in part by Drexel University's School of Public Health. For more information or to register, visit [www.ansp.org/visit/events/](http://www.ansp.org/visit/events/). See you there!

# Plastic

(continued from page 19)

our sales now being made using plastic. The bright side of this is that they can't rise much more, and maybe we can make some headway "steering our customers (and members) to cheaper forms of payment." Once again, let me encourage WW shoppers to try our own house brand of prepaid card, the WW Gift Card. It comes without fees of any kind, and is faster at the register than any plastic. And when you buy that card, consider how you pay for it. The forms of payment least costly to WW are cash or check; next cheapest is the plain debit card. Credit cards are more expensive for the Co-op, and any card that gives cash or miles rewards is even more so. American Express cards are the most expensive kind of plastic the Co-op accepts, so if you must go that route, please consider buying the biggest gift card amount you can afford—we will still save something on the reduced number of "swipe fees," just not very much.

Two last notes: all indications are that WW has had a very good and successful financial year. Congratulations and thanks, everyone! I am seeking testimonials from those members who have switched to gift cards that could be used in a campaign to promote their use. I would also like to know your thoughts about renaming them some variation of "prepaid card," since that is actually how they are now mostly being used, and about new, additional designs for the cards. Please email me your experiences, thoughts, and ideas on the subject, to be used in developing proposals for WW management. Thank you!

~ dmcguire@weaversway.coop

# ECO TIPS

from The Environment Committee

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



Victoria Vintage  
Vintage Clothing, Jewelry and Accessories for Women and Men. Plus lots more.  
6375 Germantown Ave. (near Johnson St.)  
Tues - Sat 12-7 215-789-8953  
[wistariavintage.com](http://wistariavintage.com)

## Concert in the Wissahickon

Saturday, October 20 from 1:30 - 5:30 pm  
Near Wissahickon Ave. & Sedgwick

**\$45 per person or \$100 for a family, in advance (\$50/\$115 at the door)**  
Call MALT at 215-843-6333 or go to [www.mtalrlearningtree.org](http://www.mtalrlearningtree.org) to order your tickets.

Featuring:



All the way from Massachusetts the BOXCAR LITTER



Roadshow Rules



Pumpkin painting, scavenger hunts and face painting for the kids. Flowering food and spirits! Bring lawn chairs or blankets and spend an enchanting afternoon with your neighbors.




Little Big Thing



Sharon Katz & Wendy Quirk of the Peace Train

Hosted by: Sue & David Demeberg, Allison Katzman & Mitch Bormack, Jen & Phil Flynn  
Sponsored by Wissahickon Orthopaedic  
Benefits MALT's "Make This Our Home" Fund





## 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 best things come in little packages!

**Co-op Gift Cards**  
Always great taste!





# International Year of the Co-op Update

by Margaret Lenzi, Weavers Way Board President

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

## Gold Mining Cooperative Receives Ethical Mining Certification



Photo credit: Nigel Wright

Members of Cotapata Mining Cooperative

THE GOLD mining industry is often highly exploitative and unregulated, plagued by issues like child labor and hellish working conditions and causing enormous environmental damage from the mercury and cyanide used in the extraction process, not to mention an almost complete lack of traceability along the supply chain. In 1991, a group of miners decided to do things differently and together established the Cotapata Mining Cooperative in Bolivia.

The Cotapata Mining Cooperative operates in accordance with strict principles and guidelines: for example, all workers, regardless of gender, receive a salary and are insured in the event of accident or death. The monthly salary paid to contracted workers is around \$300, a good wage given that the national minimum is around \$80.

The level of payment depends on the profits of the mine when they sell their gold, and all the money earned is split equally between all members.

The cooperative has 88 members and produces around three kilos of gold a month. The cooperative makes it possible for many small producers of gold to sell their products directly, without the need for intermediaries. The cooperative has implemented safer methods for recovering gold using mercury. Cotapata Mining Cooperative was the first mining organization in the world to receive ethical certification for their high standard of mining practices.

## Spotlight On Cooperatives: Coffee Cooperatives Supply the Beans for Philly Fair Trade Roasters




Photo courtesy of Philly Fair Trade Roasters

Joe Cesa of Philly Fair Trade Roasters

PHILLY FAIR Trade Roasters specializes in small-batch, organic Arabica coffee, hand-roasted on a daily basis for maximum freshness at their location at Four Worlds Bakery in West Philadelphia. Their coffee is sourced from cooperatives in Honduras, Mexico, Ethiopia, Papua New Guinea, Uganda, and Colombia. Philly Fair Trade Roasters are committed to sustainable agriculture practices as well as ensuring that the farmers are paid more for their crop than they would receive from normal trade channels. Check out some of the varieties of coffee they sell at Weavers Way.

For more info, visit [www.phillyfairtrade.com/about.php](http://www.phillyfairtrade.com/about.php)

Come see what's new!



