



The Shuttle

March 2013 Vol. 41 No. 3

A Cooperative Grocer Serving the Northwest Community Since 1973

Local Co-ops Discuss Working Closer Together

by Jon McGoran, Shuttle Editor

On Wednesday, Feb. 13, representatives from Weavers Way, Mariposa, Swarthmore, and CreekSide co-ops got together at CreekSide to discuss a wide-ranging agenda of ways these co-ops, and others, could work more closely together. Among the topics touched on was joint purchasing, warehousing, branding, marketing, and perhaps cooperating on a regional co-op publication. The meeting grappled with these topics and more in a way that was informative, concrete, and actionable, with plans already in place for follow-up.

"These are exciting times on the local co-op scene," said Weavers Way General Manager Glenn Bergman. "I'm very excited to see what comes next from this group."



photo by Alex Vuocolo, Generocity.org

Pictured here meeting at CreekSide Co-op to discuss greater cooperation among local co-ops are (I to r, rear): Weavers Way HR Manager Jon Roesser; WW General Manager Glenn Bergman; CreekSide Co-op Store Manager Brittany Baird; WW Board member and co-op consultant Bob Noble; Swarthmore Co-op Marketing Director Anthony Saufley; Weavers Way Communications Director Jon McGoran, and (I to r, front) Swarthmore Co-op Operations Manager Sara Yoo; WW Marketing Director Rebecca Torpie; WW Purchasing Manager Norman Weiss; Swarthmore General Manager Marc Browngold; Mariposa Co-op Facilities Manager Bull Gervasi; CreekSide Co-op Acting General Manager Andy Schloss; and Weavers Way Board Member Sue Wasserkrug.

Lunafest Returns

by Cathy Brzozowski, Marketing Director, Chestnut Hill Hospital

CHESTNUT HILL Hospital and Weavers Way Co-op will sponsor Lunafest®, a film festival dedicated to promoting awareness about women's issues. On Friday, March 8 at 6:30 p.m., nine short films featuring the work of a diverse array of talented women filmmakers with intelligent, funny and thought-provoking themes will be shown at the Brossman Center in Mt. Airy to benefit St. Catherine Laboure Medical Clinic in Germantown.

The traveling film festival, started in 2000, connects women, their stories, and their causes through film. The films range from animation to fictional drama, and cover topics such as women's health, motherhood, body image, aging, cultural diversity, and breaking barriers.

(continued on page 22)

Deadline for WW Community Grants

by Sandra Folzer, Environment Committee Chair

ONCE AGAIN, the Weavers Way's Environment Committee invites community groups from the surrounding area in Mt. Airy, Germantown, East Falls, West Oak Lane, and Chestnut Hill to submit grant proposals. Grants are awarded for environmental projects that benefit the community through education and gardening projects. Funds may be used for such projects as planting trees and gardens, garden

(continued on page 9)

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

CHANGE SERVICE REQUESTED

Broader Distribution for Henry Got Crops! Compost

W.B. Saul students bag the first finished compost from Henry Got Crops under the supervision of Compost Tzar Scott Blunk. This group of Saul sophomores from Jessica McAtamney's Urban Gardener class have participated in the entire compost project from grinding the raw materials to bagging the "ready for the garden" black gold. The finished product has been tested by Penn State and is now available at Weavers Way stores and other garden centers in the area. The proceeds benefit student programs at Saul.

In April, Weavers Way will begin an expanded compost program, which will allow local residents to participate via curbside pick-up. See the April issue of *The Shuttle* for details.



photo by Jessica McAtamney

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INSIDE...

Co-op News	Community News
Farm News	Poetry Slams at C.W. Henry 17
Local Basil All Year Round 3	Household Hazardous Waste Drop-Off Event 17
Dining for Women 4	PA Seeks GMO Labeling
TIme4Time Timebank 5	Local Theater Events 24
WWCP News 6	Jyoti Bistro Comes to Mt. Airy 25
WW Finance Report7	Local Author Events
Suggestions	Rob Cardillo Photos at Morris Arboretum 27

Editor's Farewell



by Jon McGoran, Shuttle Editor



AFTER THIRTY years at Weavers Way Coop, and twenty as editor of *The Shuttle*, it is with very mixed emotions that I announce I am moving on. The April issue of *The Shuttle* will be my last as editor.

Beginning in March, I will be the new Editor-in-Chief at *Grid* magazine, Philadelphia's excellent magazine on sustainability. I am enormously excited about being part of such an amazing publication.

I am also preparing for the July publication of my next novel, *Drift*, an ecological thriller about GMOs, organic farming, and agro-pharmaceuticals (and bad guys with guns) from Tor/Forge publishers. (Preorder your copy now from Big Blue Marble or come to the official launch party, July 9 at the Academy of Natural Sciences in Philadelphia!). I am currently writing the sequel, which will be published in 2014.

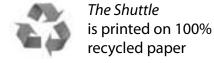
There are many things and many people I will miss at Weavers Way, which has been my family and my home for so long. I am proud of what we have accomplished during my years here. I hope to remain involved in the Co-op and in *The Shuttle*, and while I don't yet know how, at the very least, don't be surprised if you notice an uptick in snarky Suggestion Book comments

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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.



Winter of a Farmer's Contentment

by Rick Rigutto, Mort Brooks Farm Manager

WINTER IS on the decline, the soil is thawing (the farmers are thawing!) and our spring transplants are nestled in the warmth of our buttoned-up greenhouse. I am often asked what is it that goes on for a farmer in the wintertime. For starters, there is a bit of downtime — never enough — and a whole lot of behind-the-scenes details that set the season up for success.

Hurricane Sandy dealt a mighty blow when it ripped the plastic completely off one of our low tunnels. After repairing the wooden side boards, to which the plastic had been attached, I was forced to buy a new piece of greenhouse plastic, as the old one was completely shredded. Much to the delight of the kale plants overwintering inside of it, the greenhouse was back in good shape right before the cold really hit.

Another of our greenhouses, which I refer to as the seedling nursery, was in need of a real overhaul. The end walls had to be deconstructed and rebuilt to make a sturdier structure that we believe will provide a better-insulated environment. This is one of our partnership greenhouses; both farms utilize it for seed-starting along with the Pennsylvania Horticultural Society (PHS). Lucky for us, PHS headed



photo by Rick Rigutto

Volunteer carpenter Micah Fay takes advantage of a warm winter's day to work on muchneeded repairs to the greenhouse.

up the crew for the repairs, while Nina and I took the lead on resurfacing the greenhouse floor.

Besides winter being a great time for the repairs we don't have time for during the season, the season allows us to tend to other details that need ongoing attention. Keeping the compost piles turned and cooking is important. We still receive compost materials like coffee grounds and spent brewers grain throughout the winter. In order to assure a good supply of farmmade compost, the process never stops, not even in the cold months, nor does the spreading of finished material; no matter

(continued on page 4)

PASA Conference Re-Energizes Winterized Farmers

by Shelley Hedlund, WWCP Brooks Farm Educator



Photo by Pat Little, courtesy of PASA. All rights reserved.

Ben Hewitt delivers the keynote address at this year's conference of the Pennsylvania Association of Sustainable Agriculture (PASA).

EACH YEAR, the conference of the Pennsylvania Association for Sustainable Agriculture (PASA) holds a conference for farmers and those involved in any way with agriculture. This was my first time at the PASA Conference, and boy was my energy re-fueled! This wasn't just a conference to talk about sustainable practices; it was also a rejuvenation of our farming spirits. And just at the right time — the middle of winter!

The theme for the conference was "Starting Fresh, Starting Local, Starting Now." There was so much enthusiasm and excitement about making positive, good choices for the health of our planet and our communities. I saw so many passionate farmers, board members, and educators from all over the Northeast. Having left my partner and little boy at home, I was jealous to see how many young families and young people were embarking on a farming life — this was certainly the "Starting Fresh" part of the conference for me. But the attendees seemed like just the demographic that should be at this conference, to keep us always thinking of those

to come after us. As an educator, I see how knowing about a possibility can open horizons of opportunity, so exposing kids to the energy of sustainable agriculture seems ideal

As a newer farmer myself, I greatly appreciated the workshop offerings, and they certainly deepened my knowledge of specific practices. But I got so much more than that. I feel like my soul was fed in a way that it has not been in a long time. First of all, I traveled with a wonderful group of people from Weavers Way Farms and Weavers Way Produce, and met so many great people who have dedicated their lives to farming and preserving the natural world — and it's incredible how many folks live right around the corner! (Starting Local!!) I was reminded and saw evidence of how people really are gently taking care of pieces of our beautiful earth. It's easy to forget that this movement towards a sustainable future isn't just somewhere else, on some far away

Goat Cheese CSA Returns to Weavers Way

by Al Renzi, Yellow Springs Farm

YELLOW SPRINGS Farm is happy to be able to offer our Goat Cheese CSA to Weavers Way Co-op members. We are excited about being back with the Weavers Way Co-op family and look forward to the 2013 season. We have three subscription plans to suit most family and individual needs. In addition to our American Cheese Society award-winners — Red Leaf, Nutcracker, and Fieldstone — we will be offering about 25 different cheeses during the course of the year. We are working on a new blue cheese, a washed-rind cheese, and several other cheeses using sassafras and sumac, both native trees.

This is just a peek at our cheese developments, but be assured that you will see a great variety of cheeses that will change with the season. We have a listing of the cheese varieties on our web page, in the CSA sign-up section. The CSA will start in May and end in November. We also plan on having add-ons as the season progresses, including goat milk caramel sauce, drinkable yogurts, and three or four flavors of a more traditional, probioticrich yogurt. Our cheeses will continue to use herbs and native plant material from our gardens and honey from our bee hives. We strive for a natural-based, organic approach to our farm, animals, and products. We use only vegetable rennet in our cheeses and feed our goats natural grains and local hay. We hope that you will take the time to look at our CSA page and consider being a part of our artisanal goat cheese program.

What Do You Get?

Yellow Springs Farm members will receive 13 bimonthly cheese shares. Each

(continued on page 19)

Spring is Coming, Seed-Starting Time is Here!



photo by Jon McGoran

Your Across the Way Wellness Department is again carrying seeds from two wonderful companies: Botanical Interests and High Mowing Seeds. All of the seeds from High Mowing Seeds are USDA Organic, and the company is an independently-owned, farmbased seed company committed to high quality seeds and sustainable agriculture. We carry both organic and non-organic seeds from Botanical Interests, but we only carry USDA organic for the items that will be eaten — i.e. veggies, herbs and flowers. Many of their garden flowers are organic although many are not organic. Look for new types of beautiful flowers from them.

Better Than Back of the Box

Breakfast and Baking from the Bulk Department

by Anna Herman

I have shopped at the Mt. Airy Co-op almost daily for the 19 years I have lived down the road. I didn't need to think about where the products I used regularly might be found. Any new products stood out immediately amidst familiar favorites. I could compose my Co-op shopping list ordered by the flow of the store, requiring no backtracking (especially if I remembered to bring my shopping list along).

Now, even months after the re-opening, I am wandering the aisles wondering where to find things. I almost got used to the baking ingredients hidden behind shoppers in line, before they were whisked away to join the bulk items upstairs.

Which brings me to the subject of this column: How to make a habit of purchasing ingredients from the bulk bins, and what to do with them once you do. When I look at the wide range of flours, grains and nuts, I get excited about baking. The combination of packaged baking goods and bulk items makes it easy to gather all you need in one area of the store.

Remembering to bring containers for various flours, nuts, herbs, and other products has yet to become completely routine. I have had to revise some of my home storage areas to accommodate an assortment of bags and jars and bottles. I have also learned to keep a marker and masking tape handy. Neatly stacked jars and containers with a simple label make an appealing display and really increase the ease of use. While all of us can discern the differences between pecans and walnuts, oat flour looks exactly like every other flour in an unlabeled jar.

Maybe soon I will even know where things in my house are stored!

Here are some of my recipes to encourage you too to bulk up.

Multi-Grain Waffles

Anna Herman annasedibleadventures.com

Makes 4 large waffles

- 1 cup unbleached white flour
- 1 cup whole wheat flour
- $\bullet \frac{1}{2}$ cup ground flax seed
- 1/4 cup rolled oats
- ¼ cup fine corn meal
- 1 ½ tsp baking powder
- 1 tsp brown sugar
- ½ tsp salt
- 2 cups milk
- ½ cup vegetable oil or melted butter
- 2 eggs

Toppings might include some of the following: maple syrup, jam, thick yogurt, fresh fruit, fruit sauce, toasted nuts, butter, or hot turkey and gravy.

In a large bowl, combine flours, flax, oats, sunflower seeds, baking powder, brown sugar and salt. In a smaller bowl, mix together the milk, oil or butter, and eggs and beat until eggs are incorporated. Mix the wet ingredients into the dry until moistened. Some lumps may remain.

Preheat waffle iron. Depending on the size of your waffle iron, use 2/3 – 1 cup of batter for each waffle. Pour the batter onto hot waffle iron, close lid, cook until steam subsides, check, and remove from waffle baker when done to your liking.

Bux-Mont Hydroponics: Local Basil All Year Round

by Stephanie Kane, Local Produce Buyer

THE NEXT installation in our farmer profiles is Bux-Mont Hydroponics, the growers of year-round basil and lettuce. Last month, a group of us at the store went to visit their farm in Telford, PA, on the border of their namesakes, Bucks and Montgomery Counties.

Timothy Gehman, who owns the farm, started growing hydroponics as a teenager in one of his father's greenhouses, where his family runs a plant nursery. He slowly began taking over the greenhouse as his products became more popular, and then expanded into his own business about seven years ago. I was extremely impressed at the measures taken to maintain a passive growing system, in what I thought would involve intensive use of heating, lighting, and other resources.

Two years ago, Gehman bought from another hydroponics grower the Bux-Mont name, which came with two greenhouses and equipment that needed to be moved onto his property. Gehman's original two greenhouses were an older style, on large concrete beds built at ground level, employing a system that is simple and cost-effective but more labor intensive. The new greenhouses hold a newer system of pipes, which are waist-high for easy access. These pipes have holes for holding individual heads. The PVC pipes are easily moved for planting, harvesting, and maintenance. The roots sit in a steady stream of water, so the water is never stagnant. The greenhouses hold hundreds of plants, at various stages of growth. From seed to harvest, the plants take about four weeks in the summer and six to eight weeks in the winter. They are seeding new plants every five days to keep up with demand and growth.

The water runs in a continuous loop to a cistern beneath the greenhouse. All of the water used in their production is harvested rainwater, filling two 3,000-gallon tanks. These tanks fill the two 1,500-gallon cisterns as needed. There is a separate cistern for the basil and the butterhead lettuce, as they require different levels of nutrients for growth. There are six nutrients used in hydroponics, including calcium nitrate, potassium nitrate, zinc, and magnesium. Timothy and his brother monitor the nutrient and pH levels in the cisterns every day, so they can be adjusted as needed.

