

Give Your Valentine
a Bunch of Love
with
Weavers Way
Flowers...

details on page 3

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CURIOUS?

Do you want to have a hand in guiding the future of Weavers Way?

Weavers Way Co-op needs members to run for seats on the Board of Directors.

See Nomination Form on page 8.



The Shuttle

February 2013 Vol. 41 No. 2

A Cooperative Grocer Serving the Northwest Community Since 1973

Store Reset at WW Mt. Airy

by Rebecca Torpie,
Marketing Director

WHERE’S THE ketchup? Who moved the almond butter? Why can’t I find my agave? At least no one moved the cheese...

Since reopening post renovations at the end of September, we received quite a bit of member feedback on the new Mt. Airy store set-up. Overwhelmingly, members and shoppers are very happy with the look and feel of the new digs. One member said she’d never do her grocery shopping anywhere else, ever again. Talk about a ringing endorsement!

While most of the feedback was positive, we did receive critiques about the layout of products in the store. Many people found things difficult to find. Based on that, we decided to “reset” the Mt. Airy store. In grocery parlance, this means that we have rearranged items through-

(continued on page 16)

WW 2013 Farm Committee



photo by Glenn Bergman

Members of Weavers Way’s Farm Committee gather for their first meeting of 2013. Pictured here at the meeting are (back, L to R) Graham Robb, Howard Field, Josh Brooks, Mark Klempner, Raisa Williams, Liza Hawley, and (front, L to R) Scott Blunk, Nancy Anderson, Nina Berryman, Jill Fink, Larry Shaeffer.

Success! Gardens & Farms Rescued from Zoning Bill

by Jon McGoran, *Shuttle* Editor

JUST AS *The Shuttle* was going to press, The Campaign for Healthier Foods and Greener Spaces announced success in the effort to save community gardens and market farms from a bill that would have saddled many of them with onerous fees and legal burdens. City Councilman Brian O’Neill announced that January 24, 2013 he would amend Bill 120917 to restore community gardens and market or community supported farms in areas zoned CMX-2 and 2.5 as a matter of right, as was originally allowed in the new zoning code. O’Neill explained to his fellow council members that he had made this decision

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PA GMO Labeling Initiative

by Jon McGoran, *Shuttle* Editor

A COALITION of groups including Food & Water Watch, GMO-Free PA, and Weavers Way Co-op is initiating a campaign to pass legislation to label genetically engineered food. A similar initiative was defeated on the ballot in California last November, after corporations opposed to the initiative poured almost \$50 million into the fight in the final weeks of the election. Since then the focus has returned to a national labeling effort, but statewide initiatives are also underway. More than 30 states are now pursuing GMO labeling

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HighPoint Helps WWCP for MLK Day of Service

by Mira Rabin, WWCP President

ABOUT 40 volunteers from Team High Point, joined by teachers and students from MLK High School as well as staff and board members from Weavers Way Community Programs, observed the MLK Day of Service by cleaning and clearing the WWCP greenhouse and the Hope Garden at Stenton Family Manor. The greenhouse will be used to start seedlings for WWCP’s farm education programs. Special thanks to Meg Haegele and her staff, and to team leaders Shelley Hedlund, Kestrel Plump and Ken Kolodziej.



photo Laurie Beck Peterson

Weavers Way Community Programs Board member Norman Matlock (left) and Board President Mira Rabin (center) with Mira’s daughter Gabrielle (right), at Team HighPoint’s Martin Luther King Jr. Day of Service event at Martin Luther King Jr. High School.

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

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Editor’s Note



by Jon McGoran,
Shuttle Editor

EVER SINCE October 2011, when our Mt. Airy store was a stop on the “Right to Know March” that kicked things off, Weavers Way has been at the forefront of the fight to label Genetically Modified Organisms (GMOs). We proudly participated in the campaign that got a record one million USDA comments in support of a national GMO labeling policy. And we enthusiastically supported Proposition 37 in California.

But we’re not just about labeling GMOs. We’re also about local. And as part of our effort to find more local suppliers, we’ve been looking for a source of GMO controversy that wasn’t grown in California, or part of a huge national distribution chain. We wanted local. That’s why we’re so excited about GMO-Free PA, part of a locally grown initiative to label GMOs in Pennsylvania. This locally produced effort will have a smaller carbon footprint than one imported from California, and will be more attuned to our local sensibilities than a national effort.

Sure, a national labeling law would be better in many ways, but local initiatives also benefit the local economy. Apart from sales of materials for picket signs and paper mache Frankenfoods, the multiplier effect is much higher when you buy local, meaning dollars spent on a local GMO labeling initiative have more benefit to the local economy than dollars spent on national initiatives.

And if California’s Prop 37 is any indication, there could be an even bigger local impact. Opponents of that measure poured tens of millions of dollars into the state to defeat the measure. That kind of cash infusion could be the biggest economic boon to Pennsylvania since fracking.

Of course, there could be other benefits as well. By some accounts, Monsanto earns as much as \$2.5 billion dollars in profits each year, but while \$50 million dollars in California or Pennsylvania might be a drop in the bucket, if all 50 states started initiatives, at \$50 million each, that could add up to... \$2.5 billion. Even Monsanto might notice that.

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Statement of Policy

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



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Winter at W.B. Saul High School

by Clare Hyre, Henry Got Crops! CSA Education Coordinator

COOKING CLASSES, field trips, regional youth food justice conferences ... these are just a few of the upcoming events students are looking forward to at W.B. Saul High School. While the winter months are lean on fieldwork, students have taken their studies of small-scale agriculture indoors and are exploring a variety of topics. Through bi-weekly, seasonally appropriate cooking classes, students will learn about the nutritional and health benefits of local and sustainable agriculture, and look into the environmental impact of industrial agriculture on our air and water. Students will also learn about seed-saving and soil and crop rotations, and they will have a chance to design their very own farm. For many students, these indoor months are the gateway to their interest in urban farming, the time when they begin to really care about and analyze the food they eat.

In 2011 senior Antonio DeShields wrote, “During the time working with our CSA advisor, Clare, we have cooked multiple dishes using organic alternatives instead of the typical choice. When we made spaghetti, instead of using regular noodles, we used wheat noodles, and instead of using pasta sauce, we used homemade pesto sauce. That’s just one of the delicious dishes that we concocted.”

Come spring, students will be very involved in a new project starting at Henry Got Crops! CSA: creating beds for students only! We will re-furbish raised beds on the top slope of the farm and plant seeds donated by the CSA and the



photo by Clare Hyre

Saul students Sandy Mai (l) and Isaiah Nelson

Seed Savers Exchange. Each class that participates in the HGC Farm Education Program will receive their own bed and all the produce grown in that bed will be distributed directly to the students and staff. I can’t wait to see students walking daily between the school and the CSA with full bags of vegetables.

For more information about the Henry Got Crops! CSA Farm Education program at Saul High School, and to watch our video, visit www.weaversway.coop and click on “Weavers Way Community Program.” And please, if you like what you see, don’t forget to donate to WWCP!

~ henryeducation@weaversway.coop

World Day of Social Justice

by Liana Orazi, Weavers Way staffer

“We may all have different statuses in life but no one’s dignity is worth more than another’s” –IP Man

MAYBE I’M silly for quoting a Kung Fu movie but the lesson learned is incredibly valuable. Many people do not get the respect deserved or an opportunity to flourish in society the way others do and perhaps there can be no blame placed; but there certainly is a resolution.

The World Day of Social Justice was first observed on February 20, 2009. The United Nations established this calendar event to shine light on the lack of balance in the global economy. We function in our daily lives with very little ability to make big changes. At the very least we can help contribute to the labors of the worldwide community for poverty eradication, gender equality, and justice for all by supporting companies that supply fair wages and respectable work for their employees. I’d like to tell you about a couple of vendors we carry who play an active role in developing a trail leading to greater social justice are Dr. Bronner’s Magic Soaps and Alaffia.

Dr. Bronner’s Magic Soaps has a long history, a long story of family struggle, perseverance, and integrity. They strive to honor their heritage with progressive business practices, while devoting profits to meaningful foundations worldwide. Social justice is not just lacking in less

(continued on page 18)

WW Farmers Already Planning for Spring

by Rick Rigutto, Mort Brooks Memorial Farm Manager

IT SEEMS like last growing season just ended, and here we are again on the verge of another. Seeds have been ordered, plans have been made and the greenhouse is about to be fired up for early season seed starting. Before we know it, plants will start to hit the field and veggies will be ready for harvest.

This past season we sold at two farmers markets, as well as sending what we could into the stores. Looking forward, this season’s plan will be a bit different. We will still be attending the Headhouse Square farmers market downtown at 2nd and Lombard. That being said, we will no longer be attending the Mt Airy farmers market that was, this past season, at Carpenter Lane on Thursday afternoons. The market just never took off like we had hoped it would, despite moving it back to the Carpenter location.

The main goal of this change in plans is to help boost the amount of food you see in the stores from the Mort Brooks farm. I am laying out a farm plan designed to provide more consistent amounts of kale, baby salad greens, head lettuce, carrots, fennel, and baby bok choy. Those are not the only things that I hope to send, they are just the main crops we’ve identified that sell really well at the stores. Also, from a growing standpoint, they are ideal for wholesale production.

One the whole we really are taking seriously the idea of getting more of our food into the hands of members in a way that is still economically viable for the farms. I personally feel, beyond this season, that you will be seeing more and

more food from Mort Brooks farm in the stores. Economically speaking, what that will look like is the biggest question. If we merely sold all of our food to the stores with the farm receiving a wholesale price, the farms would have to be subsidized by the Co-op at a much higher rate than anyone seems to think is acceptable. This is a challenge that will require us to come up with creative solutions to meet our goal, and our plan for this season is a good first step.

One more note, you will start seeing volunteer shifts reappear in mid March. I will be looking for help with starting seeds and keeping the greenhouses weed-free. Even if working your shifts at the farm is not for you, I strongly encourage you to stop by and see what we have going on. Not only do my hopes rest with a bigger farm presence at the stores; we also seek a bigger membership presence at the farm.

~ rigu66@gmail.com

WEAVERS WAY MEMBER WORKSHOPS

Spring Transplanting Workshop

Join farmer Rick Rigutto to learn and participate in some urban farming basics. We will be talking about soil, transplanting and timing of certain spring veggies along with the benefits of drip irrigation and row cover. Those joining us that day will also participate in transplanting crops like broccoli, kale and baby bok choy.

Anyone who is interested can visit the Awbury Arboretum website (www.awbury.org) and sign up by clicking on **Hearth and Horticulture (adult and family programs)**.



Saturday, March 30
10 AM-12 PM
Cost is \$10

Weavers Way Mort Brooks Memorial Farm at the Awbury Arboretum

Better than Back-of-the-Box

by Anna Herman

THE VARIETY now available in bulk section bins can be somewhat overwhelming. The virtues of buying in bulk have been detailed by others in these pages (less packaging, lower cost per pound, and the opportunity to purchase just a small sample of an new ingredient), but I want to address the downside of no box. That is, mainly, no “back-of-the-box.” Where are the cooking instructions and recipes?

To remedy this information gap, I am going to attempt, in small stages, and while fulfilling my working member job requirements, to provide all you fellow members and all the rest of you lucky Co-op shoppers with a few seasonal recipes for items sold in bulk.

This Month It’s All About Beans

Dried beans, peas and lentils—a.k.a. legumes or pulses—are a vital food source and some of the world’s oldest cultivated crops.

Beans are a great source of protein, dietary fiber and complex carbohydrates. Legumes and pulses come in a variety of flavors, textures and sizes. They are all nutritionally dense, inexpensive and



versatile. There is a reason people have relied on beans for millennia. Beans are hearty and affordable, healthy, and, most importantly, delicious (especially if you add lots of flavorful herbs, spices, and garlic!).

Think appetizers and spreads, soups and stews, main dishes and even deserts. Where would we be without hummus, peanut butter, bean burritos, and lentil soup?

Tips for Basic Bean Cookin’

Sort: Arrange dried beans on a sheet pan or clean kitchen towel and sort through them to pick out any shriveled or broken beans, stones or debris. It wasn’t so long ago that one regularly found pebbles or clumps of dirt in most bags of dried beans. This now happens much less often, a fact I attribute to better processing and higher standards, but I still engage in a quick check on a baking sheet and still find the occasional errant stone.

Rinse: Rinse the sorted beans well in cold, running water.

Soak: Soaking beans before cooking helps them to cook much more quickly,

(continued on page 7)

Why We Sell (or Don’t Sell) What We Sell (or Don’t Sell)

by Stephanie Kane, Local Produce Buyer

A RECENT interaction with a new member sparked this month’s produce column. She noticed that we carry different produce items at Mt. Airy and Chestnut Hill. She also wondered why we carry such a large conventional line, when she felt that she could go to any grocery store and find these items.

If you look at our purchasing policy on the website, you’ll see that we have made a commitment to local and organic produce, and to providing an array of products for different price points. I can understand where this customer was coming from – “Why does Weavers Way carry items you can get anywhere, instead of only carrying organic?”

One of the main reasons we continue to carry a wide line of produce is because our membership demands it. Our members also demand local and organic. In order to reach a large audience and remain viable, we have to carry bananas and conventional potatoes and all the other things that people look for in a full-service grocery store. One way we make decisions is by using the Dirty Dozen and Clean 15

lists you may have seen in the produce departments. These rate produce items by their level of pesticide contamination. We strive to carry items from the Dirty Dozen list organically, and for items we know have low pesticide residues, we offer conventional options. These lists are a great way to begin thinking about which products to purchase organically. One thing to remember is that this doesn’t necessarily mean the product hasn’t been sprayed. If it has a thick rind or skin that you won’t be eating, the pesticide residue on the actual fruit will be low. If the product still is sprayed, the potential damage to the environment and workers still exists.

You may have also noticed during your time shopping at Weavers Way, that we’re a little tight on space. The produce department in Chestnut Hill has much more space than in Mt. Airy, and thus we can carry more items, both organic and conventional. For example, Mt Airy only carries conventional avocados. Organic avocados are not a huge seller, and

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Mashed Chickpeas

Serves 4-6 as a side dish
annasedibleadventures.com
Serve as a side dish with roast chicken, grilled vegetables or spicy lamb meatballs.

- 1 ½ cup dried chickpeas, soaked overnight
- ½ teaspoon baking soda
- 2-3 Tbs. olive oil
- 2-3 Tbs. quick preserved lemon (*see below*), minced fine (or substitute the rind and juice of half a lemon, one clove of garlic minced fine)

Place the chickpeas in a saucepan with the baking soda and enough water to cover by several inches. Bring to a boil and reduce the heat to a simmer and cook for 40-50 minutes until the chick peas are quite tender. Stir several times and remove any skins that float to the surface with a slotted spoon. Drain the cooking liquid and reserve. Add the olive oil, preserved lemon, and ¼ cup of the cooking liquid and smash the chickpeas with a potato masher or the back of a fork until about half of the chickpeas are smooth and the remaining chickpeas are in pieces. This should be chunky rather than smooth. Add additional liquid or olive oil as desired. Taste and adjust seasoning.

