



The Shuttle

July 2013 Vol. 41 No. 7

Community-Owned Food Markets Serving Northwest Philadelphia Since 1973

Eden Foods Suit Raises Values Question for WW Membership

by Jonathan Leeds, WW Membership Manager

By Now, you're probably familiar with the Eden Foods controversy that erupted after the natural foods company sued the Obama administration over the Affordable Care Act.

According to the Salon.com article that broke the news, Eden Foods and its CEO Michael Potter objected on religious grounds to the ACA mandate requiring employers to include contraceptive coverage in employee health plans. In its brief, Eden alleges its rights had been "...violated under the First Amendment, the Religious Freedom Restoration Act and the Administrative Procedure Act."

This was big news at Weavers Way Co-op. Eden Foods is one of the oldest natural-food companies around (and one of the few that hasn't been gobbled up by a giant corporation), and its soy milk and other products have been popular at Weavers way for decades. In addition, Eden's food-policy advocacy — such as pushing for clear consumer labeling on foods — has earned the company high marks and a high profile in the cooperative food culture. It seemed like a perfect fit: A small business holding its own against an ever-growing army of corporate behemoths, fighting for the consumer at every turn.

But with the ACA lawsuit, things suddenly didn't seem so perfect.

It started in late April with a single member email with the subject line "Did you know about this?" Soon other emails were coming in, most from outraged members who saw Eden's actions as an assault on reproductive rights, and a step backwards in terms of social justice.

(continued on Page 24)



Glenn Bergman photo

Truckin'. No, Seriously.

Carl Ermentrout touts the features of his new office, our brand-new truck! Yes, since Norman hasn't yet mastered teleportation, Weavers Way still requires wheels, and though we liked our old truck, Ryder thought it was too old, despite its low mileage. Our taste for torque led us to Bentley Truck Services, a local, independently owned leasing company. Our 2014 diesel Hino 268A is smaller, the better to get close to the Chestnut Hil store, it's refrigerated and it has a lift gate our warehouse staffers have fallen in love with. A good lift gate is hard to resist — there when you need it, powerful yet controllable, safe, accommodating and good-looking too.



Clare Hyre photo

Yona Hudson, W.B. Saul High School Class of 2013, is headed to Penn State. Her intended major: Environmental studies.

After Four Years, She's Graduating from the Farm to Happy Valley

by Clare Hyre, WW Farm Education Coordinator

Yona Hudson is a graduating senior at W.B. Saul High School and has worked at the Henry Got Crops! CSA for all four years. Saul High School, Weavers Way Farms and Weavers Way Community Programs have a partnership that allows 130 students to work on the farm weekly. They learn every step of the farming cycle as well as about cooking and nutrition, using the farm as a hands-on educational tool and harvesting food from their raised beds to take home.

Yona, who lives in Brewerytown, has helped as the farm developed from its beginnings and has been invaluable to the farm and to the farm education programs. Over the summer, she'll be a crew leader for the Urban Nutrition Initiative and then will head to Penn State in the fall. We couldn't be prouder of Yona! I interviewed her last month.

How did you first find out about Saul and why did you choose an agricultural high school?

I found out about Saul by accident. My old elementary school teacher knew (continued on Page 4)

INSIDE...

| Co-op News |
|----------------------------|
| What's in Store |
| General Manager's Corner 6 |
| Board President's Corner 8 |
| Price Comparisons 8 |
| Weavers Way Calendar 10 |
| Co-op Specials |

Community News Weavers Way Community Programs 4-5

| rearcis may community mograms or or or or |
|---|
| Land-Use Campaign Now a Coalition 11 |
| The Return of Jon McGoran 14 |
| Pet-a-palooza 16 |
| The Passionate Gardener 17 |
| Hidden City in Germantown 22 |

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by Mary Sweeten, Shuttle Editor