They have one wood-burning stove



photo by Stephanie Kan

Tim Gehman of Bux-Mont Hydroponics

and one coal-burning stove for heating the greenhouses during this frigid weather. A local company brings scrap wood to the Gehmans' property for reuse as fuel. The choice for the coal burning stove is due to the fact that propane is twice the cost. The coal burner also runs the efficient radiant heating in the floor of the greenhouse. An air conditioning unit is sometimes needed in the summer to cool the water coming from the rainwater tanks to the cisterns. Once in the cisterns, however, the water is kept cool by being underground.

Tim, his brother Nathan, and two employees do the harvesting. At the height of the season, they pack several thousand heads of lettuce each week. All their products are packed the day before delivery. The same rainwater is used to fill the bottom of the bags of basil to keep the plants fresh in the store. We recommend using filtered water for storing your basil at home, as tap water is chlorinated. The roots are still intact and, although the basil and lettuce are not meant to be replanted, we have heard stories of customers planting the basil in dirt and harvesting it for a month or so. So if you have an extra pot around, it's worth a shot!

Bux-Mont Hydroponics provides us with something fresh, crisp, and green during these cold winter months when we're short on local products. So the next time you're in the store, grab some delicate butter head for a salad to go along with a pizza, topped with Bux-Mont's delicious basil.

~ skane@weaversway.coop

New Frozen Foods

Brand	Description	Price
Alcherts	Organic Vanil le Been loe Creum 48 or	\$6.95
Aleeta	Sweet Potato Fries 15 cm	53.23
(Meerle	Semon Suit Waffle Fries 28 cm	\$4.12
Aunyris	Organic Enchlisch Verde Whole Meel 16	ce \$4.79
TIP	Vegan Burger 19 ce	53.29
Cao Bella	Blood Orange Sorbet 14 mz	M.28
Gurdein	Ultimate Beeffees Burger 12 cz	54.99
Gurdelm	7 Grain Crispy Tendens 9 ce	54.46
Gardenbarger	Original Veggle Berger 10 cm	\$1.26
Gurdenburger	Mack Been Chipatie Wagen Berger 19 cm	
Guine	Gluten Free Spirmch & Feth Fizza 62 cz	\$5.35
Count		\$4.89
	Pull Pastry Dough Squares 16 cz	
Purely Decadent	Pusely Wardin Decemt 16 cz	\$4.00
Quern	Chik'n Patties 4Pk 16.6 cz	\$5.49
Udřa	Gluten Free 9in Pizza Crust 2 Pk - B cz	\$4,54
Whally Whalescene	9 in Whole Wheat Pie Shell 14 cz	\$437
Woodstock Ferres	Organic Sugar Snap Pesa 16 ce	57.85

D4W to Benefit Midwives for Haiti in March

by Margaret Guthrie

MONTH. THIS Dining for Women's three Weavers Way will chapters aid Midwives for Haiti. It's no surprise that Haiti has the highest maternal and infant mortality rate in the Western Hemisphere; it would be sur-



Photo by Cheryl Hanna-Truscott, courtesy of Midwives for Haiti

Midwife Wilna Bastia with postpartum mother and son.

prising if it did not. What makes Midwives for Haiti special is that the organization was started by the Haitian midwives themselves, who had no place to conduct classes and little or no equipment to lend or share. Determination can be an amazing force, however, and the organization is now recognized by the Haitian ministry of health as a legitimate educational organization.

Inspired by the persistence of that first class, MFH has made many improvements, including hiring a full-time teaching staff that speaks Creole, renting a house in Hinche to act as classroom and headquarters, having a textbook translated into Creole, making improvements to the curriculum, and obtaining official recognition of their training program by the Haitian Ministry of Health. Their effort to care for Haitian women and to train Haitian midwives has become a collaboration between women in the U.S. and Haiti.

Poverty in Haiti is wide and deep; 80 percent of the population is considered to be living below the poverty line; 54 percent live in abject poverty (less than

\$1.25 a day) 40 percent of the workforce is unemployed, and 67 percent of the workforce does not have formal jobs. Income distribution is highly skewed with the bottom ten percent receiving 0.7 percent of income

and the top ten percent receiving 47 percent. Even the smallest fees for assistance in delivery are beyond the reach of many of these women. Additionally, only half of Haiti's children attend primary school (education is not free there); by secondary school the rate is only 20 percent. Because of this lack of education, myths abound about health issues, and childbirth in particular. Most women giving birth in Haiti are attended by someone called a matron, usually an older family member or close friend with no medical training of any kind. The lack of skilled birth attendants is the main barrier to reducing maternal mortality. In Haiti, only 25 percent of women are attended by anyone with any medical training, and the rate falls to six percent among the poorest. Compare Haiti's maternal mortality rate (630 per 100,000 births) to that of neighboring countries where medical assistance is more readily available (63 per 100,000) and it's easy to see the need for more midwives.

The February grant from Dining for Women to Midwives for Haiti will be \$50,000, and the objectives of the grant

are as follows:

- Training for ten new skilled birth attendants
- Prenatal care and delivery for 1,520 women from new skilled birth attendants
- Prenatal exams for 3,000 women in rural villages
- Identification and referral to obstetrical care of 43 high-risk pregnant
- Emergency transport to hospital for 16 pregnant women
- Malaria treatment for 15 pregnant women
- Intestinal parasite treatment for 768

For more information, visit their website: www.midwivesforhaiti.org

If you haven't yet attended a Dining for Women potluck dinner, you are most welcome to do so. It's an excellent way to meet other members of the Co-op at the same time you are making a positive and *immediate* contribution to the welfare of other women. For information on where and when you might join us, please contact Betsy Teutsch at bpteutsch@comcast.net.

Also, please mark your calendars — here is another way to do something positive for at least one other woman. Attend our annual Mother's Day tea and bring a friend, a relative, or a co-worker. Or treat yourself to a fun afternoon full of good food in a lovely setting with live entertainment, all to benefit women worldwide and right here through Weavers Way Community Programs, which also benefits from this event. It will take place Sunday, May 5, (the week before Mother's Day) from 2 to 4 p.m., at the Cope Mansion in Awbury Arboretum. See you there!

DFW Book Group

by Betsy Teutsch



photo courtesy of William Kamkwamb

William Kamkwamba

THE DINING for Women Book Group will be discussing *The Boy Who Harnessed the Wind Creating Currents Of Electricity And Hope* by William Kamkwamba and Bryan Mealer at its next meeting, Monday, March 11 at 12 noon. This short book tells the story of a young Malawian boy who, based on diagrams he saw in a small local USAid library, built a working wind-mill which generated both electricity and world-wide attention. The book is easily available through the library.

The meeting will be at the home of Brighid Blake in Chestnut Hill. Members bring their own light lunch; snacks and drinks are provided by the hostess. For directions, e-mail blakeb@arcadia.edu.

If anyone in the Weavers Way community is interested in joining this bimonthly noon book group, we can accommodate a few more people. We read a variety of nonfiction and memoirs of Global South writers, amplifying our Dining For Women focus on alleviating global poverty. You don't need to be a Dining For Women participant, and you don't have to be female!

~ bpteutsch@comcast.net

Busy Winter on the Farm

(continued from page 2)

the time of year, the tractor certainly earns its keep.

The really hidden work of the winter is all the planning for the upcoming season: setting up the crop layout for the fields and figuring out how much seed you still have left and what you'll need. A good planting plan is important to keeping a coherent crop rotation plan, and that's not easy on just two acres.

Lastly, and certainly not least, the

light at the end of the winter tunnel is starting seeds for spring transplants. The first week of February means the beginning of seed starting — the first activity that truly signals the new growing season is upon us, starting with leeks and onions, moving into baby bok choy and lettuces, and all the other greens. These plants, destined for the field in mid to late march, are the first sparks of warmth that spring will most definitely bring.

~ rrigutto@weaversway.coop

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Boar's Head Pepperoni	\$619	\$8.4
Molineri & Sons San Francisco Mild Hanging Salami	\$12.09	\$14.8
Palacios Chorizo Sausage 7.9 oz	\$5.85	\$69
Boar's Heed Low Selt Turkey	\$8.49	\$9.9
Boar's Head Roast Beef	\$1985	\$12.2
Cento Extra Virgin Olive Oli 34 ez	\$6.99	\$11.7
Rosali Rosemary Sea Salt Crostini 6 oz	\$2.89	\$4.5
Trois Petits Cochoru Comichon 6.35 az	\$3.59	\$4.9
Barbara's Bakery Blueberry Fig Bars 12 cz	\$4.75	\$6.7
Purity Organic Ghee 13 oz	\$9.25	\$121
Seventh Generation Cypress Tollet Bowl Cleaner 32 pz	\$4.19	\$5.3
Seventh Generation Free & Clear All Purpose Cleaner 32 or	\$4.19	\$5.3
Seventh Generation Free & Clear Glass Cleaner 32 oz	\$4.19	\$5.3
Army's Kitchen Organic Soup - Assorted Varieties 14.5 cz	\$2.85	\$3.5
Spectrum Naturals Organic Shortening 24 pz	\$7.09	\$4.6
Partners Blue Star Stored Wheat Third 5 Gz	\$199	\$4.8
Wholesome Sweeteners Organic Raw Blue Agave 23.5 oz	\$6.69	\$7.9

	Nave Price	Old Price
Canson Rumi Tree Xv Fair Trade Olive Oil 17 Fl cz	\$12.49	\$14.82
Nasnya Soy Mayonake 24 oz	\$4.55	\$5.01
Bulk Og Raw Pumpkin Seeds	\$4.59	\$7.30
Bulk Yogurt Raisins	\$4.29	\$6.65
Bulk Orled Apricots	\$4.69	\$7.21
Frontier Naturals, Whole Organic Cardamom Pods	\$58.45	\$70.69
Woodstock Farms Dark Chocolete Almonds	\$10.49	\$12.50
Growley Cottage Cheese 16 cz	\$3.15	\$4.35
Weavers Way Philly Fresh Pickles 32 cz	\$4.99	\$6.26
Myhouse Cookies Small Quiche - Assorted Flavors	\$5.75	\$6.99
Myhouse Cookies Large Quiche - Assorted Flavors	\$11 <i>A</i> 5	\$12.99
hell & Evens Uncooked Breeded Chicken Tenders 12 oz	\$6.99	\$8.00
Amy's Kitchen Pizza - Assorted Varieties 13-14 cz	\$6.89	\$7.91
Frontier Naturals, Organic Gunpowder Green Tea	\$23.99	\$27.48
Frontier Naturals, Organic Vietnamese Chrismon	\$18.75	\$29.30
Frontier Naturale, Marjarom	\$9.99	\$12.06
Frontier Naturals, Organic Earl Grey Tea	\$23.49	\$27.04

Time4Time Community Exchange

by Betsy Wallace

TIME4TIME COMMUNITY Exchange is now accepting membership applications in advance of our Big Launch Party on April 7! In addition to all of the Time4Time benefits that Weavers Way members will enjoy, Weavers Way/Time4Time members will also be able to do other Weavers Way/ Time4Time members' service hours and receive timebank credits!

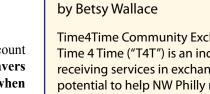
Joining Time4Time is easy. Visit www.Time4TimeXchange.org and click on "How to Join," then print out the member application and mail it with your membership fee to: Time4Time, 8855 Germantown Avenue, Philadelphia, PA 19118. You can also drop it off in the Time4Time mailbox at the Presbyterian Church of Chestnut Hill office, at the same address (just follow the signs for "the church office" located in the front of the building), between 9 a.m. and 5 p.m. on weekdays. Members who join early can start earning time credits right away. We're looking for members to help with the launch party, become timebank "buddies" for new members who are computer shy, or join a team of membership coordinators. We have two membership types at Time4Time with corresponding yearly membership fees (the yearly membership fee helps defray the costs associated with running Time-4Time, including program administration and providing group activities, information, and services to its members):

Individual/Family Memberships: All registrants must be age 13 or older, although children younger that 13 may work and participate through a parent's account and under parental supervision. Weavers Way members get a special deal when they become Time4Time members. Individuals pay \$30 a year and get five free time credits; Families pay \$40 a year and get six free time credits. Non-Weavers Way members who join Time4Time receive three free time credits for individuals, or four for families.

Community Partner Memberships: Organizations, mostly non-profits, who wish to benefit from the unique volunteer services that Time4Time members provide, please contact us at Time4TimeXchange@ gmail.com with your request and we will call or meet with you to discuss how Time4Time and your organization can work together and what the yearly membership fee for your organization will be.

Come to the Time4Time information sessions in the Community Room on Carpenter Lane every Wednesday from 7-8 p.m. until April 3. In these sessions, we walk you through our website, answer questions, and provide examples of how timebanking will work. If you can't make it to the evening sessions, you can also register for Time4Time's free timebanking workshop for the general public at the Center on the Hill on March 7, from 1:30 to 3 p.m. Just call Jackie Yorko at the Center on The Hill, 215-247-4654, to register for the workshop.

To join, or for more information, visit www.time4timexchange.org or e-mail time4timexchange@gmail.com.



Time4Time Community Exchange's opening on April 7 is just around the corner! Time 4 Time ("T4T") is an inclusive circle of people who share in giving and receiving services in exchange for time-credits instead of money. T4T has the potential to help NW Philly residents get to know their neighbors, improve overall quality of life, and help the unemployed as well as the socially excluded. It can help individual businesses and non-profits access and share resources, improving their effectiveness and outreach. Here are some stories about how individuals, families, community organizations, and local businesses participate in timebanks.

Timebank Success Stories

Jerome, 14 years old, volunteers at a neighborhood center's after-school program, tutoring younger children in math and reading. He uses his timecredits to earn a computer through a computer-donation program operated by a non-profit organization that is a timebank community partner. Jerome's friend Tashika volunteers at the Humane Society and serves in a food pantry (also timebank community partners) to earn time-credits for her computer.

Jane is a 70-year-old woman who earns time-credits by mulching the rain gardens and cleaning the furniture at a local family community center, a nonprofit organization that is a timebank community partner. Jane spends her timecredits getting math tutoring from Mary and crochet lessons from Tony, and gets rides to her medical appointments through David, all timebank members.

The Smith family volunteers for a community project cleaning up the walking trails in a local community park and earn time-credits for it. The Smiths use their time-credits for childcare from Shirelle and yard work from Bob, and donate some of their time-credits to another timebank member Charles, who is recuperating from surgery at home. Charles uses the time-credits for help in getting groceries and obtaining prepared meals.

These are just a few examples of how T4T could make a big difference in this community. To learn more about T4T, come to the Time4Time information sessions on timebanking that are held in the Community Room on Carpenter Lane every Wednesday from 7-8 p.m. until April 3. Or register for Time4Time's free timebanking workshop at the Center on the Hill, March 7, from 1:30 to 3 p.m. Just call Jackie Yorko at the Center on The Hill, 215-247-4654, to register for the workshop. Join T4T at www.time4timexchange.org or e-mail time4timexchange@gmail.com if you have any questions.