Quick Preserved Lemons

- 1 lemon halved longwise and sliced very thin
- juice from an additional lemon
- 1 clove garlic, minced fine
- ½ teaspoon cumin
- ½ teaspoon tumeric
- ¼ teaspoon cayenne or Aleppo pepper
- 1 teaspoon coarse sea salt

Mix all ingredients together well in a non-reactive bowl. Pack mixture into a small jar and let sit overnight or for at least four hours. This condiment will last for a week or two in the refrigerator.

(more recipes on page 6)

Weavers Way’s roses are 100% Florverde® Certified. They come to us from our friends at Zieger & Son Wholesale Florist in Germantown.

(Pre-order available through Friday, February 11 for Co-op members only, see the link on our website.)

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Florverde® is a unique certification to ensure all flowers grown and harvested in Colombia meet specific social and environmental standards. This program was started by a forward looking group of Colombian flower growers to insist on a common level of best practices that would improve the lives and living standards of all floral farm workers and their families. In addition to establishing social benchmarks, Florverde® standards preserve and protect the rich soil and natural resources for the industry's farmers for generations to come and satisfy global demand and desire for high-quality, affordable flowers year round.

Manager’s Corner

by Glenn Bergman,
General Manager

Urban Agriculture Not New

AFTER LAST month’s *Shuttle* I received this note from one of our members:

“I really support any effort at urban farming, backlot vegetable gardens, anything to assist people to get better access to better food and better food choices. Here’s a factoid... I read yesterday in “The Curious Gardener’s Almanac”: In 1944, the federal government had a campaign “Plant more in ‘44” and 20 million Americans planted Victory gardens, which accounted for **40 percent of all the vegetables consumed in the last year of World War II**. So why can’t we do that again? I think there were around 140 million Americans at that time, so that’s a lot of vegetables. I am old enough to remember helping my grandfather weed his. “

I called up the premier plant store in the region, Primex, now celebrating their 70th year and fourth generation in Glenside. If any business has seen the booms and busts they have. According to Primex’s plant buyers Bill and Tom, “*The selection and sales of anything edible, including fruits and berries, has skyrocketed over the last few years. People are not just growing the old standbys, red tomatoes, green cucumbers, peppers. Today they want black tomatoes, white cukes and purple peppers! Five years ago everyone grew the standard purple eggplant. Today’s selection includes long white, round orange, blush pink, short/fat, long/skinny and everything in between. “Keeping up with demand is also serious business.”It seems that no matter how much stock we have, we never have enough!*”

Besides edible plant sales, Primex reports that vegetable seed selection and sales have also increased dramatically. Owner Joan Green has been buying the seeds for 25 years and is thrilled with the increased interest. This is taking place in the suburbs and the city, she reports. “We used to offer one seed-starting seminar per year. This year we’re offering three; two

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Co-op Butcher Leads Double Life as Restaurateur

by Ted Barbato

LIKE CLARK Kent or Bruce Wayne moonlighting as superheroes, Weavers Way meat specialist Rick Neth transforms himself each dusk into a very different role: an up-and-coming restaurateur.

Neth, who has been with the Co-op for nearly two years, leaves the Mt. Airy store at 3 p.m. each day and travels to South Philadelphia, where his family owns and operates the “Khmer Kitchen,” a restaurant that opened in June of last year at 1700 S. 6th Street.

For Neth, that location was a true homecoming. He and his family had come to the United States from Cambodia thirty years ago, then moved to South Philadelphia six years later. As a 12-year-old, he’d hung out at that very storefront.

“We used to come out and shoot pool and play video games,” he recalls. “To actually come back to the community, to actually see the neighborhood that I hung out in, and to see the positive changes that this neighborhood is undergoing, and for me to be a part of it: it feels good.”

Even though the restaurant is a second full-time job for Neth, it is still about being with family. His wife, sister, mother, and father all work there, with his mother serving as head cook. “She does all the main entrees.” His father helps with cleaning and inventory. “Everybody plays their part, and pretty much we have fun doing it.”

In fact, the idea for the restaurant grew out of family gatherings in which the home kitchen was very crowded. “A lot of our get-togethers turned into friendly cooking competitions. Who has the most traditional flavoring? Who can get the closest to grandma’s recipe?”

Over the years friends invited to those gatherings would suggest the family open a restaurant. That idea became reality last spring, when a Spanish restaurant at Sixth and Morris closed. Neth—who knew the building’s owner from his days of hanging out there—rented the site immediately.

Part of what motivated Neth was his view that other Cambodian restaurants in Philadelphia are not authentic. “They infuse Chinese and Vietnamese style cook-



photo by Jon McGoran

Weavers Way Mt. Airy butcher Rick Neth (center) with meat and seafood manager Dale Kinley (left) and staffer Apollo Heidelmark.

ing into it, just to try to draw in the business.” Khmer Kitchen, he said, strives for authenticity. It appears to be working, with business growing since the grand opening on June 15. “It’s steadily building, it’s steadily going up. It’s way better than what we expected.”

Getting a table may now prove even more difficult following the publication of a mostly glowing review by the *Inquirer’s* restaurant critic, Craig LaBan. “With flavors as genuine as these curries now warming their South Philadelphia corner, I’m hoping Rick Neth and his family make this return to Sixth and Morris a very long stay indeed,” wrote LaBan.

That review has Neth and his family ecstatic. “It’s humbling. Its an honor for

him to even notice us. We’re like a little hole-in-the-wall, and he noticed us. And gave us two bells, and a ‘very good’: that is something we didn’t expect.”

Still, the days are long for Rick Neth, who often leaves the restaurant past midnight. With his love of the Co-op and the success of Khmer Kitchen, he doesn’t mind the exhaustion. “I’ve done it all my life, doing two jobs. It’s a part of me. It’s instilled in me, from my parents.”

Most gratifying to Neth is bringing authentic Cambodian cooking to Philadelphia. “Our main goal is to bring back, and introduce especially to our younger generation, what can’t be forgotten: our ways, our style of cooking, our style of hospitality.”

A Big Thumbs Up to Our Working Members!

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

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



Thank you to all of our Working Members.

WORKING MEMBER

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Visitors on the Farm



photo by Jon McGoran

Weavers Way recently hosted a group of visitors to our farms. After visiting our Mt. Airy store, the group toured our farms at Awbury Arboretum and Saul High School. Pictured here at Henry Got Crops! Farm at Saul High School are (l to r) Penn State Extension Northampton and Lehigh County Sustainable Agriculture Educator Tianna Dupont, Weavers Way Community Programs Henry Got Crops! Farm Educator Clare Hyre, Weavers Way's Henry Got Crops Farm Manager Nina Berryman, Weavers Way member and Penn State Extension Program Aide Christine Tilles, Penn State Extension Urban Ag. Coordinator/ Horticulture Educator Tommy McCann, and farmer, consultant, blogger, and founder of Portland OR's Slow Hand Farm, Josh Volk.

Engage In Your Co-op

by Jonna Naylor, Weavers Way Board Member At Large

Now is the time... New Year and all... so go ahead and take the leap! Get involved with your community via your local Co-op. Options abound... from joining a committee to actually running for the Board. And if both those levels of commitment sound a bit too deep for the time or interest you have, just come help with something! You will look far and wide to encounter a more willing, open, eager-to-have-help group than Weavers Way Co-op!

Here is what I can tell you about some opportunities. The process to throw your hat in the ring for Weavers Way board elections has started—you must submit your nomination by February 22, 2013. If you are someone who enjoys dealing with “ends” (think goals or mission) and being hip-deep in policy, this might be a most excellent fit! I have discovered it is 80 percent or so of what the Board does. Other longer term board members, who enjoy and appreciate policy governance more than I, will tell you there is a lot more to it than that. They will say that the Board actually uses the “ends” to set the tone and direction for our Co-op each year.

Besides doing policy work, the Board also does some hands-on work through board committees. For example, there are standing board committees on finance, leadership and election process, and member and community engagement. And then there are the temporary

board committees that help to plan the general membership meetings or discuss the Weavers Way community programs. Although these board committees are primarily composed of board members, they are open to the general membership. If you are interested in getting involved in one of these board committees, contact Board President Margaret Lenzi at milenzi@comcast.net

And of course there are the member committees that are always looking for new blood to keep things going. Especially in light of our expansion in the last few years, the Membership and Education Committees in particular are looking for input from new Weavers Way members. Take a look at the Weavers Way website for a complete listing of the Weavers Way member committees and see if any meet your fancy.

And remember when I said if that sounds like too much? Just come put your toe in... ask a board member how to dabble. We do love to dabble. Come futz around with the surveys we are doing. Help with social networking or one of our social events. Did you enjoy the champagne on New Years Eve? Attend a board meeting—trust me, I would *love* to see any of you! As ol’ Captain Kirk would say: *engage!*

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PHILADELPHIA BACKYARD CHICKENS

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ORGANIZED THROUGH WEAVERS WAY CO-OP

MEETING

Saturday, February 16 at 3 p.m.

555 Carpenter Lane

Mt Airy Weavers Way Co-op Administrative Offices

Agenda:

- Chick Pick-ups at Weavers Way from Primex Garden Center
- New Chick Care
- Backyard Chicken Legalization Efforts in Philadelphia

For more information:

Anton Goldschneider, Pet Store Manager

e-mail: Petstore@weaversway.coop phone: 215-843-2350 ext. 236



Mt. Airy
555 Carpenter Lane
Philadelphia, PA 19119

Across the Way
610 Carpenter Lane
Philadelphia, PA 19119



Philadelphia
Backyard Chickens

Essential Oils Class



Saturday, February 9

1 p.m. - 3 p.m.

Chestnut Hill Community Centre

8419 Germantown Avenue, 2nd floor boardroom
(across the street from Weavers Way CH location)

Registration is limited to 25 people, please
register with Liane at: liane2@weaversway.coop

Liane Cruz, Wellness Manager, will conduct a class
that will teach you how to create room sprays, body
mists and massage oils with Aura Cacia Essential Oils.
She'll show you how to make wonderful blends
that can calm, soothe, energize, and refresh—for
yourself or as a gift to your Valentine!
Fee: \$10 for supplies. Space is limited to 25.

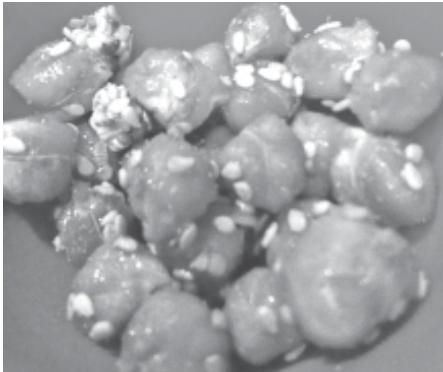


Recipes

(continued from page 3)

Candied Chickpeas

annasedibleadventures.com
Yield approx 3 cups



- 1 cup dried chickpeas
- ¼ tsp. baking soda
- 1/3 cup maple syrup
- 1/2 cup granulated sugar, plus 3 Tbs.
- 3 Tbs. honey
- 1-2 Tbs. olive oil
- 2 Tbs. raw sesame seeds
- sea salt
- pinch of Aleppo pepper or cayenne, optional

Soak the chickpeas overnight. Rinse. Place in a saucepan with enough fresh water to cover by several inches. Add the baking soda and a pinch of salt. Bring to a boil and simmer for 45 minutes to 1 ½ hours until tender. Stir several times during cooking and skim off any skins that float to the surface.

Drain. Return to the saucepan and add the maple syrup and 1/2 cup of sugar. Cook over low heat until the sugar dissolves and the resulting syrup is absorbed into the chickpeas. Remove from heat and stir in the oil and remaining 3 tablespoons sugar.

Pre-heat oven to 300 degrees.

Spread the glazed chickpeas on a baking sheet lined with parchment or a non-stick mat. Bake for 30-45 minutes, shaking from time to time until the chickpeas are almost dry and lightly browned. Remove from oven, drizzle with the honey and sprinkle with sesame seeds. Toss well with a rubber spatula to cover evenly. Sprinkle with salt (and pepper if using) and spread them out on the pan. Turn oven off, and return pan to the oven as it cools.

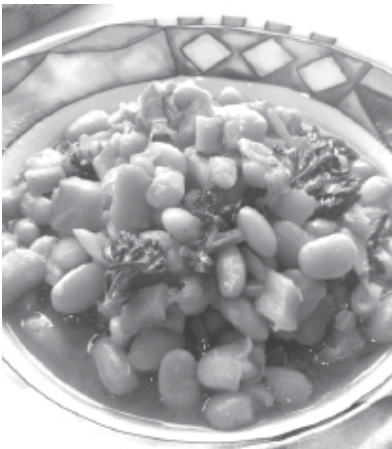
Red Lentil and Vegetable Stew

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Serves 6-8

- 3 Tbs. olive oil
- 1-3 tsp. cumin seeds, or ground cumin
- ½-1 tsp. ground coriander
- ½-1 tsp. ground hot peppers or flakes
- ¼-½ tsp. fennel seed
- 4 Tbs. grated fresh ginger (or ½ inch piece of ginger minced fine)
- 2 onions, minced
- 3-5 cloves garlic, peeled, and minced
- 1-2 carrots, tops removed, chopped fine
- 1-2 sticks celery, chopped fine
- 1 butternut (or other hard winter squash, peeled, seeded and cubed)
- 1-2 cup cleaned & cubed assorted other root vegetables, such as celeriac, parsnip, turnip, potato, etc.
- 2 cup red lentils
- 8-10 cups water or vegetable stock
- 1-28 oz. can chopped or crushed tomatoes
- 1-2 cans coconut milk

Optional garnishes—see note

Heat olive oil in a large soup pot. Add onions and garlic, and sauté until the onions are soft and just browning. Add spices and cook another few minutes, stirring often.



Brazilian Black Bean Stuffed Peppers

annasedibleadventures.com

- 1 ½ cups dried black beans
- 3 tablespoons olive oil, and more for the baking dish
- ½ cup minced onion
- 8 cloves garlic, peeled and sliced very thin
- 1 Tbs. dried cumin
- 1 Tbs. smoked paprika
- 3 scallions, minced
- 1/3 cup finely minced celery (approx. 2 small stalks)
- 1/3 cup finely minced carrot (1 medium carrot)
- zest and juice of one orange
- 1/3 cup minced cilantro
- four long sweet peppers, halved longways (through the stem) and seeded
- salt and pepper
- slices of orange
- chopped cilantro



Spread the beans on a counter and check for stones. Place beans in a bowl, cover with cool water, and soak overnight (at least 4 hours) at room temperature. Drain the beans, place in a saucepan with enough water to cover by several inches, and bring to a boil. Reduce heat and simmer gently until beans are soft, but not mushy, 45 minutes to 1 hour depending on the freshness of the beans.