# Community Day at Chestnut Hill Hospital

**Saturday, October 20, 2012**  
**10 am to 2 pm**  
**FREE!**

*rain or shine*

- Festival Food
- Kids' Activities
- Health Fair

### Chestnut Hill Hospital is excited to bring new ER care to the community.

Help us celebrate the opening of our NEW emergency department. Be one of the the first to see the bright and spacious emergency room and waiting area, technologically advanced operating rooms and family-friendly intensive care unit. *And, just have FUN!*

**Hot dogs, Pizza, Funnel Cake and more!**

**Magic Shows, Jugglers, Face Painting, Inflatable Rides**

**CHESTNUT HILL HOSPITAL**  
UNIVERSITY of PENNSYLVANIA  
COMMUNITY HEALTH NETWORK

[chestnuthillhealth.com](http://chestnuthillhealth.com)



# What You Wear May Be a Matter of Life or Death

by Sandra Folzer

WHETHER OR not we realize it, buying clothes may be an ethical decision. Though I am not a religious person, the phrase that comes to mind is “Father forgive them, for they know not what they do.”

Last week I took my two teenage grandchildren shopping at Macy’s because I won a gift certificate at a race. I had no idea that some of the clothing sold at Macy’s is made at the Rich Pine factory in Jordan. Workers there have 14-hour shifts from 8 a.m. to 10 p.m., seven days a week, with no sick days. They live in crowded dormitories where they must line up at 6 a.m. to use the limited toilets and washing facilities. They are often sexually harassed. For this they are paid 86 cents an hour.

Most of the merchandise from Rich Pine is sent to the U.S. The workers make clothing for Liz Claiborne, Macy’s, J.C. Penney, and Kohl’s. Liz Claiborne clothing has been produced at Rich Pine for at least three years and accounts for about 60 percent of the merchandise. Ironically, Liz Claiborne has been part of the “Fair Labor Association,” which is made up of 56 universities and an alliance of human rights groups and corporations to reduce slave labor.

Although the U.S. enacted a Free Trade agreement with Jordan allowing guest workers to form unions, Jordan was able to circumvent the agreement, making unions impossible.

While we may have labor laws and some unions to protect workers, other countries do not. Still, without regulation, slave labor occurs in the U.S. as well. In 1995, 75 Thai immigrants were freed from a factory in El Monte, CA, where they slept and worked in a factory surrounded by barbed wire. Worldwide estimates are that 12.3 million people work under slave-like conditions.

Rich Pine isn’t the only forced labor factory in Jordan. The largest is Classic, which has 5,000 workers. They export \$125 million worth of goods to the U.S., mostly to Walmart and Hanes as well as for Liz Claiborne. Workers have 14 to 15-hour shifts, and 18-hour shifts when shipments go out.

Last July, Canadian Senator Percy Downe from Prince Edward Island questioned a Canada-Jordan Free Trade Agreement because of horrors he heard about on a visit to Jordan. While visiting Classic, a

young woman gave him tapes testifying to the continual rapes at the factory. Women were pleading for help. One young woman from Kamala said she was being molested and tortured by her general manager. She described her whole body being in pain, with teeth marks all over her body. She felt she was destroyed but could not commit suicide because she had to support her parents.

Next time I pull out a Liz Claiborne sweater from my drawer, which I received as a gift years ago, I will think of the poor women who made it and how they suffer rape or other indignities because they cannot afford to lose their jobs.

But Liz Claiborne is not alone. American Apparel, Abercombe & Fitch, L.L. Bean, Gymboree, Hanes, and Burberry are other brand names that use sweatshop or forced labor. The International Labor Forum says these companies have failed to respond to fair labor standards to improve working conditions.

Nike has been criticized for its use of cheap labor; yet, they still rely on workers in Indonesia who live in extreme poverty and are often assaulted by employers. Nike owns 11 factories in Indonesia that produce 55 million shoes every year.

Gap Kids has been made with child labor, usually unpaid, in New Delhi, India, El Salvador, and elsewhere.

In 2010, 28 women died in a fire in Bangladesh because the factory doors were locked, and there were no fire escapes. The clothing they were making was for Target.

There is another reason to avoid name brands: 25 percent of the world’s toxins are used to process cotton, which is in most every piece of clothing we own. And the cotton to make one average T-shirt uses 400 gallons of water. Also, much of your clothing may contain nano-particles, metal particles so small they can seep into your skin and cause liver and lung problems. No labeling is required, but signs of their presence is in those clothes marked antibacterial, odor-resistant, and stain-resistant.

The workers who grow the cotton and make the fabric are exposed to great amounts of toxins. So, to be a responsible consumer, we should choose those companies who use neither slave labor nor toxins in production. We shouldn’t feel guilty about clothes we’ve purchased in

the past. Instead we can put energy into making wiser selections in the future.

For this article, I was inspired by a recent issue in Green America (GreenAmerica.org). Not only do they warn you to avoid name brands, but encourage you to buy organic, free-trade, or used clothing. They rate some companies as good, better and best.

- Good: Patagonia, Hanna Andersson, Eileen Fisher, NAU.
- Better: Mehera Shaw, Circle Creations, ShariBe, Stay Vocal, Mountains of the Moon, and Fair Indigo.
- Best: second hand clothing

If you don’t have a favorite thrift shop, you can go to ClothesSwap.Meetup.com. I know Meenal Raval and Betsy Teutsch of the Co-op have organized clothing swaps. Another good resource at this time of year is GreenHalloween.org.

You may also check clothing tags. Here are the best materials:

Bamboo, organic cotton, recycled polyester, soy cashmere/silk, Tencel, and wool.