March is Restaurant Month in Chestnut Hill, end Vellay Green Bank has big plans to support its restaurant customers. Certain benk executives will be apontaneously popping into these participating restaurants:

- Dreke's Gournet Foods & Cetaring
- McNally's Campbell's Place
-) Rollers Express | Cafette
- Night Kitchen

If you happen to be having lunch at



You count with us

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Registration deadline April 25th (for most 8 week programs) CE credits available for several programs.

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Don't We Need More?

by David Woo, Weavers Way Board Member

When we all think about moving along this social continuum, we think about getting more of and getting better at those things we want to be better at and those things we want more of. Sometimes we don't think about our needs and the needs of others, when capitalism and the invisible hand of the markets balance out economic justice. Or so they say.

Cooperative enterprise is unlike those "isms" we are taught in school: capitalism, socialism, communism, fascism, and racism. Cooperation as an economic model is rarely taught or even talked about in schools. It isn't discussed in business schools or journalism schools, which is why MBA's and reporters don't understand what being a cooperative enterprise means.

We need better education and more dissemination of the cooperative model of doing business in our world today. Systems have grown so complex in today's America that one must rely on specialists just get to get things done. Don't you agree?

What we don't need more of is the greed and abuse heaped upon society by those who refuse to be regulated and who hide behind that invisible hand of the market to literally steal the wealth we have all created. A world with more companies owned by the workers and consumers still would not be perfect, but it would be better at allocating the value we create in our daily lives.

We need more people to learn about and understand the nuances of cooperation as it applies to business, to spread this story, and to actually apply it in commerce. Think about your credit union and this food co-op in your life and how by degrees they have made your life better.

But they aren't enough to counter "big food and big pharma and big money and big capital." Our little co-op is just a blip, and even when you put all cooperatively owned grocery stores together; we are comparable to a small to medium sized national chain among dozens of giant companies.

This movement is the beginning of a generational journey to build cooperative enterprise, not just in the food sector and not just as a consumer-owned entity. We need those willing to upturn the apple cart to pick up and teach others so that they can cajole their neighbors to build this movement.

Are you willing to take your entrepreneurial spirit and work not just for yourself but for your neighbors? We need people to join us as working members and to propose projects and initiatives to build our cooperative economy. We have guided and advised start-up initiatives at Kensington Community Food Co-op, South Philly Food Co-op, Doylestown Food Co-op, Ambler Food Co-op, Bethlehem Food Coop, Manayunk-Roxborough Food Co-op, and the recently opened CreekSide Co-op in Elkins Park. It isn't just about cheap cheese as the old saying goes; among other things, it is about our legacy.



WWCP: Many Ways to Help, Be Helped

by Jill Fink, WWCP Executive Director

While I've been a member of Weavers Way for a number of years, it's only been a few weeks since I stepped into the role of Executive Director of Weavers Way Community Programs (WWCP). Anyone who reads The Shuttle knows that Weavers Way is so much more than a grocery store — it is a means to engage with our community, to advocate for the issues that are important to us, and to harness our economic power in support of our local economy. I've met so many individuals in the last few weeks who have demonstrated their commitment to these things through their support, both financial and otherwise, of WWCP. From participation in the High 5 Program (where working members donate to WWCP their five percent discount) to donating their member patronage rebate to volunteering time and energy on WWCP projects and events, I've been overwhelmed to discover how much WWCP means to Weavers Way members. More importantly, however, I've seen how much our programs mean to those we serve. From the students, parents, and teachers I've met through the Marketplace Program, to the promising young farmers at Saul High School, to the many people who came out on a cold and colorless MLK Day to clean out the greenhouse, it's clear that we're touching many lives in Northwest Philadelphia.

Of course, everyone gets involved for different reasons and in different ways. but the beauty of WWCP is that we offer opportunities for involvement and support that are as dynamic as the organization and as diverse as those our programs impact. In the coming months, I welcome you to spend some time getting to know WWCP, our staff, and our programs. Here are just a few opportunities:

- Join our Board of Directors WWCP is currently seeking nominations for our Board. If you're interested in building community by fostering cooperative activities that support local food production, economic literacy, a sustainable environment, and healthy lifestyles, consider joining us.
- Eat out to support WWCP Give yourself a break from cooking and join us at Iron Hill Brewery in Chestnut Hill on Wednesday, April 10. Iron Hill will donate 20 percent of the food portion of your bill to WWCP. (Look for a coupon in the April Shuttle.)
- Plant a tree on Arbor Day On Saturday, April 27, WWCP partners with Awbury Arboretum and the Philadelphia Orchard Project (POP) to plant an orchard and edible forest at Awbury. Come get dirty with us!
- Join us for Tea Dining for Women holds its second annual Mothers' Day Tea on Sunday, May 5 and once again, WWCP will be the beneficiary of the event. Have tea and also meet some of the students who benefit from our farm education programs.

Have a special skill or talent from which you think WWCP would benefit? Let us know. To learn more about any of these events or get more involved, please visit www.weaversway.coop/wwcp or email us at wwcp@weaversway.coop.

~ jill@weaversway.coop



MARCH CALENDAR OF EVENTS

SINGING CONCERTI NORTHERN HARMONY WINTER TOUR

Morthern Haumany Minter Tour Gamp presents groupd, Max goars, and music from Cossica, Cancard an Georgia, and the Ballans, Tichets \$15,000 orbrs \$12 (major 12 fees). Unitarian Society of Germanicons, 6511 Lincoln Re., Phila., Ph. 19119 Color Bare Lary Stafe lawners shole growest act

Friday, March 2

10 am

AWBURY ARBORETUM - BEGINNER BEEKEEPING FOR FAMILIES lases how to select him style and breed of bees, how to expirite your polary with the state, and heep your neighbors cains and happy about your earth stroughlip acti

Wednesday, March 6 TUME4TIME

Learn about Time 4 Time Community Exchange I lafe and Whatshop on this recoverant that p at Westers Way life. Alsy Community Huma, 555 Companion Lane. Tack person has talents to share, and the overall unity is strengthened when adiplicats help one another. For every hour that you help overt the needs of another mentor, you can a time credit for the exchange. This time credit can then be redeemed for services by other functions. mentles. It's important to SPEAN your time coedits so that the cycle of giving and receiving continues." http://inetimeshagatinebals.og/

Wednesday, March 6

7:30 pm

ENVIRONMENT COMMITTEE MEETING What we they up to? Come to this meeting on the second flow of \$55 Carpenter Lane and find out

Thursday, March 7

6 to 8 pm

INTRO TO HOMESCHOOLING WORKSHOP Gain expressing invokedy: and support, is an about any resource and get the legal info from Natherine (Kinner who has been homeschooling her son for the past torder years.

Worses May Community Boars, 555 Companies Laure. Contact automorphism processing comp

Friday, March 8

6:30 pm

WNAFEST

Moves Way Co-up in partnership with The Chestant Hill Hospital presents a Film Festival featuring works by warren, for

Saturday, March 9

10 am

women, about women. Located at the Bussman Center in Mr. Niry. \$25/7, Cash Bay Hors Chevarus. Benefits the Benefit Connectional and the Cathesian Laboure Clair, for the Universal Communitary

AWBURY ARBORETUM - BEGINNER BEEKEEPING FOR FAMILIES Learn how to select hire style and level of bees, how to argisteryour solary with the state, and keep your neighbors calm and happy about your earth streambhip activities, www.autony.org

LONG-TERM CARE PLANNING WORKSHOP

Wil member linner litters discusses planning for fature langutern case for posself and your loved on

Wednesday, March 13

Wednesday, March 13

MARK BITTMAN'S IN TOWN

sion "Pliet is Your Food Worth" "Pitch equal attention to food production and consum, inal welfar, or the environment. Program is five and upon to the public, but registration is re outhalisportunionath.com. For more information, notact Extherine Fisches at 215 627-6747, will or clinches g alephelalassay, Feel With Registration www.uhaleyourlandwarth.com

Saturday, March 16 **WELCOME MEETING**

10 am

Information Session about Movees Way Co-op Membership. Open to New and Existing Members Find out throughout it maily is to co-compose local food to-op! We was May Community Room, SSS Carpenter Lane.

Sunday, March 17 VEGAN DAY

Noon to 4 pm

All about the Plant-learn Died Wester Way to op lift. Alsy Vegan Gillin, Pap Ilp Cafe, Live Mesic

Wednesday, March 20 PHILADELPHIA BACKYARD CHICKENS

6 are to 8 pm

Fick up your pre-ordered live budy chicks for your landpard urban Garol All day in lift. Airyl

6:45 pm

Wednesday, March 20 **WELCOME MEETING**

Information Session about Movees Way Co-up Membership. Open to New and Existing Members Final out How Valuable it really is to co-compose local Food Eo-cpl Messess Way Economisty Room, SSS Expenses Lane.

Wednesday, March 20

7 pm

TUME4 TIME: Community Exchange Info and Workshop, Worress Way Community Discre, 555 Cooperates Lane.

Wednesday, March 27

TUME4 TIME Community Exchange Info and Workshop. Wowers Way Community Horn, 555 Caspenter Lane.

by Michael McGeary, Weavers Way Chief Finance Officer

THE FIRST half of the year has been very busy with the completion of the Mt. Airy renovation. The renovation cost the Coop \$655,000 in construction costs and additional \$78,000 in operating costs. Sales were \$8.2M, an increase of 3.4 percent over the previous year. This increase is low due to the temporary closure of our Mt. Airy store. Sales since the re-opening of the Mt. Airy store are up 9.33 percent from last year. Overall, I am pleased with our sales results, given that the Mt. Airy store was closed for eight weeks for the renovation and we operated our "pop up store" with a limited selection of products. Our Chestnut Hill store did an outstanding job of meeting the demands for increased sales during the closure of Mt. Airy.

Our gross profit margin remained at 36.9 percent, but we have an increase in profit dollars of \$172,500 due to our sales increase. We did have increased personnel costs. This is partly due to the logistics of the renovation, and a 3.25 percent wage increase. Additional staff was hired to handle the additional services in bulk and full personnel coverage at the Across the Way store in Mt Airy. Net Income was a loss of (\$44.5K), but this was better than our budgeted loss of (\$91.2K). The majority of this loss occurred in the first quarter while the renovation was being completed.

In addition to the renovation of the store, management also upgraded the HVAC at a cost of \$26,000, and the compressor system for \$88,000. Three-phase electric service to the building was installed to run the new compressor system. This service and the energy-efficient equipment are saving the Co-op about \$700 a month compared to 2012. These savings will pay back the input over the next ten years.

~ mmcgeary@weaversway.coop

	12/31/11 Ac #Half Yes	-	12/31/12 Ad (Half Yes	r)	Current to Prior Year	12/31/12 Bi (Half Ye	=)	Actual to Budget
		<u> </u>		<u>%</u>	Change		*	Clarge
Income Statement								
Sales	7,949,236	100.07.	8,218,698	100.0%	34%	7,997,002	100.07%	28%
Cost of Goods Sold Gross Profit Margin	5,014,510 2,934,726	53.1% 35.9%	5,187,052 3,031,648	63.1% 38.9%	34% 33%	4,998,854 2,998,748	12.5% 37.5%	3.8% 1.1%
Expenses								
Pesanel	1,952,262	24.6%	2,182,312	26.6%	11.B%	2,189,489	27.4%	-0.3%
Oher Operating Expense	889,729	11.2%	912,10B	11.1%	2.5%	921,917	11.5%	-1.1%
Operating Profit	92,735	1.2%	(62,774)	-11.5%	-167.7%	(112,055)	-1.4%	79.5%
Other Income/(Expense)	73,483	0.07	18,212	124	-75.2%	21,427	0.3%	-15.0%
Income Before Taxes	166,21 B	21%	(44,501)	1.5%	-128LB%	(91,231)	-1.1%	104.7%
Income Taxes	50,000	0.67	0	шұ	-1CILD%	0	OIIX	
Net Income	116,218	1.5%	(44,501)	1.5%	-139.3%	(91,231)	-1.1%	101.7%
					Current to			
Balance Sheet	12/31/11 Ac	hal	12/31/12 A	400	Prior Year			
	\$	<u> </u>	- 5	%	Change			
Assets								
Cash	800,160	10.0%	802,150	724	-247%			
Interiory	517,468	0.57	493,490	594	-4.6%			
Other Current Assets	98,732	1.27	63,768	181	-35.4%			
Fored Assets	0.252,541	7B.97	6,762,847	81.0%	7.5%			
Other Assets	257,363	3.47	427,630	51%	50.0%			
Total Assets	7,986,264	100,074	8,349,885	100.0%	4.5%			
Listillies & Equity								
Accounts Parentle	263,531	3.37	382,173	4.6%	45.0%			
Oher Curreni Liabilities	720,617	9.07	1,019,812	12.2%	41.5%			
Long Term Liabilities	4,438,629	55.77	4,267,132	51.1%	-3.8%			
Tatal Liabillies	5.422,777	58.1%	5,661,117	67.9%	4.5%			
Member Equity	1,354,503	17.0%	1,431,234	17.1%	57%			
Retained Earnings	1,188,994	14.8%	1,249,534	15.0%	11%			
Tetal Equity	2,543,487	31.9%	2,680,76B	32.1%	5.4%			
Total Liabilities & Equity	7,986,264	100,17%	8,349,885	101174	4.8%			

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HEARTH AND HORTICULTURE SERIES AT AWBURY ARBORETUM March - April 2013



Fruit Pruning Simplified with Lee Reich Sunday, March 10th 10:00am - 4:00pm

\$50 per person All about

Honey Bees

with GSEIPA Saturday, March 9th A FREE family event

Family Fun Hours with Let's Go Outdoors Saturday, March 16th 4:00 - 5:30pm \$5 per person

Beekeeping Basics for Adults with GSEIPA

Tues evenings, Mar. 12th - Apr. 16th 7:00pm - 9:00pm \$90 per person

Spring Clean! with Bethany Linden Wednesday, Mar. 20th 6:30pm - 8:00 pm \$15 per person

Urban Farming Basics

with Weavers Way Farm Saturday, Mar. 30th 10:00am - 12:00 pm \$10 per person

Intro to Downspout Planters with TTF Watershed Partnership & Rebuild Philly aturday, Mar. 30th 2:00 pm FREE

Family Fun Hours with Let's Go Outdoors Sats. April 6th & 13th 4:00 - 6:00pm \$5 per person

Easter Basket Decorating Sat. Mar. 11th 11:00am - 12:00pm \$6 per person FREE EGG HUNT >> 12:30

Discovering Spring at the Arboretum with Denis Lucey Saturday, April 13th 11:00am FREE

Mindfulness Meditation in Nature with Kim Empson and Deborah Cooper

Sunday Afternoons April 14th - May 19th 1:30 - 3:00pm \$100/6 weeks

'Bee' Aware Earth Day Celebration with Bethany Linden Sunday, April 21st 3:00 - 5:00pm \$20 per person including materials

For more information and registration, visit www.awbury.org/hearth-hort. Questions? Call 215-849-2855



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Bulk Bin Recipes

(continued from page 3)

Winter Fruit Crumbles

Serves 4-6

- 3 cups frozen (or fresh) blueberries, peaches, strawberries or mixed
- 1/3 cup sugar (brown or white)
- approx 1 ½ cup basic crisp topping

Butter an 8" square or round ovenproof baking dish, or 6-8 ramekins (depending on size). Mix the fruit with the sugar and add to baking dish. Cover fruit with desired amount of crisp topping. Place on a baking sheet and cook for 20-25 minutes until the topping is well browned and the cherries are bubbling and thickened slightly. Serve with whipped cream, ice cream, or thick yogurt.