Preheat oven to 400 degrees. Oil the bottom of a baking dish large enough to hold the peppers but small enough so they fit snugly.

In a skillet with sides, heat oil over medium heat and add the onion. Stir and cook until onion is translucent and just browning. Add the garlic, cumin and paprika and cook a few minutes more. Turn off the burner and add the scallions, celery, carrots, black beans, orange juice and zest, and cilantro . Stir well and season with salt and pepper. Taste and adjust seasonings. Sprinkle a bit of salt on the inside of each pepper half, and lay 4 of the halves, skin side down, onto the bottom of the baking dish. Spoon ¼ of the bean filling into each half, and place the other half, skin side up, to cover, just a little askew so as to reveal just a line of the beans. Cover the baking dish with foil. Cook in the lower part of the oven for 30 minutes or until the peppers are quite soft. Remove the foil and place the baking dish under a hot broiler for 2-3 minutes until the tops of the peppers are browned nicely.

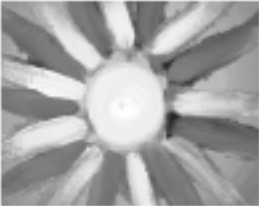
Garnish with sliced oranges and chopped cilantro. Serve with rice and/or roasted sweet potatoes.

Add all the chopped vegetables, water or stock and lentils. Stir well and bring to a boil. Simmer gently until the vegetables are soft and lentils have become paste.

Add the tomatoes and coconut milk and continue cooking another ½ hour. Season well with salt and black pepper. Adjust other seasonings to your taste.

This soup can then be pureed or partially pureed as you like with an immersion blender or carefully in a stand blender.

Stir in or garnish with chopped cilantro, browned butter, and/or thick yogurt (full fat Greek Style is especially good) seasoned with toasted chopped pecans, minced garlic, salt, and pepper.



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Dining for Women

by Margaret Guthrie

WEAVERS WAY’s three Dining for Women chapters continue on—our December joint celebratory meeting was a huge success with more food than we could possibly consume, active bidding on the “Beloved White Elephants,” and a roomful of appropriate gifts for the Stenton Manor Family Homeless Shelter. Stenton was chosen as our local beneficiary because Weavers Way Community Programs has set up and maintains a large garden there—Hope Garden. We not only raised money for the December grant recipient but the white elephants put \$1,200 into the 13th month campaign to assist Dining for Women’s vastly underfunded central office.

Now it’s a new year and our focus shifts to our January recipient. The three meetings this month will learn more about this very worthwhile program while meeting at one another’s homes and enjoying our usual delicious and unusual dinners. Adjoining this article is a recipe for Butternut Squash-Pecan Wild Rice.

This month’s grant recipient is Heshima Kenya, the first and so far the only organization in Kenya dedicated to identifying, protecting, and empowering unaccompanied refugee children and youths currently living in Nairobi. Orphaned and separated refugee children are considered the most vulnerable and most invisible population in the world. Current estimates are that there are approximately 5,000 of these orphaned or “unaccompanied” children who have fled from the nearby countries of Eritrea, Ethiopia, Sudan, Somalia, and the Democratic Republic of Congo. Their families have disappeared or been killed in the wars raging across central and eastern Africa. Others were abandoned or separated from their families after crossing the borders to safety. Dining for Women has selected Heshima Kenya’s Girls’ Empowerment Project as our January recipient.

The Girls’ Empowerment Project (GEP) is Heshima Kenya’s informal education program designed for young refugee women and girls, aged 13-23 years old. It provides opportunities for basic education, livelihood options, and human rights education, while cultivating leadership skills within a safe and supportive community. The curriculum consists of four transitional components encompassing basic education, life-skills training, vocational training, and income-generation support. It is specifically designed to address the challenges faced by these girls by providing a safe space, daycare, meals, transportation to and from site, and access to Heshima’s other programs. DFW will support 150 young women. This program was selected because it serves women and girls who are often ignored or relegated to the sidelines. It teaches them many things: human rights, leadership, and vocational skills—the very things needed to empower them to move up and out of their refugee status and become self-sufficient.

Further news from Dining for Women is that plans move ahead for our second annual Mother’s Day Tea. The first was such a rousing success that many of those who worked themselves to exhaustion could not wait to sign on again. This year the co-chairs will be Stephanie Johnson, who belongs to Tuesday’s group, and Margaret Guthrie, who is a Thursday participant and also serves on the board of Weavers Way Community Programs. WWCP was the other beneficiary of last year’s tea and will also benefit from this year’s extravaganza. Please watch these pages to see when the date of the tea is announced. The date awaits confirmation from Awbury Arboretum, so stand by. We look forward to seeing many Weavers Way members at tea in early May.

~ meg8337@voicenet.com

Butternut Squash - Pecan Wild Rice

- 1 ½ cups wild rice blend
- 1 shallot, peeled & diced
- zest & juice of 1 orange
- 2 ½ cups water
- ½ cup dried cranberries
- 2 tablespoons olive oil
- 1 cup pecans, toasted & chopped
- 1 ½ pounds butternut squash, peeled and diced
- Chopped fresh Italian parsley



Put the rice, orange juice, orange zest and water in a medium saucepan. Bring the mixture to a boil, lower the heat and simmer, stirring occasionally until the rice is done al dente.

Place the olive oil, butternut squash and shallot in a sauté pan. Sauté for 5 minutes or until the squash is tender, stirring occasionally to keep the squash from sticking.

Combine rice mixture and the squash mixture, stirring to blend well. Add in the cranberries and pecans, stir again to be sure the pecans and cranberries are mixed throughout. Sprinkle the parsley on top and serve.

Serves 6.

Back-of-the-Box

(continued from page 3)

and just as importantly to remove some of the indigestible sugars that cause flatulence.

Regular soak: Put beans into a large bowl and cover with 2 to 3 inches of cool, clean water. Set aside at room temperature for 8 hours or overnight; drain well. (If it’s really warm in your kitchen, soak the beans in the refrigerator instead to avoid fermentation.)

Quick soak: Put beans into a large pot and cover with 2 to 3 inches of cool, clean water. Bring to a boil, then boil briskly for 2 to 3 minutes. Cover and set aside off of the heat for 1 hour; drain well.

Cook: Put beans into a large pot and cover with 2 inches of water or stock.

Add salt. Bring to a boil, skimming off any foam on the surface. Reduce heat and simmer, stirring occasionally and adding more liquid if necessary, until beans are tender when one or two is tasted. Cooking times vary tremendously depending on the variety, age, and size of beans; generally you’re looking at about 45 minutes to 2 hours.

Lentils are the exception. While they should be sorted and rinsed, they do not require soaking and can cook in as little as ½ hour. Lentils can even be added directly to a soup or stew that contains sufficient liquid to absorb.

Even if they aren’t a fruit, these almost perfect foods are surely a bit magical.

~ foodwork@aol.com

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C.W. Henry in Recyclebank Green Schools Program

by Jesse Wolovoy

IN DECEMBER, the C.W. Henry School was approved for a \$1,500 grant from the Green Schools Program, a program run by Recyclebank, the recycling points system that residents can join to earn points for curbside residential recycling. The Recyclebank Green Schools Program is designed to promote green education and encourage innovative thinking. Schools can raise funds for their projects with Recyclebank point donations from the community, which will be converted into dollars and awarded to fund the project. C.W. Henry proposed a school-wide recycling initiative connected with the transformation of an unused space into an outdoor classroom and garden space using all recycled/reclaimed materials.

For the past three years, the C.W. Henry school community has worked to develop areas of the schoolyard into gardens that serve as outdoor learning resources for environmental awareness and education. The School Garden Project ignited interest from students, teachers, and parent volunteers to think of a broader Green Plan for the school. While we remain committed to transforming our schoolyard into areas for outdoor learning, we have also identified the need to make recycling a regular practice school-wide.

The new School-Wide Recycling Initiative is a clear next step of environmental education and awareness. As part of the PTA's priority-setting process last spring, school-wide recycling was identified as one of the top three priorities of both parents and teachers. The proposed initiative is focused on both recycling and reusing.

For the recycling component, every grade from kindergarten to eighth grade will participate, with the fifth graders as leaders/captains of the program.

C.W. Henry currently has no system and few containers for collecting recyclable materials. Cardboard is regularly recycled by the school, but paper, plastic, and glass are mostly thrown in the trash and not recycled. One of the second grade teachers takes it upon herself to make sure that waste from her classroom is sorted for recycling, and she encourages others to use the bins and bags that she provides. While students are learning about the importance of recycling, most are not able to practice what they learn while in school. A school-wide recycling effort lead by the fifth grade classes will allow students to implement what they are learning and hopefully also transfer that knowledge into their homes.

The fifth and eighth grade teachers at Henry were the inspiration for the reuse component of the Green Plan for 2013. The teachers identified a blighted, unused area of the schoolyard for beautification and to use as a hub for recycling education. They envision transforming the concrete space between the portables and the main building into a beautiful urban garden with benches, rain barrels, bird feeders, and planters, all made from reclaimed, recycled, or green materials.

The project will provide hands-on learning opportunities for students to make the vacant space useful and to enrich their regular curriculum with activities that demonstrate the importance and value of re-using everyday items to reduce waste and make beautiful materials to benefit the natural environment. They will attract birds and insects to the schoolyard with birdbaths, bird feeders, and plants, and learn about rain water conservation through the use of rain barrels to capture water for the planters. Using math and science skills, students will actively participate in planning and implementing the project, including making benches, bird feeders, vertical gardens/planters, etc.

from recycled materials.

With the help of the community, CW Henry was fortunate to receive a Green Schools Grant from Recyclebank in Spring 2012 to transform two neglected raised beds in the faculty parking lot into beautiful, productive, edible landscaping. The Henry community has enjoyed the “fruits” of this project, including figs, blueberries, strawberries, and a number of annual herbs and vegetables, and will do so for years to come. Please consider donating your Recyclebank points to the current CW Henry Green Schools Program. Recyclebank will give \$1 for every 250 points donated toward the school’s goal of \$1,500. If you are not currently enrolled in the Recyclebank program, it’s very easy to join online. Visit www.recyclebank.com to register and donate your points. You will receive a bar-coded sticker to attach to your blue recycling bin that is scanned (for points) during your weekly recycling pick-up. Points are awarded based on the total number of households participating each week.

If you are interested in volunteering with this project, please contact Jesse Wolovoy at jwolovoy@gmail.com.

NOTICE of Election for Board of Directors

**Elections will be held at the Weavers Way Co-op
Spring General Membership Meeting**

Sunday, May 19, 2013

Board Positions to be filled:

**3 At-Large Directors for 3-Year terms and
1 At-Large Director to fill a remaining 1-Year term**

Nomination Form

**For Candidates for Election to
The Weavers Way Co-op Board of Directors**

All Nomination Forms must be submitted no later than 5 p.m., Friday, February 22, 2013. Please e-mail completed form with answers to the five questions (see below) and a photograph (jpg please) to David Woo, Leadership Committee, at woo3d@earthlink.net. If e-mail is unavailable, place in the Leadership Committee in-store mailbox or mail to Leadership Committee, Weavers Way Co-op, 559 Carpenter Lane, Philadelphia, PA 19119.

Please call David at 215-508-8815 to confirm that your nomination was received. If not confirmed, Weavers Way is not responsible for mis-directed mail. A copy of this form is also available on our website, www.weaversway.coop.

Name _____ Member # _____

Email Address _____

Name _____

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Please answer the following questions on a separate sheet of paper. Your entire response to all five questions **MUST NOT EXCEED 250 WORDS** (not counting the questions). 251 words and your final nomination will be rejected.

1. Why are cooperatives important to you and Weavers Way in particular?
2. How will your experience, skills, or unique perspectives strengthen the Co-op Board?
3. What do you perceive to be the long and short term challenges facing Weavers Way and how would you address them?
4. What volunteer experiences have you had with other cooperatives or organizations?
5. Is there any other personal information you would like to share, i.e. family, hobbies, work experience, special talents, etc.?

considering henry

Interested in learning more about the C.W. Henry School, a K-8 public school in Mount Airy?

Considering Henry is a group of current Henry parents that meets during the school year to provide neighborhood families with more information about the school and to help families make informed decisions about school choice. Meetings are held at the homes of Henry families.

To RSVP for a meeting or for more information about Considering Henry, please email us at consideringhenry@gmail.com

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Get Motivated with Mindless Gardening

by Sarah Gabriel, Home Grown Institute



photo courtesy of the Home Grown Institute

Last month Home Grown Institute participants built a backyard "hoop house" to extend the growing season. This month we'll start seeds to put in the hoophouse.

YEARS AGO, while I was living in Denver, I met a garden farmer who had been working at it for ten years. She said she was "just starting to feel beyond beginner," and I laughed, thinking she was kidding. This year marks six years since I began learning about growing food and now I really understand what she was talking about. I am still very much a beginner, especially since it is just one year since I got settled where I can really put down roots.

Some homesteading activities have been easier for me to "practice" than others. I regularly brew kombucha, my red wriggler worms are happily reproducing while producing "black gold" castings (fertilizer), and the chickens—born in June—started laying mid December (first egg on my father's 92nd birthday—I gave it to him). Sometimes the biggest decision in my day, when faced with my kitchen "waste," is deciding whether to feed it to the worms, the chickens, or the bacteria in the compost pile.

But it doesn't all come easy and natural for me. I haven't yet installed my rain

barrels and, believe it or not, the one area that has been the hardest for me to get into is the veggie growing. I would rate my intrinsic motivation—the level at which from my gut I really want to do it—as medium. But while I am not drawn to "being in the garden" with hands in the dirt as some people are, I have a strong commitment to know how to grow food. The thing is, when it comes to organic garden farming, the only way to Know is to Do.

Problem analysis being my fallback m.o., I went to work to figure out how to help myself get motivated. I determined that one big obstacle for me is that there are so many variables. I continually have to ask myself "What should I be doing this week?" Without knowing the answer, I started browsing and surfing, and I found all kinds of links and advice. But information out in Webland wasn't helping me "do." What I needed was a guide or a To Do list—someone or something to tell me what's next. I am mindful about so many things, and yet I yearn for Mindless

(continued on page 10)

Time4Time Community Exchange

by Betsy Wallace

TIME4TIME COMMUNITY Exchange is sponsoring weekly information sessions on timebanking for Weavers Way members every Wednesday evening (7 - 8 p.m.), in the Community Room at 555 Carpenter Lane, beginning on February 13 and continuing through April 3, 2013. Time4Time core team members will explain what timebanking is and how Time4Time will operate, addressing how we are collaborating with Weavers Way and how Weavers Way members can benefit.