Labels you want to see are: Bluesign, Certified Organic, FTC, GOTS, OEKO-TEX, SA800, and Union-Made Private Labels.

A good book on the subject is Naomi Klein’s *No Logo*. If you want to do research on your favorite brand, you can follow the steps suggested by ehow.com at [www.ewh.com/info\\_7737064\\_lists-brands-use-sweatshops.html](http://www.ewh.com/info_7737064_lists-brands-use-sweatshops.html). Or you may check sweatshop watchdog organizations like Institute for Global Labour and Human Rights at [www.globallabourrights.org/reports](http://www.globallabourrights.org/reports)

ALERT: Presently our government is trying to push a secret\* trade agreement, the Trans-Pacific Partnership (TPP), which would limit U.S. federal and state officials from regulating foreign firms operating within the U.S. and extend incentives to U.S. companies to offshore investment and jobs to lower-wage countries.

\* U.S. Sen. Ron Wyden (D-Ore), chair of the Senate Finance Committee’s Subcommittee on International Trade, Customs and Global Competitiveness, which would have jurisdiction over TPP, has been denied access to this document. To learn more from Public Citizen, go to [www.citizen.org/documents/fact-sheet-tpp-and-environment.pdf](http://www.citizen.org/documents/fact-sheet-tpp-and-environment.pdf)

# Antique Appraisal Day at Historic RittenhouseTown

ON SATURDAY, October 13, at 2 p.m. and 3 p.m., Historic RittenhouseTown will be holding an Antique Appraisal Day. Bring up to three items to be appraised by Alderfer Auction & Appraisal, and find out if you are sitting on a goldmine!

The cost is \$10 per item or 3 for \$25, with a maximum of three items per person. Proceeds benefit Historic RittenhouseTown. Advance registration required for appraisals; register at RittenhouseTown.org. There will also be a raffle and silent auction.

Historic RittenhouseTown is located at 206 Lincoln Drive. For more information, visit [www.rittenhousetown.org](http://www.rittenhousetown.org), e-mail [information@rittenhousetown.org](mailto:information@rittenhousetown.org), or call 215-438-5711.

# Community Day at Chestnut Hill Hospital

JOIN CHESTNUT Hill Hospital from 10 a.m. to 2 p.m., on Saturday, October 20, to celebrate the opening of the community’s new emergency room, operating rooms and intensive care unit. Be one of the first to see the bright and spacious emergency room and waiting area, technologically advanced operating rooms, and family-friendly intensive care. Group tours will be offered throughout the event. Also enjoy festival food, face painting, jugglers, magic shows, a health fair, and kids inflatable rides. This event is free and takes place rain or shine at Chestnut Hill Hospital, 8835 Germantown Avenue, Philadelphia.

Two Guys

Light Moving  
Hauling & Deliveries

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

215-850-4559  
215-668-8660

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

Coop Member Discount  
215-843-8258  
[www.mollykellogg.com](http://www.mollykellogg.com)

Molly Kellogg, RD, LCSW

Psychotherapist and Nutritionist

100 East Sedgwick St.  
Mt. Airy

135 South 19<sup>th</sup> Street  
Center City

Lifestyle Eyewear

MR. PEEPER'S OPTICAL

EYEWEAR CONSULTANTS

Lifestyle Eyewear

BACK TO SCHOOL  
Special  
\$109.99

7125 Germantown Ave.

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

215-248-6070

JANET AMES, REALTOR®  
[janetamesrealestate@gmail.com](mailto: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/32e2jw>

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 to 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

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

For more information on the home buying or selling process, visit [www.homesinnwphilly.com](http://www.homesinnwphilly.com) or call 610-308-0802 for a free consultation



L • E • T • T • E • R • S

Is it true?

Dear Editor:

Is it true that we members could save the Co-op thousands of dollars a year by buying gift cards and using them instead of our credit and debit cards at the cash register? Is it true that then the Co-op wouldn't have to pay all those bank fees and that would keep prices down? And if we did stop using credit cards, should we worry about our dear friends the bankers? I mean, would they all start to starve if they didn't get a small, but totally undeserved piece of co-op activity?

Just wondering,

Lynn Hoffman, author The Short Course in Beer


Thank you!

Open letter to the staff of the Carpenter Lane store.

You are all simply amazing. What you have pulled off since the store closed is nothing less then miraculous. You have worked in unbearable heat with little more than the breeze from the fans. You have carried in and out so many items that I imagine at home at night you still feel like you are on a circular treadmill. The creativity of the design of the Pop-Up store and converted ground level of 555 is a tribute to your many talents. I cannot write eloquently enough to do you the tribute you all deserve. I hope that you have received additional "combat pay" and daily recognition for your accomplishments. I am proud to be a Co-op member. You represent the best of us. Thank you!

With much admiration, awe and respect.

