



**Gluten-FREE DAY**

*Details on back page.*

Members get an additional 5% off their purchases all week!

**MEMBER Appreciation Days**

**JANUARY 13 - 19**

*Details on back page.*

**Call for Candidates**

Weavers Way Co-op needs members to run for a seat on the Board of Directors. Send inquiries to: woo3d@earthlink.net



# The Shuttle

January 2013 Vol. 41 No. 12

A Cooperative Grocer Serving the Northwest Community Since 1973

## Wanted: A Few Good Cooperators for the Board


by Margaret Lenzi, Weavers Way Board President

Do you have an interest in serving Weavers Way and a commitment to its mission, values, and goals? Are you a conceptual thinker who can grasp the big picture? Can you work in a group to oversee a vibrant developing organization?

If this sounds like you so far, you might be interested in running for the Weavers Way Board. And you thought the election season was over in November! Not so in

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**Book Drive Delivers Smiles**



*photo courtesy of Harrity Elementary School*

Third graders at Harrity Elemenary with books collected at Weavers Way, Big Blue Marble Bookstore, and Valley Green Bank, through the bank's annual Book Drive. Thanks to those who donated books, all 860 students, grades K-8, at Mastery Charter School Harrity Elementary were able to take home a free book before the winter break.

## Amendment Threatens Urban Farms in Philly

by Jon McGoran, *Shuttle* Editor

ON DECEMBER 13, 2012, less than four months after the widely anticipated implementation of the city's brand new zoning code, City Council's Committee on Rules has voted to approve an ordinance that undoes important aspects of the code, including the gains made for urban agriculture in Philadelphia. Introduced by Councilman Brian O'Neill, Bill 120917 creates restrictions on a range of uses in commer-

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## Weavers Way Partners with GFS in a New Healthy Snack Initiative

by Cece Dye, GFS Class of 2014

WEAVERS WAY has recently teamed up with Germantown Friends School in an initiative to provide healthier snack options for the GFS community and bring in funds for the sports program. The project is a student-run snack stand, known around GFS as the Tiger Den. Though this concession stand, located in the Scatergood Gym on the GFS campus, has been around for a few years, it only recently began to bring in

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Pictured here at the new Tiger Den snack bar at GFS are (l-r) Lydia Wood of Mount Airy, Djavon Dupree of Oak Lane, Jalen Thompson of Germantown, and teacher / coach Tom Levy of Manayunk.

## WWCP Hires New Executive Director

by Jon McGoran, *Shuttle* Editor

WEAVERS WAY Community Programs (WWCP), the nonprofit arm of Weavers Way Co-op, is proud to welcome Jill C. Fink as its new executive director. Fink is a well-known figure in the community who brings to WWCP a wealth of experience, as an entrepreneur, an activist, and an executive, working in the non-profit and private sectors.

“We had a group of well-qualified candidates for this job, with a breadth of non-profit leadership experience and a strong commitment to WWCP’s mission,” said WWCP board president and acting Executive Director Mira Rabin. “What made Jill stand out was the clear-

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photo courtesy of Jill Fink  
New WWCP Executive Director Jill Fink

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# Editor’s Note



by Jon McGoran,  
Shuttle Editor

Last summer, the makers of AquaBounty, the genetically modified (GMO) salmon currently seeking approval from the FDA, said they expected their fish would be on America’s dinner plates by Christmas. Well, it turns out they were wrong. Christmas has come and gone, and Aqua Bounty wasn’t part of anyone’s holiday feast. But next Christmas, it might be.

The genetically altered fish have moved a step closer to approval. No, the tinkering hasn’t activated some long-dormant gene for legs and feet; but the Food and Drug Administration has officially declared that AquaBounty would have “no significant impact” on the environment and is “as safe as food from conventional Atlantic salmon.” According to an article in the New York Times, final approval is now highly likely, although there will be a 60-day public comment period (we will post a link at [www.weaversway.coop](http://www.weaversway.coop) when it is available).

While the FDA can’t predict when the salmon will be approved, consumers will know when the fish has arrived because... well, actually they won’t know, and not because AquaBounty has been spliced with a gene to make them invisible (although a few jellyfish genes here and there might make them clear, and then you could make salmon mousse without out the aspic).

Consumers won’t know AquaBounty has arrived because it won’t be labeled. We still don’t do that in this country. We don’t do much GMO safety research, either. As far as I can tell, the logic is that labeling of GMOs is only important if you are trying to make an informed choice, and since the GMO research is totally inadequate, why bother with the labels, right?

But this past September, one of the first long-term studies into the safety of GMOs was released (see page 23), with some startling results. The study was attacked from many fronts, and while it is far from conclusive, I couldn’t understand why so many critics called it unintelligible. But then I realized: it’s in French.

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### Statement of Policy

Articles should be under 500 words and can be submitted on disk at Weavers Way Mt. Airy or by e-mail to [editor@weaversway.coop](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.



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# Kestrel Says Farewell

by Kestrel Plump, outgoing WWCP Farm Educator

I STILL remember the feeling of my first day working at WWCP. It was five in the morning and Nina Berryman, Nicole Sugerman, Mike Herbst and I were all piling into the Weavers Way Van and heading to PASA. I was so excited to be going to my first ever professional conference. Even though 2011 was to be my fifth season farming, I felt as though I had finally arrived at my career, my life’s work—to grow food sustainably and to teach others the techniques and joys of working with the land. I was so dang excited that I am quite sure I talked louder and longer than my traveling companions would have like at such an early hour, but I could not contain myself. Life just felt so good.



After two years, I am moving on from WWCP. My small family and I are following our dream of living and farming with friends. For this next adventure, we will be moving to Leicester, Vermont, where I will be the field manager for Gildrien Farms, owned by our good friends Caitlin and Jeremy Gildrien and their soon-to-be two-year-old daughter Sonora. Moving from the loud streets of Philadelphia to a tiny one-room cabin in rural Vermont will be a change so stark I can’t wrap my head around it.

It is also difficult to fathom that it has only been two years since Rachel Milenbach called me to tell me the I would be WWCP’s newest Farm Educator. So much

(continued on page 7)

# Weavers Way’s Winter Garden

by Nina Berryman, Henry Got Crops Farm Manager



photo by Nancy Anderson

Nina Berryman (r) with students from Saul High School at Weavers Way’s Farms’ “Winter Growing Space”

COLLECTIVELY, WEAVERS Way farms have over 6,000 square feet of winter growing space. In this case, “winter growing space” is made up of our high tunnels and low tunnels (also known as hoop houses) which are really just simplified green houses, made of plastic and metal poles. They are heated only by the sun, and have no electricity. We boast two of the first high tunnels in all of Philadelphia, made possible through our long standing partnership with Penn State Extension. These structures give us “season extension” by allowing us to extend the growing months to be year round in Philadelphia. The slowest month of growth is January—which is therefore when Rick and I take vacation! However, if you have a warm winter, like last year, you can even harvest during the short, cold days of January. The crops that do well in tunnels over the winter are the same types of crops you’ll see growing outside in the spring and fall—vegetables that can tolerate a little bit of cold. In our six tunnels we currently have: bok choy, tat soi, lettuce heads, arugula, mesclun mix, lettuce mix, spinach, mache, turnips, radishes, carrots, collards, kale, and Swiss chard. Many of these vegetables made it to the stores in December and you’ll see them again in late January, February, and even through March.

The tunnels are great oases of warmth and vegetation during the cold months. On a sunny day it can be twenty degrees warmer in the tunnels. I welcome a solitary, sunny, winter afternoon weeding in one of our tunnels. Even though 6,000 square feet sounds like a lot, it’s a welcomed, manageable amount of land to tend compared to the fields in the summer. Unfortunately they are also an oasis for pests that probably like the protective warmth as much as the farmers! Slugs, aphids, and pill bugs are our biggest problems in our structures. Another tricky part of tunnel management is ventilation. Since they don’t have any electricity, opening the doors and rolling up the sides at just the right time of day is critical. It’s important to have air flow to prevent disease, but you also don’t want to lose all your heat!

High tunnels are becoming more and more common in Philadelphia, with a couple being constructed every year. Penn State Extension has started the High Tunnel Alliance for urban farmers to share knowledge and experience among one another. For more information on the High Tunnel Alliance and season extension, check out the Penn State Extension website: <http://tinyurl.com/7runcky>.

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

# Meet WWCP’s Newest Farm Educator

by Shelley Hedlund, WWCP Farm Educator



photo courtesy of Shelley Hedlund

Farm Educator Shelley Hedlund, with her son, Tucker

AFTER A year as lead apprentice, I am pleased to be moving into the position of Farm Educator, as a more permanent part of WWCP. I believe that investment in community is invaluable, so I am excited to delve deeper into my immediate Northwest community. As a resident of Mt. Airy and a Co-op member, I have seen the growth of the Co-op farms and more recently the education programs with WWCP, and I look forward to helping the local food movement continue to grow in creative ways.

I have a lifetime of experience gardening, having asked my mother as a young person if I could take care of a corner of our yard myself. This next season will be my fifth season working on a farm, and I am excited to continue to learn from the land and the farm’s diverse range of visitors and volunteers. More recently, I have worked on organic production farms Whistling Duck in Trail, Oregon, Wheatland Vegetable Farm in Purcellville, Virginia, and a farm homestead in Easton, Maryland. In addition, I have had a plot in the East Mt. Airy Community Garden “Gabbie’s Garden” since the garden started. My love of food, health, and nutrition took me to pursue a certification as a Holistic Health Counselor, helping people to find balance with their lives. I hope to use these farming experiences and my nutrition education in my work at WWCP.

I studied art and have spent ten plus years as an educator in the arts, working with organizations like Moore College of Art, Mural Arts, Fleisher Art Memorial, Multicultural Youth Exchange, and Pennsylvania Academy of the Fine Arts. Throughout my time as a teaching artist, I was drawn to how beauty was achieved through reclaiming abandoned lots around Philadelphia and creating a space for community to come together. I helped restore an abandoned park near Girard Ave to a safe garden and playground through my work as a program director with MYX: Multicultural Youth Exchange. My passion for the arts, working outside, and transforming spaces with hard work and community members working together make the role of a farm educator at both the Hope Garden at Stenton Family Manor and the Mort Brooks Memorial Farm at Awbury Arboretum an ideal job.

For more on WWCP, including how to support its educational initiatives, visit [www.weaversway.coop](http://www.weaversway.coop), and click “Weavers Way Community Programs.”

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



# Winter is the Time for Citrus

by Michael Herbst, Chestnut Hill Produce Manager

WINTER IS an exciting time in the produce department! Despite the lack of local seasonal offerings, there are still plenty of tasty fruits and vegetables to fill your kitchens and plates. Most notable is the abundance and variety of citrus fruit.

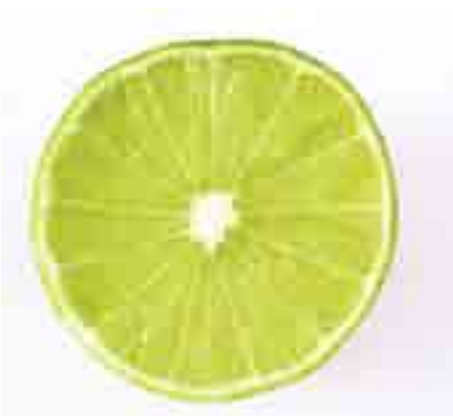
Citrus fruit grows on evergreen trees that are generally not frost hardy. Citrus trees blossom in the spring; the fruit ripens in the fall and is harvested in the winter. While you will find citrus available year round, winter is its peak season. You will find the most variety and best quality citrus of the year in stock during the winter months. Below is a list of some of the seasonal citrus varieties you can expect to find on our shelves to help brighten a cold winter day.

## Kumquat

Kumquats are small oblong fruit with golden-orange flesh and are entirely edible. The peel is sour-sweet and the flesh is juicy and tart. Eat kumquats whole for a rush of sweet-tart zippiness! They’re good for snacking and garnishing salads or drinks. Kumquats can also be used in preserves, marmalades, and relishes. Select ones that are firm and glossy with good color for the best flavor and quality.

## Minneola Tangelo

Tangelos are a hybrid of tangerines and grapefruits. They are notably juicy, with a sweet-tart flavor. The minneola variety is sometimes referred to as *honeybell*



due to its characteristic knob at the stem end which makes them look bell-shaped. They have a deep red-orange skin that is generally loose and easier to peel than an orange. With little to no seeds, minneola tangelos are ideal for on-the-go snacking or for slicing onto salads. Select minneolas that feel heavy for their size.

## Meyer Lemon

Unlike more common lemon varieties, Meyer lemons have a sweeter and less acidic flavor. The skin is fragrant and thin, colored a deep yellow with a slight orange tint when ripe, like an egg yolk. The flesh is a dark yellow and contains up to 10 seeds per fruit. Meyer lemons can be easily used to replace common lemons in any dish to improve flavor.

## Rio Star Grapefruit

Grapefruit can be found in any grocery store year round, but only in the

winter can you find a Rio Star grapefruit. Grown in Texas, this variety has the deepest red flesh of any grapefruit variety. Rio Star grapefruit have superior flavor and are often lauded as the highest quality grapefruit. Like many citrus fruits, select ones that feel heavy for their size. Fact: Grapefruit get their name from the way they grow in clusters in trees.

## Key Lime

Key limes are smaller, thinner-skinned, and more intensely flavorful than the more common Persian lime. The bold flavor of Key limes results from having higher acidity. They are excellent for flavoring fish and meats, marinades, making limeade, and garnishing drinks and plates, due to their tantalizing bouquet and unique flavor. When selecting Key limes, remember they have bright yellow skin when ripe rather than the brilliant green of a Persian lime.

## Satsuma Mandarin

Similar to the more familiar Clementine, satsumas are small, easy to peel, and amazingly sweet. However, they have a more complex flavor with notes of tangerine and orange that go beyond the simple sweetness of a Clementine. Look for tree-ripened varieties for one of the best pieces of citrus you’ll have all winter!

~ mherbst@weaversway.coop

# New, Improved Prepared Foods Department

by Jenna Balaban, Prepared Foods Kitchen Manager

SINCE THE remodel of the Mt. Airy store, the prepared foods department has a new case as well as new items. Along with all of the salads that were featured in our old case, we are now offering a wider selection of prepared items such as whole roasted chickens from Bell & Evans, mashed potatoes, lasagnas, sautéed greens, and more. These are just a few of our “ready-to-heat” options. All of these items are fully cooked and ready for our shoppers to take home. We have also just started to include different types of pizza by the slice.