In the December *Shuttle*, we talked about the origins of timebanking and the five core principles underlying timebanking. Now we'll get to the nuts and bolts. How does a timebank keep track of each member's account? Timebanks USA, the national organization for member timebanks, created special software, called Community Weaver, which records member skills and time credits for each member. On Community Weaver, members can see the universe of skills offered by fellow Time4Time members and can choose what they need. When a member offers a service, s/he can record it in Community Weaver as Time Credit. Members will be able to see their own time credit



accounts. For those of us who are not comfortable with a computer, never fear! Time4Time will also have a team of volunteer "computer buddies" (they get time credits for doing this work) who will provide personal assistance to any member who needs it.

Timebanks need a critical mass of members in order to create a robust circle of giving and receiving. Time-

4Time figures it needs at least 200 active members. Supporting the sense of community is paramount. As a Time4Time member, expect "get-to-know-you" potlucks and other events on important topics that will bring the community together. Time4Time will start member skill sharing on our launch date, April 7, 2013. The purpose of the launch on April 7, 2013, is for everyone to get to meet each other, sign up, and have fun.

Come to the information sessions in the Community Room on Wednesday evenings beginning February 13, 2013, and learn more in detail about Time4Time! Look for updates in upcoming *Shuttles*. Meanwhile, check out our website at www.time4timexchange.org and email us at time4timexchange@gmail.com to show your interest and support.

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Hooray! We're Number 49!

by Sandra Folzer, Environment Committee Chair

HOW MANY times have I heard how the U.S. is the greatest country in the world. I wish people who say so could be more specific. Child mortality? No. Affordable health care? No. Investment in education? No.

When I think of what we're best at... We have the best military establishment; we can kill more people than anyone. And we imprison more people than anyone. These are not things I'm proud of, as an American.

On the Environmental Performance Index (EPI), which compares 132 nations worldwide, the U.S. ranks 49th. One explanation is that we are the only country that has a significant number of people who don't believe in climate change. The good news is that we have improved. In 2010 we were 61st.

So what is this Environmental Performance Index?

Yale and Columbia collaborated in 2000 to make a measurable index for sustainability, and that ultimately became the EPI. They wanted a way to compare nations using a scale other than the gross domestic product (GDP). The EPI index focuses on a narrow set of environmental issues for which governments can be accountable. Some of the index measures are air and water quality, healthy forests, pesticide use, and child mortality.

Child mortality is included because children are particularly vulnerable to environmental problems since their immune systems are not yet developed and their metabolism is faster, so they absorb pollutants more readily.

What inspired me to write about this

was reading of Ireland's use of carbon taxes to help the country as well as the environment. Because of Ireland's huge deficit, a few years ago the country began charging for environmental damage. As a result, all fossil fuels are taxed, which means people use them more carefully. Trash is weighed so residents pay for what they don't recycle. Taxes on new cars are directly related to their emissions, so auto-makers like Mercedes began making more powerful cars with very low emissions. It can be done.

Although this taxing policy was instituted only three years ago, it is already demonstrating results. Ireland's emissions have dropped more than 14% since 2008, and revenue from taxes helped Ireland reduce its deficit, raising \$1.3 billion euros. (One euro equals \$1.38.) If the United States had a similar carbon tax, it could generate about \$1.25 trillion in 10 years, reducing the deficit by 50 percent, according to projections of the Congressional Budget Office.

But, as Eamon Ryan, Ireland's former energy minister, said, "We are not saints like those Scandinavians—we were lapping up fossil fuels, buying bigger cars and homes, very American." Clearly, we have a wasteful reputation. How sad that we Americans are not capable of cutting back on fossil use to save the planet. Evidently, Republican leaders in Congress have pledged to block any such tax.

A scholar at the American Enterprise Institute believes that economists on the right and left think a carbon tax is a good idea, though conservatives oppose it. The Competitive Enterprise Institute, a conservative advocacy group, filed a Freedom of

Information suit to examine e-mails of the Treasury Department containing the word "carbon" so they will be prepared to stop any future carbon tax.

Some of Europe's strongest economies, like Sweden, Denmark, and the Netherlands, have taxed carbon since the early 1990's. Japan and Australia now also have carbon taxes. It's evident we don't want to be #1 when it comes to the environment.

Ways in which different countries have attempted to reduce emissions to prevent climate change vary, depending upon national resources. Iceland gets 70 percent of its energy from pure hydrogen and geothermal power. Some cities in Switzerland do not allow cars. Sweden is planning to phase out fossil fuels by 2020, focusing on hydropower, nuclear power (ugh), and wind power. Some in Sweden power their cars with methane from the entrails of cows after they are slaughtered. Norway is utilizing railroads more. France is utilizing straw bales in construction, which are sturdy, insulate well, and are renewable. Austria has planted hundreds of thousands of gardens with no pesticides along the Czech border. In Cuba, pesticides are rarely if ever used. In Columbia, steel is being replaced by bamboo in building structures.

At a time when the press needs to focus on climate change, world news coverage dropped by two percent, despite devastating hurricanes like Sandy. At least stories have more often linked climate change to the sea rising and weird weather patterns. If the topic of climate change and the importance of environmental sustainability are not made visible, then we can more easily pretend it's not happening.

The good news is that the U.S. is increasing its use of renewable energy with federal, state, and local tax incentives.

Join thousands on Presidents' Day weekend, Feb. 17, in Washington D.C. to urge President Obama to take climate change seriously, beginning with a rejection of the Keystone tar sands pipeline. Go to 350.org to learn more.

~ sfolzer@verizon.net

Mindless Gardening

(continued from page 9)

Gardening.

Not finding exactly what I needed online, I decided to make my own. Using resources such as *The Week-by-Week Vegetable Gardener's Handbook*, *Mother Earth News*, and Eliot Coleman's books on year-round organic gardening, I have started developing a week-by-week calendar to answer the question "What should I be doing this week?" It is anchored by our anticipated last frost date and integrated with green labels into the calendar on my iPad mini. I have set it to "repeat every year." I am looking into how I can share it.

February and March are big months if you want to grow your own veggies from seeds. It is actually way easier than you think, especially if you have a reminder each week about what you should be doing. If you want some help getting started, The Home Grown Institute is offering an Up Close & Personal workshop on February 24 focused on starting plants from seed. And it comes with perks—in addition to checking out the chickens and worms and new backyard-sized green house we just built (see photo), you get to take home your own kombucha SCOBY, and you can be part of the beta test for the Mindless Gardening calendar share. For more info, visit thehomegrowninstitute.org.

Sarah Gabriel is the managing Director of The Home Grown Institute and is evolving her own homestead as a small demonstration site. Mushrooms are up next.

~ sarah@thehomegrowninstitute.org

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Micronutrients in Food and in the Test Tube

by Georgia Tetlow, MD

WHAT WE eat, how we eat it, and whether we can digest and absorb it are key to maintaining and recovering health. After years of addressing chronic illnesses from rheumatoid arthritis to autoimmune thyroiditis, I see more clearly that finding balance within is crucial not only to basic well-being, but also to gastrointestinal health. Well-being in the belly is the foundation for both healing long-standing illness and maintaining health.

You may ask how do I know if I'm getting the micronutrients I need? Do I need supplements or is my diet sufficient? I choose my food carefully, and eat well—how can I get more of the essential nutrients from what I eat?

One way to find out is to test for micronutrients. A micronutrient test addresses our unique nutritional status. It also helps individuals save money by eliminating unnecessary supplements.

Micronutrient testing looks at key vitamins, minerals, antioxidants, metabolites, fatty acids, and amino acids, as well as carbohydrate metabolism (the latter can reflect an unhealthy diet or insulin insensitivity). Equally important, micronutrient testing examines white blood cells, which will show which micronutrients have made it all the way inside the cell—from the grocery shelf to the destination where they matter most. Such testing allows a nutritional assessment that covers the last five or more months, and it is much more

powerful than a spot-check of nutrients and vitamins from a simple blood test. Many of my patients make changes and reductions in their supplements based on this kind of testing.

How do I balance my gastrointestinal tract from the inside out? I recommend mindful eating. If we are increasingly aware and present when we eat, we emphasize the “rest and digest” nervous system, and we can enjoy, digest, and absorb to a much greater degree. Slowing down, sitting down, chewing, breathing, and tasting our food are great ways to come back to our senses. The GI tract can then receive exponential increases in blood flow, and every aspect of balanced digestion, absorption, and elimination is enhanced. Up to 70 percent of immune cells reside in the GI tract, so a healthy gut can translate to a healthier immune system.

Georgia Tetlow, MD, is board certified and an integrative physician in Ambler, PA with faculty affiliation at Thomas Jefferson. She completed an integrative medicine fellowship at the University of Arizona and has expertise in mind-body medicine, herbal therapies and diets, and energy medicine to address chronic illness, cancer recovery, and pain. Philly-Wellness Member, BetterMedicine.net. For appointments, visit www.philly-im.com, call 888-702-7974 or email info@philly-im.com.

My Organic Food Stamp Challenge

by Irma Jennings

WHEN I read about Newark Mayor Cory Booker's one week Food Stamp Challenge, I was intrigued. As a holistic bone and nutrition coach, I wondered whether you could eat well on food stamps. When I say eat well, I mean eating whole, unprocessed, organic, non-GMO food. Now that's a challenge!

With a friend, I set a goal to eat well for two weeks on a budget of \$4.40 per person per day—the same amount Mayor Booker used—for a total weekly food budget of \$61.60.

Breakfast every day was steel-cut oats with raisins and yogurt. Two pounds of oats lasted a full week, feeding two people for just \$2.80.

A typical lunch was brown rice and black beans with onions and carrots, with a side of steamed kale and raw garlic. A sample dinner was spaghetti squash with tomato sauce and salad dressed with lemon and olive oil.

We were seriously hungry the first two days. I savored my snacks (half a banana or apple) and became protective of my food. Smelling burnt toast one morning, I panicked, knowing one slice, charred or not, was all I had.

Our biggest challenge was preparing balanced meals with limited ingredients. We compared prices, bought in bulk, watched for sales and pinched pennies.

Success!

For two weeks we stayed within our budget, and our food was good for our health and our bones.

After the first two days, our appetites adjusted to more modest meals, and we each lost five pounds without feeling hungry.

I feel empowered now knowing I can feed myself well for \$4.40 a day, and that wholesome, organic, nutritious food is affordable. It just takes effort and the

What We Ate

We ate a mostly vegetarian diet, and our rules were no junk or processed foods, and mostly organic, non-GMO foods.

Our week's provisions looked like this:

- black beans, garbanzo beans
- eggs
- full fat yogurt
- avocados, olive oil
- flax seeds
- peanut butter
- apples, bananas
- oats, rice
- sprouted bread
- spring mix salad
- spinach
- onions, celery, carrots
- kale, collards
- cauliflower, red cabbage

support of urban gardens, community supported agriculture (CSAs) and co-ops.

We both feel grateful and fortunate for the abundance we enjoy. And we have renewed empathy for those who face a real food stamp challenge every day.

Irma Jennings, former Wall Streeter, was diagnosed with osteopenia in 2005. This diagnosis catapulted her into a journey of deep transformation into the marrow of her own bones.

To learn more and receive your free report: 6 Bone Busting Foods to Avoid visit: <http://www.food4healthybones.com>.

~ irmajennings@gmail.com

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The Passionate Gardener

by Ron Kushner

AS THE sun is warming things up and most gardeners are yearning to start clipping brown stems and growth that appears dead, relax! It is still too early for full spring cleaning. Working in wet ground, with potential freezing still possible, is actually doing more harm than good. Now is a good time to look for hellebores to be blooming, as February draws to an end, along with the shoots of spring-blooming bulbs.

This is also a good time to establish a notebook of some sort for the coming gardening season: a “wish list” of plants to obtain, a log of what is blooming at various times, and plants to be relocated—these are a few examples of items that could be included.

Get a head start on your vegetable garden this month by planting some seeds indoors for early transplanting into the garden when the time is right. Salad greens such as lettuce mesclun and mustard greens, Swiss chard, cabbage, broccoli, and spinach are good examples. Hold off on tomatoes, eggplant, peppers, squash,

melons and cucumbers.

Pruning

February is an excellent time to do any required shrub pruning. Good pruning is the selective removal of branches without changing the plant’s natural appearance or habit of growth. Except for early blooming plants such as *viburnum*, some *hydrangeas*, *rhododendron*, etc. to prune during dormancy is the perfect time. Get assistance if you are not exactly sure of what plants should not be pruned at this time.

Thinning out dense growth will allow more light and air to reach the center of the plant. This thinning can also reduce the chances of damage by wind, heavy snow, or ice storms.



Look at the branches and remove any that are crossing or physically touching one another. Rubbing can easily provide a vector for future disease or insect damage. Cut any broken limbs back to a branch or the trunk.

Dead, dying or broken branches, by the way, should always be removed as soon as they are noticed, if possible. Diseased limbs should be cut back to healthy tissue. Note: wait until next month to prune your roses.

Native vs. Non-native

The definition of a “native” plant has been manipulated and used throughout the country in so many ways that the distinction is rather cloudy and confusing. Are they native to anywhere in North America? Are they native to a particular area within the United States? How long does the plant have to have been growing in a certain area for it to be considered a native? I propose the following definition for

a “native” plant: “One that has not been introduced from Europe, Asia or other countries and has been growing in a particular, local area since before the settlement of this country.”

The consideration of native vs. non-native affects not only the plants, their growth habits, or potential invasiveness; it has to do with the entire ecosystem that utilizes local wildlife for these plants, either for food, as a host for beneficial insects to lay their eggs, or simply for their ability to attract other beneficial insects, birds, mammals, etc.

The use of native plants provides improved wildlife habitat, maintenance of biodiversity, climatic suitability, resistance to pests and diseases, reduced water needs and an overall reduction in maintenance. Most Philadelphia-area gardeners are very familiar with popular Pennsylvania natives such as garden phlox, bleeding heart, bee balm, New England aster, butterfly weed, and dogwood.

It is well worth time and effort to study the various native plant varieties available and to consider their natural capabilities hosting and attracting before planting in your own garden.

For questions or comments, e-mail ronkushner@comcast.net or visit www.ronsorganicgarden.com.