Shelly Brick



redbud native plant nursery


1214 n. middletown road  
glen mills, pa 19342

t 610 358-4300  
f 610 358-3330

redbudnativeplantnursery.com

open mid-march through november  
tuesday through saturday 9 to 5

native plants  
trees, shrubs, wildflowers, vines, ferns and grasses



CAMMAROTA'S PLUMBING & HEATING

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

Modern Kitchens & Baths


Drain Cleaning Available

gas piping—gas pressure testing  
automatic dehumidification systems

No job too small  
ask your neighbor about our work

JAMES CAMMAROTA

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



AMAZING SELECTION - FRIENDLY SERVICE - GREAT PRICES



BREWERS OUTLET

Free Beer Tastings  
Every Sat 3-5 PM

Craft Beers  
Belgians  
Imports  
Ciders  
Lambics  
Organics  
Sorghums  
Gluten-Free

One-Stop Shopping For All  
Your Beverage Needs

Sport Drinks  
Seltzers  
Juices  
Teas  
Water  
Sodas  
Organics  
Ginger Beers

Over 3,000 sq ft of Liquid Pleasure!

Best of Northeast Philadelphia 2011

Cases - Kegs - Ice - Snacks - Cigars - PA Lottery - Open 7 Days - Free Parking - We Deliver

7401 Germantown Ave., Phila, PA 19119, 215.242.3110, www.mylbrowersoutlet.com



Design, Installation &  
Management for Over 20 Years

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

David Brothers Landscape Services & Native Plant Nursery

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

Local Author Gets Inside the Criminal Mind

by Stacia Friedman, Assistant Director, CHCE

ANTHONY BRUNO has a black belt in ai-kido and that's a good thing for a writer who spent months interviewing notorious Mafia hit man Richard Kuklinski in a maximum security prison with no glass between them. No guards present either. Bruno's best-selling book, *The Iceman: The True Story of a Cold-Blooded Killer*, documents the callousness with which Kuklinski murdered 100 people, some just for sport.

"Kuklinski was dubbed 'the Iceman' when one of his victims was found in the woods on a summer day, his heart frozen solid," says Bruno, whose first success came in 1988 with the launch of his Bad Guys novels, which earned him comparisons to Elmore Leonard and Donald Westlake.

Bruno will share the chilling story behind the writing of *The Iceman* on Wednesday, October 24, at 7 p.m. at the Bombay Room, Chestnut Hill Hotel. A wine and cheese reception will follow. This event is sponsored by Chestnut Hill Center for



photo courtesy of Anthony Bruno

Anthony Bruno

Enrichment. Cost is \$12 in advance; \$15 at door, and ticket includes a ten percent discount on dinner at the Chestnut Grill. More information is available at 215-248-0180 or [www.chEnrichment.org](http://www.chEnrichment.org).



SALON 90  
at Nicholas & David

**Hair is Art**

Let us show you how to  
enhance its performance

Spend some time at Salon 90

CUTS-COLORS-HIGHLIGHTS  
MAKEUP-UPDOS-MASSAGE-MANICURES  
WE NOW OFFER NATURCOLOR™  
JANE IREDALE-MINERAL COSMETICS

215-242-2888

90 Bethlehem Pike, Chestnut Hill  
Between Borders & the R7 Train  
Wed, Fri & Sat 9-4 • Tues & Thurs 9-7

Easy Parking • Tuscan-Inspired Interior  
[www.salon90.net](http://www.salon90.net)

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](mailto:homebasedjewishlearning@gmail.com)



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](http://www.DentalArtsOfChestnutHill.com)

Avenue Art & Framing

Your neighborhood shop for quality custom framing



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

6837 Germantown Ave.  
Philadelphia, PA, 19119  
215.848.4420



# Suggestions

(continued from page 28)

significant decisions the Co-op has ever made. Looking back, I think the work requirement not only helped Weavers Way be Weavers Way and contributed to lower prices, member loyalty, high sales per square foot, a deep connection with staff, and of course a connection between members. It is this last connection I think about a lot. I have this sense that Weavers Way members working together for 25+ years contributed not just to Weavers Way’s success, I think it also contributed to Mt. Airy’s success as a neighborhood. Mt. Airy has always had a very involved community with thousands of people volunteering in neighborhood groups, kids’ sports teams, churches, synagogues, Town Watch, and many other groups. At the Co-op it wasn’t exactly volunteering, but it was at the co-op where working together with other members of the community became a regularized and routinized exercise in working together, which is part of the very definition of cooperation. I have this fantasy that some kind of work requirement could return, not so much to Weavers Way stores, but to communities in general. I’m really thinking urban agriculture; what if everyone in the city had a literal hand in food production six hours every year?

Another thing that occurs to me about the work requirement is that with the large expansion of our bulk section, there is still kind of a work requirement: shoppers now bag items at the time of purchase instead of bagging them in a packing shift in the basement.

Speaking of bulk, I also wanted to share some thoughts about bulk shopping. To the extent that people reuse containers and save money I think shopping bulk is an improvement over buying packaged. However, I have found two things disappointing about bulk retailing. One is that after we filled all the bins (which I helped pick out) and I had a good overall look at them I found myself not liking what I was seeing—basically food in plastic. Instinctively, I have developed an aversion to food in plastic. The other thing I find disappointing is that for the most part, bulk foods are shipped in tins, boxes, and bags

that are not themselves refilled (or refillable). They are mostly recyclable (except for plastic liners that some products use), but ideally to complete the zero packaging concept of buying bulk (which is why we encourage you to bring your own refillable containers), the shipping containers themselves would be refillable. The only product that uses containers that get refilled are the Sun And Earth bulk cleaners and soap. In my mind a sustainable food system would be as close to zero waste as possible, including refilling containers as opposed to recycling containers (which is still better than nonrecyclable containers). This is starting me on one of my favorite subjects—with all this focus on food impacts including health, sustainability, GMOs, price, selection, packaging, flavors, marketing, etc., I never see anyone pose this simple question: what would a healthy food system look like? More about this in future articles but here is a hint, I’m happy to both ask this question and answer it. Not that a healthy food system is possible to achieve in this day and age, but at least we should know what we’re striving for. Stay tuned to future articles (I think this is called a “teaser” in the media biz).