Basic Crisp Topping

Makes approx 1 ½ cups of topping.

- 1 cup flour
- ½ cup brown sugar
- 6 tablespoons butter, cut into 6 pieces
- pinch of salt

In the bowl of a food processor blend ingredients well.

Favorite Crisp Topping Variations:

- 1. Add ½ cup walnuts, pecans, or almonds in addition
- 2. Substitute up to ½ cup of rolled oats for some of the flour
- 3. Add 1 teaspoon cinnamon or cardamom to the mixture
- 4. Use vegetable oil instead of butter
- 5. Add another 2 tablespoons butter for a more crumbly topping

Make Your Own Granola Bars

Cut into 12-20 bars

- · 8 ounces old-fashioned rolled oats (approximately 2 cups)
- 1 ½ oz raw sunflower seeds (approximately ½ cup)
- 3 oz. sliced almonds (approximately 1 cup)
- 1 ½ ounces wheat germ, approximately ½ cup
- 6 ounces honey, approximately
- 1 ¾ ounces dark brown sugar, approximately ¼ cup packed
- 1 oz. unsalted butter, plus extra for pan
- 2 tsp vanilla extract
- ½ tsp kosher salt
- 6 ½ oz. chopped dried fruit, any combination of apricots, cherries, or blueberries

Butter a 9 by 9-inch glass baking dish and set aside. Preheat the oven to 350 °F. Spread the oats, sunflower seeds, almonds, and wheat germ onto a half-sheet pan.



Place in the oven and toast for 15 minutes, stirring occasionally.

In the meantime, combine the honey, brown sugar, butter, extract, and salt in a medium saucepan and place over medium heat. Cook until the brown sugar has completely dissolved.

Once the oat mixture is done, remove from the oven and reduce the heat to 300°F.

Immediately add the oat mixture to the liquid mixture, add the dried fruit, and stir to combine. Turn mixture out into the prepared baking dish and press down, evenly distributing the mixture in the dish and place in the oven to bake for 20-25 minutes. Remove from the oven and allow to cool completely. Cut into squares and store in an airtight container for up to a week.

(more recipes on page 9)

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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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(continued from page 8)

Pistachio-Dried Cranberry Shortbread Bars

Approx 18 -20 bars

- 1 recipe Basic Shortbread Dough (see right)
- ¾ cup chopped toasted lightly salted pistachio nuts
- ¾ cup dried tart cherries
- sprinkling sugar, if desired

Line a loaf pan (approx $8'' \times 4'' \times 2 \frac{1}{2}$ ") with waxed paper or parchment.

While the dough in the food processor is still crumbly, add the nuts and the cherries, and process in several pulses until the ingredients are distributed evenly.

Turn the dough into the loaf pan and fold the excess paper to cover the surface of the dough. Using either your fingers or another loaf pan of the same dimensions, press the dough evenly into the pan to mold it into a large rectangle. Chill dough in the pan for 1 hour or up to several days. When ready to bake, preheat oven to 300° F. Line a baking sheet or two with parchment or a non-stick mat. Turn the dough out from the pan onto a cutting board and remove the paper. Cut the dough into ¼" slice short-ways across the loaf and slice each slice in half long-ways. You should have slices measuring approx. 1" by 3". Using a long, thin spatula, transfer these slices to the prepared baking sheet and sprinkle with sugar if using. Bake, turning pan at least once, for 10-15 minutes, depending on the thickness. The dough will brown just slightly on the bottom edge when done. Cool the pan on a rack and transfer the cookies to a tin once they are completely cool.



Basic Shortbread

16-20 cookies

- 1 cup (2 sticks) unsalted butter, cut into small pieces
- 2 cups unbleached white flour
- ½ cup granulated sugar
- ½- ¾ teaspoon salt
- optional: sparkling sugar (coarse crystals of sugar sold for decorating purposes)

Place all ingredients in the bowl of a food processor. Pulse until ingredients are well blended and then process until the dough holds together. If using a stand mixer, mix on low until the ingredients are blended and then increase mixer speed to medium until the dough is no longer crumbly.

Grant Deadline

(continued from page 1)

equipment, and enhancement of parks. Some environmentally based educational programs have also been funded.

Grant amounts range from \$100 to \$500, depending on the funds available and the number of qualified applicants. Much of the funding this year has come from our Electronics Recycling event, which occurred on Saturday, January 13 of this year. Our next electronics recycling will be this June.

Application and guidelines can be downloaded from the Weavers Way website at www.weaversway.coop (see "Environment Committee Community Grants Available") and are also available at our stores in Mt. Airy (in the Environment Committee mailbox on the second floor) and in Chestnut Hill (at the cash register).

Applications must be received by March 15, 2013. Applications can be mailed to "Environment Committee, c/o Weavers Way Co-op, 559 Carpenter Lane, Philadelphia, PA 19119" or can be placed in the Environment Committee mailbox on the second floor of Weavers Way Mt. Airy, 559 Carpenter Lane, clearly marked "Environment Committee."

Grant applicants will be informed within a month of the deadline whether or not they have been selected. Grantees will be required to submit a report with receipts describing exactly how the money was spent.

 $\sim s folzer@verizon.net$



Big Blue Marble Bookstore

Morning Madness!

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

Also, colebrate Big Blac Marble's 7th Birthday with 15% off all purchases' the weekend of Nov. 17-18! "collecting gift cortificates

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

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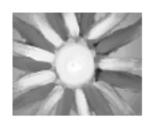
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I Dare You

by Sandra Folzer, Environment Committee Chair

I DARE you to avoid buying plastic for a week or a month. It's not easy. Go into any supermarket and see how little you can buy that isn't wrapped in plastic. Lettuce, grapes, cauliflower, meat, cheese, yogurt, tofu, and everything else you intend to buy is swaddled in plastic.

After reading Colin Beavan's No Impact Man, I was inspired to try to lessen my carbon footprint. But my experiment is much simpler than his. For one year, Colin and his wife and one year old daughter tried to create no waste and use no energy while living on the ninth floor of an apartment in New York City. During that year, he learned to cook with fresh, local ingredients, got in great shape climbing stairs, and enjoyed family time without a TV. At times, it wasn't easy, especially since he turned off the electricity, which meant no refrigerator. He and his family also tried to avoid flying. One round-trip flight to Europe or California creates two to three tons of carbon dioxide per person. Flying is the worst thing we do.

I was so impressed by Colin that I thought I would try an experiment of my own: I would buy no plastic for a month.

I assume that you, like me, try to respect the Earth by reducing your carbon footprint as much as possible. But clearly we're not doing enough. Have you seen pictures of the plastic "Garbage Patch" in the Pacific Ocean, twice the size of the United States? Have you seen pictures of men in boats trying to navigate through plastic containers, which have replaced water? Worst of all, have you seen pictures of birds, seals, and other animals strangled or starved by plastic in their stomachs?

Don't be fooled into thinking that that pile of plastic you recycled was all used in some constructive way. Only a small percentage of the 190 pounds of plastic each of us uses annually is recycled. The rest dwells in a landfill somewhere or makes its way to the ocean, where it endangers or kills animals. Seabirds mistake plastic for food. On a remote island in South Africa, 90 percent of baby petrel birds had plastic in their stomachs.

Turtles, birds, and fish think the small plastic nodules are fish eggs and feed them to their young. All seven of the world's sea turtle populations are dying from eating plastic or getting entangled in it. One turtle found near Hawaii had 1,000 pieces of plastic in its intestines. Think about these innocent victims next time you use a plastic water bottle or throw plastic containers into the trash. It is going somewhere, and it's not heaven. Every piece of plastic matters because it doesn't disintegrate like a piece of paper or wood. It just gets smaller and smaller so the tiny bits are eaten by fish or other animals. When we eat the fish, guess what? We are eating some plastic along with the fish.

I know it's depressing to think about, but we can't keep pretending that recycling is enough. It isn't. That's why there is the gigantic plastic garbage patch. In 2006, the UN estimated that there were 46,000 pieces of plastic floating on or near the surface of every square mile of ocean. Studies have found plastic bits outweigh plankton by a ratio of six-to-one — plankton, on which fish and whales depend. Americans throw 2.5 million plastic bottles into the sea every hour.

I think we have been bamboozled by the plastic industry. Remember when your friends just had a bar of soap by the sink? Now there are colorful plastic bottles dispensing soap. Look around your house. Everything from vitamins to mayonnaise jars are plastic. If you search in the stores, you may still find some glass jars. I have always avoided orange juice and other acidic foods in plastic containers. Doesn't the acid eat away some of the plastic, so we ingest it?

My own brief experiment has been an adventure. Last week, for example, I attended a photography show of people without water because gas drilling had ruined their wells. At the event, there were snacks. I avoided the paper plates to create less waste. I wanted a glass of water, but there were only plastic cups and bottles, so I waited to drink water until I returned home that evening.

Earlier in the week, I was on my way to a meeting and was asked to bring milk for coffee. In the grocery store there were only plastic bottles of milk, so I opted for a small paper container of light cream.

I feel so fortunate that Weavers Way sells milk in glass containers. I love knowing the container will be reused, which is different from "recycled."

Now that I can't buy plastic, I have to forgo hummus and yogurt unless I make my own, though I did find yogurt at the Co-op in glass jars. Hooray! Also, I was delighted that Pat, in the deli department, was kind enough to cut me a slab of cheese and give it to me wrapped in paper. Thank goodness for the Co-op! All the new bins in the Mt. Airy store mean I can avoid plastic by bringing my own containers.

My experiment will only last a month, but it has changed me already. Yesterday, for example, I had lunch at Little Jimmie's with my friend Liz. When given a plastic fork, I asked about a metal one. Very apologetically, the cook said he had none. Very pleased, he brought us ceramic mugs for water, knowing I would reject plastic. Changing my habits might be contagious.

In case plastic floating in our oceans and killing birds isn't enough, there is another good reason to avoid plastics. It is made from petroleum and natural gas. For example, 17 million gallons of crude oil are used annually to make plastic bottles, enough to fuel a million cars for a year. And the world uses 90 million barrels of oil each day for plastic production. So it isn't just plastic bottles, of which 22 billion end up in landfills and oceans each year, but we also need to avoid all the other plastic containers and packaging that we throw away or "recycle."

I dare you to reduce your plastic use any way that you can. I also dare you to watch the brief video at www.midway-film.com, which explains why.

~ sfolzer@verizon.net

Counter Top Recycling

by Mary Ann Baron

RECENTLY, I was on a mission to find a place to recycle an old kitchen counter top. First, I tried contacting some of the old tried-and-true places like Purple Heart and Salvation Army, but they do not take such items. The folks at the Salvage Company near the Co-op also declined the counter top, (although they do take many items).

I then contacted the City of Philadelphia Recycling Dept. and even went to the Domino Lane facility, where I was told the City does not recycle counter tops, but will pick it up at the curb.

Then I called Glenn Bergman of Weavers Way, who suggested I contact Habitat for Humanity at 215-765-6000. When I called, I was connected to someone in the Restore Division at Ext. 50, who told me someone would pick up my counter top within one week.

The Restore facility reuses donated counter tops, appliances, and furniture for new homes being built. Visit www.habitatphiladelphia.org/shop-restore for information on how the items are used and where you can drop off materials.

I also discovered Impact Services Building Materials Exchange (215-423-3613), a state agency that, although it does not take counter tops, does take furniture and appliances.

So after many phone calls, checking web-sites and with a little help from my friends, I found a new home for my counter top. Happy recycling!



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A Mangy Fox Needs Help, Not Just Sympathy

by Brenda Malinics

LATELY, IT seems I've been getting a lot of calls about foxes with mange. Mange is caused by a parasitic mite, and it is easily treated. But in addition to hair loss, if left untreated, it can cause a slow and painful death. In the winter, if a fox has lost most of its fur to mange, it cannot thermo-regulate and will freeze to death. If the mange has affected a fox's vision, it will not be able to hunt and will starve to death.

There are several different types of mange, but the one most common in foxes is sarcoptic. Sarcoptic mange is a skin disease caused by a small parasitic mite (Sarcoptes scabiei) that burrows into the skin, where it may live for as long as a month. As the mite burrows, tissue, fluids, and debris are deposited on the surface of the fox's skin, forming a crust that causes intense irritation, and leads to considerable scratching by the infected animal; scratching causes hair-loss and lacerations, which can then become infected by bacteria. Conjunctivitis is also apparent in severe cases, giving the fox a 'crustyfaced' appearance. If left untreated, death follows in four to six months.

But you don't have to just feel sorry for the fox; you can help it survive.

The most common treatment is the broad-spectrum, anti-parasitic medication ivermectin (sold under the name Stromectol in the USA and Mectizan in Canada), although selamectin (an active ingredient in the medication Stronghold) is used by some vets and animal charities. Ivermectin treatments are available from veterinarians and wildlife clinics.

If you know the schedule of your fox, you can inject a piece of chicken or a hard-boiled egg with the recommended dose around the time the fox usually appears. You want to make sure that the bait is eaten by the fox, not a raccoon or opossum. You can set your clock to a fox they stick to routines and schedules. Two treatments of Ivermectin should cure the mange (your vet or rehabber will advise you of specifics). If there are roaming cats in the neighborhood, it is preferable to bait a hard-boiled egg rather than meat so that cats don't eat the Ivermectin.

If you have a fox with mange in your neighborhood, it is likely the more common red fox, although we also have gray foxes in Pennsylvania. Along with the dog, coyote, and wolf, foxes are members of the Canidae family. They are agile carnivores that are intelligent predators with extremely sharp senses of sight, smell, and hearing (a fox can hear a mouse squeal from 150 feet away). The gray fox likes heavily wooded areas in mountainous terrain. It is the only canine that can climb trees. Both the red and the gray fox are swift runners and they can swim, if necessary. The red fox is 22 to 25 inches in length, with an additional 14- to 16-inch white-tipped tail. They weigh eight to 12 pounds, but they appear larger because of their full, thick fur.

The red fox is not averse to settling in populated areas, and although its range is 640 to 1280 acres, they are extending

their ranges, making their numbers appear to be on the increase. Fox populations are affected by availability of food, suitable habitat, and pressures from man. From tracking studies, biologists estimate that a fox travels an average of five miles in search of food on a winter night. A study in Chester County released by the Pennsylvania Game Commission found one fox per 200 acres, or 3.2 foxes per square mile.