The prepared dinners can be found in the open refrigerated case located in front of the deli. Also in that case we have prepared green salads, sandwiches, and fresh sushi. Most of our soups are made in-house by our talented chefs and they are a perfect addition to any meal in the winter. Additionally, we will have daily samples of our salads and spreads displayed on the deli counter at the front of the store. We hope you all enjoy our new additions and thank you for supporting the prepared foods department during these changes.

~ jbalaban@weaversway.coop

# New Year’s Resolution: Shiny Teeth!

by Anton Goldschneider, Pet Store Manager

WE PROVIDE many different chew options for your dog(s) in the Pet Dept. These include real bones, rawhide, soft chew toys, hard rubber toys, and bully sticks. After allowing my dog Sky to try all of them, I have come to the conclusion that the most effective, enjoyable and safest option is the Primal Raw Marrow Bone. Reasonably priced at \$11.17 for a six pack, you can’t go wrong with these bones. A raw bone may be cheaper at a butcher shop, but they are not cut up into a size which will allow your pooch to clean out all of the nutritious marrow. Also, a butcher shop’s raw bone availability can be limited. Due to the popularity of these bones, I have been keeping the Pet Dept freezer well stocked.



acids designed to digest large chunks of meat and even pieces of bone. Remember that dogs share 99.8 percent of their DNA with their wolf ancestors, thus having the internal anatomy of a carnivore.

Meaty bones like chicken necks can be completely consumed while the harder marrow bones are not meant to be swallowed. Please supervise your pet while they are chewing as it would be impossible to say that there is no way for a dog to get into trouble with any given object. It can take some time for your furry friend to adjust to the richness of marrow bones. If she is experiencing loose stools, only allow her to keep the bone for a short period until her system can adjust. Generally you can leave the bone with your dog until all of the marrow is cleaned out and she loses interest in gnawing on it. You can give the bone straight out of the freezer while it is

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# Happy and Healthy 2013 from Across the Way

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

ONE OF my favorite Shuttle articles I write all year is the one I pen for the January issue—what was new, what was different, what was the last year all about. Well, we know that 2012 saw major changes for WW Mt. Airy—what a year it was.

When we began 2012, we were at our 559 store and our Staff was a bit different than it is now. Cara, our Assistant Department Manager and Chief Merchandiser, had been with us for four and a half years and what a run of great fortune for us. She is solid, steady, brought in wonderful companies and products and aided and abetted our shoppers in their quests for excellent ways to maintain good health. She now is the Personal Care/Wellness Buyer for Mariposa Coop. (If you stop by there, give her a hello from Mt. Airy.) Amy headed to the Pet Supply store in the Spring so she could gain more knowledge and have more opportunities in the companion animal field—did you know she is a pet massage therapist? Andrea became the “New Cara” and following Cara’s lead, wowed us with her beautiful displays and dazzling merchandise choices. She is with us part-time, and is also the new Assistant Grocery Manager and the Wellness/Personal Care Buyer for CreekSide Co-op. Kirsten joined us this summer and we are happy to have her with us. How lucky to have another display artist who makes us look so pretty. We expect to welcome a new person during the first part of the year.

So, here we are in December 2012, with a new home and new staffers. We hope you have been to see us “Across The Way” and if you have not made it here yet, do drop by and see us soon. We hope you love what we have done with the space! It has been a collaborative and cooperative venture with many colleagues pitching in—we thank you all. We opened the new space on lucky Friday, July 13, and for the first two weeks, shared the space with a talented group of workers—the cool electricians, with Matt who spent three days to hang the door and do the finish work on it and the window, Jeff who plowed through our “honey-do” list with care and attention to detail, the alarm and smoke detector folks, Joe who did the H-VAC work, and our own Steve Hebden overseeing a comprehensive “to do” list. We had a party goin’ on.

As we made our decisions for what we could bring with us to our new space, Andrea and I carefully reviewed our sales figures with the thought that any items we discontinued due to slower sales would still be available to our members via pre-order. Because we had to condense our offerings, we did have to pare down to the products that were proven to be solid sellers along with bringing in new, excellent products. If you don’t see an item that you adore, please ask us about it—we are always happy to pre-order items for our members!

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# Managers Corner

by Glenn Bergman, General Manager

## Mutual Mt. Airy: Aging in Place

An interesting meeting was held on December 3, at Lovett Library by members of the steering committee of Mutual Mt. Airy. Sixty Mt. Airy residents were in attendance from many different walks of life, all interested in learning more about how a group of older Mt. Airy citizens can organize so that they can stay in their homes and age in a supportive way in their community. If you have not heard about this group please take a look at the piece in a recent Patch article. Also more information is available by contacting Peter Javscas at 215 205-8157 or javscas@pen-trans.org. The next meeting is scheduled at the Lovett Library for Monday, January 14, 6:30 p.m. In the meantime look at the resource list to the right.

## Henry School and Public Schools in General

Weavers Way Mt Airy has had a long history of working with the Henry School. I have reached out to the new principal and the PTA and have asked them to come to Weavers Way with more requests. Basically, I have told them to please think of WW and the surrounding businesses on the corner as a resource. We can assist in many ways that we are both unaware of at this point.

One way that members can get more involved in this great public school is simply by calling the school and asking. Contact the PTA at Henry at kbtannen@hotmail.com. Weavers Way is also going to explore ways that members can receive their work hours by volunteering at Henry. Our Membership Manager has met with RSVP (Retired and Senior Volunteer Program), and we are working with them to create a partnership whereby their members can provide volunteer support to Henry and earn Weavers Way member work credit, helping the school while at the same time achieving our ends policy of engagement in our community.

I am hoping that Henry will reach out to Weavers Way members to volunteer for clean up days, murals, reading help, and

other areas that volunteers are allowed.

## Member Appreciation Week

You bet we appreciate all of our members! Working and non-working are all appreciated. Once again we will be providing a week of an additional five percent off on your shopping during the week from January 13 to 19. If you are a working member you will be receiving ten percent off all of your shopping that week. If you are a member, not only will you receive the member special that are listed around the store but also an additional five percent off all the rest of your shopping. So, pre-order vitamins, soaps, cleaning detergents, and all of your non-perishable items. From all of us on staff to our great members: THANK YOU for making this place a great place to work along with you.

## NCGA Winner at 2012 Co-op Film Festival

The National Co-operative Grocers Association (NCGA) announced that they were one of the seven winners of the 2012 International Year of Cooperatives Film Festival. Winning films were announced during the International Year of Cooperatives Closing Ceremony at United Nations Headquarters in New York City. Cooperative businesses from all sectors and from all corners of the world were asked to submit films under the theme “Promoting Cooperatives Beyond 2012.” NCGA’s winning film, What’s to Love About Food Co-ops?, tells the story of food co-ops bringing economic, social and environmental contributions to communities across the country. The two-minute animated film is based on a quantitative study examining food co-ops compared to conventional grocery stores, titled Healthy Foods Healthy Communities: The Social and Economic Impacts of Food Co-ops. To view results from the complete report, visitwww.strongertogether.coop/food-co-op-impact-study. This is worth viewing and showing to classes if you are a teacher.

~ gbergman@weaversway.coop

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## Mutual Mount Airy Resource List

**Next Public Meeting at Lovett Library:**  
**Monday, January 14, 6:45-8:45 p.m.**

### Some Existing Local Resources

**West Mt. Airy Neighbors** [www.wman.net](http://www.wman.net)—Serves as a community-based volunteer organization committed to preserving and enhancing the quality of life in its richly diverse urban neighborhood.

**East Mt. Airy Neighbors** [www.eastmountairy.org](http://www.eastmountairy.org)—Promoting projects and public improvements that encourage positive growth and development in the community, and make it a better place in which to live.

**Center in the Park** [www.centerinthepark.org](http://www.centerinthepark.org)—The Center fosters respect, independence, and personal growth for each individual. As a community resource, it provides access to supportive services and activities.

**Chestnut Hill Center for Enrichment** [www.chenrichment.org](http://www.chenrichment.org)—Offers opportunities to share skills and enthusiasm, keep in touch with community developments and make new friends. Language classes, arts and crafts, recreation and education program, travel, etc.

**My Way** [www.mywayonline.org](http://www.mywayonline.org)—My Way is the affordable, non-profit service in Germantown, Mt. Airy, East and West Oak Lane, and Chestnut Hill that can handle virtually anything on your to-do list.

**Mt. Airy Learning Tree (MALT)** [www.mtairylearningtree.org](http://www.mtairylearningtree.org)—Bringing together neighbors to share a wide variety of ideas, information, and skills in informal learning environments.

**New Courtland Foundation** [www.newcourtland.org](http://www.newcourtland.org)—Provides community services, housing, nursing home care, education and workforce development, and business-to-business solutions in service of seniors seeking to live as independently as possible, for as long as possible in their homes.

**Wissahickon Village Cohousing** [www.cohousing.org](http://www.cohousing.org)—Becoming an intentional neighborhood where members/residents agree to be good neighbors and to look out for each other, live independently in their own homes but have the unique convenience of a common house centered near the homes in which to share community dinners and have access to shared resources.

**Riders Club Cooperative** [www.ridersclubcoop.org](http://www.ridersclubcoop.org)—Customized transportation services in order to enhance the quality of life for those who choose not to drive, for seniors, for families with young children, and for those with disabilities in our community.

**Center on the Hill** [www.chestnuthillpres.org](http://www.chestnuthillpres.org)—Provides a variety of programs, activities, and resources to enrich the lives of active adults in the greater Chestnut Hill area.

### Aging in Place “Villages”—Models for Mutual Mt. Airy

**East Falls Village** [www.eastfallsvillage.org](http://www.eastfallsvillage.org)

**Penns Village** [www.pennsvillage.org](http://www.pennsvillage.org)

**Community Without Walls, Inc.** <http://princetoncww.org>

**Beacon Hill Village** [www.beaconhillvillage.org](http://www.beaconhillvillage.org)

**Village to Village Network** [www.vtvnetwork.org](http://www.vtvnetwork.org) A national peer to peer network to help establish and continuously improve management of their own villages whether in large metropolitan areas, rural towns or suburban settings.

## Vernon House

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

Please contact **Chuck Staples** at Winder Real Estate

7208 Germantown Ave. Phila. PA 19119

**phone: 215-247-1000** fax 215-247-4140

**chuckstaples@winderinc.com**

## Nick Buffone

PHILADELPHIA, PA 19129

215-620-6695

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# Economics of Off the Rack Sustainability

by Steve Hebden, Repair and Maintenance Manager



photo by Jon McGoran

Energy-efficient compressors hoisted onto the roof during last summer's Mt. Airy renovation

AS PART of our renovation of the Mount Airy store this summer, we upgraded all of our refrigeration equipment, from the tired displays to the equally tired part that shoppers never see—the compressors on the roof. We donated several serviceable pieces of equipment to SHARE Food Program of Philadelphia, a non-profit organization that works to build healthier, stronger communities through volunteerism and access to wholesome foods. Taking our cues from our Mission Statement and Ends Policy (We work to sustain a healthy planet), as we did at the Chestnut Hill store, we spent an extra bit of money on a rack refrigeration system

designed by Keystone Refrigeration. Instead of 14 individual compressors, our rack has just five. As demand increases, more of those five compressors pitch in. They're very cooperative in that way! The payoff? Along with new three-phase electric service, our usage in the first two billings has dropped 37 percent and costs dropped 30 percent! That's about \$625/month or \$7,500/year. Or another measure—40 fewer tons of CO<sub>2</sub> per year from our electric usage. It was a good choice, as we now have several reasons we can all breathe a bit easier.

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



## Weavers Way has hundreds of new lower prices! Here are just a few!

Look for the tags highlighted in orange.

Product	Old Price	New Price	You Save
<b>Cheese</b>			
Asiago	\$12.59/lb	\$7.15/lb	\$5.44/lb
Neufchatel	\$5.69/lb	\$3.55/lb	\$2.14/lb
<b>Grocery, Dairy, and Frozen Foods</b>			
Breyers Vanilla Ice Cream 48 oz	\$8.67	\$5.39	\$3.28
Fage Yogurt 17.6 oz - <i>Selected Varieties</i>	\$5.20	\$3.89	\$1.31
Crowley Cottage Cheese 16 oz	\$4.35	\$3.15	\$1.20
Hellman's Mayonnaise	\$7.19	\$4.99	\$1.44
Philly Fresh Pickles 32 oz (Hot or Mild)	\$6.26	\$4.99	\$1.27
<i>(Members get an additional 5% off on this item!)</i>			
<b>Bulk</b>			
Organic Raw Pumpkin Seed	\$7.30/lb	\$4.59/lb	\$2.71/lb
Yogurt Raisins	\$6.65/lb	\$4.29/lb	\$2.36/lb
Dried Apricots	\$7.21/lb	\$4.69/lb	\$2.52/lb
<b>Meat</b>			
Dietz & Watson Bacon 16 oz (Mt. Airy)	\$7.48	\$5.75	\$1.73
<b>Cleaning Products</b>			
7th Generation All Purpose Cleaner 32 oz	\$5.36	\$4.19	\$1.17
7th Generation Glass Cleaner 32 oz	\$5.36	\$4.19	\$1.17
7th Generation Toilet Bowl Cleaner 32 oz	\$5.36	\$4.19	\$1.17
<b>Pet Supplies (Mt. Airy)</b>			
C&S Suet Sunflower Treat 11 oz	\$2.60	\$1.39	\$1.21
Barkworthies 12" Bully Stick Dog Treat	\$4.79	\$3.09	\$1.70
<b>Wellness</b>			
Aura Cacia Tea Tree Oil 2 fl oz	\$24.79	\$20.49	\$4.30
Aura Cacia Peppermint Oil 2 fl oz (Mt. Airy)	\$23.87	\$19.75	\$4.12
Aura Cacia Apricot Oil 4 oz (Mt. Airy)	\$4.77	\$3.95	\$0.82
Aura Cacia Eucalyptus Oil 2 fl oz	\$16.82	\$14.09	\$2.73
Desert Essence Day Cream 2 oz (Mt. Airy)	\$18.11	\$14.99	\$3.12

# Weavers Way Lowers Pricing on More than 200 Items

by Glenn Bergman, General Manager

I HAVE just finished reviewing a list of over 200 items that our buyers, finance officer, and purchasing director have approved for major price reductions. I asked, “How is this going to impact our margins? Can we still make our budget projections?” The answer is a resounding “Yes, we will be good.”