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Where Did Your Bouquet Come From?

by Jennie Love

DID YOU know that over 80 percent of the flowers sold at grocery stores, florist shops, and through FTD are actually grown thousands of miles away, most likely in Colombia, Ecuador, Thailand, or Kenya? At last count, Colombia alone accounts for nearly 60 percent of the flowers imported into the U.S. each day! Government and industry regulations on chemicals, environmental stewardship, and worker rights in Colombia and many of the other major flower-producing countries are a far cry from sustainable. Colombian rose farms are literally draining the country dry, creating a desert wasteland around the farms as their irrigation systems divert rainfall to rose production. The workers are typically women, some pregnant and many bringing young children to work with them. The work is intense, the wages very small, and the exposure to highly toxic chemicals immense.

Aside from concerns about workers' rights and toxic chemicals, there's another big challenge for imported flowers: the long hard journey to reach you. Once flowers are harvested, say in Colombia, they get boxed up without any water. They are then flown thousands of miles, maybe get stored for a bit at the airport until a trucking company comes to pick them up, get off-loaded at the wholesalers for awhile, and finally get put back on a truck again to be delivered to a florist or supermarket. It is not until the box gets

to the florist/supermarket that the flowers get a real drink of water again. Not only is the transit chain burning fuel all along the way, but it also usually takes a week from start to finish, sometimes more!

The international transit route also creates heaps of trash: boxes, plastic sleeves, little plastic tubes to support fragile stems, little webbed "socks" to keep big blooms from falling apart, synthetic sponges, rubber bands, tons of packing paper, tape, and much more. The flowers for a single FTD bouquet could generate enough rubbish to fill a curbside trash can!

The good news is there's another option—a beautiful, sustainable, heart-happy option. There are more and more small local flower farms, like Love 'n Fresh Flowers in Philadelphia, working hard to grow striking and, above all, sustainable blooms.

In stark contrast to imported blooms, locally grown flowers rarely leave water. They are typically grown organically or with very minimal chemicals. They grow in a field where natural rain and sun support their growth, instead of in a hot house being fed a slurry of fertilizers under artificial light. Locally grown flowers require only a recycled bucket and maybe a bit of paper for wrapping a bouquet. Certainly no trash heaps. Compared to the imports, locally grown flowers boast a huge array of diversity; countless varieties to choose

from in a rainbow of colors. The bees, butterflies and birds in the fields really enjoy the diversity too. Those winged friends go on to pollinate nearby food crops, keeping our ecosystem healthy and our tables full. Locally grown flowers are usually picked the same day or just the day before you get them. You might even go pick them yourself. They last a lot longer in the vase—at least a week, sometimes two!

Finding locally-grown and sustainable flower choices in February is tricky in wintery Philadelphia. But while Love 'n Fresh Flowers does not have any actual bouquets available this time of year, a membership to our Organic Flower CSA makes a great gift that will keep sharing your love for several months, not just a day. You may also choose a potted flowering plant, such as paper whites or amaryllis, for a more sustainable floral gift.

Love 'n Fresh Flowers does sell bouquets through the Co-op stores during the growing season, usually mid-April through October. Look for the brown pa-



photo by Jennie Love

Dahlias growing in a hoophouse

per wraps starting with spring tulips and ranunculus in April! For more information and to purchase a CSA share, visit www.lovenfreshflowers.com.

~ info@lovenfreshflowers.com

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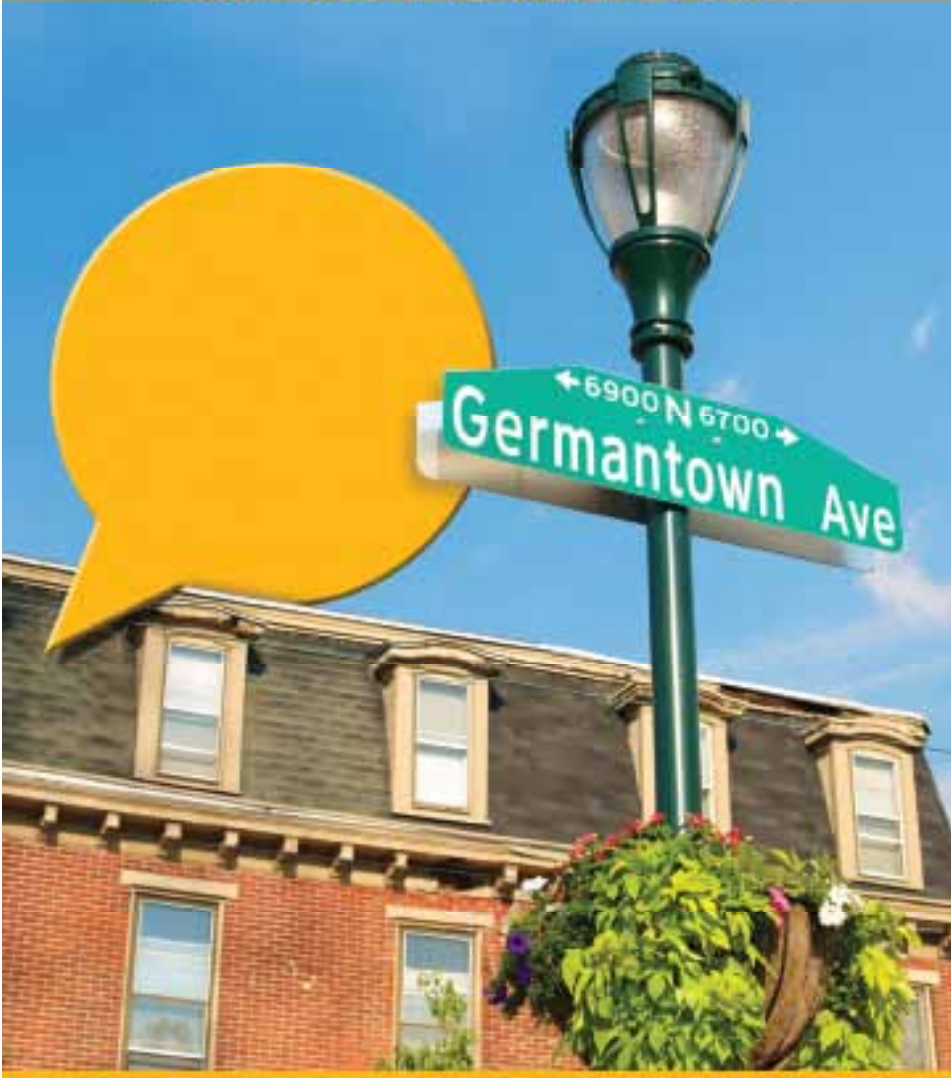
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Ages 6 to 10
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Art Cafe!
• 2-Week Session
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July 29th through Aug. 9th
Ages 8 to 13
\$400.00

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
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August 19th through 30th
Ages 8 to 13
\$400.00

Summer Registration opens Jan. 15th. Visit www.awbury.org to register online. Call 215-849-2855 with questions.




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PA GMO Labeling Initiative

(continued from page 1)

initiatives, including Oregon, New Mexico, and Washington state, where 340,000 signatures have already been collected. In Pennsylvania, such legislation is being presented to our local legislators, with hopes that legislation will be introduced early this spring.

But introducing the legislation will only be the start. “We will be working to show our elected officials that their constituents want to know what is in our food and asking them to sign on as cosponsors of the legislation,” says Sam Bernhardt of Food and Water Watch.

The Pennsylvania labeling coalition is looking to expand by reaching out to area food groups, consumer groups, and farmers. One group already in the coalition is GMO-Free PA, which has been convening in Weavers Way’s community meeting room, at 555 Carpenter Lane. For info on upcoming meetings, e-mail righttoknow-pa@gmail.com or visit them on Facebook at www.facebook.com/GmoFreePa. Stay tuned for updates in upcoming issues of *The Shuttle*, as well as on Facebook and Weavers Way’s e-newsletters and website, www.weaversway.coop.

~ editor@weaversway.coop

Senators Ask for Delay in GMO Fish Comment Period

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

A coalition of U.S. Senators from Alaska, Oregon, Washington, and Maryland has asked the U.S. Food and Drug Administration (FDA) to extend to 120 days the 60-day comment period on genetically engineered (GE) salmon. The FDA had released an environmental assessment of the GE salmon in December, finding that it had “no significant impact” on the environment or on human health. The 60-day comment period began on Dec. 26, with a deadline of Feb. 25, but the senators argue more time is needed, due to the interruption of the holiday season, the transition to a new senate following the election, and the complexity and technical nature of the issue.

The letter was sent to FDA Commissioner Margaret Hamburg January 11, 2013, and was signed by Lisa Murkowski (R-AK), Mark Begich (D-AK), Maria Cantwell (D-WA), Jeff Merkley (D-OR), Barbara Mikulski (D-MD), Patty Murray (D-WA), and Ron Wyden (D-OR).

The text of the letter is to the right.

Visit http://action.fooddemocracynow.org/sign/stop_gmo_salmon_now/ to comment on this issue.

~ editor@weaversway.coop

Dear Dr. Hamburg:

We, the undersigned United States Senators, request a 60-day extension to the public comment period for the U.S. Food and Drug Administration’s (FDA) draft Environmental Assessment (EA) and preliminary Finding of No Significant Impact (FONSI) concerning genetically engineered Atlantic salmon.

While the AquaBounty Technologies proposal has been under consideration for some 15 years, the surprise publication of the draft EA and FONSI on Dec. 26, 2012, came in the midst of the holiday season when the public was more concerned with family matters than reviewing a 144-page, highly-technical scientific document.

Publication of the FDA’s findings also came just days before the new Congress was sworn in. Many incoming members from affected states will be preoccupied with organizational issues during the next few months that will preclude them from giving adequate attention to a precedent-setting decision that could lead to approval of the first genetically engineered animal for human consumption.

We continue to have serious concerns about the AquaBounty proposal and the FDA review process that would regulate a proposed food product as if it were a new animal drug. The FDA review narrowly applies only to a limited set of production and rearing facilities, and fails to consider the implications of the broader application of this technology which assuredly would occur should the FDA’s final approval be granted.

Congress has and will continue to raise these and other concerns about this controversial and unsustainable seafood product, including the potential escape of these engineered fish into U.S. waters. Legislation will be introduced in the 113th Congress to seek a more comprehensive environmental review of this and other genetically engineered fish, and require labeling of any such products sold in the U.S. so consumers are aware of what is on their dinner plates.

An extension of the public comment period regarding approval of the first genetically engineered animal for human consumption is necessary and appropriate. A 60-day extension to afford better public review of this draft action is minimal when compared to lengthy review process already afforded this proposal.

Thank you for consideration of this request.



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Mt. Airy Reset

(continued from page 1)

out the store to make it easier and faster for shoppers to find what they’re looking for. You’ll notice now that in Grocery, like products are placed together vertically, as well as products that you might purchase together, like oils and vinegars, or nut butters and jams.

In addition, we’ve added some new, popular items to the Frozen department, as well as discontinued some “slow movers” throughout the store. Look for discounts

on those. The bulk bins have also been re-arranged into vertical sections, so that it will be easier for you to find a product you are looking for within a four-foot section. Spices have been moved out of the corner, so you should have a much easier time weighing your garam masala and pink peppercorns. Baking items are now up on the second floor near the bulk flours.

We hired Bini Reilly, a professional merchandising guru who has “reset” many

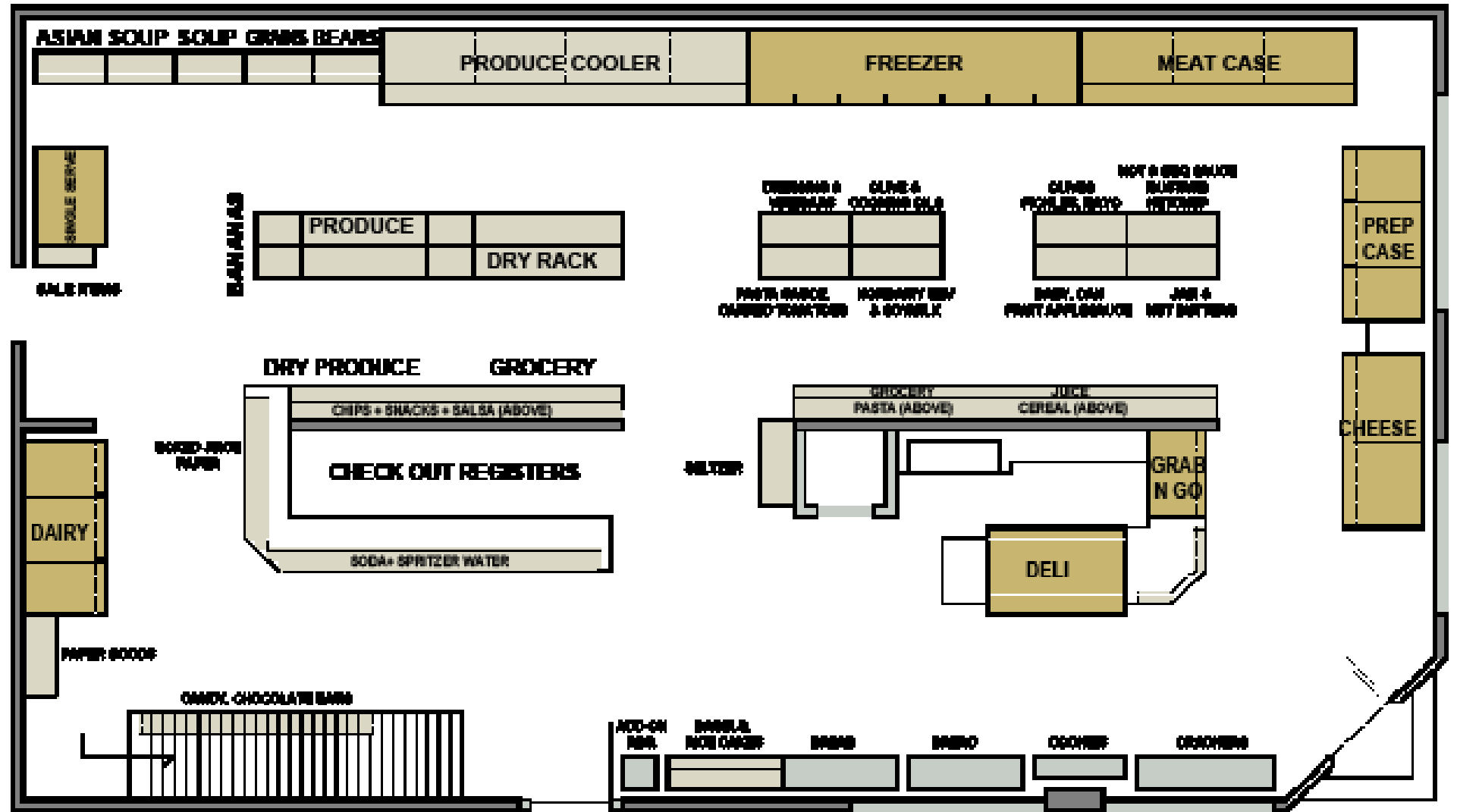
natural foods stores and co-ops, to assist with the new mapping of the merchandise. She knows her stuff and we are so happy she guided this project. Thanks, Bini!