Foxes are "opportunistic" feeders and will eat whatever is most easily obtained. Foods include mice, rats, rabbits, insects, squirrels game birds, songbirds, eggs, fruits and grasses, and even woodchucks, opossums, domestic cats, and chickens. They are also scavengers and will feed on roadkill. Both red and gray foxes "cache" or hide uneaten food by burying it in loose

Although they are nocturnal hunters, red foxes can be seen sleeping during the day. They seldom seek shelter in holes or dens during the winter, but prefer to sleep in the open with their bushy, well-insulated tails curled over their noses to keep them warm. They can be heard "barking" at night in late winter prior to mating season. Males are called "dogs" and females "vixens." They are monogamous; breeding usually takes place in February. Young are born following a 51-day gestation period, and litters range from four to ten young, with six being the average. Young are born in dens. The red fox usually enlarges a woodchuck burrow or may den in a hollow log.

Fox pups weigh about eight ounces at birth, and their eyes are closed for the first eight to ten days. They are nursed for about a month. Both mother and father keep pups supplied with solid food until they are completely weaned after two or three months. They leave the den in mid-July or August and may forage with their parents for another month until the family disbands. Both males and females mature sexually around ten months and may breed during their first winter.

Foxes have a tremendously high mortality rate, some living only one or two years. Predators like foxes, coyotes and wolves are natural and valuable members of the world of nature. They are unique and beautiful animals. I've worked with adults and helped to raised fox pups at the Schuylkill Wildlife Rehab Center. They are intelligent and playful, and we are enriched by their presence. Their presence, however, should also remind us to keep our cats indoors!

NOTE: Like any wild animal, leave it alone and it will do the same to you. Enjoy the sighting and respect it. Never corner or come between a wild animal and its young. Do not encourage wild animals to come to your porch to eat or to become comfortable around you.

If you have an injured animal or encounter a fox with mange, call the Schuylkill Center Wildlife Rehabilitation Clinic at 215-482-8217 or Diamond Rock Wildlife Clinic in Malvern at 610-240-0883.



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Two New Faces in 555!

by Rebecca Torpie, Marketing Director

STOP IN and say hello to Jonathan Leeds, our new Membership Coordinator, and Bettina de Caumette, our new Outreach Coordinator.

Jonathan has a background in publishing, writing, editing and content strategy, marketing, and data analysis. He spends his free time writing fiction and poetry. He is the author of two published novellas and is currently working on a novel. Most recently, he worked in the grocery department in Mt. Airy, so you may recognize him. He has been a member of the Co-op for 13 years.

Bettina's interests include exploring

energizing and educational ways to build community within the co-operative movement. She has experience in event planning and community activism. She has owned and operated several small businesses, including two restaurants and a nutri-gourmet food store. She has been a member of the Co-op for seven years.

Weavers Way is very excited to welcome two such accomplished and engaged people further into the fold of the Co-op's hardworking and talented staff. You can contact Jonathan at member@weaversway.coop and Bettina at outreach@ weaversway.coop.

~ rtorpie@weaversway.coop



photo by Rebecca Torpie

Meet Weavers Way's new Membership Coordinator, Jonathan Leeds (left) and our new Outreach Coordinator, Bettina de Caumette.



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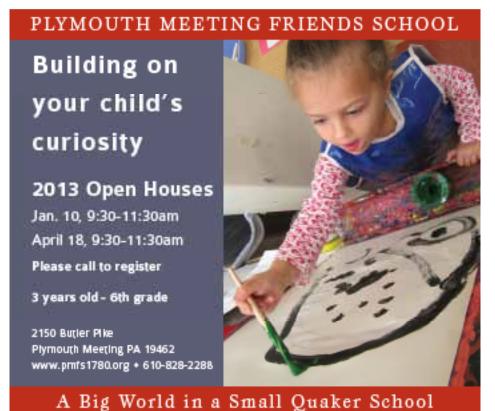
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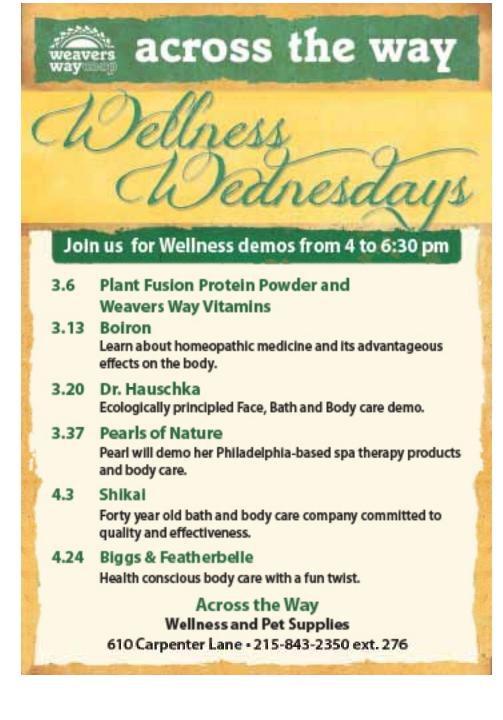
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The Easiest Home Grown Thing Yet

Fifteen Minute Ricotta

by Sarah Gabriel, Managing Director of The Home Grown Institute

THERE WAS an old lady who swallowed a bird, to catch the spider to catch the fly... An evolving homestead can sometimes feel like that — challenges generating their own new set of activities.

So here are a couple of my current challenges: I've got an increasing number of eggs from my chickens, and I have a teenage son who doesn't always have an inclination toward healthy eating. I discovered a recipe that I think solves both problems. It uses eggs and ricotta with a bit of sweetener to make what is a cross between a soufflé and cheesecake. Who wouldn't love that?

Ricotta turns out to present its own challenge, one common to all dairy products. My strong preference is to consume dairy products that come from cows raised on grass pastures. Not only is it much more humane for the animal, but the absence of hormones and antibiotics along with the significant presence of naturally occurring omega 3s that are lacking in conventional diary production — make a compelling argument for human health.

Although the Co-op does sell Organic Valley brand ricotta (Organic Valley farmers pasture their cows), it is not always available and, even though I expect higher prices from grass-fed, the ricotta causes a bit of sticker shock. I decided to see what it would take to make it myself.

It turns out that making ricotta is quite easy. In fact, of all the home grown projects I've tried, it may be the easiest.

I buy a half gallon of milk from grass-fed cows at the Co-op, where there are a handful of brands to choose from. (Let's hear it for the Co-op!) I use whole milk. When I get home, I pour half of the half gallon into a pot and set

the stove to medium. (Sometimes I substitute ½ cup of the milk with ½ cup cream — cream from grass-fed cows, of

Although there are specialty thermometers that you can use, like a candy thermometer, I use a meat thermometer to check the temperature. I start it at medium so it doesn't burn, but that will only take it up to about 125°. During the five minutes it takes to get to 125°, I squeeze the lemon and make sure I have three tablespoons juice. Then I turn up the stove and stand over it for the next five minutes, stirring occasionally and checking the temp.

When it hits 190°, I remove the pot from the heat, add the lemon juice, stir it two or three swirls, and then let it sit for five minutes. During that five minutes, I line the colander with cheese cloth and wipe the splattered lemon juice from the counter. Grinding the peels in the garbage disposal makes a great deodorizer.

When five minutes are up, I am ready for the moment of glory — I pour the mixture that has now separated into curds and whey into the colander, clumsily making sure the cheese cloth stays in place. (The whey can be used to make bread or fed to chickens!) I leave it for anywhere from one to two hours and voila! Homemade ricotta!

Now, after my third batch, I feel like a pro. Easy. But of course, there is the challenge of what to do with the other half of the half gallon of milk. Well, there are those milk kefir grains I just got from Freecycle...

Sarah Gabriel is the managing Director of The Home Grown Institute and is evolving her own homestead as a small demonstration site. Join The Home Grown Institute in April for Mushrooms in Small and Shady Places.

15-Minute Ricotta

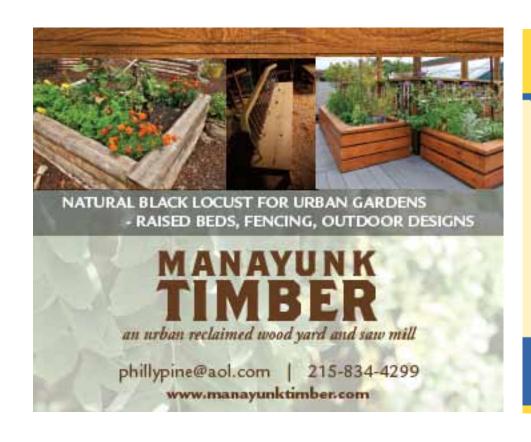


photo by Sarah Gabrie

- 4 cups milk (or 3 ½ milk and ½ cream)
- 3 Tbs lemon juice (one large lemon)
- Cheese cloth
- Thermometer

Heat milk to 190° (stir occasionally) Remove from heat and add lemon juice Wait five minutes

Pour into colander lined with cheese cloth Wait an hour (or longer if you like it dryer)



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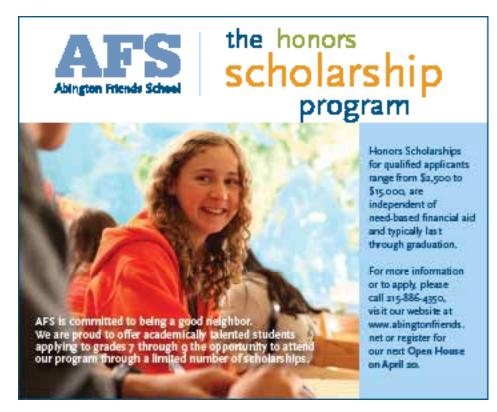
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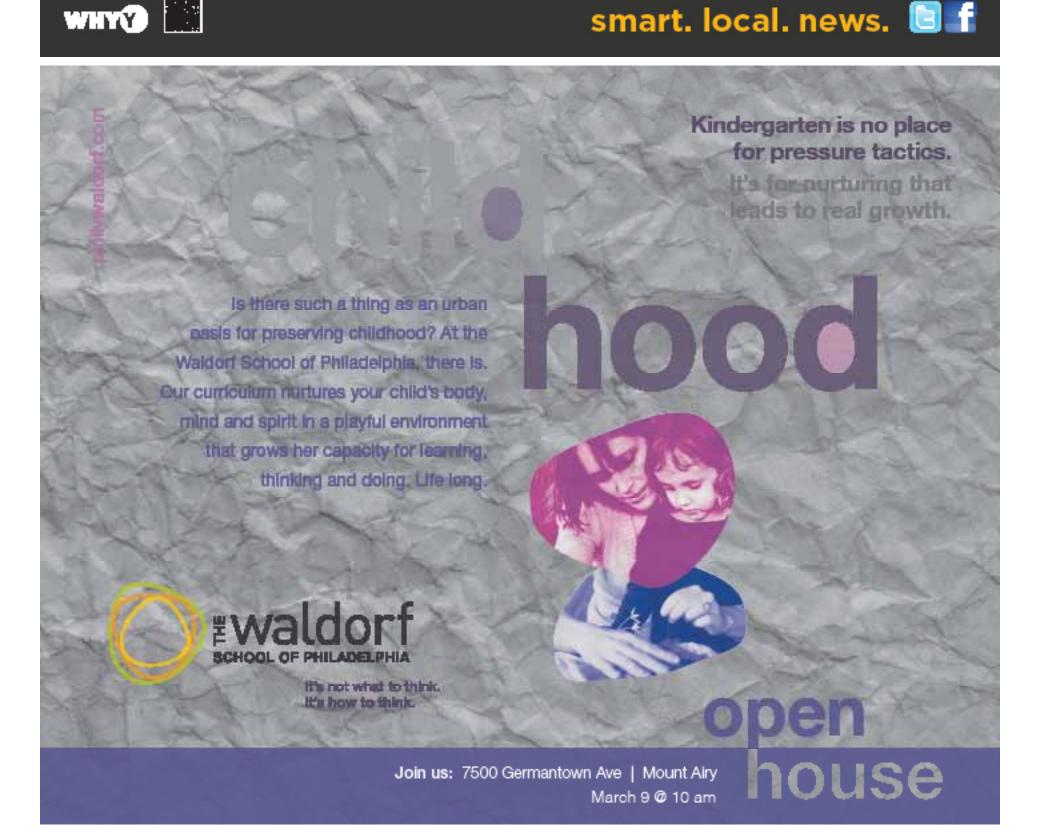
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The Passionate Gardener

by Ron Kushner

As the weather warms up, so does our need to work in the soil. But if you start too early, the soil could still be saturated, making it easily compacted at this time. To tell if the soil is ready to be worked, simply pick up a handful and squeeze it into a ball. Poke it with your finger or drop it to the ground from a height of three or four feet. If it shatters, it's ready to be worked. If it keeps its shape or breaks into large clumps it needs to dry out more.

As soon as the soil can be worked efficiently, usually by mid-March, it is time to plant peas, radishes, spring greens, lettuce, bok choy, corn salad (mache), and other early vegetables. If you started seeds indoors, your young seedlings should be ready to be put in the ground. Make sure to harden them off first. "Hardening off" is simply moving the seedlings outside to a sheltered spot where they can get used to cold wind and stronger sun. Bring the plants back indoors at night for a few days, especially if the nights are cold. Three days to a week is generally enough time before planting them into the garden.

Seeds can also be started directly in the garden now. Peas are the first to be planted in my garden every year — usually around St. Patrick's day. The seeds tolerate frost, and the plants generally mature before it gets too hot (last year was an exception, as it got hot really early).



Onion sets can also be planted now. Although you could start onions from seed, planting sets is the easiest way to insure a good crop. Onion "sets" are tiny, immature bulbs that have been harvested and dried. If you can't plant your sets right away, they will keep for a few weeks with no

Uncover shrubs, fig trees, and other plants that were covered or wrapped with winter protection.

Apply fertilizer to beds, shrubs, and young trees. For vegetable seedlings, an application of liquid fish fertilizer twice a week is ideal. Flower bulbs should be fertilized as soon as the tips are showing four to five inches. Fertilize them again as soon as the flowers are spent.

This is also the time to start spring cleaning in the garden. Remove fallen debris, sticks, spent stems and fallen leaves. Check your plants to see if any have heaved out of the ground, leaving roots exposed. If so, simply re-bury the roots and firm the soil around the plant.

Avoid adding mulch at this early date. The ground needs to warm up, and additional mulch will tend to keep the soil

Buy a soil thermometer. When it reads 50°F, it is time to plant many early crops, especially potatoes.

Cut back herbs such as oregano, chives, tansy, and others showing brown, dead stalks. Plant cool weather herb seeds such as dill, chervil, fennel, and cilantro. Plant parsley plants (seeds take way too long and won't allow a harvest until late in

Do you have...

an angry teenager?

a difficult spouse?

an impossible boss or co-worker?



the season). Once planted, however, parsley should "self-sow," with new plants formed each spring.