Speaking of a healthy food system, the other thing I’d like to discuss is something called “P6,” short for “Principle 6,” the sixth principle of the International Co-operative Alliance (principles that trace back to the Rochdale Pioneers co-op). Principle 6 is cooperation among cooperatives, and recently Equal Exchange and a few other co-ops got together to formulate a set of criteria that reflected the values expressed by P6 and could then be used to evaluate whether individual products met this criteria, and for the ones that did, have them be labeled as such on the shelf. Weavers Way has been invited to participate in the program, so now our staff is busy identifying which products that we stock meet this criteria. Once we have the items identified in our point of sale (POS) system, we will begin to label our items in a way that identifies which ones meet the P6 criteria. The criteria are a little vague, deliberately so, to give individual co-ops some control over what they deem eligible or not. Also, P6 is an evolving program, and we’ve been invited to participate in helping it evolve, which is great since I have ideas about what the criteria should be (since I already know what a healthy food system looks like). I can’t wait to inflict my thoughts on my Co-op peers, some of whom are as whacked as me (but none are as normal). Anyway, here are the criteria:

1. Local as defined by Weavers Way (for P6 any of these criteria can apply): Locally grown—grown within 150 miles; Locally made and/or processed—within 50 miles; and regionally made and/or processed—within 300 miles.
2. Produced by a co-op, which is defined as cooperative ownership of the business or nonprofit status of business.
3. Produced by a “small producer”, i.e., a company that is independently owned and operated and sells direct to stores or via a local distributor with a regional distribution area. If the organization is an international producer organized in a cooperative, “small producer” requires the cooperative to consist mostly of smallholders who generally do not depend on hired workers, but use their own and their family’s labor. In addition, profits should be equally distributed among the producers.

There was one suggestion and response I wanted to publish.

## Suggestions & Responses:

- s:** “Please consider adding Bubbies Pure Kosher Dill Relish to the Bubbies pantheon in the refrigerator section at Chestnut Hill. As the label announces, it has no sugar, vinegar, or preservatives, which is unusual for relish. Delicious on the usual burgers or dogs, it really enhances vegiburgers, too. I know you always have space issues. The jar is only 16 ounces and would take up much less room than the bread-and-butter chips, which I think are a new addition and in a very big jar. (In case they don’t do well, you might consider the relish as a replacement.) If desperate, I might concede to ordering a case, but refrigerator space is an issue for me, too.”
- r:** (Erin) Thanks for your suggestion, we are looking at this section and we’ll consider it. (Norman) I have to question the authenticity of this item. Vinegar and sugar were staples in my bubbly’s kitchen. As was “schmaltz,” which I think was fat skimmed off from making chicken soup, which was a staple in my bubbly’s cuisine. There was always a jar of schmaltz sitting on her kitchen shelf. Who knows how healthy it was, I am suspicious of fat that is solid at room temperature (typically created by chemical hydrogenation of oils, how natural). Of course bubbly’s food had the not-so-secret ingredient of love, so in that way all her food was “schmaltzy,” which also means “excessive sentimentality,” which I am guilty of right now in writing about my bubbly. So this is a now

a schmaltzy column. I look forward to writing more schmaltzy columns with relish. Schmaltz and relish, could that combo be the new slogan for the new promised land?

- s:** “Nutritional yeast, etc.—Did items go up in price?”
- r:** (Norman) There have been a couple of comments inquiring if our bulk prices have gone up. I don’t think we’ve changed our bulk markup since 2010. In fact, very few of our markups have changed since then. That means most price increases shoppers see are due to increases in cost from our suppliers. Our system indicates the last price change for nutritional yeast was in November, 2011. However, there were a couple wrinkles in our systems, our scale system does not directly communicate with our POS system, so there is a chance discrepancies creep in. Also, FYI, it is our policy and practice that the exact same item be the same price at both stores, with a few exceptions. Managers sometimes put items on sale when they get a special deal on something or need to clear something out. Also, with meat and produce and deli sometimes it is difficult to tell if items are exactly the same: there can be grade, size, brand, and quality differences that affect the price. Mistakes also sometimes creep in so if you have a question about a product, please ask a staffer; if the staffer on the floor doesn’t know the answer, they will take your info and we’ll get back to you.
- s:** “Why don’t we sell cotton candy. It’s sweet and melts in your mouth, resulting in a pleasing taste and sensual experience.”
- r:** (Norman) Good suggestion, we have kind of gotten away from this part of our Mission Statement. Our Strategic Planning Committee has recognized this and is working on pressuring management to break new ground in grocery retailing and create a hitherto unknown department in the co-op world, the Carnival department. We’ll have cotton candy, funnel cakes, and a Tilt-A-Whirl in the backyard of Chestnut Hill and in the schoolyard of Mt. Airy. Open 24/7. Schmaltzy music included as part of the experience, no charge. Note: funnel cakes are on hold until we find GMO-free batter. Doesn’t seem to be on anyone’s radar, but our attorneys are drafting a proposition for California voters.