If it were up to me I would give away food for those who needed it at no cost, or sell everything at a sliding scale. I remember a restaurant, it did not stay in business long, back in the ‘70s that had a sliding scale. Suggested retail prices were posted and you paid what you thought it was worth. Love that concept.

The Co-op started almost 40 years ago. When it first started, as I tell new members at orientation, “The co-op was not about organic (there was no organic standard in 1970s), granola, tofu, or local. It was about buying conventional produce at the lowest price and not even the number one produce.” People saved money, substantial money on the produce buying.

As the Co-op evolved, we started buying more local, humanely raised meats and poultry, hormone-free products, Fair Trade, and organic products. These items cost more than conventional products by factors of anywhere from one half to three

times the conventional product. Locally and nationally, co-ops have been having discussions about what to do with the pricing and affordability of the products we sell. It is an issue of mission and Ends.

I have received input from staff, managers, and members who have told me that our prices are too high. Starting a few months ago we began to look at these prices, at who we purchased product from, and at our market comparisons. Our CFO has been out checking prices and has reduced prices based on market reviews. Last month our IT director reviewed with our buyers all of the prices throughout the Co-op.

So, today I am pleased to announce that we are going to reduce prices on items we feel are important to reduce or items we have seen reduced by our suppliers. (See the list at the bottom of this page.) We will not touch some of the items that are already low: apples, organic bananas, dairy, etc that we already sell at low prices.

We will continue to listen to you and I welcome any feedback you can provide on this specific area of your business. This is your co-op and we are here to serve you, our member owners, and our community.

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

## WEAVERS WAY MEMBER WORKSHOPS

### Do it the right way! Learn Proper Ergonomics for Better Health.

An hour and a half workshop focusing on the ways to correct what you may be doing incorrectly at home, work, and play! Learn proper ergonomics to sit, stand, sleep, work on the computer, lifting, yard work, gardening, etc. Proper technique can help minimize and perhaps prevent injury! Instruction will also cover demonstration and practice of several basic back and body stretching exercises to improve your body's ability to remain flexible, strong, and better able to stay injury free.

**Dr. Brett Cardonick** has been a chiropractor in the Mount Airy/Chestnut Hill area for 19 years. He specializes in the conservative management of back, neck, and shoulder pains, headaches, and back pain during pregnancy. He also offers expert care for car accidents and other injuries. He takes a holistic approach in helping his patients achieve optimal health. A participating provider in most insurances, he and his office staff do their best to ensure that you receive the best, state-of-the-art care possible and work to make your experience positive and affordable. He designs care plans for his patients with an emphasis on correction, prevention and wellness care. His office also provides massage therapy, as he believes that massage is an excellent tool to help speed the healing process.

Please pre-register. Space is limited. Contact Brett Cardonick at: [drbrett@CardonickChiropractic.com](mailto:drbrett@CardonickChiropractic.com). 215-242-8632.

Thursday, January 10

7 pm -8:30 pm

555 Carpenter Lane

Weavers Way Community Room  
Next to Weavers Way Mt. Airy

## WEAVERS WAY MEMBER WORKSHOPS

### Homeopathy, Food & Wellness

We will talk about the homeopathic philosophy of health and healing, and how it contrasts with conventional medicine. We will address cultivating a holistic approach to eating choices and food sensitivities or allergies. Finally, with winter upon us, we'll review some common remedies for treating colds, coughs and flu symptoms.

For the past six years, **Ameet Ravital** has been practicing classical homeopathy. He works with children as well as adults who are struggling with a range of chronic health issues, such as asthma, food sensitivities, hormone imbalances, etc. He has also been working as a clinical psychologist since 1999.

His approach is to meet with the client (and parent, in the case of children) to develop a holistic sense of the overall temperament, physical constitution and chronic health patterns. By matching this portrait to the profiles of various homeopathic remedies, he is able to suggest ones that will best support a return to good health.

Contact Ameet Ravital at:  
e-mail: [ameet@ravitalhome.com](mailto:ameet@ravitalhome.com) or call 215-240-1449

Thursday, January 24

6 pm - 7:30 pm

555 Carpenter Lane

Weavers Way Community Room  
Next to Weavers Way Mt. Airy



# WWCP Looking Back, Looking Ahead

by Mira Rabin, WWCP Board President

2012 was a year of many transitions for Weavers Way Community Programs. Three of our staff members became first-time parents, and in June our Executive Director, Rachel Milenbach, went on medical leave from which she eventually decided not to return. Kate Butler, our bookkeeper, left in October and Kestrel Plump, our Brooks/Stenton farm educator, decided to move her young family to a farm in Vermont. Maternity leaves, staff turnover and Rachel’s departure forced staff, board members and volunteers to take on new and expanded roles in order to keep our programs running and to find money to fund them.

I am proud to say that, thanks to its incredible staff, board and Weavers Way collaborative team, WWCP responded to these changes with creativity and a “can-do” attitude, and is entering 2013 stronger than ever. Board members stepped in to supervise and support the staff, plan fund-raising campaigns, and keep an eagle eye on our budget. Carly Chelder, our Marketplace coordinator, became our part-time office manager as well, adding needed administrative support to our operations. Beau Bibeau, Weavers Way membership coordinator, provided invaluable development help. Our lead apprentice farm educator, Shelley Hedlund, stepped in as Kestrel’s maternity leave replacement. We hired Janet Boys (wife of Weavers Way staffer Don Maguire) as our new bookkeeper. The Weavers Way communications/marketing team of Annette Aloe, Rebecca Torpie and Jon McGoran helped us get a strong and visually appealing fundraising message to the Weavers Way membership. In October, once we knew that Rachel was not returning, we formed a search committee to find a new executive director. Through all this, our farm education and marketplace programs continued without interruption, and we even held our first annual Farm to Table Dinner at the Mort Brooks Farm on a beauti-

ful October evening (huge thanks to chefs Glenn Bergman and Bonnie Shuman, and many volunteers).

Entering 2013, WWCP is poised to be stronger than ever in its mission of fulfilling Weavers Way’s community service goals. First, after a search process that brought an extraordinary number of highly qualified applicants, the WWCP board hired Jill Fink as its new executive director. (See accompanying article.) Jill will bring her strong non-profit leadership experience, fund-raising savvy, and passion for all things sustainable to WWCP. In other staff news, Shelley Hedlund will become our new Brooks/Stenton farm educator and Clare Hyre, our Saul farm educator, will become fulltime in February, to build on and expand the strong collaboration between Saul High School, Weavers Way /Henry Got Crops CSA, and WWCP.

We have exciting programming news as well: WWCP now holds the lease to a beautiful greenhouse, which sits on the grounds of Martin Luther King, Jr. High School and abuts Stenton Family Manor. (See accompanying article regarding the MLK Day service project to clean and clear the greenhouse and farm plot.) Our farm educators will now be able to start their seedlings “in-house” and use the greenhouse for educational/experiential programming for the residents of Stenton. Eventually, we hope to obtain funding to develop programming for MLK students using the greenhouse and the farm plot there. Shelley is spending the quiet winter months re-envisioning the Hope Garden at Stenton, to make it a more welcoming place for the adult residents as well as the children. Clare is preparing curriculum for the 800 middle school students the Philadelphia School District is planning to bring to Henry Got Crops in the spring and summer of 2013 for lessons on agriculture, farming, and nutrition. Carly is working with Shelley and Clare to bring some farm education indoors to

## Team High Point to Partner with WWCP for MLK Day of Service



WWCP recently acquired the lease to the greenhouse that sits on the grounds of MLK High School and abuts Stenton Family Manor. The greenhouse and surrounding area have been empty and neglected for over a year, and are in dire need of cleaning and clearing before they can be used. Meg Hagele, owner of the High Point Cafes, has chosen the WWCP greenhouse clean-up project as one of their MLK Day of Service projects. On January 21, 2013, Team High Point, which typically numbers approximately 60 volunteers and includes members of Ken Kolodziej’s landscaping firm, will join WWCP staff, board members, and MLK students to clear the greenhouse of debris, remove graffiti, and prepare the greenhouse for use. Volunteers will also clear the farm plot of weeds and debris, as well as the area surrounding the greenhouse, part of which is to be used by an MLK class to build an anaerobic digester to turn food and garden waste into fuel for a car.

our Marketplace schools during the winter months, and they are hoping to re-establish a Marketplace program at MLK High School this spring.

We can only continue this important work with your support. Several hundred of you have already donated your patronage rebate, and we are deeply grateful for your response, which has generated nearly \$10,000 in needed funds. Many of you have also responded to our annual appeal

letter, but we have not yet reached our goal for that campaign. If you have not already contributed to our annual appeal, it is not too late! If you donated your patronage rebate, please consider an additional gift at this time. You can send us a check (WWCP, 559 Carpenter Lane, Philadelphia, PA 19119), donate at the register when you shop, or go to the WW website to donate online. And thank you.



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# Kestrel

(continued from page 2)

has happened in that short time. I am certain I have become a better farmer and a better teacher. I have learned how to manage a full-time staff. I have learned what it means to really be in charge of a division of an organization. I have also undergone significant personal changes: A year ago I got married to a longtime friend who turned out to be an excellent partner, Scot. In June of this year, I gave birth to our outrageously magnificent daughter, Willow. I am glad we are moving to Vermont; it is the right thing for my family, but it is honestly hard to leave this job behind. There is so much about it I will miss.

On the top of that list is simply the farm at Mort Brooks. If you have never been to the Mort Brooks Memorial Farm in the Awbury Arboretum, go! It is an open park, and a magical place just hidden enough to make it feel as though you have been transported out of Philadelphia when you drive up the path. The wide-eyed look I have seen on the thousands of students that I have greeted at the farm over these past two seasons reflects the way I felt when I first arrived and was told this would be the land I would get to work with.

This farm will remain, always, one of my favorite places. I am so deeply grateful for all this place has taught me, and all of the long summer days spent there: The 100-degree days last summer picking basil to sell to the store; the one-on-one bee lesson with Jeff of We Bee Brothers, where I held a panel of comb crawling with hundreds of calm honey bees, neither of us wearing a stitch of protective gear; Kate Brownell (my apprentice last year) and I letting out the rage we felt when all of our fall kale and cabbage transplants had been eaten to nubbins by the groundhogs—the have-a-heart trap lying a few feet away, still open and woefully empty; sitting and eating lunch with Leor Winston and Angelique Bradford playing “Dirt Made My Lunch” on their ukuleles, inventing lyrics based on what visiting students had brought for their picnic; my first day back after maternity leave, harvesting flowers for market and watching Willow stare at the sunflowers. Too many memories to list here.

And then there is Stenton. An entirely different situation than Mort Brooks, but one that has nonetheless solicited a huge amount of love from my heart. When I told some of the staff there I was getting married and having a baby, I remember them whooping and jumping around. Lat-



photo by Jon McGoran

Pictured here at Kestrel’s going away party are Carly Chelder and Alexander, Shelley Hedlund and Tucker, and Kestrel Plump and Willow.

er, me 8 ½ months pregnant, slinking in to Mrs. Hall’s desk. She, a veteran mother, imparted words of empathy and wisdom to me. And more: the awesome dance parties we had this spring and fall with Sterling and his crew; Aaron and Christian, who moved last winter, but whom I still think about every time I walk past the blackberries, because they loved them so much; peeling and planting garlic this fall with the service group from Crefeld, belting out the songs from Les Miserables and Cats with Leo.

But what is really indelibly etched in my memory is the tremendous dedication and perseverance of the people I have worked with the past two years. I was incredibly lucky with my apprentices: Katie Brownell, Leor Winston, and Shelley Hedlund. Our job is hard—physically, emotionally, and mentally hard. They did it for far less pay than I, all while supporting me (especially though my pregnancy), being endlessly patient, and always thinking about how things could be done in a better way. I count them all among my friends and cannot say enough good things about them. They are three very different people, and each taught me something about what it means to love what you do and what hard work looks like. One of the things that makes it easier to leave is that I will be leaving my beloved programs and land in the very capable hands of Shelley Hedlund. She proved over the summer, when I was out on maternity leave, that she is able to wear the many different hats this job requires and keep her wits about her and her sense of humor.

Working here has not been easy. But it has been good and very worthwhile. I am endlessly grateful for the wonderful

people who have repeatedly gone out of their way to help me while I was trying desperately to keep the two farms and education programs going, sometimes without things other farmers or teachers would consider basic needs. WWCP dreams big, and accomplishes some truly remarkable things. Passion is in no short supply, but money frequently is. We have dreams to turn the extension at Stenton into a beautiful herb and perennial flower garden where residents can sit and enjoy summer days. We want to start an educational collaboration with MLK School where we can work with students on the small farm on their property that has gone to seed and to revitalize the greenhouse.

I am not someone who frequently solicits money from folks. I’m shy about it. My philosophy is that I will do great work and that will speak for itself. But in the two years I have been here, honestly, money is the only thing that ever holds us back. We are doing great things and want to do more, but all too often we simply don’t have funds. We need more supplies, more staff. We are at more than capacity, but cannot help ourselves from imagining more things we would like to do. So, if you can, give. Your money will make an impact. If you have questions or want to know more, e-mail me (before Feb 1—moving day!) at educator@weaversway.coop. I’ll be back to visit next fall, after the winter squash has been harvested. I would love nothing more than to be able to see some of these things we have dreamed up become a reality.

# Grants For Community Projects

by Sandra Folzer, Environment Committee Chair

WEAVERS WAY Environment Committee invites community groups from the surrounding area in Mt. Airy, Germantown, East Falls, West Oak Lane, and Chestnut Hill to submit proposals for grants to make tangible improvements for the community. Funds may be used for such projects as planting trees and gardens, garden equipment, and environmentally based educational programs. Grants range from \$100 to \$400, depending on available funds and number of qualified applicants.

Deadline for submission of proposals is March 15, 2013. Decisions will be made by early April. Download a form and guidelines on the Weavers Way Website, [www.weaversway.coop](http://www.weaversway.coop), or pick up a form and guidelines from the Environment Committee mailbox upstairs at Weavers Way, Mt. Airy store or at the check out at Weavers Way’s Chestnut Hill store.