March is the month to prune your roses. By now, you should see buds beginning to swell and some even showing their first leaves. Always cut each cane at an angle with the dormant bud near the top of the angle (a quarter inch is good). Any canes with unusual discoloration or weird looking blotches should be removed. Also, if a cane is shriveled instead of firm and smooth or if it snaps easily when bent, cut it off. As in all pruning, weak, spindly canes or crossing branches should be removed. Do not be afraid to prune away up to one-third of the plant: it will fill out and produce plenty of new growth as the season progresses.

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

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If any of these questions strike a cord in you, being in a personal growth group.

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For more information, call Claudia Apleltaum at 215-317-8655 or e-mail her at:



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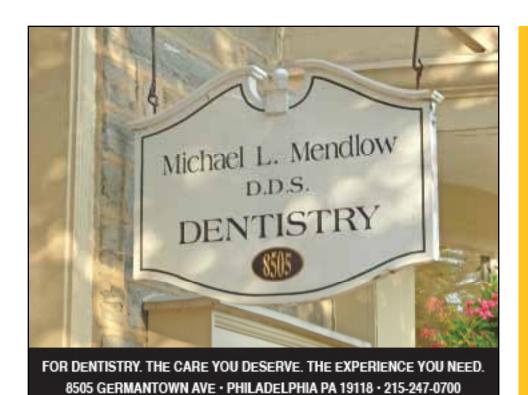
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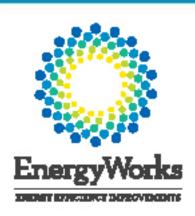
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Girl Rising, a new feature-length film about the strength of the human spirit and the power of education to change the world, will be screened at SCH Academy in the opening week of the film's release. The film follows a group of remarkable young girls from around the world, born into unforgiving circumstances, pursuing their education, and attempting to create a better future for themselves.

The film is the heart of 10x10's global action campaign designed to inspire individuals to take action for girls internationally. Its goal is to educate girls in order to dramatically improve the well-being of their families, their communities, and their countries. 10x10 partners with forward-thinking nonprofits, celebrities, policy leaders, corporations, and concerned citizens to build a global movement to demand equal opportunity for girls. Girl Rising is directed by Academy Award-nominated Richard E. Robbins with voice performances by Meryl Streep, Priyanka Chopra, Alicia Keys, Kerry Washington, Selena Gomez, and other acclaimed actors. For more information, see: www.10x10act.org/girl-rising.

Introduction by nationally acclaimed local author Homa S. Tavangar, Growing Up Global: Raising Children to Be At Home in the World (Random House).

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Live Poetry Slams C.W. Henry!

Students find their voice and their power

by Francesca Cantarini and Lauren Pownall, C. W. Henry Teachers

Friday, Febru-1, Philadelphia's own Youssef Kromah (a.k.a. "Seff Al-Afriqi") and Jamarr Hall visited C.W. Henry and brought an important message steeped in justice, acceptance, and respect to the sixth, seventh and eighth grade classes. The assembly was brought to the school as part of the "Voices of Teens: Writers Matter" program, coordinated with LaSalle University. The writing program is

based on the philosophy that when young people write about themselves and their lives, they become invested in their writing and more open to learning various writing techniques.

Youssef and Jamarr (both graduates of Philadelphia public schools) presented their own poetry while focusing on a message of compassion. They posed the question, "What's more powerful, words or a gun?" They proceeded to show the power of words through their own spoken pieces of art. Youssef shared his story of accepting his identity as African in the Philadelphia School System when he was constantly taunted for being different because of his ethnicity. Jamaar discussed finding his voice and using words to help him heal from personal traumas, like his mother's death.

The Henry students finished the assembly by taking the microphone in their own hands. Students shared their poetry and writings with strong voices and open



Youssef Kromah (a.k.a. "Seff Al-Afriqi") works with Henry School stuents as part of the "Voices of Teens: Writers Matter" program.

> hearts. The atmosphere of tolerance, acceptance, and respect in the auditorium was palpable. As a No Place For Hate School (as designated by the Anti-Defamation League), Henry is committed to the continued learning and acceptance of diversity.

> A writer, HBO artist, student, teacher, activist, and entrepreneur, Youssef has shared the stage with Nikki Giovanni, Sonya Sanchez, and Sunni Patterson, and has appeared on BET, Clear Channel, and HBO's Brave New Voices. He is a student of Criminal Justice at LaSalle University and maintains a 4.0 GPA. He is the founder of the poetry collective, SKITZIN, and an active member of P.Y.P.M (Philadelphia Youth Poetry Movement), Peace & Love, and Poetry N Motion. He was recently featured on Soledad O'Brien's "Black in America" series on CNN.

> Jamarr Hall is a recent graduate of Dobbins High School. In the daytime, he works as a plumber. The rest of his time he changes the lives of our youth in Philadelphia.

ECO TIPS

from The Environment Committee

Most Americans take a shower at least once a day. This might make sense during a heat wave, but do we really need to shower every day in winter? For those of us who suffer from dry skin during winter (a common plight), showering less frequently could help. By doing so, we retain more of the skin's natural oils and beneficial bacteria that help maintain healthy skin. In addition, we can conserve large amounts of water. A five-minute shower can consume anywhere from 12.5 to 50 gallons of water, depending on the age of your shower head and your line's water pressure. Older shower heads typically put out five gallons per minute, while low-flow shower heads deliver 2.5 gallons per minute. Even if you have a low-flow shower head, showering daily can add up to huge amounts of water over time. So, do your skin and the environment a favor and consider skipping your shower a few times a week.

Spring, 2013 Household Hazardous **Waste Drop-Off Event**

A household hazardous waste drop-off event is set for Saturday, June 15, 9 a.m. to 3 p.m. at the Northwest Transfer Station, Domino Lane and Umbria Street, in the Roxborough section of the City. Items that will be accepted include solvent-based paint and thinners, flammable materials, pesticides, motor oil, aerosol cans, fluorescent light tubes and CFLs, rechargeable and lead acid batteries, mercury, and bath or kitchen cleaners. For more information, call the Streets Customer Affairs Unit at 215-686-5560 or visit http:// philadelphiastreets.com/hazardous-waste.aspx

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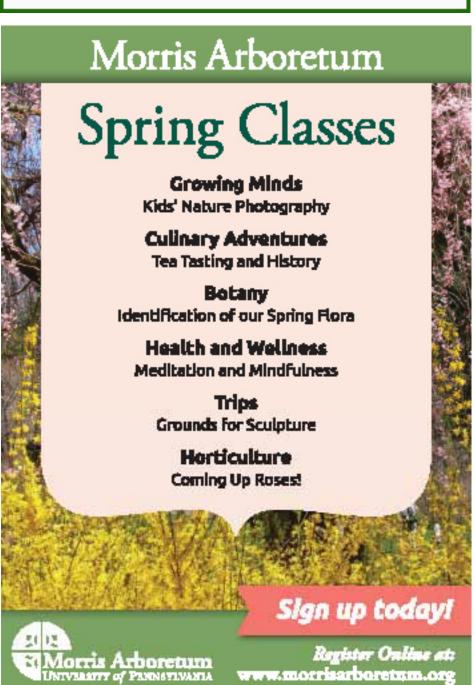
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PASA Conference

(continued from page 2)

farm; it's everywhere, and everyone is part of it. When we live and work in a world where so many people are unconsciously and needlessly damaging our planet, it's exhilarating to be in a place with so much energy directed toward the stewardship of our future.

Ben Hewitt, one of the keynote speakers at the conference, had a wonderful list of things for us all to do to continue getting in touch with what is really happening in the world. He mentioned things like staying home more, or taking a moment everyday to put your face up and feel the sun/rain/day on your face. I realized that so much of what we talked about at this conference is about how to remain more connected, not only to the natural world, but to each other, by being in the present — by looking around at the small things that make up each life, each community, each moment. Starting now.

And if we pay attention to the details, we will notice when things are unbalanced and we can more easily create a sustainable future. The details could be pruning a fruit tree to make it more productive, or enriching the fertility of your land through cover cropping or biodynamic practices. As we worry about the safety of the future, or as we worry that what we did in the past wasn't enough, as we hear often about the lack of connection people feel to the planet or each other, being in the present allows us to see the beauty in each person, plant, or shadow.

And I feel that we, as a community, we as a co-op, we as urban farmers are truly doing the work of the present, the work that is needed to move our national consciousness toward a more sustainable future. Join us in this work. Come see what we are all about at one of our farms, sign up for a cooperator shift at the farm, or just come and start a conversation.

Next time you go to the Co-op, and you have a choice to buy a local, seasonal, sustainably farmed product, even though it may be a few cents more, think about what that money is providing. Those few cents are going back into your community. They are paying for a more sustainable future for the next generation. I know this isn't a new idea and I know I'm preaching to the choir, but it's good to be reminded once in a while — because it's a practice.

So, if you didn't get to go to PASA this year, here are my cliff notes:

Start Fresh — Start with the youngest ones around you — the future.

Start Local — Stay close. Don't go too far. Dig into your community; there is so much it has to offer us.

Start Now — Observe. See what our world is up to. Be in the present.

~ educator@weaversway.coop

International Delegates Visit Weavers Way



On Sunday, January 27, a group of food industry delegates from Brazil, Canada, Chile, China, India, Israel, Korea, Mexico, Nicaragua, Philippines, Romania, Russia, South Africa, Taiwan, Thailand, United Arab Emirates, and Vietnam visited Weavers Way Mt. Airy as part of a tour organized by Food Export USA-Northeast. The Philadelphia-based organization is comprised of the state Departments of Agriculture from ten Northeast states, and seeks to increase exports of U.S. food products. Funding for the initiative comes through the USDA Foreign Agricultural Service to help support visits by these international delegations, all of whom are involved in some aspect of the food industry in their respective countries. Visit www.foodexport.org for more information.



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Whole Beaf Braised Brisket with Baby Onlone	*19.00 Њ
Boneless Seasoned Rolled Leg of Lamb	*21.00 lb
Orled Fruit and Nut Platter (12" platter)	*36.09 42
Sweet Potato Talmines	*8.00 lb
Citrus-Rossted Asparagus	*12.99 lb
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Roasted Brussels Sprouts	*10.99 lb

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PRE-ORDER FAVORITES	Easter—March 31
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Mached Potatoes	*5.99 lb
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Please check our catering menu for party platters or pre-order any of your favorite. prepared foods not seen on this menu by calling 215.666.9150, act. 209.

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

\$15 for adults over age 16, Weavers Way members: \$12 Ages 12-16: 55, Kids under 12 – free

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

(continued from page 2)

Regular Share is usually three varieties of Yellow Springs Farm cheeses, a total of 12 oz. The Plus Share includes four cheese portions totalling 16 oz. The Plus Share is perfect for split shares and larger households. Everything But Chevre includes two six-ounce cheeses. Both fresh pasteurized milk cheeses and aged raw milk cheeses are included. Members also have unique opportunities to try new products and place special orders for extra cheese. Some CSA cheeses are exclusive varieties only for members.

Cheese Pick Up

Cheese shares will be delivered every two weeks. Depending on your pickup site, you will receive cheese either for the first and third weeks, or second and fourth weeks of each month. If you expect to miss a pickup, please ask a friend or relative to come in your place. CSA membership is similar to theater or music subscriptions — if you miss a "performance," you forfeit cheese for that week. That said, if you contact YSF or your pickup site with a special schedule need for a given week, we will try to accommodate you. Each pickup site disposes of unclaimed cheese on Saturdays—it is perishable, and we need room for the next week's orders.

About Our CSA

Yellow Springs Farm proudly of-

fers both fresh and aged Artisanal Goat Cheeses. The most important part of our award winning cheeses is the exceptionally good milk our goats produce. We breed and raise Nubian goats, with occasional genetic crosses, carefully selected for their naturally nutrient-rich milk. Our herd browses pasture, cleans up invasive plant species in the woodland, and basks in the sun. Our goats also eat local hay and organic grains.

Al and Catherine Renzi make Yellow Springs Farm cheeses using age-old processes borrowed from both French and Italian traditions. Our original interpretation of these recipes, and inclusion of farm-raised herbs, nuts, and honey make many Yellow Springs Farm Goat Cheeses unique. Each small batch is hand-made and never includes preservatives or anything artificial. We use only vegetable rennet and sea salt.

We love to select palette-pleasing trends to pair with local, fresh foods. There is always a new cheese to try. CSA members receive email newsletters with tasting and cheese-pairing notes so that you can enjoy all the good flavors of Yellow Springs Farm. You can sign-up online at www.yellowspringsfarm.com. You can also contact Al or Catherine Renzi at 610-827-2014 or via email, at al@yellowspringsfarm.com.

Yellow Springs Farm CSA Cheeses

All Yellow Springs Farms Cheeses are made with 100% pasteurized goat milk (unless otherwise noted) sea salt, and vegetable rennet. Our goats eat local hay, organic grains, and graze in the healthy pastures

Fresh Cheese

- · Chevre: plain, Italian herb, honey and sage, rosemary, garlic and pepper, basil pesto, holiday spice, berry good, lemon pepper
- Feta our goat milk feta is firm, not crumbly, and mildly salted
- Goat-za-rella[™] firm and lightly salted; melts well
- Bloomy Rind Cheese
- Cloud Nine[™] cheese "clouds"
- Bliss[™] European-style, firm with hints of mushroom
- Nobiolo[™] semi soft cheese that resembles robiola-style cheese

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- Herbalicious[™] infused with farm raised herbs
- Melange[™] mixed milk cheese using goat and local, organic cow milk
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- Mellow Yellow[™] infused with saffron from the farm
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Right to Know PA Seeks GMO Labelling

by Annemarie Cantrell and Jon McGoran, Shuttle Editor

PENNSYLVANIA is one of dozens of states now working on statewide initiatives and legislation that would require labeling of food containing Genetically Modified Organisms (GMO). A new group called GMO-Free PA is working with Food and Water Watch and other groups to make such a labeling law a reality.

GMO foods have been on the market since 1996. But while they have been marketed to farms as offering benefits including increased yield, drought tolerance, and reduced pesticide use, most analysis shows that GMOs have largely failed to deliver on these promises. In fact, pesticide use is increasing, as weeds develop the same resistance as the genetically engineered crops. According to the Union of Concerned Scientists (UCS), "At least one major environmental impact of genetic engineering has already reached critical proportions: overuse of herbicide-tolerant GE crops has spurred an increase in herbicide use and an epidemic of herbicideresistant 'superweeds,' which will lead to even more herbicide use." UCS cites other concerns as well, including the possibility that GMO crops "may produce new allergens and toxins, spread harmful traits to weeds and non-GE crops, or harm animals that consume them."

There is still great uncertainty sur-

rounding the risks of GMO foods, in large part because the research so far conducted has been inadequate in scope, duration, and independence, as the vast majority of the research available has been conducted or funded by the companies selling the GMO crops. These companies use their patent rights to limit independent research on their products.