Some of you have noticed over the past three years that the Shuttle has been hand-delivered to all the houses in your neighborhood. Or, to put it another way, that there were a lot of Shuttles in the gutter or blowing in the wind around the first of the month. The reason we started hand delivery was threefold: A number of community papers had folded and we hoped to fill the void, members in 19119 weren't getting their Shuttles on time and we wanted to raise the Co-op's profile as we opened the Chestnut Hill store. We think that last thing worked — marketing is such an inexact science — except for the part about the Shuttle ending up as litter. So starting with this issue, we're cutting back on hand delivery, increasing our drops to places like stores and community centers and mailing the paper to all Coop members. Another benefit of membership! I envision 100 percent on-time delivery by the U.S. Postal Service. No, actually, I don't, so please let us know if your Shuttle is late so we can keep tweaking this 20th-century circulation system. Also, please pass along any suggestions about good places to leave piles of free newspapers. You'll be seeing the Shuttle in my auto mechanic's waiting room!

GMOs, always with the GMOs.

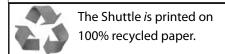
- The Eco Tip from the Weavers Way Environmental Committee (Page 11) touts the website of the Non-GMO Project, where you can find out more about how to identify and avoid genetically engineered foods a/k/a genetically modified organisms (GMO).
- One of Norman Weiss's correspondents writes: "Did you know that Connecticut just passed a bill to be the first state to start labeling GMO food? May I propose that WW also take a stand and label all the GMO food on the shelves?" (Norman's column starts on Page 19; do check out his answer.)

As a matter of fact, GMO-labeling legislation has also passed in Maine

(continued on Page 20)

The Shuttle is published by Weavers Way Co-op The advertising deadline for each issue is the 1st of the preceding month, e.g. Dec. 1 for January. For information, contact advertising@weaversway.coop, or call 215-843-2350, ext. 117 Statement of Policy

Articles should be under 500 words and can be submitted via email 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 information about co-ops, healthy food practices and other matters of interest to Weavers Way 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. The Shuttle retains the right to edit or refuse any article. Ad rates are available upon request, at our stores, online at www.weaversway.coop, or via e-mail at advertising@weaverswav.coop. All ads must be submitted electronically or camera-ready with prior arrangement, with payment. Products or services advertised in this paper may not in any way be construed as endorséd by Weavers Way Co-op.



Collecting the Co-op(s)

by Rick Spalek, Weavers Way Mt. Airy **Store Manager**

If you are a collector (or hoarder), or just a co-op history buff, you may appreciate a small collection on view in the Mt. Airy store. Over the years, I have been buying "co-op" related collectibles, signs, containers, even clothing, and displaying them in hard-to-find places in our store.

Right now, on the second floor, there is a shelf dedicated to some of these vintage items, including a great "Rolled Oats" container from the 1950s, and a "co-op" radio obviously given out as a promotion. Almost all of the items come from the Midwest or Canada. The Midwest has a his-

Head up to the second floor at Mt. Airy to see a sampling of Rick's collection.

tory of agriculture and fuel related co-ops, many of which still operate, and Canada has a long history of food related co-ops.

Among the highlights of my collection are the toy tanker truck displayed above the exit door, next to the drink case near the first register. Also, only taken out for special occasions is a full set of mechanic's coveralls emblazoned on the back with "Co-op," and a 5-gallon container once holding "Co-op lubricants," substance unknown.

I'm always on the lookout for more co-op related gear. Send me an email (rick@weaversway.coop) if you see anything interesting, or have something to add to the collection.

rick@weaversway.coop



by Hannah Slipakoff, for the Shuttle

Since their inception, the Weavers Way Farms have served as educational growing spaces — training eager apprentices, hosting youth of all ages, and providing member-volunteers with advice and support. This year, Henry Got Crops! is furthering its educational reach by serving as a host site for the Philly Farms Beginner Farmer Training Program.

Philly Farms is a new program put together by the Philadelphia Community Farming Collaborative, an alliance of nine organizations focused on food systems change. As a member of PCFC, Weavers Way partners with the Nationalities Services Center (lead organization for the training program), the Pennsylvania Horticultural Society, the Urban Nutrition Initiative, East Park Revitalization Alliance, Teens 4 Good, Mill Creek Urban Farm, SHARE Food Program and Preston's Paradise to address citywide food issues from a comprehensive, interconnected perspective.