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

# Shiny Teeth

(continued from page 3)

still frozen and this makes it less messy. If you are concerned about the mess, you can provide a designated chewing area such as an old towel or dog bed area which can be washed. I usually let Sky keep his bone for a couple of days before giving him a fresh one. If you are trying to extend your budget, filling an empty bone with yogurt and refreezing it is a good trick. Although not as healthy as a raw bone, Greenies Dental Treats are currently on sale at \$23 for a 27 oz box. This could be an option for the more squeamish pet owner.

I believe that by always providing your dog with something to chew on, your dog will live a happier, healthier life. Happy chewing!

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



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# Dining for Women Update

by Margaret Guthrie

WEAVERS WAY’S Dining for Women chapters held a year-end celebration on December 5, and big kudos go to Ann Mintz and Betsy Teutsch for organizing the event, and to Harriet Dichter for lending her entire house. The party consisted of three parts—we held a Beloved White Elephant auction for which people donated items they no longer used, wore or needed. The quality and variety of these were wonderful and included jewelry, scarves and vests, vases, framed prints, handmade notecards, in short enough items to tempt even the most resolute. One room of Harriet’s house was literally filled with items for Stenton Manor’s holiday celebrations. The morning after, two carloads were delivered to the shelter to assist them in making the holidays a little brighter for their residents. Last but not least was the contribution to the December grant recipient.

Stenton Manor Family Homeless Shelter is home to the Hope Garden and one of the partners of Weavers Way Community Partners. It houses 250 people, about 70 families. The staff speaks five languages. It is the first shelter in the city to accept fathers as part of a family. Prior to Stenton’s opening, if an intact family was homeless, the father was forced to go to a single men’s shelter or onto the street. Stenton also accepts teenagers as part of the family. Other shelters will not accept children over 12 as part of a family. Stenton Manor opened in 1991 and has been assisting homeless families for 21 years. “The mission of the organization is to empower families in transition by enhancing and enriching the quality of their lives; to stimulate their minds and to promote pride and self-confidence through the implementation of a variety of comprehensive, structured programming and activities to enhance their capabilities and to prepare them for self-sufficiency through educational and job training programs. The overall goal is to effectively transition families into stable housing and society as productive, participating and contributing citizens.”

Weavers Way’s Dining for Women chapters felt this was an opportunity to assist our near neighbors by tying together two branches of Weavers Way’s work to improve the quality of life for those who need a helping hand. Our monetary dona-

tions for the evening went equally to the December grant recipient, Girl Determined in Burma/Myanmar, and the 13th month program to assist Dining for Women’s national headquarters in handling the explosion in chapter numbers and the consequent additional financial distributions. As explained in an earlier write-up, Dining for Women has been so successful that now, in addition to a monthly grant recipient, an additional grant is given to a previous recipient to support ongoing programs. For December, the previous recipient is Lotus Outreach in Cambodia, DFW will continue the support of Lotus’ program that provides trauma counseling and reintegration assistance to victims of human trafficking, rape, and domestic violence residing at a safe-shelter in the border region of Banteay Meanchey, Cambodia—a known hotspot for trafficking and other forms of gender-based violence.

This month the primary grant recipient is Girl Determined. From the website of Girl Determined comes this explanation of what they do: “Colorful Girls Circles is our core program. The Circles are weekly, structured afterschool peer groups that span two academic years. All circles are run by Girl Determined-trained facilitators. Reflecting our research and independent findings in the fields of public health and education, we have designed a girl-centered, strengths-based curriculum that aims to develop the whole girl. The five modules address issues such as decision-making, self-confidence, building friendship, understanding cultural and religious differences, girls’ rights, and planning for one’s future. Evaluations show that regular participation is having a deep impact on girls’ view of themselves in the world. The girls tell us that they have an increased desire to assert themselves in making decisions that affect their futures, including choosing school over work and directly addressing violence in their homes and communities. Currently there are almost 1,000 girls participating in Colorful Girls Circles on a weekly basis.”

Finally, the Weavers Way Dining for Women chapters have donated approximately \$12,000 this year to making a difference in the lives of women and children world-wide in direct, concrete ways. A celebration was definitely in order.

# Weavers Way Music Workshop

by Larry Schofer, Education Committee Chair



photo by Lawrence Schofer

Songwriter and singer Brendan Taaffe plays the African ndira and gourd while leading a Weavers Way workshop on world music

BLUEGRASS HARMONIES! Four-part shape note singing from New England! Melodies from Zimbabwe! Folk melodies in the Occitan language of southern France!

On December 2, 15 Weavers Way members had the opportunity of learning all this and more from visiting Vermont composer and teacher Brendan Taaffe in an afternoon workshop of world music sponsored by the education committee. Brendan has composed a number of songs, and in the past two years has traveled to Zimbabwe and to France to collect materials from these other traditions. He also plays guitar, banjo, and the ndira (thumb piano).

Most of the attendees were unfamiliar with any of these traditions except for bluegrass, but they all joined in heartily in learning these new forms of song. This is the second time the education committee has sponsored a music workshop, and both times the persons attending have expressed great enthusiasm for their experience.

The committee will sponsor a concert by the touring group Northern Harmony on Friday, March 1, 2013, at the Unitarian Church on Lincoln Drive. This group presents songs in various four-part singing traditions (soprano, alto, tenor, bass) from several sections of the United States and from Corsica, the Balkans, Caucasian Georgia, and other regions with strong musical traditions.

~ lawrence.schofer@comcast.net



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## Across the Way

(continued from page 3)

**PERSONAL CARE:** The Alaffia Company and their Everyday Shea line could become your new BFFs—the shea butter and coconut lotions, bath products, baby/infant products, and hair care products will help you to make it though the winter feeling and looking lovely. We have three local soap companies we adore: Beekman’s COPA soaps, Volta Soaps (including the shampoo/body bars that are especially fabulous for curly hair), and a new local company, Scents By Eilena. We hope you love supporting our local vendors as much as we do.

**GENERAL MERCHANDISE:** Speaking of local, we have such wonderful jewelry from local artists, all of whom are Weavers Way members. Their necklaces, earrings, pins, and hair barrettes are beautiful, well crafted, unique, beyond reasonably priced and often, one of a kind. And you are supporting local folks which means that your dollars and cents stay local! All our jewelry traveled with us to 610 so check it out. Three candle faves are with us for the winter that is ahead. Danica Designs tapers in both sizes (6” and 13”) are scentless, hand-dipped, and a lovely way to light up an evening meal or a party. Jande Candle Kiri tapers are sold in a box that contains six tapers. They are also scentless as well as dripless and come, like Danica designs, in a wide array of colors. Check out their palate that includes sunny yellow, orange, purple, turquoise and ivory. Sunbeam Candles is located in Ithaca, NY and their beeswax and soy candles and tapers are glorious to behold in your living space or that of a loved one. They are long-lasting (scope out the pillar labels for info on burn times), offer the aroma of beeswax, and have been a long time fave for our shoppers. One side note on these three companies: the folks we work with at these companies, the people who answer the phones and take our

orders, are very nice. For us, that makes dealing with them extra special.

**WELLNESS:** You will find many of your faves still here. The Weavers Way Vitamins (manufactured by Reliance Vitamins, the largest private imprint label in the country!) continues to be a mainstay of our wellness department. We have new items from them including Fem Support and Green Coffee Bean Extract. Boiron has allowed us to run Member Special Sales many times this year, keeping us feeling much better with products like external and internal Arnica Montana! Our local rep, Anita, was here as part of our WW MA Grand reopening/Member Appreciation Days in September and in addition to the samples she handed out, she gave the shoppers who visited us a variety of coupons and left the rest for our staff to give to shoppers. Country Life Vitamins products are certified gluten-free, the first company I know of to be so certified. Our members relished 25 percent off member specials on all Country Life products this past July and December. If you need to be gluten-free, remember the name Country Life: all of their products are GF. We increased our Rainbow Light line and brought in a number of their Certified Organics products, a great product (50+ Mini-Tabs Multi-vitamin), digestive enzymes and probiotics. Wellness Formula from Source Naturals is giving us quite a gift this season: Wellness Formula products, including pills, capsules, wellness shot, their new “grab & go” liquids and the wellness fizz—are all 25 percent off through March 31. Fans of homeopathy, take note: we are stocking many products from Liddell Laboratories. Their homeopathic sublingual sprays are innovative and the feedback so far has been excellent.

Happy 2013 to you and your loved ones. May the months to come be bright with joy and energy, good health and good food and products you buy at your Coop, prosperous and peaceful. Thank you for your support to us in 2012—your encouragement and care felt great to us!

~ martha@weaversway.coop

## WWCP Executive Director

(continued from page 1)

eyed passion with which she spoke about the challenges and rewards of working with under-served populations. We also had people coming out of the woodwork telling us we’d be crazy not to hire her. As the founder of Mugshots cafe, a “triple bottom line” business, Jill was a pioneer in the local food/sustainability movement. In her non-profit work, she has been a tireless advocate for women and people experiencing homelessness, as well as an effective fund-raiser and team-builder. We think she is a great fit for WWCP, and we are looking forward to introducing her to the Weavers Way and northwest Philadelphia communities.”

With a diverse background in the non-profit sector, education and small business management, Fink has managed for-profit and non-profit enterprises from conception to execution and evaluation. Despite her varied and extensive experience, Fink is perhaps most widely known as co-owner and operator of Mugshots Coffeehouse & Café, the popular sustainable, locally focused café. She took Mugshots from the idea stage to a local landmark with annual sales of \$1.6 million, one of the first certified B-Corporations in the country and a winner of the Sustainable Business Network’s Triple Bottom Line Award. Prior to taking the helm at WWCP, Fink was director of the Philadelphia chapter of Back on My Feet, a nonprofit organization that promotes self-sufficiency among homeless populations by engaging them in running as a means to build confidence, strength, and self-esteem.

“I’m thrilled to be coming on as the new Executive Director of Weavers Way Community Programs and have the opportunity to incorporate so many of my personal values into the work I’ll be doing everyday,” says Fink. “I can hardly wait to work alongside others who embrace these same values, are driven by the WWCP mission, and are committed to building stronger, healthier communities. ... WWCP is at an exciting time in its organizational history, having cultivated stable and respected programs over the last five years, but also poised for growth and expansion. I look forward to working with all our community stakeholders to advance our goals, and am anxious to make 2013 a healthy and productive year for WWCP and all those we serve. It is, after all, our community non-profit.”

For more information about WWCP, visit [www.weaversway.co-op](http://www.weaversway.co-op) and click on *Weavers Way Community Programs*.

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# Dogs Have Owners: Cats Have Staff

by Sandra Folzer, Environment Committee Chair

IF YOU already have a pet, you probably know quite a bit about dog and cat behavior. If you have an alligator, there is probably much you could teach me and others. But I believe you would agree that one of the most important principles in owning an animal is to be sure it is neutered. If you are a good Samaritan, you might even try to spay some of the local “wild” cats. Occasionally, the SPCA hosts events to have animals spayed at reduced cost. We have four cats (thanks to a stranger who dropped off a mother and kittens two years ago). All our cats have been neutered and seem quite content.

If you are considering getting a new pet, be sure to go to a shelter. My experience is that pets rescued from shelters try harder to win your love.

Our pets definitely have an impact on the environment. Scientists Robert and Brenda Vale claim that a dog has a carbon footprint twice the size of a gas guzzling vehicle and a cat has a footprint equal to a Volkswagen. The title of their book is *Time to Eat the Dog, the Real Guide to Sustainable Living*. Please don't take them literally, but keep in mind most pets are carnivores. Producing meat requires much land and energy as a medium-sized dog eats about 361 pounds of meat each year. Dogs live higher on the food chain than most people. One solution is to choose chicken, which has four to five times the carbon footprint as vegetable proteins, compared to beef, which has 13 times more, and lamb 26 times more.

It is important to choose pet food that contains no byproducts. Meat byproducts may include dead and diseased animals, including (close your eyes for a minute.) euthanized dogs and cats. (I told you to close your eyes.)

Dogs can be fed a part vegetarian diet. Cats need more protein than dogs, so should not eat a vegetarian diet. The Co-op has a wide variety of healthful dog and cat foods.

Clean bowls daily when feeding wet food and several times a week with dry food. Use stainless steel or nonporous ceramic dished instead of plastic, which is as bad for pets as it is for humans. Plastic can't be sterilized, not even in a dishwasher. And there are many chemicals in plastic that can migrate into food or water.

If we only had to worry about feeding pets, our work would be much easier. But,

there is such a process as digestion, which has end results.

Some folks recommend “compostable” or “biodegradable” bags for dog waste; however, Green America says they are a waste of money because the bags will go into a land fill where, cut off from oxygen, they don't degrade. The word “biodegradable” is misleading. Without saying exactly how long it will take a product to biodegrade, styrofoam is “biodegradable,” though it may take thousands of years or longer.

When I had a dog, I used old plastic bags from newspapers. I was told to flush the waste down the toilet. Sometimes I did.

Cats are a different story. We trained our last cat to use newspaper. We fold two double sheets of newspaper and place in the litter box so the sides and bottom are covered. It is easy. Presently with four cats, we have two newspaper litter boxes and two boxes with standard litter. Our cats use both. We do change the newspaper frequently, so it is used. The Co-op sells several varieties of litter that are good for the environment, from cedar to cut-up newspaper. Clay-based litter is strip-mined, causing environmental damage. Choose unscented litter when possible.

If you like birds, don't let your cats go outside. Cats do kill birds, whether the owner knows it or not. Even when well-fed or wearing a bell, cats kill birds. It is instinct. Unfortunately, cats are not native species, so they have an unfair advantage. Staying inside is also safer because they will not be hit by cars.

If your dog wanders around your yard, be sure it is pesticide-free.

Rates of cancer for dogs increase when pesticides/insecticides are used on lawns. Also, if your deck was made with arsenic-treated wood, don't let dogs sleep on or under it.

During the winter, be very cautious with de-icers. Rock salt and salt-based ice melting products can be ingested by dogs and cats when they clean their paws. Look for environmentally friendly products. I have used old leaves and ash from the fireplace to keep sidewalks from being slippery. Be creative.