The goal of GMO FREE PA is to educate people about genetically engineered foods by publicizing the latest research and information regarding the risks of these foods, and to assist and educate consumers in selecting vendors and products that are GMO-free. This grassroots group is also advocating for legislation that requires mandatory labeling of genetically engineered foods. The campaign is called Right to Know GMO PA and, in conjunction with Food and Water Watch, will be introducing a bill into legislation shortly.

Currently, GMO Free PA's primary goal is to increase awareness and encourage citizens throughout the state to mobilize and let their legislators know that they want genetically engineered foods to be labeled. GMO FREE PA is part of a national coalition — 37 states strong, plus Canada — which is advocating for labeling. Nearly all of the states in this coalition are introducing legislation over the next 24 months. By creating unity across the country, we hope to make our voices heard.

The group meets monthly on the third Tuesday of every month at the Ludington Library in Bryn Mawr from 7 to 8:30 pm. Meetings focus on action steps that people can take (showing movies, giving talks, tabling at events, legislative talking points, writing letters, etc). Please join us in this educational training, so more people can share in the the "Right to Know" movement! Several showings of the movie Genetic Roulette are planned in Chester and Montgomery counties.

They are planning a meeting at Weavers Way in late March. You can find GMO FREE PA on Facebook at www.facebook. com/gmofreepa. Please "like" us and tell your friends. Here, you can stay abreast of the latest research and area events. Contact them at righttoknowpa@gmail.com to be put on their newsletter list.

THINKING ABOUT SAFETY?

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Carpenter's Woods **Town Watch**

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cwtownwatch.org

Weavers Way to Host Food **Justice Course**

by Bettina de Caumette, Outreach Coordinator

WE ALL share in the deleterious social effects of rampant food injustice. But, maybe we're not all quite sure of precisely how we're affected. What exactly is Food Justice? What are the components of a fair food system? Weavers Way is about to offer us all an exceptional opportunity to get it straight and hone in on this important topic, so relevant to our collective wellbeing.

The Co-op has invited lifelong activist and scholar Mordechai Liebling, Director of The Social Justice Organizing Program at the Reconstructionist Rabbinical College to provide a crash course in Food Justice on three consecutive Wednesday evenings in April. The course is free and open to the public. Liebling will help us understand how the production, distribution, advertising, and regulation of food and agriculture affects food workers, the earth's eco-system, and the health of our communities. The course will delve into the specific causes of food injustice, hunger facts, ecology and farming, worker rights, and animal rights, too.

Give yourself the gift of this critical education. Attend one, two, or all three sessions on April 3, 10 and 17. Each class runs from 7:30 to 9 p.m. Everyone is welcome and registration is not required.

~ outreach@weaversway.coop

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Saturday, March 9 1 to 2:30 pm

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Weavers Way Community Room Next to Weavers Way Mt. Airy

their lives on hold by providing bands on ambiance when there is no other plan.

Townty-seven years ago, Benzo Ditnes founded and published ADVICE for Adults with Aging Perents—or a dependent spense, a blescentily publication that seached 50,000 conders for two years. It was a labor of laws. The publication financed articles written by our country's leading perentologists at the time—such as Dr. Louis Lowey, co-founder of the Boston University Gustatelogy Contac and delagate to the White Configurate on Aging in 1971 and 1981, and Rose Fercine, executive director of the Forber Center for Gerontology and Founder of the Forbes Hospita in Pittaburgh, PA.

Nove, nearly those decades later, Hile has come full circle. House is back in the throse of family care-giving and does extended case planning professionally. He will be available after the presentation for connecation.

Contact Bruss Dilner (618) 574-2027, s-malt belitmerByshou.com.

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LunaFest Returns

(continued from page 1)

"In addition to supporting women in film, LunaFest is also about supporting women in our community," says Chestnut Hill Hospital breast surgeon Patricia Bailey, M.D. "One hundred percent of the proceeds from the event will enhance health and wellness. Eight-five percent of every dollar raised stays local and will go directly to the St. Catherine Laboure clinic that provides primary medical care to those without health insurance, regardless of ability to pay."

The remaining 15 percent of the proceeds will benefit The Breast Cancer Fund, a national nonprofit with a mission to identify and advocate for the elimination of environmental and other preventable causes of the disease.

"LunaFest is a powerful and different way that Weavers Way Co-op is making an impact on our community," says Bettina de Caumette, outreach coordinator, Weavers Way. "Through our outreach with the Hospital and St. Catherine's, we're raising funds and awareness for issues that ultimately impact our entire community."

This season's selected films will com-

pel discussion, make audiences laugh, tug at their heartstrings, and motivate them to make a difference in the community. Diverse in style and content, LunaFest is united by a common thread of exceptional storytelling — by, for, and about women. Of the 950 films submitted for LunaFest, the following were selected.

Georgena Terry

How the founder of Terry Bicycles revolutionized cycling with bike frames designed for women's bodies.

Screenings: Bicycle Film Festival

Chalk

A gymnast selected for an elite training camp makes new discoveries about bodies, boys and friendship.

Screenings: Los Angeles Film Festival, Palm Springs International ShortFest, London Film Festival, Berlin International Film Festival

Self-Portrait

A rare and soulful portrait of the ironically camera-shy Sylvia Plachy, a renowned contemporary photographer.

Screenings: Seattle International Film Festival, Tribeca Film Festival, Los Angeles Film Festival

The Bathhouse

Escaping the streets of the modern city, a group of women are transformed by a bathhouse paradise.

Screenings: LunsFest is the first film festival to screen this film.

When I Grow Up

A mother and daughter sell tacos and dream of a better life.

Screenings: South by Southwest Reel Women Showcase, National Association of Latino Independent Producers Conference, Cine Las Americas, MALI Women's Film and Performance Arts Conference

Flawed

An animated tale about accepting vourself, flaws and all.

Screenings: New York City Short Film Festival, Palm Springs International ShortFest, San Diego Jewish Film Festival

Blank Canvas

Going through chemotherapy, a woman turns her baldness into a blank canvas for self-expression.

Screenings: Through Women's Eyes Film Festival, San Francisco International Women's Film Festival

Whakatiki: A Spirit Rising

A day at the river awakens the spirit of a woman held captive by years of broken promises.

Screenings: Tribeca Film Festival, Nantucket Film Festival, Wairoa Maori and Indigenous Film Festival, New Zealand International Film Festival, First Peoples Festival

Lunch Date

Getting dumped hurts, especially for a woman whose boyfriend sends his 14-year-old brother to break the news.

Screenings: Santa Barbara International Film Festival, Aspen Shortsfest, CFC Worldwide Short Film Festival, Palm Springs International ShortFest, Rhode Island International Film Festival.

For more information about LunaFest films and the stories behind them, please visit lunafest.org.

LunaFest is Friday, March 8, with hors d'oeuvres/cash bar from 6:30 to 7:30 p.m., and films from 7:35 to 9:15 p.m. The event takes place at the Brossman Center in Mt. Airy, 7301 Germantown Ave. Cost: \$25 (all proceeds benefit nonprofit organizations). Registration is required. Call 215-885-0614 or visit clinicforunin-sured.org to register.

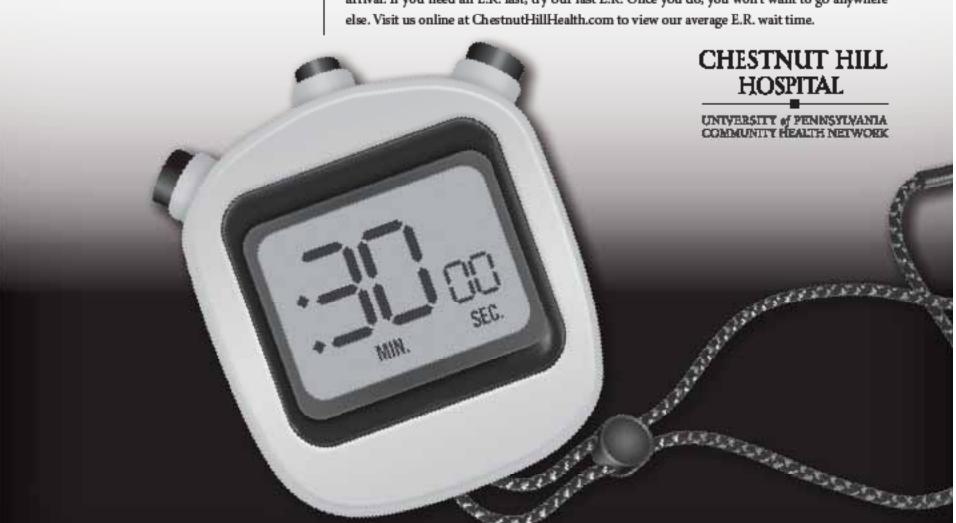




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Suggestions

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. Two interesting things in food world caught my interest, mainly as something to get sarcastic about. Here is the first (from *Produce News*, 1/21/13):

"Tapping into the U.S. Potato Board's current Five Distinct Potato Seasons campaign, the Colorado Potato Administrative Committee is spotlighting Centennial State spuds in several consumer-oriented promotions throughout 2013." I had no idea there was a committee to administer potatoes. Until now, I hadn't realized potatoes require administration. Turns out they do, as they are unruly and poorly behaved in the field until you get to know them, at which point some calm down but, as in other places in life, there are always a few troublemakers in every group. Even if potatoes do require administration, I'm not sure a committee is the best way to administer them. Our Congress is basically committees and look how well they do. The potatoes are probably better off self-organizing and then hiring an organizational development consultant. That's what our co-op did. In participating in the organizational development phase at the Co-op, I noticed the process includes meetings where things like brainstorming, SWOT analysis, small groups discussions

and such went on. Typically, thoughts are written on flip charts and posted on walls, then highlighted, stickered, copied, compiled, distributed, etc. I eventually had an important insight: There can be no organizational development without office supplies. Potatoes take note.

The second item involves our main natural foods supplier, UNFI, a company that basically dominates natural food distribution in the U.S. UNFI supplies tens of thousands of products to Whole Foods, supermarkets, co-ops, and independent natural food stores — a total of about 23,000 stores. Recently there were some labor problems at one of UNFI's 14 distribution centers. It got a little nasty, with strikes, replacement workers, and firings. There have been letters to the media and "industry partners" (that's biz lingo for customers and suppliers) stating each side's view. While I don't know what really happened or what a fair settlement would look like (each side is accusing the other of being unfair) I was struck by one of UNFI's written communications, which states: "UNFI has always been a quiet, modest company focused on doing what is right for our associates, our customers, and our communities." In the course of my job, I use the UNFI website almost daily to look up items and prices, place orders, etc. Here is what is listed on the "About Us" section. See if you think these statements reflect modesty, (italics are mine) or if I'm misreading it:

"America's Premier Certified Organic **Distributor®**

UNFI is the leading independent national distributor of natural, organic and specialty foods and related products including nutritional supplements, personal care items and organic produce, in the United States. In addition to excellent distribution services, we provide a range of innovative, value-added services for our customers and suppliers, to foster mutual success and growth."

When you self-describe yourself with subjective and evaluative terms like "premier," "leading," "excellent," and "innovative," I don't think you can then claim to be "quiet" and "modest." Life is full of contradictions. I hope the potato committee takes note. Incidentally, the labor dispute has since been settled to the satisfaction of the union, and the replaced workers were rehired.

suggestions and responses:

- s: "Is it possible to get real free-range chicken — chicken raised naturally, not in mass pens? I'm not convinced that Bell & Evans qualifies. Are there local farms from which we can get really humanely raised chickens?"
- r: (Dale MA) We have been dealing with Meadow Run and Sweet Stem Farm for many years — we carry their pastured and humanely raised chickens in our display freezer, last door on the right. (Norman) Visit the Bell & Evans website for more info on their raising methods. One food writer wrote this: "The life of a Bell & Evans chicken is one of luxury for an industrial chicken. But it's still very much an industrial chicken... They live indoors, in gigantic climate controlled chicken houses (so not even wind and fresh air from windows), where the lights turn on an off at certain times and where water and food is mechanically distributed."
- s: "Why so few organic potato and sweet potato options?"
- r: (Jean MA) Lack of space, more com-
- s: "Wasn't the produce section bigger before renovation? I wish it was bigger. I go to Chestnut Hill WW for white sweet potatoes, honey tangerines and organic romaine lettuce. I wish I could get those things here. (Too many nonperishables!)"
- r: (Jean MA) We have a little less non-refrigerated space, a lot more refrigerated space. Most of the things you mention we would not carry in Mt. Airy anyway, as they are such slow sellers. I'm glad you're loyal to Weavers, whichever store has what you want.
- **s:** "Why can't we obtain small cakes with

- low amounts of sugar? Noreen's and the others list sugar second (ingredients are listed in descending order by weight). I'm sure you probably know how disastrous sugar is to our health, especially to the heart."
- **r:** (Molly MA) Thanks for the tip. I don't know of too many good low-sugar bakeries. If you hear of any please let me know. I will have my ears open.
- **s:** "I would like to bring my dog shopping with me. Our ancestors were huntergatherers and all their food was natural, as they typically found it in nature, not grocery stores. Dogs were a big help when it came to foraging, as they could smell good food, fetch dead animals, and scare away pesky animals like raccoons, and overall made the chore of hunting / gathering a much more fun time. I've trained my dog to fetch meat out of the meat case, carry a milk bottle in his mouth, and operate the bulk bins. I know there are health department and other reasons that dogs are not permitted in grocery stores, most of which are related to possible bad behavior, but my dog complies with all the conditions of the old "Boy Scout Oath," so none of these issues apply (see end of this paragraph for my proposed shopping dog oath). I know it's still illegal but co-ops stand for fairness, even if it's radical and unpopular, so can we please take a stand on this? Thanks. (A Shopping Dog is Trustworthy, Loyal, Helpful, Friendly, Courteous, Kind, Obedient, Cheerful, Thrifty, Brave, Clean, and Reverent)"
- **r:** Good points, see our General Manager for a special pass allowing certain members and dogs in this radical right to forage in our stores.
- s: "I just want to say a big thank-you to whoever decided to stock the Hail Mary raw dessert tarts at the Chestnut Hill store - they are delicious and such a treat for someone who cannot eat dairy or gluten! They have a peanut butter flavor that sounds fantastic so I hope this makes it the shelves as well;)

Thanks again, you guys are great!"

s: (Norman) Thanks. Glad you like us!

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Buy Spring for Quintessence Theatre Group

by Pamela Reichen, Quintessence Theatre Group

QUINTESSENCE THEATRE Group continues its third season of progressive classical theatre with Gogol's *The Diary of a Madman* through March 10 at the Sedgwick Theater in Mt. Airy.

The Diary of a Madman centers on Poprishchin, a disenchanted civil servant. He is single, out of money, losing his hair, and unable to secure a promotion. In the evening he vents his frustration in his diary. Entries shift from belittling reports of his superiors, to his obsession with his boss' daughter, to a suspicion that dogs can talk. When Poprishchin reads that the King of Spain has died without an heir, he realizes his destiny and declares himself King Ferdinand VIII.