## SHUTTLE STAFF

### Editor & Advertising Manager

Jonathan McGoran

### Advertising Billing

Susan Beetle, Anne Workman

### Graphic Design

Annette Aloe

### Proofreaders/Editors

Emily Law, Fran Wilde

### Contributors

Glenn Bergman, Megan Clinton, Susan Crane, Sandra Folzer, Stacia Friedman, Sarah Gabriel, Erica Hawthorne, Shelley Hedlund, Carolyn Huckabay, Clare Hyre, Melissa Klein, Naomi Leach, Margaret Lenzi, Marsha Low, Brenda Malinics, Jon McGoran, Claire McGuire, Hannah-Ruth Miller, Hillary Mohaupt, Arline Morris-Balaban, Rick Rigutto, Jon Roesser, Ken Schamberg, Larry Schofer, Eric Sternfels, Norman Weiss, Anne Workman

### Photographers

Sarah Gabriel, Shelley Hedlund, Jon McGoran, Claire McGuire, Jen Torpie, Jamie Stewart, Anne Workman

## 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

## Chestnut Hill

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

## Mt. Airy

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

## Across the Way Pet Store & Wellness

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

[www.weaversway.coop](http://www.weaversway.coop)

[contact@weaversway.coop](mailto:contact@weaversway.coop)

Follow us on  
Facebook  
and Twitter



## Advertise in the Shuttle

*Affordable and Effective!*

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

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

Contact:  
[advertising@weaversway.coop](mailto:advertising@weaversway.coop)



# Morris Arboretum’s Fall Festival and Designer Scarecrows

by Susan Crane, Director of Marketing, Morris Arboretum

EACH FALL, scores of families across the Delaware Valley look forward to the Morris Arboretum’s Fall Festival, an afternoon of fun and activity held the first Sunday in October. Celebrating its 14<sup>th</sup> year, the Morris Arboretum will host this year’s annual Fall Festival on Sunday, October 7 from 11 a.m. to 3 p.m. The Arboretum’s glorious landscape provides the perfect backdrop for this lively event. Colorful trees burst forth with hues of orange and red as families gather to make scarecrows, paint a pumpkin, or taste local apple varieties from Weavers Way Co-op.

Fall Festival is a highlight of the Arboretum’s fall calendar with something for everyone. What makes the event so unique is that almost all the activities are geared toward both children and adults, allowing families and friends to spend a wonderful afternoon together. Some Fall Festival activities have an additional fee. Check [www.morrisarboretum.org](http://www.morrisarboretum.org) for details.

Among the favorite activities is the scarecrow-making. The Arboretum sup-

plies all the materials, including the scarecrow frames, hay and a vast selection of clothing to craft a super scarecrow. This is serious business for many folks who are intent on having the “best-dressed” scarecrow around. Visitors are encouraged to come early for scarecrow-making, as many visitors head right to that area to ensure their pick of the best outfit.

Kids also enjoy choosing and creating a pumpkin “masterpiece.” Pumpkins can be purchased and painted in a variety of colors and decorated with glitter, yarn, pompoms and doilies. Other activities will include temporary tattoos and a whole host of other surprises!

New this year, the Elmwood Park Zoo will have animals on display from 12 to 3 p.m. with a formal program at 1 p.m. Come see how animals and interesting artifacts help bring learning to life.

Weavers Way Co-op will be joining the Fall Festival fun once again, with a selection of organic, locally grown produce and other Co-op products. Visitors

can delight in sampling the various apple varieties and choosing an assortment to take home.

For the fifth year and more popular than ever—October also features the Morris Arboretum Scarecrow Walk! From Saturday, October 6 through Sunday October 21, entries from our Scarecrow Design Contest will be on display along the Oak Alleé. This year there will be two categories of scarecrows, the original, designer scarecrows and also Storybook-themed scarecrows in conjunction with the Arboretum’s Storytime reading



photo courtesy of Morris Arboretum

The always popular designer scarecrows return as part of Morris Arboretum’s Fall Festival, Sunday, October 7

program. Visitors may submit their vote for the best scarecrows in each category to determine the prize winners.

For more information, visit [www.morrisarboretum.org](http://www.morrisarboretum.org).

~ cranesj@pobox.upenn.edu



**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](mailto:rebecca.buffum@prufoxroach.com)  
[www.thebuffums.com](http://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](mailto:Grant@GrantFox.biz) 215-771-2713

## WoodmereArtMuseum



## GENERATIONS

LOUISE FISHMAN,  
GERTRUDE FISHER-FISHMAN,  
AND RAZEL KAPUSTIN

OCTOBER 13–JANUARY 6

9201 Germantown Avenue • Philadelphia • 215-247-0476  
[woodmereartmuseum.org](http://woodmereartmuseum.org)

Louise in Avalon, Summer 1946 by Razel Kapustin (1908–1968). Watercolor on paper, 17 ½ x 14 ½ in. Courtesy of the Louise Fishman Foundation and Cheim & Read, New York

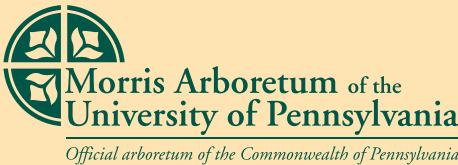
## Morris Arboretum



**Fall Festival** *Sunday, October 7 • 11am – 3pm*  
Scarecrow making, pumpkin painting, local produce and more!

**Scarecrow Walk** *October 6 – October 21*  
Come see more than 30+ designer scarecrows along the Oak Alleé.

**Growing Minds** *On-going*  
Get creative, have fun, and be inspired by nature with a wide variety of *NEW* programming for kids and families.