Finally, don't ever declaw a cat. Declawing is a surgical amputation of all or

(continued on page 25)

# Timebanking Comes to NW Philly!

by Betsy Wallace

TIME4TIME COMMUNITY Exchange, a timebank serving greater Northwest Philly, is an inclusive, community-wide circle of people who share skills for time credits instead of money. Time4Time's core team, Betsy Wallace, Jackie Yorko, Bob Wenger, Meenal Raval, and Mickey Leone, are working hard behind the scenes to prepare for the grand opening on Sunday April 7, 2013. You may have visited the Time4Time table at the Mt. Airy Village Fair in September. On that day alone, about 60 people registered their interest in timebanking. Time4Time hopes to attract 150 people or more to sign up as members at the opening in April.

Timebanking is the brainchild of Edgar Cahn, the co-founder of the National Legal Services Program and of the Antioch School of Law. An international movement, timebanking promotes equality and builds caring community economies through inclusive exchange of time and talent. In Pennsylvania, there are 18 timebanks in addition to Time4Time Community Exchange, including Walnut Hill in West Philadelphia, Timebank Media, and Phoenixville Timebank. Timebank leaders work to strengthen and rebuild community; they use timebanks to achieve wide-ranging goals such as supporting social justice, building bridges between diverse communities, and fostering local ecological sustainability. The premise of sharing skills based on the time spent rather on the skill's monetary value seems so simple, but when viewed more deeply, the idea offers new ways of thinking about time, wealth, and community. As with all timebanks, Time4Time Community Exchange is founded on five core principles:

1) We are all assets — everyone has something to offer. No one knows or does everything and everyone knows and can do something.

2) Some work is valuable beyond market price — and that work needs to be recognized and rewarded. Everyone benefits when we work toward raising healthy



children, building strong families, revitalizing neighborhoods, living sustainably, and fostering social justice.

3) Helping works best when everyone participates in helping and being helped—when neighbors join in a circle of giving and getting, we are all stronger. The community we create offers a greater reward than simply the sum of the work done.

4) We need each other—alone, we are limited in what we can achieve. Networks are stronger. When we work together, we can build the world we envision.

5) Every human being matters — there are no throwaway people. Everybody has something to offer and has unmet needs as well.

As you can see, we share many of the same values as Weavers Way Cooperative. We are currently working with Weavers Way to provide timebanking benefits to Weavers Way members who join up with Time4Time. Look for updates in upcoming Shuttles on how timebanks work and how you can join Time4Time Community Exchange. Meanwhile, Check out our temporary website at <http://time4timexchange.org>, and e-mail us at [time4timexchange@gmail.com](mailto:time4timexchange@gmail.com) to show your interest and support.



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The Passionate Gardener

New Year’s Resolutions for an Organic Gardener

by Ron Kushner

FIRST OF all, I would like to wish everyone a happy, healthy and productive new year! In keeping with a New Year tradition, here are some organic gardening New Year’s resolutions that we all should consider:

Choose the right plant for the right place. Don’t try to grow something that is not suited for your particular soil or cultural accommodations. Sun, shade, soil pH, drainage, and temperature all must be considered. This is easier said than done and will require endless experimentation. This endeavor is part of the challenge and fun of gardening.

Feed your soil. Constantly add organic materials such as compost, shredded leaves, dried manure, straw, sawdust, etc. As they break down, they will provide an environment for the incredible number of micro-organisms that make for a healthy soil and healthy plants.

Utilize diversity in your plantings. Include those plants that have been scientifically proven to attract beneficial insects and pollinators and those that can potentially repel garden pests.

Recycle all of your organic material. Kitchen scraps, leaves, pruning debris, fallen fruit, etc. should all be composted and returned to your garden’s soil.

Do not use synthetic pesticides, herbicides and fertilizers. They will kill off beneficial insects, bacteria, and fungi, destroying the natural, healthy soil food web.

Do not compact your soil. Establish paths and raised beds so that there is no walking or kneeling on planted areas. The pore space in the soil must be preserved where water, air, roots, and microorganisms live in harmony to support plant growth and health.

Do not till your soil. Roto-tilling and continual “turning over” of soil causes loss of organic matter, destroys the soil structure, and creates havoc with the microorganisms that provide a healthy soil



food web. Add organic matter to your soil in the form of mulch.

Rotate your crops. Provide for at least a three-year rotation and if not possible due to space constraints, plant a cover crop for a year or two to enrich the soil.

There is something special about a garden in winter dormancy; a kind of peacefulness not present during the growing season. With the ground frozen and so many plants not showing it is amazing to see how much foliage

is still visible. Look closely and you’ll find wonderful patterns of color and texture. If you have the space, try framing your garden with a backdrop of woody shrubs and trees. Viburnum, maples, pines and spruces all provide great winter inter-

est in their structure and bark, and those with evergreen foliage are outstanding. Persistent berries are not only lovely to look at but provide much needed food for many birds. If you have limited space, try to include dwarf conifers. There are many yews, junipers, holly, spruce, and firs on the market that would provide pleasing winter views.

January garden chores

If you have not yet cut down your asparagus fronds or red raspberry canes, it is the perfect time to do it now. All can be mulched heavily at this time with compost or manure. The compost or manure can also be used as winter mulch for grapes, roses and fruit trees. If you haven’t harvested your horseradish yet, it can be done at this time as long as the ground is not frozen and you can cut the roots. Make sure to leave a few roots in the ground for next year’s crop, and cover with mulch.

Ron Kusher is a Master Gardener and Pennsylvania-Certified Horticulturist at Primex Garden Center in Glenside, and author of “A Year in a Rock Garden—An Organic Gardening Guide.” For questions or comments: ronkushner@comcast.net

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# The Morris Arboretum Celebrates Tu B'Shevat

by Susan Crane, Director of Marketing, Morris Arboretum

CELEBRATE THE Jewish New Year of Trees at Morris Arboretum's Tu B'Shevat Family Day on Sunday, January 20, 1 to 3 p.m. This event will feature Andi Joseph—The Musical Mommy, who serves as a Jewish music specialist and leads musical and educational Shabbat programs. Andi's concerts involve audience participation, fun props, and an engaging, captivating blend of traditional, original, and contemporary music, where children join right in the fun. After the performance, kids may transplant a tree seedling to take home and learn how to care for their new tree buddy.

During the week of Sunday, January 20 to Sunday, January 27 (excluding Friday and Saturday) in one hour and 15 minute sessions, pre-K through third grade groups may take part in an indoor/outdoor tree education program. Through interactive play, kids will learn about a tree's root system, participate in "Tree Jeopardy," take home a birch tree seedling, and go on a short tour of the Morris Arboretum. To schedule a group visit, available by reservation only, call 215-247-5777 ext. 157. Both events are free with regular admission and group rates apply for the education program.

The Morris Arboretum of the University of Pennsylvania is located at 100 East Northwestern Avenue in the Chestnut Hill section of Philadelphia. The 92-acre horti-



photo courtesy of Morris Arboretum

Kids plant seedlings at last year's Tu B'Shevat Family Day

culture display garden features a spectacular collection of mature trees in a beautiful and colorful landscape. The Arboretum includes numerous picturesque spots such as a formal rose garden, historic water features, a swan pond, and the only remaining freestanding fernery in North America. A new permanent nationally award winning exhibit, Out on a Limb: a Tree Adventure adds to Morris Arboretum's allure by transporting visitors 50 feet up into the treetops on a canopy walk that requires no climbing. The Morris Arboretum's new Horticulture Center Complex has received Platinum Level LEED® Certification, the highest sustainability rating of the U.S. Green Building Council. For more information, visit [www.morrisarboretum.org](http://www.morrisarboretum.org).

~ [cranesj@upenn.edu](mailto:cranesj@upenn.edu)

# Electronics Recycling, January 12

Now at a new time: 10 a.m. to 2 p.m.

by Sandra Folzer, Environment Committee Chair

TIME TO clean up after the Holidays! Recycle your old electronics, including anything that has a plug, such as printers, telephones, televisions, computers, and much more. It is important to recycle electronics responsibly so these items are not sent to third world countries where children often dismantle the toxic chemicals, endangering their health. Whatever you bring will be dismantled here in Philadelphia and reused.

Weavers Way Environment Committee is sponsoring this Electronics Recycling Event on Saturday, January 12 at Valley Green Bank in Chestnut Hill at 23 W. Highland Ave. Please note the new time of 10 am to 2 pm.

The event is free but donations are very much appreciated. The Environment Committee uses the donations to help fund their Grant Program. Last year's recipients included Chestnut Hill Garden District, Ogontz Library, Hope Garden at Stenton Family Manor, and E. Mt. Airy Community Garden, among others.

See you Saturday, January 12!

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

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# Our Water, Our Health: Are We in Danger?

## Town Square Event Exploring Links Between Human Health and Environmental Toxins

by Sarah Steele, The Academy of Natural Sciences of Drexel University

THE ACADEMY of Natural Sciences in Philadelphia welcomes noted biologist, environmental advocate, and author Sandra Steingraber for a town square event to explore the links between human health and environmental toxins, especially those found in our water. Steingraber, who is also a cancer survivor, skillfully weaves her narrative with hard science as she describes how environmental toxins have intruded into our bodies, our homes, and our daily lives. Her research on the connections between environmental toxins and cancer is particularly relevant given the increasing threat of new toxins being introduced into our drinking water. A distinguished scholar in residence in the Ithaca College School of Humanities and Sciences, Sandra Steingraber is an ecologist, author, cancer survivor, and internationally recognized authority on environmental links to cancer and human health. Her highly acclaimed book, *Living Downstream: An Ecologist's Per-*

*sonal Investigation of Cancer and the Environment (1997)*, was the first book to connect data on toxic releases with that of U.S. cancer registries. Steingraber has keynoted conferences on human health and the environment throughout the United States and Canada and has lectured at many universities, medical schools, and hospitals. She also has testified in the European Parliament and before the President's Cancer Panel and has participated in briefings to Congress and before United Nations delegates in Geneva, Switzerland.



Sandra Steingraber, Ph.D., author of *Living Downstream: An Ecologist's Personal Investigation of Cancer and the Environment*

The event takes place Tuesday, January 15, 2013, at The Academy of Natural Sciences of Drexel University, 1900 Benjamin Franklin Parkway, Philadelphia. The program starts at 6:30, and will be preceded by a reception at 5:30 p.m. Admission is \$10 for Members, \$15 for non-members, free for Drexel students with ID. Registration is required. Visit [www.ansp.org](http://www.ansp.org) for more information.

# 7th Annual Women's Clothing Exchange

by Genie Ravital

ON SUNDAY, February 3, 2013 Germantown Jewish Centre will hold its 7th Annual Women's Clothing Exchange. Clothing donations will be accepted between Sunday, January 27 and Friday, February 1. The donations will be sorted and readied for the sale, where for a \$20 admission, people can leave with several bags full of almost-new clothes.

This year's proceeds will be split between GJC's Women's Club and Women to Women International.

Collection Bins will be located in GJC's Chapel Lobby (near the office) and outside the Charry Lobby Doors (just drive right into the parking lot). Access to the bin outside the Charry Lobby doors will 8 a.m. – 8 p.m. (weather permitting). Please only donate clothes that are still in good condition.

If interested in volunteering, please e-mail Genie Ravital at [geniebud@gmail.com](mailto:geniebud@gmail.com)



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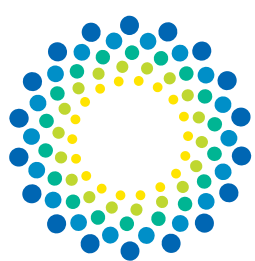
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# The “Play’s” the Thing at C.W. Henry

*At C.W. Henry, students are learning in the classroom, on the stage, and on the playground*

by Kelly Tannen, Francesca Cantarini, and Marilyn Jarvis

## “The Little Mermaid”

EARLIER THIS month, over 300 students, family members, and neighbors filled the C.W. Henry auditorium for two fabulous performances of “The Little Mermaid.” Music teacher and director Nikki Paulino led the school-wide effort to produce the Disney musical. Over 40 students, ranging in age from eight to 14, participated in this year’s production. According to Ms. Paulino, “The show provided many opportunities for our students to participate—from the lead actors to the lights, the entire production was run by the kids.” The auditorium and nearby hallway were transformed into an underwater wonderland through the creativity of all Henry students. Through their weekly classes with Art teacher Christine Harrington, students in all grades created a variety of colorful sea life. Additionally, with guidance from teacher Janice Bershad, one sixth grade class painted a large coral reef mural, and seventh and eighth grade students in the Gifted and Talented program created a giant squid. Additional assistance was provided by upper school Reading, Language Arts and Writing teacher Francesca Cantarini and a number of parent volunteers.

“The Little Mermaid” was C.W. Henry’s seventh musical since 2004. In an ever-changing school district with shrinking resources, the musicals at C.W. Henry have become a cherished treasure to the

students. Seventh-grader Alex Grey, who played the part of Prince Eric, said this about being in the show, “It’s very stressing keeping up with the practices. I like the dress rehearsal best, when it all comes together.” Eighth-grader Jhayda Washington, who played Ariel, shared, “If it wasn’t for the musicals, I wouldn’t have as much opportunity to express myself and have fun with my peers. I can’t believe it’s my last year!” And, although Jhayda is the lead, at Henry, everyone who participates is a star!

## Playworks

After seeing the many ways that the Playworks program impacted student life during its first year at Henry, last May the membership of the PTA voted to continue to fund Playworks in the 2012-2013 school year. Playworks is a national program (not funded by the School District of Philadelphia) that brings a full-time “coach” to the school to lead classes in structured, safe play while teaching conflict resolution and leadership skills. This year’s Playworks coach, Dan Whelan, has already become a beloved member of the C.W. Henry family. He works with every class so that all our children are directly benefitting from the program. We have junior AND senior coaches as well as afterschool intramural sports programs. Through this program, our children are getting healthier, and learning to be better problem solvers and leaders, as well. A new evaluation study conducted by



photo by Christine Jensen

C. W. Henry School’s prduction of The Little Mermaid

Mathematica Policy Research and Stanford University shows that schools hosting Playworks coaches have significantly less bullying than other schools.

Students, parents, and most of all, teachers, find this program extremely beneficial to the overall atmosphere of the school. Because there is more opportunity for structured play, there are fewer trips to the nurse’s office. This has become especially important since the school nurse was cut back to only 1.5 days per week. Because all the children know the games and the expectation of fair, inclusive play, fewer children feel left out during recess and there is less chance for bullying. The benefits also carry over to the classroom, with children better able to pay attention

during lessons. To learn more about Playworks, please visit [www.playworks.org](http://www.playworks.org).