Known for his play *The Government Inspector*, Nikolai Gogol's 1835 short story remains comedic and shockingly relevant. Part clown show, part social satire, part psychological tragedy, playwright David Holman adapted *The Diary of a Madman* into a masterful send-up of bureaucracy and a raw account of one man's descent into madness.

Director Alexander Burns pushes Gogol's madman into the 21st century and explores how technology has provided its confessional poets, diarists, and madmen with a new medium and an avid audience.

As Quintessence continues to establish a resident ensemble of actors, they are excited to welcome back Daniel Fredrick (Cassio in *Othello*, Lelio in *The Venetian Twins*, Gratiano in *The Merchant of Venice, Don Juan*) as Poprischin and Rachel Brodeur (celebrated for her performance as Nina in Quintessence's *The Seagull*) as the women. *The Diary of a Madman* plays thru March 10. Performances take place Wednesdays and Thursdays at 7 p.m., Fridays and Saturdays at 8 p.m., and Sundays at 3 p.m. A post-show discussion with the cast and director will take place on Sunday, March 3.

Quintessence Theatre Group's third season will conclude this spring with The Chocolate and Champagne Repertory: Shaw's *Arms and the Man* and Molière's *The Misanthrope* in an adaptation by Martin Crimp. The repertory of classic romantic comedies will feature a cast of nine actors, rotating between the two productions. Performances at the Sedgwick begin April 17 and run thru May 26. For information, tickets or performances details please visit www.QuintessenceTheatre.org.

~ pamela@quintessencetheatre.org

Pop-up Performing Arts in Mt. Airy

by Jon McGoran, Shuttle Editor

Weavers Way member and playwright/director Josh McIlvain and his performing arts company SmokeyScout Productions are teaming up with Kensington-based Hella Fresh Theater to present *Stratagems for Common People*, April 5 and 6 at Moving Arts of Mount Airy, across the street from Weavers Way Mt. Airy, at 6819 Greene Street. This evening of cutting edge theater and dance works will feature new work by McIlvain (theater), as well as works by Shannon Murphy of IdiosynCrazy productions (dance), and John Rosenberg of Hella Fresh Theater (theater).

"We've always wanted to produce a show in the area we live in, where I think there is a real audience for contemporary performing arts — not to mention a lot of artists," says Josh McIlvain. "Nearly all the shows I've produced are downtown, so it's great not only to put up my stuff, but to bring other Philadelphia artists like Shannon and John to Mt. Airy to produce their work as well."



photo courtesy of Josh McIlvai

Josh McIlvain

Showtimes are 7 and 9 p.m. both nights. Tickets are \$5 and available online at stratagems.brownpapertickets.com or at the door. This shows contains mature language and themes. Learn more about SmokeyScout Productions at smokeyscout.com.

Call for Nominations WWCP Seeks Nominees for Board of Directors

Weavers Way Community Programs (WWCP) is now accepting nominations for positions on our Board of Directors. WWCP was formed in 2007 as the non-profit arm of Weavers Way Co-op, with a mission to build the Northwest Philadelphia community by fostering cooperative activities that support local food production, economic literacy, a sustainable environment, and healthy lifestyles. For more information on our programs and the work we do, visit www.weaversway.coop.

Board Members will be expected to attend six Board meetings a year; Participate in and/or lead at least one Board Committee (generally meets 4-6 times/year); Support the organization through attendance at fundraising, program, and community events; Support WWCP fundraising efforts with a personal donation that is significant to you. In addition to a personal gift, Board members should foster introductions between those in your personal /professional network to WWCP to advance fundraising goals.

Nominations are due via e-mail by Tuesday, March 19 to Laura Siena at Isiena@comcast. net. Self-nominations are encouraged. Nominations should include: a phone number, e-mail address, a short bio of the nominee, a statement about why the candidate is being nominated, and an explanation of skills or expertise the candidate would bring to the Board. The Nominations Committee carefully reviews the nominations, conducts interviews with select nominees, and then presents a slate of recommended candidates to the full Board for a vote.



INGRID BROWN, GRI

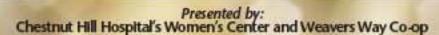
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Brossman Center 7301 Germantown Avenue, Mt. Airy

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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.





Familar Name in a New Location: Jyoti Bistro Comes to Mt. Airy

by Jon McGoran, Shuttle Editor

Jyoti might be Mt. Airy's newest restaurant, but it's a name that should be very familiar to shoppers at Weavers Way. Jyoti Indian Bistro, which opened January 12 at 7220 Germantown Avenue, is the first restaurant for husband and wife Vijai and Jyoti Gupta, makers of Jyoti brand Indian foods, which have been a mainstay on the shelves at Weavers Way since 1990.

The restaurant offers a full menu of fresh, fast, delicious, and affordable Indian cuisine to eat in or take out. In order to help make service as fast as possible, some of the menu items will be prepped off-site, at the Jyoti plant, like pakoras (vegtables fried in chickpea flour), which will be breaded offsite and then cooked onsite.

While the connection to Weavers Way was an important consideration in Jyoti's decision to open their first restaurant in Mt. Airy, there was another important consideration as well: their son Anuj is the Executive Director of Mt. Airy USA. Anuj is quite a cook in his own right, but his involvement in the restaurant has been limited to outside the kitchen. "I'll actually be one of the guest chefs for WMAN's Eat Your Heart Out fundraiser this year," says Anuj. "However, my father, mother and sister are all gourmet chefs, so I'm certainly the least talented of the four of us." While Anuj's position with MAUSA keeps him extremely busy, he has been an important part of the process of opening the restaurant. "I managed most of the construction and fit-out of the space, and am helping out with operations where I can." He was also instrumental in bringing the restaurant to Mt. Airy. "When I saw the space available for rent, I immediately called my father to take a look at it. I thought, with the name recognition the brand enjoyed from Weavers Way, that it made sense to try the restaurant concept in Mt. Airy." Vijai and Jyoti started the company in 1979. Vijai, who holds a PhD in chemical engineering, has worked at DuPont, General Motors, and ARCO. Jyoti has a masters in nutrition and has run a number of large institutional kitchens, including the kitchen at the old Philadelphia Naval Hospital (where the Eagles' practice facility is now). While Jyoti concentrated on creating the delicious recipes for the brand that would bear her name, Vijai brought his engineering skills to bear on the challenges of manufacturing and packaging their products in a ways that preserved their freshness and flavor. Vijai now holds more than 25 patents, many for technologies that are featured in the plant.

One of the most prominent is a bean destoner that Vijai invented and patented, solving a decades-old problem that food processors faced when cooking lentils and beans. Lentils and beans come with a lot of debris, and so must be destoned. Previous destoning processes could never guarantee 100 percent filtration of the debris. Vijai's invention solved that problem and has now been licensed by Hormel foods for use in their facilities around the country.

Jyoti Indian Bistro, Germantown Ave. and W. Nippon St., is open from noon to 8 p.m. Monday through Thursday, noon to 9 p.m. Friday and Saturday, and noon to 7 p.m. on Sundays. For more information, visit www.jyotibistro.com or call 215-242-





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Teens4Good, Weavers Way Provide Meals at Ronald McDonald House



Teens for Good and Weavers Way Co-op teamed up to provide a dinner for the Ronald McDonald House residents in West Philadelphia. Thanks to the team of WW members: Joe Pientka, Jane Piecuh, David Woo, and Glenn Bergman. Food was made by WW prepared foods, Gene Bishop, Drea Brooks, Gina Donato, Chilly Philly, My House Cookies, and Jane Piecuh. Also thanks to the Teens 4 Good team of: Jasmine Berry, Jasmine and Stef Burdine, Shaquin Price, Chanell McBride, Neese Paton, Isaiah Lopez, Star Latney, Markell Patterson, and Claire McEachern.

L · E · T · T · E · R · S

Letter to Editor

Anna Herman in her article, "Better than Back-of-the-Box" (*Shuttle*, Feb. 2013) gave some excellent recipes. However, I disagree with her on one point. She suggests adding baking soda to beans. I have always heard that baking soda destroyed vitamin B. Adele Davis in Let's Get Well, p. 175 writes, "baking soda neutralizes the valuable stomach acid, interferes with digestion, decreases mineral absorption, causes vitamins to be destroyed, and can even harm the kidneys."

You can go to this website or others to learn more. http://www.healthylifehealthyplanet.com/b-vitamins.html

~ Sandra Folzer, Environment Committee Chair

First Two Hours Just for Attending a Welcome Meeting!

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

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, March 16, 10 a.m. Wednesday, March 20, 6:45 p.m. Wednesday, April 24, 6:45 p.m.

e-mail outreach@weaversway.coop.

Chestnut Hill

Chestnut Hill Community Center, 8419 Germantown Avenue second floor boardroom Saturday, April 6, 10 a.m.

Name	Orientation Date
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Phone number	E-mail
Please return this form to a cash	er, mail to Weavers Way Co-op, Attn: Membership
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	t. You can also call 215-843-2350, ext. 118 or

William Lashner Reads at CHCE

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

Mystery fans, mark your calendars. The New York Times bestselling author of the Victor Carl mystery series will read from his first stand-alone thriller Blood and Wednesday, March 20, 7 p.m., at the Chestnut Hill Ho-

There's an old adage about writing -open a vein and bleed on the page. Lashner takes it a step further in Blood and Bone, making the reader's blood race and heart

pound with the story of Kyle Byrne, the illegitimate son of a prominent Philadelphia attorney. When his father dies, Kyle's life starts to unravel at the seams. But it is when his father's law partner is brutally killed, that Kyle becomes the focus of a murder investigation and starts to question the circumstances of his father's death. A review in the Wall Street Journal says Lashner "manages to be deadly serious and frequently hilarious."

Lashner was a criminal prosecutor with the Department of Justice in Washington, D.C. before quitting the law to



photo courtesy of Wiliam Lashner

Wiliam Lashner

write fulltime. A graduate of the New York University School of Law, and the Iowa Writers' Workshop, he lives with his wife, his three children, and his dog, Chase Muttley, outside Philadelphia. The Victor Carl novels, which have been translated into more than a dozen languages, include Killer's Kiss, Marked Man, Falls The Shadow, Past Due, Fatal Flaw, Bitter Truth, and Hostile Witness.

Lashner's reading is part of an ongoing monthly literary salon benefitting Chestnut Hill Center for Enrichment. Tickets are \$10 in advance; \$12 at door. Includes wine and cheese reception. Receive a 10% discount on food if you dine at the Chestnut Grill that evening. For more information, visit chEnrichment.org or call 215-248-0180.

Our April event will feature Shuttle editor Jon McGoran, reading from his upcoming ecological thriller Drift, April 17

~ .stacia4chce@gmail.com

Judy Wicks Book Launch at the Academy of Natural Sciences

JUDY WICKS

by Carolyn Belardo

Judy Wicks, an international leader in the local-living-economies movement and founder of Philadelphia's landmark White Dog Café, will officially launch her new book, Good Morning, Beautiful Business: The Unexpected Journey of an Activist Entrepreneur and Local Economy Pioneer, at a talk and book signing at the Academy of Natural Sciences of Drexel University. This free event

will be followed by a reception and book signing. Seats are limited. To register, visit www.judywicks.eventbright.com.

Good Morning, Beautiful Business is a memoir about the evolution of an entrepreneur who would not only change her neighborhood, but would also change her world -- helping communities far and wide create local living economies that value people, nature, and place more than money. Focusing on what it takes to marry social change and commerce, and doing business differently, this inspirational book explores how entrepreneurs, as well as consumers, can follow both mind and heart, cultivate lasting relationships with each other and the planet, and build a new compassionate economy that will bring us greater security, as well as happiness.



As former co-owner of White Dog Café, Wicks received acclaim for its socially and environmentally responsible business practices. She is cofounder of the nationwide Business Alliance for Local Living Economies and founder of the Sustainable Business Network of Greater Philadelphia and Fair Food — both incubated at the White Dog Café Foundation. In her retail career, Wicks was founder and owner of Black Cat in

Philadelphia, which featured locally made and fair-trade gifts for 20 years. In 1970, she cofounded the original Free People's Store, now well known as Urban Outfitters.

~ belardo@ansp.org

Judy Wicks to Sign New Book at WW in April

Judy Wicks will also be signing books at Weavers Way Stores, from:

Noon to 4 p.m. Sat. April 6 in Chestnut Hill and Sat. April 20 in Mt. Airy.

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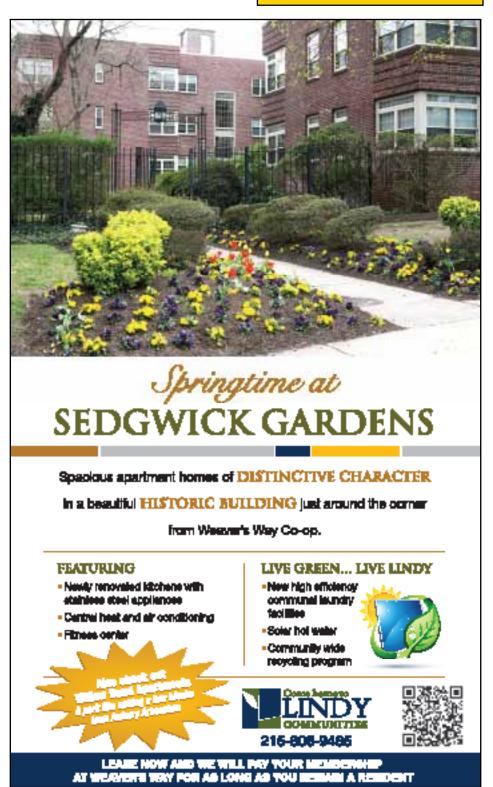
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Rob Cardillo Photo Exhibit at Morris Arboretum

by Susan Crane, Director of Marketing, Morris Arboretum

LIKE PEOPLE, plants are prone to mingling. Reaching for the sun, embracing tendrils, crossing stems, they are woven into tapestries of shifting textures and colors. In roadside weed patches, native plant communities, and even well-tended garden beds, local photographer and Weavers Way member Rob Cardillo has framed nuanced gestures between twig and leaf, petal and pod, creating layered images with a photosynthetic pulse.

In "Deep in the Weeds," a new exhibit

now open in the Upper Gallery the Morris Arboretum, we see through Rob Cardillo's lens the abstract beauty in the interplay of shapes, color, and light, yet the images remain fully grounded, inviting us to commune with nature's silent social network. Thirty photographs are on display, allowing the viewer to observe light and shadow in a whole new way.

Rob Cardillo has professionally photographed plants and gardens and the people who tend them for more than twenty years. His work appears regularly in Horticulture, Country Gardens, Organic Gardening, The New York Times, and many other magazines, books, and advertisements. The exhibit is open daily from 10 a.m. to 4 p.m., and is free with garden admission. An opening reception will be held on Sunday, March 17 from 1-3 p.m., also free with garden admission.

To see Rob Cardillo's work visit www.robcardillo.com

~ crnesj@upenn.edu



photo by Rob Cardillo



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



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