Open daily 10am - 4pm  
Weekends until 5pm

100 East Northwestern Avenue • Philadelphia, PA 19118 • 215.247.5777  
[www.morrisarboretum.org](http://www.morrisarboretum.org)



# Full Fall at Woodmere Art Museum

by Carolyn Huckabay, Woodmere Art Museum

CHESTNUT HILL’S Woodmere Art Museum invites visitors to experience a wide array of new exhibitions, children’s programming, and special events this autumn—from live jazz and classical music to a straw maze for kids, dynamic special exhibitions to after-hours movie nights. To top it all off, the Museum now offers free admission every Sunday (excluding special events, such as Classic Sundays).



photo courtesy of Woodmere Art Museum

Woodmere’s amazing Hay Maze is back

As Philadelphia’s premier institution for interpreting the art and artists of Philadelphia, Woodmere presents *Generations: Louise Fishman, Gertrude Fisher-Fishman, and Razel Kapustin*. On view Oct. 13, 2012 through January 6, 2013, *Generations* explores one critically acclaimed artist’s extraordinary body of work and the familial inspiration—Fishman’s mother, Gertrude, and her aunt Razel—that made it so. A noted feminist, Fishman is an internationally renowned abstract painter who was born and raised in Philadelphia.

Also on view, *Murray Dessner: A Retrospective* recognizes the ethereal and mesmerizing works of a legendary Philadelphia artist and teacher. This exhibition will be the first to survey Dessner’s major achievements, and will include important paintings from Woodmere’s permanent collection as well as the Pennsylvania Academy of Fine Arts, where Dessner was both a student and a teacher. Accompanying these exhibitions is an ongoing lecture series, including a *Generations* gallery tour on October 13 and a Dessner gallery talk on October 27.

Woodmere’s Friday Night Jazz and Classical Sundays series bring musicians to Woodmere for live concert performances. Don’t miss *A Tribute to Sarah Vaughan: First Lady of Jazz* on Oct. 12. In addition, Woodmere and the Chestnut Hill Film Group have announced a new After Hours Film Series, including such

classics as *Casablanca* and *Gunga Din*, throughout October and November. A full schedule of music and film happenings is available at [woodmereartmuseum.org](http://woodmereartmuseum.org).

If you’ve passed by Woodmere’s bucolic Chestnut Hill estate lately, you’ve noticed it’s undergone a hay-laden transformation. *Diagon Alley: Woodmere’s Wizarding Market*, open to the public through October 28, is a *Harry Potter*-themed straw maze created by Peter E. Brown and designed for kids age 4 and up. Bring the family for accompanying magical art-making activities every weekend—including “Hogwarts Castle” on October 12-13 and the “Harry Potter Weekend: Tri-Wizard Tournament, Magic Wands and Treats from the Trolley” on October 26-28.

Woodmere Art Museum is located at 9201 Germantown Ave. For more information, visit [woodmereartmuseum.org](http://woodmereartmuseum.org) or call 215-247-0476.

~ carolyn@canarypromo.com

## 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.



## Tailor Maid Cleaning

Expert Reliable House Cleaning

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

Elaine and Michael Platton  
215-248-0709



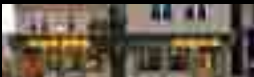
## Ask Them Why They Chose Iowa.



ERNST A. ILLG MEATS, Inc.



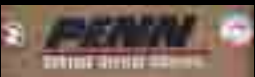
LTL COLOR COMPOUNDER, Inc.



WEAVERS WAY CO-OP



HERITAGE BUILDING GROUP



PENN DETROIT DIESEL ALLISON, Inc.



PERUZZI AUTOMOTIVE GROUP



1104 East High Street, Pottstown, PA 19464  
8002 Germantown Avenue, Philadelphia, PA 19118  
Phone 610-327-1980 • Fax 610-327-8267 • [www.iowagroup.com](http://www.iowagroup.com)

## Fresh Artists Returns to WW for CH Fall for the Arts, Oct. 7

October 7th is the Chestnut Hill Fall for the Arts and once again, Weavers Way is sponsoring the 3rd Annual Fresh Artists Clothesline Art Sale. Proceeds of the sale will go to purchase of art supplies for Philadelphia’s most severely under-funded public schools.



Prior to the event, your children can donate their artwork for this sale. Just bring your child’s artwork to the Chestnut Hill store and leave it in the Fresh Artists collection bin. This year Fresh Artists is adding something new, a “make and take” art project at the sale with the subject of healthy food choices. Kids can make their own tiny Memory

Game, packaged in its own miniature Chinese takeout container! Art made for this project will be judged and prizes given by age category at the end of the day.