In order to keep this beneficial program at Henry, the PTA needs the help of our Mt. Airy friends and neighbors to raise the \$25,000 needed to fund the program through the end of the school year. Tax-deductible donations can be made via check (made to C.W. Henry School PTA with Playworks in the memo and mailed to C.W. Henry School, 601 Carpenter Lane, Philadelphia, PA 19119) or online at [www.cwhenrypta.org](http://www.cwhenrypta.org). Your generosity is very much appreciated. We invite you to attend a PTA meeting to learn more about the many wonderful things happening at C.W. Henry. For a schedule of meetings, please visit [www.cwhenrypta.org](http://www.cwhenrypta.org).

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July 29th through Aug. 9th

Ages 8 to 13

\$400.00

Build It!

• One-Week Session

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August 12th through 16th

Ages 8 to 13

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Lazy Days of Summer

• Two-Week Session

Slow down, take nature walks, paint and draw outside, braid lanyards and friendship bracelets, have picnics by the pond. Campers can play games, make homemade popsicles, lounge in the shade of the trees, and have plenty of "choice time" doing the things they like to do.

August 19th through 30th

Ages 8 to 13

\$400.00

Summer Registration opens Jan. 15th.

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# South African Human Rights Activist Visits GFS

by Laura Jamieson



photo by Michael Branscom

Professor Mbulelo Mzamane (left) with Germantown Friends Head of School Dick Wade

ON TUESDAY, November 27, students in the Lower School at Germantown Friends School had a very special visitor: South African Professor, author and activist Mbulelo Mzamane, described by Nelson Mandela as “a visionary leader, and one of South Africa’s greatest intellectuals.” Invited as part of the third grade’s study of the African continent, Professor Mzamane, who speaks out against all forms of oppression and inequality, addressed post-apartheid reconstruction/reconciliation in South Africa and slavery in America.

“We have come a long way to be where we are today, but, indeed, we all know there is still quite some distance we need to go to become just one race in the world, which is the human race,” he told the students, who greeted him by singing the South African national anthem—a song that contains an amalgam of five dif-

ferent languages widely spoken in South Africa.

As a child in South Africa, Mzamane was not given the opportunity to be educated. When he was 11, he and his family were exiled from their homeland and he was sent away from his family and friends to attend school. Thirty years later, after Mandela was elected president, Mzamane returned to his native country to take a position as a college president—a career that would never have been open to him under apartheid.

Mzamane concluded his talk with the South African proverb “umunty ngumuntu ngabantu,” which means, “A person is a person because of other people.”

“We are all people first, before we are anything else,” he reminded the students. “With that belief, we can change the world.”

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## Weavers Way at GFS

(continued from page 1)

a bigger business due to the partnership with Weavers Way. The Den was previously only open on days of big basketball games, but after the partnership, it is now open Monday-Friday, 2:35-4:30 p.m. “The Tiger Den was not very established before,” says Katie Bergstrom Mark, Director of Athletics at GFS. “I found myself running out to buy food in bulk on the nights before the Den was open.”

So far, the concession stand has been a big improvement, providing Middle and Upper School students with healthier snacks, such as Coconut Water, protein bars, and fruit, before they begin sports. Upper School lunch is at the early hour of 10:50 a.m., and Middle Schoolers have no place to get food after 1:05 p.m., so the Tiger Den provides a great service for students to get an extra pick-me-up before heading off to sports.

“The partnership has been great, the new assortment is selling super well with the parents and kids,” comments Dana Schulman (class of 2014), who has been working at the Tiger Den along with the rest of her lacrosse teammates to raise

money for their Spring Break trip.

Not only do the proceeds from the Tiger Den go towards funding the Lacrosse, Baseball, Softball and Boys’ Tennis Spring Break trips, but the Tiger Den also benefits the rest of the school community. The Den has paired up with Megan Hess’ second-third grade vertical, sending the class all the snack stand’s used foil wrappers. (The Hess class is working on a project in which they recycle wrappers to send to a special recycling center, instead of simply throwing them away.)

The green initiative of the Hess class complements the Tiger Den’s new organic food mission. The food available at the Den is a mix of healthy and nutritious offerings that are highly favored by kids. Out of around 25 items, the chocolate milk and Pirate’s Booty have sold very well. The selection also includes Clif Bars, tortilla chips, fruit leathers, and clementines, among others.

The Tiger Den has been so successful that the school intends on having a food truck at the GFS playing fields during the spring and fall sports seasons. These projects will continue to help the sports program—and the rest of the GFS community—by bringing healthier and more convenient food options to the students.

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# On Childhood and Nature and Opening Pennsylvania’s First “Nature Preschool”

by Gail Farmer, Director of Education, Schuylkill Center for Environmental Education

I WAS born in 1975, part of Generation X, probably the last generation whose parents felt comfortable sending their kids out into the neighborhood after school. “Go outside and be back by dinner,” was a common directive from my mother. My street ran along the bottom of an undeveloped hill, and “The Hill” was where my sisters and I went when my mom sent us outdoors.

Unlike more-structured activities, The Hill was totally open to our interpretation and needs: it was a place where we could try to make sense of the complex world in which we lived by reconstructing it on a much smaller scale. The Hill had scary places (“the swamp”) and refuges (“rainbow rock”). On The Hill, we were sometimes brave explorers discovering new lands and other times victims in need of rescue. The Hill was whatever we needed it to be.

A growing body of research in early childhood development is revealing the critical connection between this type of exposure to nature and the developing brain. Children who spend immersive time in nature (not just outdoors on the basketball court or playground, but *in nature*), tend to be less anxious and better able to focus, and to have fewer health issues and more emotional resilience, than children who don’t. The challenge in our increasingly urban environment is: how do we provide

very young children with the kind of immersive exposure to nature they really need?

The Schuylkill Center is keenly aware of this challenge, and already offers opportunities for nature play in many of its programs. Now we are adding another path for children in the critical early years of development: we are opening a “nature preschool.”

The Schuylkill Center Nature Preschool will provide Philadelphia children with regular opportunities for direct contact with nature, on a daily basis and across the seasons—in a risk-managed environment. Our classroom will open directly into our nature preserve, so students can jump into forests, streams, ponds, and meadows. They will grow and plant trees, rear tadpoles, catch butterflies, and generally just *be outdoors* in all seasons.

Although our preschool is the first of its kind in Pennsylvania, there are more than a dozen nature preschools across the country, and we are modeling our program on the best practices of those schools. Our



photo courtesy of Schuylkill Center for Environmental Education

curriculum will be child-centered and will facilitate active learning through play, to engage each individual and foster a lifelong disposition to learn. It will address the whole child, with time devoted to cultivating life skills and building community.

The Nature Preschool will also be licensed by the state, which sets standards for safety, staff training, student-teacher ratios, and instruction. The school’s director, joining SCEE’s staff in March, will be certified in early childhood education.

I am so excited about this addition to our programming, and invite you—whether you have young children or not—to join us at the Nature Preschool Open House in January to learn more.

Events at The Schuylkill Center for Environmental Education

Go Outside & Play! Restoring the Nature of Childhood

The Second Annual Richard L. James Lecture

Thursday, January 10 at 7:30 pm

The average American kid spends 53 hours per week watching a screen of some kind—and almost no time outdoors. What are the physical, emotional and intellectual costs of this childhood retreat from the outdoors? And since frequent unstructured play in nature has been found to be the most common influence on lifelong conservation values, what does this mean for the environment? Kenneth Finch, director of the Green Hearts Institute for Nature in Childhood, addresses these questions with a compelling combination of data, anecdotes—and a healthy dose of Calvin and Hobbs cartoons.

Preschool Open House

Wednesday, January 16 at 7:00 pm

Meet SCEE’s Director of Education, tour the preschool classroom and facilities, pick-up registration materials.

Both events are free and open to the public, at the Schuylkill Center for Environmental Education, 8480 Hagy’s Mill Rd., Philadelphia, PA 19128.

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# Awbury to Celebrate New Growth in 2013

by Liz Silbaugh, Awbury Arboretum

FOLLOWING A period of transition in leadership, Awbury Arboretum has been springing to life recently, and 2013 promises to see plenty of new activity on their 55-acre landscape in Germantown. Come on over and check it all out:

Education Director Heather Zimmerman is excited about everything going on in her department. A new education building is currently under construction on the “Agricultural Village” side of the property (on the northwest of Washington Lane, where Weavers Way has its Mort Brooks Farm), with plans to include a state-of-the-art teaching kitchen to serve the growing farm-to-plate movement. A permaculture orchard is slated to be established near the building, in partnership with the Philadelphia Orchard Project.

Zimmerman’s plans also include hosting workshops year round through the Arboretum’s Hearth and Horticulture program, offering everything from yoga to homesteading to outdoor living skills. Field Studies offerings for school field trips continue to be popular, and the Arboretum will roll out a series of nature-themed camps this summer—a great way to keep children spending time outdoors in Awbury’s spectacular open space.

In other ventures, Awbury is revamping its Landscape Services arm, offering design-and-build landscaping in addition to its established maintenance and arborist services. Awbury staff also plan to repaint and generally refresh the central Francis Cope House as a unique local Events venue. Community, history, and horticulture intersect in this unique resource. Visit in person free of charge 365 days a year from dawn to dusk; office open Monday through Friday 9-5.

For more information visit [www.awbury.org](http://www.awbury.org) or call 215-849-0213.

# Clay Arts Studio Focuses on Community

by Karen Kuranz

CERAMICS ARTISTS, Cornelia Kietzman and Shinobu Habauchi opened Six Senses Clay Studio on October 1, 2012, adding a new dimension to Mt. Airy’s growing arts community. Home to the North West Clay Guild, the studio is located at 20 East Mt. Airy Avenue and features two open work spaces, gallery, cozy “hang-out” area and retail art supplies store. An afterschool art program for children as well as evening and weekend adult art classes are currently running. Open-studio time for intermediate and advanced students is provided and the studio is available for pre-school art classes, birthday parties, and home-schooling programs.

“Our plan is for Six Senses to be a place for clay artists to share work space and to function as a support group for one another,” Kietzman says. “We want to bring the community together through creating art, sharing our expertise and making art available to everyone.” She and Ms. Habauchi are well on their way to realizing this goal. Six Senses is joining forces with iMPeRFeCT Gallery, The Mt. Airy Art Garage and several local community outreach programs to create collaborative community art options for the general public as well as the homeless and those with special needs. In addition, the newly established monthly Artist Workshop program offer a chance to watch an artist (of any medium) do her work, step by step and includes audience participation. The first visiting artist, Meri Adelman, will demonstrate oil pastel portraiture from a live model.

Kietzman is a second generation potter. She has a B.A. in Fine Arts from Bryn Mawr College and is a professional potter, woodworker, and multi-media artist. She has taught at many local schools, including Abington Friends, Philadelphia Com-

munity School, Project Learn, The Miquon School, and Silver Springs/Martin Luther School. In addition, she taught art classes and managed the ceramics studio at the Allen’s Lane Art Center for many years. During summers, Kietzman runs Camp Outlaw; a field-trip-based outdoor adventure camp for children.

Having grown up in both a pragmatic and artistic family, Habauchi naturally combines her artistic training and business acumen to bring a solid and keen eye to the visual and business sides of Six Senses. She grew up surrounded by traditional Japanese art, eventually studying and apprenticing to a master in the art of Ikebana. Her interest in ceramics is a natural progression from her expertise in Japanese floral arrangement.

Together, Kietzman and Habauchi, along with the NW Clay Guild and with the assistance of graphic designer Sandra Campbell, have created a welcoming, aesthetically pleasing and functional studio.

Six Senses is open weekdays, 9 a.m. to 6 p.m., and weekends 10 a.m. to 4 p.m. All are welcome. For more information contact us online at [sixsensesclaystudio.com](http://sixsensesclaystudio.com) or by telephone at 267-650-1757.



photo by Kaya Thomas

Shinobu Habauchi (l) and Cornelia Kietzman, standing in front of the newly opened Six Senses Clay Studio, located at 20 East Mt. Airy Avenue.

## International Cooperative Principles

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

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

and a statement of values:

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

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

### 1. Voluntary and Open Membership

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

### 2. Democratic Member Owner Control

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

### 3. Member Owner Economic Participation

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

### 4. Autonomy and Independence

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

### 5. Education, Training and Information

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

### 6. Cooperation Among Cooperatives

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

### 7. Concern for Community

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

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# Heschel-King Festival to Focus on Interfaith and Interracial Struggles for Social Justice

by Margaret Lenzi, Weavers Way Board President

*...Injustice anywhere is a threat to justice everywhere...*  
*~ Dr. Martin Luther King Jr.*  
*...What is at stake is a social movement, a call for change in social theory and practice...*  
*~ Rabbi Abraham Joshua Heschel*

THE PARTNERSHIP of Dr. Martin Luther King Jr. and Rabbi Abraham Joshua Heschel in the battle for civil rights, social justice and peace—and its lessons for today—provide the focus for the inaugural Heschel-King Festival on January 4-5 at Mishkan Shalom Synagogue, 4101 Freedom Avenue at Shurs Lane, Philadelphia.

The Heschel-King Festival, two days of faith and activism, will bring together prominent leaders of the African-American, Jewish, and Philadelphia social justice communities to celebrate and learn from the lives, work, and vision of Dr. King and Rabbi Heschel. The Festival, open to the public, is co-sponsored by more than 45 faith and community groups.

Keynote speakers include two close colleagues of Dr. King: Dr. Vincent Harding, civil rights historian and scholar; and Dorothy Cotton, former Education Director of the Southern Christian Leadership Conference. Joining them will be Rabbi Michael Lerner, editor of Tikkun magazine, who studied with Rabbi Heschel, and Rabbi Brian Walt, founding rabbi of Mishkan Shalom.

“We have sought in Heschel and King—in their Prophetic partnership and vision—our spiritual roots,” said Rabbi Arthur Waskow, Executive Director of The Shalom Center, one of the co-sponsors and organizers of the festival. “But the point of roots is that we grow from them. We—the many committed communities of action here in Philadelphia—intend to grow from those roots a new harvest of closer cooperation and fiercer

urgency to work together toward what Dr. King called the Beloved Community.”