Our hope is that these changes will make for a more delightful experience for our shoppers. If you have any questions, please do not hesitate to ask a staffer. We will also have cooperator ambassadors on hand to assist with the change, as well as maps throughout the store.

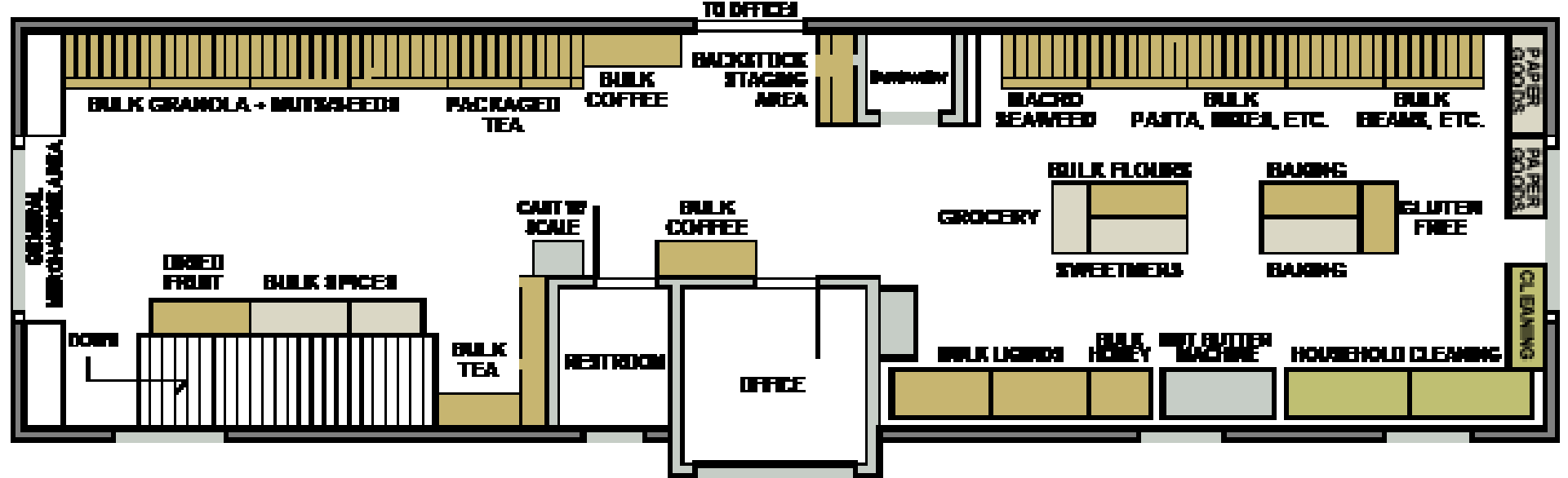
We view this reset as a step forward in our efforts to make shopping at the Co-op for everyone as accessible and straightforward as possible. That’s not to say we won’t tweak it here or there. That’s where we will need your feedback. Please let us know what you think about the new layout and ways that you think will make it even better.

~ rtorpie@weaversway.coop

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CreekSide Co-op Celebrates Grand Opening



photos by Brendan Krivda

CreekSide Co-op celebrated its official Grand Opening on Wednesday, January 16. Clockwise from lower left, CreekSide volunteer and former board member Lindsey Rosenberg (left) with daughter Amelie Krivda (front) and CreekSide cashier Betsy Hernandez (right). At top left, gathered for the official ribbon cutting are (l to r): Cheltenham Township Acting Township Manager Bryan Havir, Cheltenham Township Commissioner J. Andrew Sharkey, Cheltenham Township Commissioner Mickey Simon, Cheltenham Township Commission President Art Haywood, Montgomery County Commissioner Josh Shapiro, and wielding the scissors, outgoing longtime CreekSide Board member and treasurer Fred Milbert. (top right) Scores of members came out for the event, which featured live music from Ken Ulansey and Dave Posmontier, plus plenty of great food from the Co-op's celebrated Prepared Foods Department and Deli, as well as a variety of samples and demos from CreekSide's wonderful vendors.



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Why We Sell What We Sell

(continued from page 3)

the fruit (yes, it's a fruit), are in the Clean 15. This is the case of a produce item that doesn't have pesticide residues because conventional avocados are as close to pesticide-free as you can get. Avocado trees thrive on neglect, so they are barely sprayed in the first place. In the interest of space, it makes sense for Mt. Airy to carry only conventional avocados.

Another way we have made a compromise is that we only carry organic, fair trade bananas. Even though they are also on the Clean 15, plantations still use pesticides and herbicides. Bananas have a thick skin, so the pesticides aren't going to get into the fruit you eat. However, the working conditions on banana plantations are so terrible that we find this to be a much higher priority than offering the conventional variety for what would be a small price savings.

Another important point is that much of our conventional line is in fact different from what you find at a large supermarket. When we purchase items from our large distributor, Four Seasons, we are given options as to the level of quality. The store strives to balance offering affordable items with the highest quality we can get.

So many people rave about our produce department because the quality is so high, and now we thankfully have a display case in Mt. Airy to match. So even when our prices are a little more than the average supermarket, you see it in the quality at the store, and in what it looks like a couple days later.

Finally, we do not want to resign ourselves to carrying a solely organic line because it would exclude a lot of the great local producers we work with (including our own farm!). Organic certification is a very expensive and difficult process, so what we are able to offer our customers is the assurance that we know the farmers we are receiving produce from. We have visited their farms and can verify their growing methods. We also get a lot of products from local food distributors like Common Market and Zone 7, and they go through a similar process of vetting the farms they are purchasing from as well.

I hope this helps to enlighten you about some of the difficult purchasing decisions we make behind the scenes.

~skane@weaversway.coop

Day of Social Justice

(continued from page 2)

industrial nations—this is a global issue. Dr. Bronner's strives to improve working conditions and provide a fair living wage and health benefits for employees and their families both here in America, and for workers in the nations that supply the ingredients for the legendary soap. This company has made a considerable effort to source their organic and fair trade elements. The palm oil used in Dr. Bronner's soap is harvested in Ghana by an outfit owned by women. The hemp oil is from Canada where farmers are paid fair wages and prices for goods. (Farm worker-exploitation is as much a bane in North America as in the rest of the world.) Their fair trade coconut oil comes from Sri Lanka, and the olive oil is imported both from Palestine and a family farm in Israel.

Alaffia was founded to fight poverty and advance gender equality in West Africa through the fair trade of handcrafted shea butter. In creating pure skin care

and hair care products with beautiful, indigenous fair trade ingredients, Alaffia successfully empowers their cooperative members by teaching the women to read and write, thus imparting the knowledge and skills to help support themselves and their families. Another part of their mission is to increase awareness of how individual actions and choices affect communities worldwide. They also provide ways for more fortunate volunteers to get involved with the many programs that Alaffia helps fund while learning about other cultures and the pieces of nature that link us all together.

We are all connected in one way or another and on February 20, the World Day of Social Justice, we should recognize the strength it takes to make a difference. Do what you can—but don't forget your passion and energy is enough to smooth the path of peace and justice for all mankind.

~lorazi@weaversway.coop

International Cooperative Principles

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

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

and a statement of values:

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

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

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

by **Nora Lichtash**, Executive Director of the Women’s Community Revitalization Project

MUCH HAS been written about the impact of Philadelphia’s 40,000 vacant parcels, including the \$20 million annual drain to maintain these lots, a multi-billion dollar reduction in property values, and strong correlations to crime.

Some equally troubling facts:

- The 1st congressional district is the hungriest in the nation.
- Our city lacks 57,000 units of affordable housing.
- Owners face too many barriers to opening or expanding neighborhood businesses.

What if the problem of vacant land could be the catalyst for solutions to these other pressing needs?

That is the theory behind the Campaign to Take Back Vacant Land, a coalition of over 40 faith, labor, and community groups, including Weavers Way. Land is an opportunity to grow more local and affordable food, to build quality homes that don’t break the bank for families, and to support neighborhood businesses that create jobs.

To turn this vision into reality, our city needs a land bank, a government agency laser-focused on getting land into

the hands of caring neighbors and community groups to turn blighted spaces into vibrant places. Take Back Vacant Land has developed four essential elements to create a land bank we can trust:

- Public land for public benefit—The land bank’s mission and policies need to ensure land is used for community gardens and farms, affordable and accessible housing, and neighborhood businesses.
- Community involvement in decision-making—Community representatives should have seats on the land bank’s board of directors.
- Transparency and access to information—Residents, community groups, and developers should easily be able to find out what land has been sold, to whom, for what price, and for what intended use.
- Accountability to our neighborhoods—The land bank should publish an annual impact statement and a corrective action plan if its target goals have not been met.

Last year, Councilwoman María Quiñones-Sánchez introduced Land Bank Bill #120052. The bill earns high marks for community involvement, transparency, and accountability, but it needs to be strengthened to ensure public land is used for public benefit. Hearings on the bill will be held in the coming months, and we are planning a People’s Hearing in February. Join Take Back Vacant Land and call for this change. Together, we can use blight to make right for our communities.

Nora Lichtash (Nlichtash@wcrp-phila.com) is a member of Weavers Way and the Executive Director of the Women’s Community Revitalization Project, part of the Campaign to Take Back Vacant Land. To learn more about the campaign, visit www.takebackvacantland.org or like the campaign on Facebook.

Manager’s Corner

(continued from page 4)

this winter (one is on Feb. 9, 1 p.m., reservation required) and one in the late summer for the Fall planting season.”

This is a trend that was started by the recession, the people at Primex told me. At the same time as they were losing sales related to landscaping of new houses, the edible vegetable and fruit sector was taking off like they have never seen.

Weavers Way members, city officials, nonprofit leaders, and national leaders need to hear these stats and think about how they can all work together to increase this market: Children working and playing in our farms see what it takes to grow vegetables. They get to taste fresh vegetables. They learn. They change their values, slowly. It is time for Philadelphia to move this forward, not as a minor initiative, but as a major public health initiative that will not cost much.

As we reported last month, the Land Bank initiative by Mayor Nutter and his staff is a great first move. What we need

now is an organization that can help get land into production. There is no reason we can not increase the percentage of residents who are growing vegetables (I am not sure what it is today, but I would guess it is only about five to seven percent in Philadelphia). Setting yearly goals would be a great first step.

I can see it now: The Phillies wall growing vines of hops, pole beans, and grapes off the back wall. The zoning for front lawns is changed to allow for vegetables and not for grass. Do we really need another world war to start such an initiative? I think not. So this winter, think about purchasing some seeds. Start a garden. Help your local school grow vegetables and plant fruit trees. Grow your own. You will be taking the right step forward in attacking global warming, local food production, and educating your neighbors. This can work...

~ gbergman@weaversway.coop

Gardens & Farms Rescued from Zoning Bill

(continued from page 1)

after speaking with Council President and several council members.

This is an incredible victory for community gardens and farms, as well as the Philadelphia community as a whole. The Campaign is extremely grateful for the individuals and organizations that made their concerns known and to all of the council members and staff who took the time out of busy schedules to meet with and listen to their constituents. Weavers Way Co-op was an active participant in this process, and many Weavers Way members spoke loudly in support of urban farms and community gardens. Philadelphians will continue to strive toward enhancing food access and providing structures through

which communities can successfully reclaim land from blight.

The Campaign for Healthier Foods and Greener Spaces is an affiliation of Philadelphia groups and organizations, including Weavers Way Co-op, the Pennsylvania Horticultural Society, and dozens of others that came together to oppose this bill. The Campaign encourages supporters to take a moment to thank their district council members and the at-large members for their support in obtaining this crucial amendment. The Campaign also looks forward to working together to continue this forward momentum in the effort to bring about a greener and healthier Philadelphia.

~ editor@weaversway.coop

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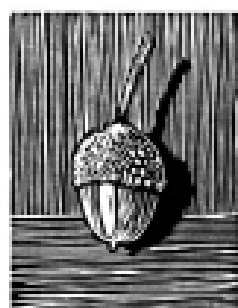
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“Mrs. Warren’s Profession” Makes Its Mark

Steve Brady, Media Liaison, The Stagecrafters

THE THIRD production of the current season at The Stagecrafters, George Bernard Shaw’s classic “Mrs. Warren’s Profession,” will open on Friday, February 1, 2013. A provocative comedy of morals and ideas, set in late Victorian England, it is both a scathing critique of the restrictions placed upon women by society and a keen portrayal of generational conflict—a study of two strong women, mother and daughter, each determined to hold onto their respective world views and life choices. The story transpires over a week-end during which young Vivie Warren, freshly graduated from Cambridge after a lifetime of boarding schools and only brief family visitations, finally gets to know her mother, Kitty, a woman of questionable reputation who has lavishly financed her daughter’s superior education and place in respectable society. The unfolding action propels the two women into an inevitable confrontation and reckoning with the past, culminating in a climax of shocking and passionate drama.

Regularly at the center of discourse on the moral, economic, and social issues of his day, George Bernard Shaw (1856-1950) left the world an enormous body of literary work, including 63 plays, over a dozen of which are recognized as classics today. A good many of his writings invited controversy, but “Mrs. Warren’s Profession” provoked more than its fair share. Written in 1893, the play was im-

mediately banned from public presentation by Britain’s Lord Chamberlain on account of its subject matter. Upon reaching the American stage in 1905, its premiere was literally halted in mid-performance by New York’s Police Department, who cited the entire company for disorderly conduct! The first public production in London took place in 1925, by which time its thematic content was deemed presentable, and since then the play has enjoyed many decades of revivals on both sides of the Atlantic.

Performance dates are February 1, 2, 7, 8, 9, 14, 15, 16 at 8 p.m., February 3, 10, 17 at 2 p.m. Tickets are available at \$17 online (no service charge), \$20 at-door. (Thu. eve performances “2 for \$25”). Students with valid ID \$13 At-door. Groups of 15 or more are offered a reduced rate of \$15 a ticket, paid in advance. The box office opens 45 minutes before each performance. For information call 215-247-8881; for reservations-direct call 215-247-9913. The theater is located in the heart of Chestnut Hill at 8130 Germantown Ave. Visit www.thestagecrafters.org for more information.

Special note: “Meet the Cast and Director” Q & A session will be held following the performance on Friday, Feb. 8. All attendees at the performance are welcome to stay and join in the discussion.