Fresh Artists is a nonprofit organization dedicated to saving artmaking for all children and creating real opportunities for children to be philanthropic. For more info, visit [www.freshartists.org](http://www.freshartists.org).

## CAMA Acupuncture Offers:

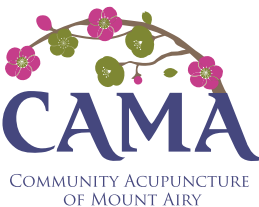
- \* ELEGANT, WARM, HEALING ENVIRONMENT
- \* RELAXED IN DEPTH INTERVIEWS
- \* WHOLE BODY TREATMENTS ON COMFORTABLE TABLES
- \* CHINESE HERBS
- \* AFFORDABLE FERTILITY CARE
- \* WELLNESS EDUCATION

DAY & EVENING APPOINTMENTS

SERVING MT. AIRY SINCE 2005!

WE ARE YOUR NATURAL SOLUTION FOR ILLNESS, PAIN & STRESS

ELISE RIVERS, M.AC.  
**215-266-5757**  
6782 GERMANTOWN AVE  
**CAMACENTER.COM**  
ONLINE SCHEDULING!  
**\$30-\$45 SLIDING SCALE**



## Mind Body Spirit Expo<sup>TM</sup> November 2-4

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

\$5 off  
General Admission  
with this AD  
PER PERSON OR COUPLE

Not good with  
any other discount  
(code: WW)

The Holistic & Spiritual Event of the Year!



The Secret's  
**Michael Bernard Beckwith**



**Rickie Byars Beckwith**  
Performer/Composer



**Donna Eden**  
Energy Medicine



**Krishna Das**  
Kirtan Concert



**Lorna Byrne**  
Irish Mystic Who Sees Angels



**Oneness Meditation**



**Carol Bowman**  
Past Life Regression



**Joseph Tittel**  
Renowned Psychic

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

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

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

**Advance Ticket Discounts! Call: 215-627-0102  
or visit: [www.MindBodySpiritExpo.com](http://www.MindBodySpiritExpo.com)**





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.

Not many suggestions for this issue so readers have to put up with me as “columnist” instead.

New store is open, lots of ooohs and ahhs from the residents of the hometown of Prius University. Still many bugs to work out and some product placement and product choice issues to work through, but that is to be expected and we will evolve

over time. Things I like include the openness of the stairway and as you walk in, the smoothness of the stainless steel counter, and the overall look. Things I don’t like are the pinched traffic flow in places, the places where lighting is too bright, and that you can’t slide a shopping basket around the checkout. Please continue to let us know your feedback via the Suggestion Book, telling staffers or emailing [contact@weaversway.coop](mailto:contact@weaversway.coop) (a full email directory is on our web site at [www.weaversway.coop](http://www.weaversway.coop)).

Recently I was interviewed by Karen Heller of *The Inquirer* about our new store and changes I’ve seen over the years at Weavers Way. I mentioned one of the big changes was changing the work requirement from mandatory to optional. I mentioned that in my mind, this choice had, like most choices, an upside and a downside. The upside was it made the co-op experience available to more people since not everyone is willing and or able to work. The downside is it made the Co-op less of a co-op since not everyone is involved in directly working with other Co-op members. When members voted to drop the mandatory requirement I was ambivalent as to where I stood. I have since had many other thoughts about the work requirement, including thinking that that decision was one of the most

(continued on page 25)



# THIRD ANNUAL Taste Fair

**Saturday, October 13**  
**12 to 4 pm**

Enjoy an afternoon of food, music and fun in the store and on the back lawn at Weavers Way Chestnut Hill.



## food sampling

natural brands and local vendors including:

One Village	Queens Kitchen - a local bakery
Swiss Villa	
Little Baby's	Little Bakery - a gluten free bakery
Equal Exchange	
Bobbies Hummus	Pearls of Nature a local body oils & salt scrubs vendor
Powell and Mahoney	
Zsa's Gourmet Ice Cream	



## live music

### A Great Time to Join!

Become a member on the day of the Taste Fair and receive a free Co-op water bottle!





**Weavers Way Chestnut Hill • 8424 Germantown Avenue**

## A Reminder from The Incredible **BULK**



# BE AN ENVIRONMENTAL SUPERHERO!

Help save the planet from disposable waste.

Bring your own reusable containers from home when you shop in the bulk department.




Weavers Way Co-op’s Mt. Airy store has a fresh new look, the largest bulk department in the city and a brand-new Wellness and Pet Care store, just “Across the Way.” Stop by and rediscover Weavers Way!

### 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](http://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!

<b>Mt. Airy</b> Weaver Way Community Room 555 W. Carpenter Lane (next door to WW Mt. Airy Store) <b>Wednesday, October 10, 6:45 p.m.</b> <b>Wednesday, November 14, 6:45 p.m.</b>	<b>Chestnut Hill</b> Chestnut Hill Community Centre 8419 Germantown Ave (across the street from WW Chestnut Hill Store) <b>Saturday, October 20, 10 a.m.</b> <b>Saturday, Nov. 10, 10 a.m.</b>
--	---

Equal Exchange Fair Trade

## October Coffees of the Month



### Mind Body and Soul

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

### French Roast Decaf

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



Oct. 3 - Oct. 30

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](mailto:outreach@weaversway.coop).