“I am particularly interested in how we can work together across race, religion, class, and ethnicity to create a more just society,” said Dr. Harding, who drafted many of King’s speeches, including the groundbreaking Anti-Vietnam War speech, “A Time to Break Silence,” which King delivered on April 4, 1967 at Riverside Church in New York City, exactly one year before he was assassinated.

Dr. King and Rabbi Heschel (1907-1972) worked together in the 1960’s on behalf of racial equality, economic justice, and peace. Rabbi Heschel marched alongside Dr. King in Selma, Alabama, demanding voting rights for African Americans. King supported Heschel, who was one of the first religious leaders in the U.S. to speak out against the escalating war in Vietnam. Their partnership was known to their co-workers, but was not well known to the public outside of the movements they inspired.

The Heschel King Festival will explore such questions (inspired by these two prophetic figures who marched and demonstrated together) as: What are the civil rights issues of today? How can we work together across race, religion, class, and ethnicity to create a more just society?

Kicking off the Festival, Rabbi Waskow will lead an interactive service in Mishkan Shalom’s sanctuary on Friday at 7 p.m. Dr. Harding and Rabbi Lerner will keynote the evening, Rabbi Elizabeth Bolton will conduct a multi-faith choir and Reverend Dr. Alyn E. Waller, Senior Pastor of Enon Tabernacle Baptist Church, will offer the closing prayer.

Saturday, Jan. 5, will be a jam-packed day with learning, reflection, music, and conversation. It begins with Shabbat-based services at 9 a.m. The program includes study on Heschel,

King, and Civil Disobedience, a Jewish service to which the public is invited, and three roundtable conversations among the main speakers and local leaders at 1:30 p.m. on interfaith and multiethnic collaborations, spiritual politics, and the evolving face of human rights.

Children ages three to nine are especially welcome for a storytelling and music program from 1:30 to 3:30 p.m. Performances will top off the afternoon including poetry and song by Voices of a Different Drum and music by SheWho, Philadelphia’s feminist women’s vocal ensemble.

The concluding program, Saturday at 6 p.m., will be a showcase of 15 community groups and a public forum featuring Dorothy Cotton and Rabbi Brian Walt, a leader in Jewish and interfaith peace and justice movements. An important and unsung hero of the civil rights movement, Ms. Cotton provided leadership in the Southern Christian Leadership Conference for 12 years and later became the founder of a human rights advocacy group, the Dorothy Cotton Institute. There will be performances by a multi-faith group of teens developed by Philadelphia’s own Bible Raps, excerpts from a film about Heschel by Steve Brand, a youth choir, and music by Jack Kessler and Reverend Rhett Morgan.

The 40th anniversary of Rabbi Heschel’s passing occurs close to the 2013 birthday of Dr. King, creating a unique



photo by John C. Goodwin

Pictured here protest in the Vietnam War at Arlington Cemetery are (left to right) front row: Rabbi Abraham Joshua Heschel, Dr. Martin Luther King, Jr., Rev. Ralph Abernathy, Rabbi Maurice Eisendrath (carrying the Torah), and Rabbi Everett Gendler.

opportunity to learn and celebrate the teachings, lives and visions of these two great prophetic leaders. That provides the inspiration for the Heschel-King Festival.

Mishkan Shalom, the Reconstructionist Jewish congregation in Roxborough, was founded in 1988 on principles of social justice, inclusiveness and Tikkun Olam—the Jewish value for repair of the world. The synagogue, its members, and Senior Rabbi Linda Holtzman are the driving force in creation of this festival, which is expected to continue on an annual basis.

The public is invited to attend the Heschel-King Festival. Pre-registration is required at <http://heshelkingfestival.eventbrite.com>. Admission is free (with a small fee for lunch and dinner on Saturday), but donations are welcome. For the complete schedule and more information on the Festival: <http://mishkan.org/story/heschel-king-festival> or contact [heshelkingfestival@comcast.net](mailto:heshelkingfestival@comcast.net).

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# Teacher’s Fund Awards More Teachers Than Ever

by Erica Hawthorne, Trolley Car Diner

NOW IN its fifth year, the Mt. Airy/Chestnut Hill Teacher’s Fund has awarded more than \$12,000 in grants to public school teachers in the Mt. Airy/Chestnut Hill section of Philadelphia. With the addition of three new schools this year, a total of 32 teachers at the AB Day, Emlen, Henry, Houston, Lingelbach, Jenks, McCloskey, and Parkway Northwest schools received Teacher’s Fund grants. Grants ranged in size from \$100 to \$500, and were awarded based on educational opportunities provided by the teachers to their students.

“This year, we added more schools so we could offer more grants to deserving teachers in the Mt. Airy/Chestnut Hill community,” explained Trolley Car Diner & Deli owner and Mt. Airy/Chestnut Hill Teachers’ Fund Founder Ken Weinstein.

The committee saw an increase in field trips and technology-based grant re-

quests after suggesting teachers create a “wish list” for the upcoming school year. The grants approved were diverse and ranged from a five-day Outward Bound excursion trip to utilizing an iPad and Apple TV to project daily lesson plans to growing caterpillar into butterflies as students observe the life cycle of butterflies.

This year, the Teacher’s Fund received a grant from the Elizabeth B. and Arthur E. Roswell Foundation and the Sidewater Family Foundation along with other private donations, allowing more teachers the opportunity to receive grants. The Fund is administered by Trolley Car Helping Hands, a 501(c)3 non profit organization and staffed by Trolley Car Diner.

The Mt. Airy/Chestnut Hill Teacher’s Fund Committee will continue to seek additional funding in order to provide another round of grants next fall. Committee members include Pauline Henry, Richard Raisman, Leslie Burrell, Ken Weinstein, Leslie Winder, Vanessa Yingling, Deidre Shaffer, and Jack Hamilton.

The Mt. Airy/Chestnut Hill Teacher’s Fund was created to help public school teachers in Mt. Airy and Chestnut Hill fund projects that help educate their students. Many teachers were previously forced to pay for educational projects out of their own pockets or decided to not pursue educational opportunities because they could not obtain funding from the Philadelphia School District.

# Free Screening of New Film on Food Justice

by Sara Zia Ebrahimi

COMMUNITY CINEMA, a national documentary screening series sponsored locally by WHY Y and Independent Television Service (ITVS), presents a screening of *Soul Food Junkies* in partnership with the Community College of Philadelphia, BlackStar Film Festival, and ReelBlack. The screening will take place at Community College of Philadelphia’s Bonnell Auditorium on February 7, 2013 at 6:30 p.m.

In the film, award-winning documentary filmmaker Byron Hurt—named a “Top 10 Filmmaker to Watch” by The Independent—sets out on a historical and culinary journey to learn more about the soul food tradition and its relevance to black cultural identity. Hurt’s exploration was inspired by his father’s lifelong love affair with the high-fat, calorie-rich traditional soul food diet and his unwillingness to give it up even in the face of a life-threatening health crisis. Hurt discovers that the relationship between African Americans and culinary dishes like ribs, grits, and fried chicken is culturally based, deep-rooted, complex, and often deadly.

Through candid interviews with soul food cooks, historians, and scholars, as well as with doctors, family members, and everyday people, *Soul Food Junkies* puts this culinary tradition under the microscope to examine both its positive and negative consequences. Hurt also explores

the socioeconomic conditions in predominantly black neighborhoods, where it can be difficult to find healthy options. He meets some pioneers in the emerging food justice movement who are challenging the food industry, encouraging communities to “go back to the land” by creating sustainable and eco-friendly gardens, advocating for healthier options in local supermarkets, supporting local farmers’ markets, avoiding highly processed fast foods, and cooking healthier versions of traditional soul food.

To RSVP for the screening visit <http://why.kintera.org/soulfood>

*Sara Zia Ebrahimi is a National Engagement Consultant for ITVS and a Mt. Airy resident.*

~ [sara\\_zia\\_ebrahimi@itvs.org](mailto:sara_zia_ebrahimi@itvs.org)



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# GMO Study Points to Need for More Research

by Jon McGoran, Shuttle Editor

IN THE wake of the November defeat of Proposition 37, which would have mandated labeling of genetically modified (GMO) foods in California, new initiatives are getting underway in other states, even as the focus of the fight shifts back to the national stage. Before looking too far ahead, though, it is worthwhile to look back just a little bit, to a study that was released several weeks before the election. In the din surrounding the fight over Proposition 37, news of the study was under reported, and in some ways distorted. (Tom Philpott wrote an excellent analysis in Mother Jones, [www.motherjones.com/tom-philpott/2012/09/gmo-corn-rat-tumor](http://www.motherjones.com/tom-philpott/2012/09/gmo-corn-rat-tumor))

In late September, the journal Food and Chemical Toxicology reported results of a two-year long study from France on the effects of the pesticide Round-up, and genetically engineered, pesticide-resistant “Round-Up Ready” corn. The study involved 200 rats separated into ten groups of ten females and ten males: three groups had part of their standard lab-rat diet replaced at varying levels (maximum 33 percent) with Roundup Ready corn that had been treated with Roundup pesticide in the field; three groups got the same feed protocol, but with untreated Roundup Ready corn; three groups got no GMO corn but tiny amounts of Roundup in their drinking water at varying levels; and the control group ate two-thirds standard lab-rat chow and one-third non-GMO corn.

The initial reports focused on the study’s dramatic conclusions, and they were indeed dramatic. Among the conclusions were:

- “severe adverse health effects including mammary tumors and kidney and liver damage, leading to premature death,” from both the Roundup Ready corn and Roundup itself, “whether they were used separately or together.”
- “50 percent-80 percent of the females had developed large tumors compared to 30 percent in the control group.”
- As for males, “Liver congestions and necrosis were 2.5 to 5.5 times higher than in the control group ... [and] there were also 1.0 to 2.3 times more instances of ‘marked and severe’ kidney disease.”

- Overall, among the rats receiving GMO and/or Roundup, “Up to 50 percent of males and 70 percent of females died prematurely, before deaths could be put down to normal ageing, compared with only 30 percent and 20 percent in the control group.”
  - Of the 54 comparisons between treated rats and control rats, in all but four of them the treated rats showed worse outcomes.
- Interestingly, almost all of the ill effects manifested after 90 days, which is the duration of almost all of the industry sponsored studies, which touted the safety of GMO foods.

The study generated an almost immediate backlash, from GMO proponents seeking to discredit it outright, but also from critics of GMO foods, who acknowledged the study’s shortcomings and urged caution in ascribing too much significance.

Among the criticisms of the study were that the sample sizes were too small, the type of rats used was prone to tumors, and the omission of some factors, like water intake. But, as Philpott’s article points out, while the study was disregarded in many circles, or at best downplayed, the factors cited by critics were in many ways explainable. Sample sizes were relatively small because the high cost of longer term studies puts pressure on researchers to limit sample size. The predisposition toward tumors of the rats involved still doesn’t explain the drastic difference in rates of occurrence. And the researchers explained that information regarding water intake and other factors was indeed available, but was omitted from the study for brevity’s sake, since so much other information was included.

Many dismissed the French study as inconclusive, but that misses the point entirely. It is true that the results, while compelling, may not be conclusive about the safety of GMO foods, but they are conclusive about the need for more research about the safety of GMOs, and research of longer duration.

~editor@weaversway.coop

# Land Bank Vitrally Important Issue for Urban Ag

by Glenn Bergman, Weavers Way General Manager

WHEN I was going to school for my master’s degree in public health in Philadelphia, I learned that the most important changes for the good of the public’s health were not the innovations in modern medicine, but the more mundane historical developments. Things like advances in food production, housing, and peace did much to extend the public’s life expectancy. Guns, poor nutrition, poor housing, and lack of education shortened expectancy.

As I traveled by bike and train to classes in the city, I saw a growing number of empty lots growing as the city’s population declined. I knew that if we could beautify those lots with vegetable gardens, we could improve the neighborhoods, provide good local food, and educate people of all ages about eating vegetables. That was in 1980.

Finally, under Mayor Nutter and a very forward-looking Commerce Department, the city is about to release land that has been held up in the City’s inventory for too many years. In late November, the Governor signed legislation sponsored by State Rep. John Taylor (R., Philadelphia), giving cities permission to establish land banks. This was important, because now the City, through the Philadelphia Redevelopment Authority (PRA) and under the guidance of Michael Koonce and John Carpenter, are working to set up land banks to move this inventory into the hands of people who will put it to use for housing, businesses, gardens, etc. Recently, Councilwoman Maria Quinones Sanchez has sponsored a bill to further that process. This is wonderful and encouraging news, and we should all support these efforts to get these 40,000 plus empty lots into the hands of developers, residents, farmers, gardeners, and non-profits.

Unfortunately, all the news is not so good. As the land bank effort moves forward, another threat to urban agriculture has arisen on another front. Just months after the culmination of a years-long effort to update and simplify our zoning code—an update that removed many of the bureaucratic and political obstacles to urban farming—Councilman Brian O’Neill has introduced an amendment that many—among them Weavers Way, the Mayor’s Food Policy Advisory Council, and many others—believe is a barrier to moving forward with a comprehensive plan that will improve the City.

O’Neill’s amendment seeks to make community gardens and market farms on commercially zoned land illegal, forcing gardeners to pursue an onerous “Special Exception,” akin to the zoning variance procedures the new zoning code sought to minimize. Twenty percent of the garden plots in the city fall into those areas, and since the pending bills are considered a “pending ordinance,” and thus are already in effect pending the vote to make them permanent, these farmers and gardeners are now outlaws, subject to prosecution for doing the wonderful work they do to beautify their neighborhoods and feed their communities.

The O’Neill Amendment is also troubling in that, by requiring special exceptions for community gardens and many other uses that were specifically approved in the original new zoning code, it would repoliticize a process that has just been reformed. I also believe City Council members should have no veto power of the land transfer. This should be directly between the land owner (the City) and the person/institution that wants to purchase the land. As long as the use of the land is within the zoning code it should go through. Keeping City Council out of the process of land sales will reduce developers’ ability to influence sales through political pressure or campaign or charitable donations. Transparency is essential if we are to make this city vibrant and healthy again.