~ sbrady@thestagecrafters.org

Meri Adelman Workshop at Clay Studio



ON FRIDAY Feb 22, from 6-9 p.m., Six Senses Clay Studio will host an Artist Workshop with Meri Adelman. A long-time Co-op member, she will be our visiting artist. Her artwork will be featured in our gallery space starting mid-February. Meri’s artwork is vivid and imaginative. She finds bright colors in the shadows and fluid movement in the stillest of moments. Her artwork is playful and enjoyable—much like Meri herself.

The workshop will feature Meri doing oil pastel drawings from life—either a still-life or a live model. The audience will watch Meri work, ask questions, and try their hand using some of her techniques. Paper and pastels will be on-hand. \$5.00 per person admission. Refreshments included. Free to studio members.

Stenton Programs for February

by Kaelyn Taylor

FEB 7 - 12:30 p.m.—Lunch and Learn.- “Honoured and Beloved: Speculations on the Marriage of George and Deborah Logan,” with Dallett Hemphill from Ursinus on Deborah Norris Logan & George Logan’s relationship and marriage

Feb. 9 - 1 p.m.—“Doing Unto Others: The Development of an Anti-Slavery Testimony among Philadelphia Quakers,” with Christopher Densmore.

To RSVP, please call 215-329-7312 or email programs@stenton.org. Stenton is located at 4601 N. 18th St. Philadelphia. For more information please visit www.stenton.org.

~ kaelyn.taylor@stenton.org

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FOW Invites Public to Participate in Long-Range Planning

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

THE FRIENDS of the Wissahickon (FOW) is inviting the public to participate in their long-range planning process with a questionnaire on their website at www.fow.org. Park users are being asked to take a few minutes to visit FOW’s website and comment on any issue of importance to them regarding the Wissahickon Valley and FOW’s stewardship of the park.

Public outreach efforts have traditionally played a large role in FOW’s long-range planning. Many significant improvements to Wissahickon Valley Park have been accomplished by FOW in direct response to needs expressed by the public, including the two compost toilets along Forbidden Drive, the popular Trail Ambassador program, and improved safety measures in cooperation with Philadelphia Parks and Recreation and the Philadelphia Police Department.

“We want the public to be a part of our strategy process so FOW’s work in and for the Wissahickon will clearly reflect the concerns and aspirations of the community,” says FOW President John Rollins.

This questionnaire follows FOW’s year-long park-user survey, My Park Counts, which concluded in July 2012. My Park Counts was the most comprehensive park survey of the Wissahickon Valley ever undertaken and included, for the first time, state-of-the-art mechanical counters of park users as well as observational information and personal interviews. In addition to the survey, FOW held a public meeting in December to solicit feedback from the public and report on the organization’s work in the Wissahickon over the past and the projects it will pursue in 2013.

“Over the past few months, FOW has been evaluating the results of our park user survey and developing a strategic plan for the next five years,” says Rollins. “The process helps us identify the goals we will pursue in the future and develop the projects necessary to achieve them.”

To complete the questionnaire, visit <http://fow.org/long-range-plan-message>.

~ deniselarrabee@comcast.net

FOW Receives Grant from REI

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

THE FRIENDS of the Wissahickon (FOW) was presented with a check for \$15,000 from REI (Recreational Equipment, Inc.), the national outdoor retail co-op, at FOW’s Annual Volunteer Appreciation Night on December 5 at Valley Green Inn. The check was for a grant REI awarded FOW earlier this year for the Sustainable Trails Initiative (STI), a multi-year project to make the 50 miles of National Recreation Trails in Wissahickon Valley Park a physically and socially sustainable system that works for all park users.



photo courtesy of Friends of the Wissahickon

Jon Everett, Store Manager at REI Conshohocken (center), and Charles Kline, REI Outreach Coordinator (right), present a check to FOW Executive Director Maura McCarthy on December 5 at FOW’s Annual Volunteer Appreciation Night at Valley Green Inn.

This grant will fund work at Kitchen’s Lane, where FOW will close two dangerous, rapidly eroding sections of trail totaling 800 feet. These closures will be replaced with 700 feet of new trails that are more sustainable and will encourage proper use of the trail. In addition, FOW will restore approximately 1.75 acres of habitat through native plantings and invasive plant removal and build a natural stone staircase. The project plans to engage 450 volunteers in contributing of 1,500 hours about volunteer labor.

~ deniselarrabee@comcast.net

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An Afternoon with Philadelphia’s Poet Laureate Sonia Sanchez

by E. Clifford Cutler, Reverend, St. Paul’s Church

INTERNATIONALLY-ACCLAIMED PHILADELPHIA Poet Laureate Sonia Sanchez will speak and give a poetry reading on Sunday afternoon, February 3 at 2:30 p.m. at Saint Paul’s Church, 22 E. Chestnut Hill Avenue in Chestnut Hill, Philadelphia. Admission is free and the public is invited.

The event, An Afternoon with Sonia Sanchez, commemorates the stay of Eleanor Roosevelt at St. Paul’s Episcopal Church 64 years ago, when Eleanor Roosevelt was presented with the first National Fellowship Award by the Philadelphia Fellowship Commission.

Sanchez, one of 20 African American women featured in “Freedom Sisters,” an interactive exhibition created by the Cincinnati Museum Center and the Smithsonian Institution traveling exhibition, follows in Eleanor Roosevelt’s footsteps with her commitment to activism for peace, justice, and social equality.

Sanchez, a sponsor for Women’s International League for Peace and Freedom is also a mother and an authority on black culture and literature. She works for women’s liberation and peace, and social justice. She is the first Presidential Fellow at Temple University and held the Laura Carnell Chair in English at Temple University.

In addition to her 20 published books, Sanchez is the inspiration behind the Philadelphia mural project “Peace is a Haiku Song.” Recently she has been exploring



photo courtesy of Saint Paul’s Church

Philadelphia Poet Laureate Sonia Sanchez

haiku as a vehicle for engendering peace among youth by encouraging them to listen to each other’s hearts, and write the simple and challenging lines of peace.

“Poetry,” she says, “makes us remember the best of ourselves and others.” Following the event, Sanchez will be available for a book signing and her books will be for sale.

For more information please call 215-242-2055 or visit the church on the web at www.stpaulschestnuthill.org.

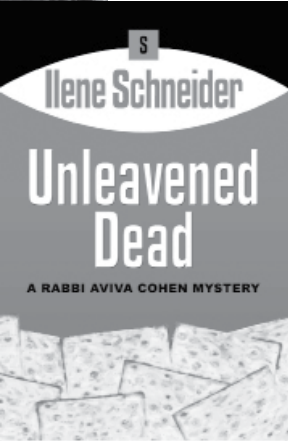
~ ccutler@stpaulschestnuthill.org

Being a Rabbi is Murder

by Stacia Friedman, Assistant Director, Chestnut Hill Center For Enrichment

WHEN ILENE Schneider isn’t working as a rabbi at a Marlton, NJ hospice, being a wife and mother, puttering in the garden or birding, she is apt to be killing people. Author of the “Rabbi Aviva Cohen Mysteries,” Schneider draws from her career as one of America’s first ordained female rabbis when she writes her hysterically funny murder mysteries which take place – where else? – in South Jersey.

In her newest mystery, *Unleavened Dead*, two members of the congregation die under suspicious circumstances and amateur sleuth Rabbi Cohen can’t resist getting involved. Just as some people attend synagogue not so much for the prayers but for the Danish pastry served



afterward, readers get hooked on Schneider’s mysteries not for the blood and gore, but for the wise-cracking, side-splitting humor.

Rabbi Schneider will read from *Unleavened Dead* and discuss her previous books, *Chanukah Guilt* and *Talk Dirty Yiddish* on Wed., Feb. 27 at 7 p.m. in the Bombay Room of the Chestnut Hill Hotel, 8229 Germantown Avenue. This ongoing monthly literary salon benefits the Chestnut Hill Center for Enrichment. Admission is \$10 in advance; \$12 at door. For tickets visit www.chenrichment.org or call 215-248-0180.

IN MEMORIAM: Dara Simenhoff Barr

Dara Simenhoff Barr, a longtime friend and member of Weavers Way Co-op died at her home on January 8, 2013 after a six-year crusade against ovarian cancer. She was 46 years old.

Dara had been a teacher at Germantown Friends School for the past 16 years. She was devoted to her students, their families, and the Germantown Friends community. She grew up in Swarthmore, PA and attended Strath Haven High School (1984) and Simmons College (1988). She received a Master’s degree in education from St. Joseph’s University.

Much of her free time was spent with friends and family, playing Mah Jongh, making jewelry, or traveling. She loved to go camping with her family in Vermont and St. John, and she was a master at creating relationships between her friends from different aspects of her life. She was a passionate advocate for raising awareness about ovarian cancer. In fact, she created a charity called Dara’s Defense to further this goal. Each year the charity holds a music fest to raise money for research.

Dara is survived by her husband of 21 years, Jeff Barr, and their three sons: Matthew (17), David (14) and Elliot (11). She leaves behind a legacy of friendship and love. Donations may be made to “Friends of Dara Barr” 209 Dogwood Lane, Wallingford, PA 19086.

~ Melissa Long
melissaed@comcast.net





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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.

Our General Manager Glenn Bergman got the idea that it would be nice for shoppers if the front open display case that’s part of the Deli you see when you walk in the front door of our Mt. Airy store presented a wide selection of smoked fish. A few weeks ago, he had a vendor of smoked fish in for some staffers to sample and discuss the products. This was done in the second floor meeting room in our 555 Carpenter Lane building. What struck me about this is the image it presented. Imagine about eight people sitting around a conference table. In the middle of the table lay a large smoked fish, on its side, bright golden color, slit down belly, mouth open, one eye exposed, fins and tail intact. To me this was a bizarre picture. It is times like this when I think to myself “what the hell am I doing here?” (partially because I’ve been a vegan since about 1977). Then my mind wandered off to think of phrases that could include smoked fish, like if your job is working in a smoked fish facility, when your doctor asks you do you smoke you can answer “yes, I smoke fish.”

Incidentally, many smoked fish products (and cured meat products like bacon) contain sodium nitrite and/or nitrate, once suspected carcinogens, but apparently now that is uncertain. Many foods, including celery, contain significant amounts of sodium nitrate. In fact, celery juice is so loaded with sodium nitrate that it’s used as a natural additive to supply nitrates to foods that need the preserving, coloring or other properties of nitrates. In reading about this, I also found out that celery is a pretty healthy food; it helps lower blood pressure, fights inflammation and cancer, calms nerves, aids sleep, and “increases sexuality,” whatever that means. Celery is also on the “dirty dozen” list of produce that is heavily sprayed though, so buy organic or naturally grown when possible.

suggestions and responses:

- s:** “Must have missed response re regular (non-packaged) garlic—please write again!”
- r:** (Jean MA) Here’s the problem, now that cashiers weigh and price the produce, we have to have a way to distinguish between conventional and organic product. You may have seen the attractive orange stickers identifying different onions, yams, cucumbers, zucchini, hard squash, potatoes, lemons, and peppers. I draw the line at stickering of individual garlic bulbs. (We already have to sticker the local garlic, but we get very small quantities of that.) I recommend pricing—and trying—the organic garlic. It’s more expensive by the pound, but I think you’ll find the per-bulb price difference negligible.
- s:** “Organic yellow onions and organic yams—we have them in CH, and used to have the organic yams in MA.”
- r:** (Jean MA) We have organic yams, and have had them for weeks. If you don’t see them, ask a staff person for help. Yellow onions—I’ll bring them back soon. Look for them with the organic red onions.

- s:** “A box for WWCP at the cash registers into which people could put their spare change. ‘Make a change for WWCP!’.”
- r:** (Glenn) We are going to do this. Excellent idea. We are planning to do “round up” on next upgrade of POS system.
- s:** “So very happy to have the wonderful bulk foods section! Two suggestions: bulk maple syrup and a hot breakfast cereal option (with mixed grains)—so many granolas but not much of a choice for the hot cereal lovers.”
- r:** (Norman) We chose not to include bulk maple syrup because our supplier advised against it, stating it molds and ferments too quickly at room temperature. We do have one bulk cereal—Mu Mu Muesli, which is made by a couple in upstate New York after they found out about acrylamides, which are carcinogens found in over-toasted carbohydrates—mainly potato chips, French fries, and toasted cereals. It would also be pretty easy to make your own with a mix of the products we offer. You could make a quick-cooking version with rolled oats, bulgur, and rye flakes or a longer cooking version with steel cut oats, millet, wheat berries, barley, etc. Then toss in some raisins, walnuts, sunflower seeds, and cinnamon, or whatever you like. However, I would not toss in chocolate, coffee beans, ham, or smoked salmon, as these foods are known to ruin the feng shui of hot cereal mixes.


- s:** “Can we get the low-sodium tamari in bulk? (Both kinds upstairs are regular sodium.) Or, can you move one of the dispensers to the bottom shelf, to make it ‘low sodium??’ :) Thanks.”
- r:** (Luiz MA) Low-sodium has not been requested too often; I will research. (Norman) Nice joke but technically it would be “lower sodium,” not “low sodium.” If you are going to joke in the Suggestion Book please enroll in one of my “Suggestion Book writing for padawans” classes first.

- s:** “Earth Friendly Products: Parsley Countertop Spray: It’s Dah Bomb!”
- r:** (Luis) Has been requested, will look into it.
- s:** “Wilbur Buds (from Lititz PA) would be a welcome addition to the bulk department. Thanx.”
- r:** (Norman) Wibur is owned by Cargill, a large multi-national commodity company that supplies chocolate to choco-

late manufacturers. Although Cargill and many other large chocolate companies signed agreements not to participate in trafficking of children to Ivory Coast chocolate plantations to be used as slaves growing chocolate, there is a some evidence that trafficking still occurs. There is an interesting documentary on YouTube called *The Dark Side of Chocolate* that shows how trafficking is still happening. The main way to avoid buying chocolate that might support child slavery growers is to look for chocolate sourced from areas other than Ivory Coast. Fair Trade certification is another way shoppers can have more assurance that chocolate is slavery free and workers are compensated in a fair manner.