## What Can You Do?

- Contact your council representative and support the Mayor’s land bank efforts, and Councilwoman Sanchez’s bill.
- Contact the Mayor’s Office and your council representative and tell them you oppose O’Neill’s amendment, Bill 120916 and 120917
- Visit the Public Interest Law Center’s website for more information on this. Their information page is: <http://pilcop.org/take-action-to-protect-urban-agriculture-in-philadelphia/#more-3204>

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# Amendment Threatens Urban Farms

(continued from page 1)

cial mixed uses areas. Among these restrictions, the bill would only allow community gardening and market farming by “special exception” on over one third of the city’s commercially zoned lands.

What does this mean for existing gardens? The affirmative vote by the Rules Committee immediately renders illegal approximately 20 percent of the urban farms and community gardens already in existence in the city. The amendment is scheduled to come to a vote by the full Council on January 24, 2013. In the meantime, since the bill is regarded as a “pending ordinance,” the city may begin enforcing the provisions of the bill immediately. If council votes in favor of the bill, the changes would become permanent.

While the provision allowing farm or garden parcels with a special exemption is an improvement over the initial version of the amendment, which would prohibited gardening and farming outright, it is still an onerous process that would inhibit urban agriculture in Philadelphia. “The Special Exception process is not an ‘over the counter’ approval and requires quite a bit of administrative effort,” explained Eva Gladstein, Deputy Executive Director of the Philadelphia City Planning Commission. “The zoning applicant must: file an application for a ZBA hearing; notify the local RCO, near neighbors and the District Councilperson of the project; meet with the local RCOs and document the meeting; post notice of the ZBA hearing on the property for 21 days prior to the hearing; at the hearing, demonstrate that the proposed use is consistent with the zoning code and any applicable standards for the use; and if there is testimony at the hearing from the community that the impacts would be more than normally expected from that use, must provide evidence to overcome such testimony.”

The amendment passed out of the Rules Committee on a four to three vote, despite almost unanimous testimony in opposition to the bill from an array of constituencies (including Weavers Way, see sidebar).

The changes would prohibit new businesses such as auto shops, car rental and sales, gas stations, personal care homes, single- room residences, and group living from locating in commercial corridors. Joining urban farms and community gardens in requiring special exemptions would be transit stations and storage facilities. Prohibited outright, and thus requiring zoning variances, are businesses including auto shops, car rental and sales, gas stations, and personal care homes.

“Philadelphians in neighborhoods throughout the city place a huge value on gardening and farming as food production, vacant land stewardship, and community building. Under the new zoning code, city policy began to reflect the commitment of the city’s residents. This dismantles progress made,” says Amy Laura Cahn, Skadden Fellow at the Public Interest Law Center of Philadelphia’s Garden Justice Legal Initiative.

What can you do? Contact your district councilmember and the at-large councilmembers.

1. Let council members know that gardening and farming matter to you.
2. Encourage council members to keep the zoning code intact and rely on the anticipated one-year review to address concerns.
3. Ask that they oppose City Council Bill 12917.

For more information on the zoning changes, visit <http://pilcop.org/take-action-to-protect-urban-agriculture-in-philadelphia/>

# Council Testimony Against Bills 120916 & 120917

by Jon McGoran, *Shuttle* Editor



Below is the text of testimony delivered by Jon McGoran at a hearing of Philadelphia City Council’s Rules Committee.

I am here today to testify in opposition to Bills 120916 and 120917, due to the negative impact these bills would have on Urban Agriculture in Philadelphia. Through Weavers Way Co-op’s farm programs, I’ve seen Urban Agriculture’s benefits for public health, the environment, and the economy, making our communities and the people who live in them healthier, happier, and stronger.

### Community

Urban agriculture strengthens communities by forging relationships and creating common goals. It creates positive outdoor activity that reduces crime, especially when replacing vacant lots, which harbor criminal behavior. Environmental benefits include reducing or eliminating the need for food packaging, refrigeration, storage, and transportation, lowering energy usage, production costs, and waste. The green spaces it creates actually reduce summer temperatures.

### Health

900,000 Philadelphians are now obese, largely due to lack of exercise and inadequate access to healthy food. Urban agriculture increases the accessibility and affordability of healthier choices and added opportunities for exercise. Weavers Way’s farm education programs reach thousands of children and youths each year, but urban agriculture is innately educational: simply by existing, these gardens and farms teach important lessons about food and community.

### Economy


Urban agriculture also has substantial economic benefits. A 2006 study by New York University showed a significant positive impact on home prices and a net tax benefit to the city of New York in excess of \$750,000 per garden, over a 20-year period. A University of Pennsylvania study in 2005 showed similar benefits in Philadelphia. This is in addition to savings realized by reducing the number of vacant lots and the costs associated with them, due to crime and illegal dumping.

Urban agriculture helps cities, neighborhoods and families create and retain wealth. It has been estimated that urban market gardeners in Philadelphia can earn \$50,000 or more per acre. Farmers can earn livable wages or supplemental income from urban farms and community gardens, and their neighbors can spend much less for better food. And all the money saved and spent stays local.

### Conclusion

Our current zoning code allows community gardening and market farming in CMX-2, bringing existing gardens and farms up-to-date and creating opportunities for new projects. The proposed amendments would prohibit urban agriculture on one third of all commercial land. Current gardeners would have to pay fines or cease operations, or alternatively to await the process of remapping or attempt to obtain a variance or rezoning ordinance – all time consuming and resource heavy endeavors. There are enough obstacles to creating gardens and farms; the last thing we should do is build more. I urge you to reject bills 120916 and 120917 and keep our new zoning code as is.

**WEAVERS WAY EDUCATION COMMITTEE PRESENTS**



**Northern Harmony Returns to Mt. Airy Winter Tour, 2013**

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**December 9, 4:00 p.m.**  
**Art of the Prophets**  
St Martins-in-the-Fields

**February 3, 4:00 p.m.**  
**Bach Trio Sonatas**  
Presbyterian Church of Chestnut Hill

**May 12, 4:00 p.m.**  
**Great Books**  
Presbyterian Church of Chestnut Hill

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## Suggestions

by Norman Weiss,  
Purchasing Manager

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

An interesting thing that happened this week is someone from Massachusetts called to say he was addicted to Weavers Way Philly Fresh Hot Pickles and asked if we could send him a case. Since this is out of the range of our Home Delivery program I was reluctant. Plus I know how hard UPS and FedEx are on packages and wasn't sure a case would survive a trip intact. However, since this is such an interesting request, I'm going to test a case by playing catch with one and see what happens. This could be the beginning of

a worldwide franchise for Weavers Way. In the past when we've talked about expansion we talked about things like opening a third store, helping other groups in the Philly area that want to open a store, expanding services with a book co-op or co-op movie theater, etc. Who'da guessed our largest geographic expansion would revolve around a pickle. Despite diligent efforts by our Strategic Planning Committee to think broadly and include lots of feedback from staff and shoppers, worldwide distribution of our pickles was not on their radar. Imagine Weavers Way as the Starbucks of pickle stands...

## suggestions and responses:

- s:** "P&S stuffed shells please!"
- r:** (Chris MA) Not sure we have room to add these to our freezer line at this time, will keep in mind for the future...
- s:** "Please order Metropolitan almond croissant."
- r:** (Molly MA) I order them for Saturdays and Sundays because they haven't sold well when I get them during the week. If you want them on another day, you can pre-order them, minimum quantity is three and we need two days notice.

- s:** "Dr. Bronner's in bulk."
- r:** (Norman) We looked into this and judged it not worth stocking because there was not much savings to shoppers and it doesn't save much packaging, as the bulk containers are not that large—just one gallon. Plus liquid soaps can get messy. However, you can pre-order a gallon if you want.

- s:** "I love our ice cream selection but for some reasons all the brands and flavors I've tried turn to liquid after about an

hour. I have to let it sit out an hour, otherwise it's too cold and unpleasant to eat. Can we find ice cream that stays solid after it warms up a little? Thanks."

- r:** (Norman) Funny, in 38 years I think you are the first person to voice this request. Nevertheless, we take all requests seriously and are looking into a couple of items. There is an ice cream that is stable at room temperature, originally made for Barbie's doll house. The problem is the containers are really small, tiny even, so for one serving you'd need like 100 of them. We've contacted the manufacturer to see if larger sizes are available. If not, another possibility is spraying ice cream with a thickener, like edible glue, which will let it remain somewhat solid at room temperature.
- s:** "Would you please reorder more Shiloh 7 Grains Bread. I sometimes use Ezekial but it doesn't separate as well as Shiloh when frozen. Also, can you still order the other brand of Oats & flax with the 8 packs. The new variety brand—most doesn't taste as good and is too mushy. Thanks."
- r:** (Chris MA) Sorry to say both of these items are no longer available from any of the distributors we deal with. I'll keep an eye out for other sources/possibilities.

## Cats and Dogs

(continued from page 11)

part of the toe bones along with the claw. It is a painful procedure.

Many health problems may ensue: infection, abnormal growth when the entire nail bed is not removed, and shattered bones. Some declawed cats stop using their litter boxes because they associate them with pain.

Our cats like to scratch on a door mat made of wire and recycled materials, which can be purchased from Bed Bath and Beyond. They are not allowed near the grand piano in the living room. So far we've been lucky with the furniture. Since cats don't like smooth surfaces, I put smooth packing tape on corners of a couch they began to scratch.

It is true that pets take some work. But the laughter in seeing their antics and the pleasure of sharing their world is worth it. I understand that we relax more in their presence. Dogs give unconditional love. Cats love us when they feel like it.

~ environment@weaversway.coop



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## 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!

**Mt. Airy**  
Weavers Way Community Room, 555 W. Carpenter Lane  
(next door to WW Mt. Airy Store)  
**Wednesday, January 9, 6:45 p.m.**  
**Saturday, January 19, 10 a.m.**  
**Saturday, February 16, 10 a.m.**  
**Thursday, February 28, 6:45 p.m.**

PLEASE PRINT CLEARLY

Name \_\_\_\_\_ Orientation Date \_\_\_\_\_

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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.



# Author and Actor Susan Morse at CHCE

by Stacia Friedman, Chestnut Hill Center of Enrichment

SECRETLY, WE each believe that our own family tree contains the most fruit and nuts. That is why it's always cathartic to read a memoir about parents who are certifiably crazier than our own. For this guilty pleasure, you don't have to go any further than *The Habit*, a memoir by Chestnut Hill's own Susan Morse. When Morse, a former film and television actress, moved from Los Angeles back to Chestnut Hill in 1994, she didn't know it would thrust her into the most demanding role of her life—as caretaker of her highly eccentric, elderly mother. Mother Brigid, as her mother now demanded to be called, had changed religion six times, finally becoming an Orthodox Christian nun at an age when most women take up Bingo, not the veil. Lucky for us, Morse kept a notebook of her rollercoaster relationship with her admittedly kooky mother, resulting in

her hilarious, poignant memoir.

On Wednesday, January 16, Morse will read from *The Habit* at the Chestnut Hill Hotel and talk about the challenges of being a member of the Sandwich Generation, caring simultaneously for ram-bunctious teenagers and a terminally ill mother while juggling a career and marriage. Morse spent most of her childhood in Chestnut Hill then moved to New York to pursue an acting career. While tending bar in Hell's kitchen, an obligatory job for most aspiring actors, she met her husband David and followed him to Los Angeles. While David's star rose as an actor in stage, film and television—recurrent roles on *House* and currently HBO's *Treme*—Susan found small parts in movies and TV series, including *Murphy Brown* and *The Twilight Zone*. When the 1994 Northridge earthquake hit and their

LA house was destroyed, Susan and David and their three children moved to Chestnut Hill. Susan stopped acting and started editing books, having no idea that she would end up writing one—least of all, a book about her relationship with her strong-willed mother who, over the years, embraced Roman Catholicism, astrology, transcendental meditation, Silva Mind Control, vitamins, and Reiki.

“For anyone who's wondered how they made it through their childhood with their sanity intact; for every multi-tasking woman coping with aging parents and children; for those of us who love our parents, come hell or high water (because we just can't help it), Susan Morse's story is surprising, reassuring, and laugh-out-loud funny,” writes Mary McAveney of Open Road Media, publisher of *The Habit*.



photo courtesy of Susan Morse

Susan Morse, author of *The Habit*

Susan Morse's reading is part of the ongoing monthly Literary Salon hosted by Chestnut Hill Center of Enrichment. A wine and cheese reception will follow. Admission is \$12 in advance; \$15 at the door. Dine at the Chestnut Grill and receive a ten-percent discount on food. Tickets available at [www.chEnrichment.org](http://www.chEnrichment.org) or 215-248-0180.

~ [stacia4chce@gmail.com](mailto:stacia4chce@gmail.com)

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# James Prosek Visits The Miquon School

by Arabella Pope, Miquon School Director of Communications and Alumni Relations

STUDENTS AT The Miquon School in Whitemarsh Twp. listened intently to artist and naturalist James Prosek describing his world travels in search of unusual species of fish and other fauna. Prosek was in Philadelphia to receive the Academy of Natural Sciences’ Gold Medal for Distinction in Natural History Art. His new book *Ocean Fishes* contains hundreds of detailed and exquisitely wrought watercolor paintings of fish from around the world. An exhibit currently showing at the Academy features many of the book’s arresting, life-size works.

Prosek is the author of twelve books, the first of which, *Trout: An Illustrated History*, was published while he was still an undergraduate at Yale University. Introduced to the natural world by his father, an avid birder, Prosek honed his observation and drawing skills through studying the drawings of John James Audubon. His fascination with fish began when a friend introduced him to fishing. He described

the challenge of capturing in paint the iridescent colors of a fish, colors which fade rapidly just moments after the fish leaves the water. His satisfaction comes from painting not just any beautiful fish, but the very creature that he has caught or watched being caught, and with whom he feels a relationship.

Miquon students were given food for thought as Prosek alluded to the ethical conflict of killing animals for the very purposes of scientific study. They were entranced by his whimsical renderings of “hybrid” animals such as a turtle-dove, a parrot-fish, and a flying fox. And they made obvious connections with their own experiences at Miquon, where all students spend time playing, observing, drawing, and learning from the 11 acres of woods, fields, and creek that make up the school’s campus.

~ arabellap@miquon.org



photo courtesy of Miquon School

James Prosek (left) with Miquon principal Julia Finney and Sara Hertz, a Miquon alumna, Board member, and Vice-President of Strategic Initiatives at The Academy of Natural Sciences. Fourth grade student Samiha Hadeed-Moore of Germantown asked Prosek to autograph her own illustration of a hybrid “toucafrog”.

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