- s:** “More organic spices. Amaranth flour (Bob’s?)”
- r:** (Luis MA) We’ll look into it—organic spices are generally more expensive. Haven’t had many requests for amaranth flour.
- s:** “We’ve had MorningStar Veggie burgers and see you don’t carry them. They are so good—better than Amy’s. Can you carry them? Greatly appreciated.”
- r:** (Norman) MorningStar products contain ingredients many shoppers would object to, including GMO soy, a milk protein (making them not a choice for vegans), and four kinds of MSG (listed as hydrolyzed proteins and yeast extract). This is not surprising, as the MorningStar brand is really Kellogg, which is not a company that has shown much of a commitment to producing healthy food.
- s:** “I don’t understand why you have bathrooms that don’t have baths. How are they then ‘bathrooms’? In the interest of accuracy, they should be called ‘toilet/sinkrooms.’ Accuracy is very important, truth in labeling is but one form of truth and truth should always be sought as part of one’s life journey.”
- r:** (Norman) Thanks for this important observation. I think the truth is you need to get a life.
- s:** “My family went camping last week and we caught some fish. Cooked the fish over campfire that had some wet leaves so fish ended up with nice smokey flavor.”
- r:** (Norman) Well that sounds like fun but you should know that for health reasons, the Surgeon General advises against smoking.

WEAVERS WAY EDUCATION COMMITTEE PRESENTS



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

Friday, March 1, 2013 – 7:30 pm
Unitarian Church of Germantown
6511 Lincoln Dr. (corner of Wayne Ave.)

The Northern Harmony chorus is known for transcending the traditional definition of choral music—renowned for its command of very wild ethnic singing styles. Weavers Way welcomes them back!

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- ✿ The sonorous timbre of Caucasian Georgian melodies
- ✿ The rich mellifluous South African style of community singing

To get a sample of their style, go to youtube.com and search “Northern Harmony Chorus”

Tickets:
***15 for adults over age 16, Weavers Way members: *12**
Ages 12-16: *5, Kids under 12 – free

For more information and advance tickets,
e-mail: films@weaverway.coop

L • E • T • T • E • R • S

Dear Weavers Way Co-op,

The boxes and boxes of books have been distributed to the six Mastery Charter elementary schools and the books are now in the hands of hundreds of ecstatic kids—many of whom had never owned a book. Valley Green Bank’s 5th annual Holiday Book Drive for the Mastery Charter elementary schools was a huge success.... more successful than ever in part because of the overwhelming support and assistance from Weavers Way Co-op. Collection bins were placed in both Weavers Way locations in highly visible areas so that shoppers were encouraged to donate books—and donate they did! Also, a big thanks to Big Blue Marble bookstore, another collection site, and its customers who gave generously. Valley Green Bank can not thank Weavers Way, Big Blue Marble and all contributors enough for their invaluable support of this Holiday Book Drive. Together we have helped to insure that these Mastery Charter elementary students are off to a wonderful 2013 school year.

Thank you,
Lesley Seitchik,
Valley Green Bank

Valley Green Bank Celebrates the Promotion of Two Local Bankers

by Lesley Seitchik, Director of Marketing, Valley Green Bank



Dale Thistlethwaite



Michele Ferraro

VALLEY GREEN Bank is proud to announce that veteran bankers Dale Thistlethwaite, branch manager in Mt Airy, and Michele Ferraro, branch manager in Chestnut Hill, have each been promoted to Vice Presidents of the Bank. The announcement was made by President and CEO, Jay Goldstein, at the Bank’s annual holiday party.

Dale has been in banking for over 40 years. She started as a 17-year-old in Mt. Airy at the Hamilton Reliance Savings and Loan. In 1994 Hamilton Reliance merged with National Penn Bank and Dale ultimately became the assistant manager of the Chestnut Hill branch. When Valley Green Bank started in 2005, Dale became an assistant branch manager and in 2006 was promoted to the Mt. Airy branch manager. When asked about her tenure at the Bank, Dale remarked, “Valley Green Bank exemplifies what I believe a good bank should be—a bank that delivers excellent, responsive customer service. It has been a thrill to be on the ground floor building such a successful institution and it is a great honor to be one of Valley Green Bank’s Vice Presidents.”

Twenty-five years ago Michele started her banking career as a teller at 1st Pennsylvania Bank. In 1992 she joined Chestnut Hill National Bank which was

subsequently purchased by National Penn Bank, where she ultimately became branch manager. In 2005 Michele joined Valley Green Bank becoming its first branch manager. Reflecting on her career, Michele said, “I came to Valley Green Bank hoping for a community bank that puts customers first. I am pleased to be Vice President of a bank that has had such amazing growth.”

Valley Green Bank, a locally-owned and operated Pennsylvania commercial bank, has two branches in Northwest Philadelphia and commercial loan offices in Center City Philadelphia and Radnor, PA. The Bank offers a traditional mix of deposit accounts, including non-interest and interest-bearing checking accounts, savings, money market and certificate of deposit accounts. It also offers customers individual retirement accounts. Valley Green Bank is a member of FDIC.

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

Chief Financial Officer

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

Communications Director/ Shuttle Editor

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

Membership Manager

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

Outreach Coordinator

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

Farmer, Educator, and Food Justice Champion Chris Bolden-Newsome to Speak at Awbury

by Heather Zimmerman, Education Director, Awbury Arboretum

ON SATURDAY, February 9, farmer, educator and food sovereignty organizer Chris Bolden-Newsome will speak at Awbury Arboretum about the impact of African and African American cultivars on the national and global food system. Chris grew up in a social justice household, the oldest son of small-scale organic farmers in Tulsa, Oklahoma by way of the Mississippi Delta. Since the age of 13 he has been involved in community organizing, education, and growing food.

Whether growing food in backyard gardens while an anthropology student at Howard University, helping to increase food access awareness working with non-profits and Buy Fresh Buy Local, or in his current position teaching and farming at Bartram’s Garden, Chris remains passionate about what he calls “intentional food system work.” Over the last year Chris has been researching the history of Afri-



photo courtesy of Awbury Arboretum

Farmer, Educator and Food Justice Champion Chris Bolden-Newsome.

can/African American cultivars and their importance in our food systems.

The event takes place at 1 p.m., Saturday, February 9, at The Francis Cope House at Awbury Arboretum, One Awbury Road (entrance off Chew Avenue near High Street). Cost is \$5 per person. To register, visit www.awbury.org/hearth-hort or call 215-849-2855.

~ hzimmerman@awbury.org

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

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

Weavers Way Co-op Welcome Meetings



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

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

Mt. Airy

Weavers Way Community Room, 555 W. Carpenter Lane
(next door to WW Mt. Airy Store)
Saturday, February 16, 10 a.m.
Thursday, February 28, 6:45 p.m.
Saturday, March 16, 10 a.m.
Wednesday, March 20, 6:45 p.m.

PLEASE PRINT CLEARLY

Name _____ Orientation Date _____

Address: _____

City _____ State _____ Zip _____

Phone number _____ E-mail _____

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

Mark Bittman to Speak at Rodeph Shalom

by Lila Corwin Berman

WHAT IS Your Food Worth (to You and to New York Times columnist Mark Bittman)?

On Wednesday March 13 at 7:30 p.m., New York Times award-winning food writer Mark Bittman will appear at Congregation Rodeph Shalom to offer his always provocative and probing thoughts on the crucial topic, “The Future of Food.” Bittman appears in front of Philadelphia cooks, shoppers, and eaters as part of an exciting two-year project entitled “What Is Your Food Worth?”

Representing an innovative partnership among Temple University’s Feinstein Center for American Jewish History, Congregation Rodeph Shalom, The Gershman Y, and the National Museum of American Jewish History, “What Is Your Food Worth?” draws attention to food, ethics, sustainability, and what it means to eat as a Jew.

“What Is Your Food Worth?” invites the public to answer the question for itself and to listen as historians, scholars of religion, kosher bakers, organic farmers, labor activists, current day muckrakers,



Mark Bittman

local chefs, and foodies investigate how American Jewish life and thought are articulated, contested, marketed, lived, and digested. A website and blog, whatisyourfoodworth.com, and a Twitter feed (@whatisyourfood) provide additional forums to share ideas and information about food and food choices.

Rodeph Shalom is located at 615 North Broad Street, in Philadelphia. For more information about our upcoming events, visit whatisyourfoodworth.com. Bittman’s talk is free and open to the public, but registration at whatisyourfoodworth.com is required.

~ lcberman@temple.edu

Lecture on Morris Arboretum’s History

by Susan Crane, Director of Marketing, Morris Arboretum

ON SUNDAY, January 27, Morris Arboretum Director of Public Programs Robert Gutowski will present a lecture at the Arboretum entitled, “Tales of Compton: Exploring Morris Arboretum’s History.” What is now the Morris Arboretum began as Compton, the summer home and garden of John and Lydia Morris. Who were these founders, whose vision and legacy have spanned 125 years?

How does the Compton they created nurture our experience? Mr. Gutowski, the garden historian, will share images, stories, and insights of the people, places, and times that shape the Arboretum of today.



The lecture begins at 2 p.m. and is part of the Arboretum’s Lukens endowed lecture series. It will be followed by a reception with refreshments at the Widener Visitor Center. Both the lecture and reception are free with admission, however reservations are required and space is limited. To register, visit www.morrisarboretum.org or call 215-247-5777 ext. 156. The Morris Arboretum of the University of Pennsylvania is located at 100 East Northwestern Avenue, in Chestnut Hill.

~ cranesj@upenn.edu

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Hors d'oeuvres / Cash Bar

7:35 – 9:15 p.m.

Welcome / Film Festival

Brossman Center

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Cost: \$25*

Registration required

The 12th Annual LUNAFest, national film festival that supports films by, for and about women, comes to our area. Join us for this exciting event to view nine selected films that will compel discussion, make you laugh, tug at your heart strings and motivate you to make a difference in the community. Incredibly diverse in style and content, LUNAFest is united by a common thread of exceptional storytelling.

Register online: clinicforuninsured.org or call 215-885-0614.

*100% of the proceeds benefit the national Breast Cancer Fund and St. Catherine Labouré Medical Clinic in Germantown, that provides medical care to those without insurance, regardless of ability to pay.

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Saturday, 10 a.m.-6 p.m. • Sunday, 12-5 p.m.

www.germantownfriends.org/craftshow

Maple Sugar Day

by Patricia Fries, Environmental Education Program Specialis



photo courtesy of Wissahickon Environmental Center

Kids tapping maple trees at Wissahickon Environmental Center.

ON SATURDAY, February 23, 2013, Wissahickon Environmental Center presents Maple Sugar Day, a day of hands-on activities and demonstrations that celebrates the end of winter with the making of pure maple syrup. Bring the family to the Wissahickon Valley for this annual celebration of the maple tree. Included is a tour of the sugar bush, an area of maple trees where participants learn to identify sugar maple trees, tap the trees, and collect the trees' sap—the only ingredient in pure maple syrup. Demonstrations will include boiling the sap into syrup and making maple candy. Storytellers will tell how the Native Americans discovered this purely

North American treat. Visitors can compare maple syrup to other pancake toppings in a taste test. Top off the day by tasting pure maple syrup over delicious pancakes. Pennsylvania maple syrup and candy will be for sale. The event is free, but donations will be accepted.

The event takes place from 11 a.m. to 3 p.m., in Wissahickon Park, on Forbidden Drive at Northwestern Avenue (off of Germantown Avenue in Chestnut Hill).

The event is free and does not require registration. For further information, call phone 215-685-9285 or e-mail wec@phila.gov

Pennypack Farm Sustainability Film Series

by Brooke Marshall

PENNYPACK FARM & Education Center is proud this year to be sponsoring our Fourth Annual Sustainability Expo and Film Series. The films will be shown at the Ambler Theater located at 108 E. Butler Avenue in Ambler, PA.

The series will run from February through April and will feature three films on sustainable farming and food production. Single tickets are \$10, or attend the entire series for \$24. Each film will begin at 7:30 p.m. and will be followed by a panel discussion to delve further into the issues the film raises and answer audience questions. The Sustainability Expo will begin at 6:00 p.m. and is included in the ticket price. Expo exhibitors will have information handouts and surprise giveaways, so come early to get yours.

~j.brooke.marshall@gmail.com

Pennypack Farm & Education Center's Fourth Annual Sustainability Expo and Film Series

This year's films include:

February 12 - The Greenhorns
www.thegreenhorns.net/?cat=29

March 12 - King Corn
www.kingcorn.net/the-film/trailer/

April 9 - Ingredients
www.ingredientsfilm.com/

For more information please visit www.pennypackfarm.org or www.amblertheater.org



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Boar's Head Pepperoni	\$6.19	\$8.49	Partners Blue Star Stoned Wheat Thins 5 Oz	\$3.99	\$4.80
Molinari & Sons San Francisco Mild Hanging Salami	\$12.09	\$14.85	Wholesome Sweeteners Organic Raw Blue Agave 23.5 oz	\$6.69	\$7.99
Palacios Chorizo Sausage 7.9 oz	\$5.85	\$6.99	Canaan Rumi Tree Xv Fair Trade Olive Oil 17 Fl oz	\$12.49	\$14.82
Boar's Head Low Salt Turkey	\$8.49	\$9.99	Nasoya Soy Mayonaise 24 oz	\$4.55	\$5.01
Boar's Head Roast Beef	\$10.85	\$12.29	Bulk Og Raw Pumpkin Seeds	\$4.59	\$7.30
Cento Extra Virgin Olive Oil 34 oz	\$6.99	\$11.72	Bulk Yogurt Raisins	\$4.29	\$6.65
Rosali Rosemary Sea Salt Crostini 6 oz	\$2.89	\$4.55	Bulk Dried Apricots	\$4.69	\$7.21
Trois Petits Cochons Cornichon 6.35 oz	\$3.59	\$4.94	Frontier Naturals,Whole Organic Cardamom Pods	\$58.45	\$70.69
Barbara's Bakery Blueberry Fig Bars 12 oz	\$4.75	\$6.29	Woodstock Farms Dark Chocolate Almonds	\$10.49	\$12.50
Purity Organic Ghee 13 oz	\$9.25	\$12.19	Crowley Cottage Cheese 16 oz	\$3.15	\$4.35
Seventh Generation Cypress Toilet Bowl Cleaner 32 oz	\$4.19	\$5.36	Weavers Way Philly Fresh Pickles 32 oz	\$4.99	\$6.26
Seventh Generation Free & Clear All Purpose Cleaner 32 oz	\$4.19	\$5.36	Myhouse Cookies Small Quiche - Assorted Flavors	\$5.75	\$6.99
Seventh Generation Free & Clear Glass Cleaner 32 oz	\$4.19	\$5.36	Myhouse Cookies Large Quiche - Assorted Flavors	\$11.45	\$12.99
Amy's Kitchen Organic Soup - Assorted Varieties 14.5 oz	\$2.85	\$3.52	Bell & Evans Uncooked Breaded Chicken Tenders 12 oz	\$6.99	\$8.00
Spectrum Naturals Organic Shortening 24 oz	\$7.09	\$8.69	Amy's Kitchen Pizza - Assorted Varieties 13-14 oz	\$6.89	\$7.91