PCFC's received a USDA Beginner Farmer Rancher grant last year to establish the Philly Farms training program, which aims to provide in-depth education, handson experience and resources to committed gardeners. Philly Farms is structured to support lower-income folks in pursuing their vision of growing food for their communities — providing participants with part-time employment and assistance with long-term business planning.

Beginner Farmer Trainees spend 40 hours a month in intensive workshops and classes focused on farming and business development, engaging in experiential learning by apprenticing on several of Philadelphia's farms, and going on field trips to conferences and farms in the region.

This year's trainees are an amazing crew of individuals — the group spans many neighborhoods, generations and cultures with a mix of Philadelphia natives and Nepali refugees from Bhutan.

Serving as a host site for PCFC's program, the Henry Got Crops! farm at W.B. Saul High School in Roxborough serves as a learning lab twice a week. Farmer Nina Berryman provides the trainees with specific tasks in line with monthly/weekly themes, and the crew led by PCFC's training coordinator approaches the work by examining the intricate processes of growing food from propagation to post-harvest handling. So far this season, the Beginner Farmers have learned the nuances of growing brassica crops during the broccoli planting marathon of late March, explored many methods and tools for seeding root vegetables in April and bottom-lined the delicate (and sometimes complicated) early summer project of planting, staking and trellising the Henry Got Crops! tomatoes. The trainees are enthusiastic about their time at Saul — grateful for the kindness and support farm staff offer, whether it's sharing extra seedlings, assisting with compost delivery or enthusiastically inviting our Nepali friends to harvest their cultural favorite betu (lamb's quarters) from between the production beds.

As PCFC's training coordinator and a Weaver's Way member, I am thrilled to be working with Henry Got Crops! The food justice movement in this city is where I began to come into political and social consciousness, and the community where I developed a deep and abiding love for growing food. In fact, my first greenhouse seeding session as a 16-yearold was with then-Weavers Way Farmer Dave Zelov. I am also thrilled that Henry Got Crops! joins me in the dream of providing transformative educational experiences to all members of Philadelphia's growing community. Next time you visit the farm at Saul, or pick up some HGC produce in Weavers Way stores, extend your thanks to the farm staff and the Beginner Farmer Trainees by acknowledging the extensive learning, community building and empowerment put into locally grown veggies!

To learn more about the Philly Farms Beginner Farmer Training Program, contact PCFC Training Coordinator Hannah Slipakoff at hannah.slip@gmail.com.



What's in store at Weavers Way

Loco for Coco, Wish for Knish

by Karen Plourde, **Weavers Way Grocery Staff**

As we hurtle into midsummer, the various departments at Weavers Way are featuring new and favorite items that will complement whatever you're into this season. Most of them aren't summer-specific, so if you get hooked, you can count on finding them in the stores past Labor Day.

Our Chestnut Hill store has just added two flavors of Coco Cafe, coconut water made with organic cane juice, Certified Fair Trade organic coffee and 100 percent all-natural ingredients. Look for Original and Mocha in the cold-drink case.

For a new healthy snack, check out Mom's Organic Munchies, a line of bars and cookies that "Mom" developed to help herself over some nutrition-related health issues. All Mom's snacks are gluten-free, dairy-free, refined-sugar- free and caseinfree. We carry the Choco-Chunk Hemp Cookie, the On-the-Go Goii/Pistachio Bar. the Choco-Fit Espresso Bar, the Skinny Mint Cookie, and the Choco-Fit Almond Sea Salt Bar. (I tried the Goji/Pistachio Bar, and it was awesome.) Find Mom's snacks in the refrigerated section.

Knishes and summer don't seem to go together, but a taste of the new flavors from Jay's Phila-Belly Knishes might change that equation. Jay has added a new savory flavor, Original Green Bean Casserole, and now offers three varieties of New York cheesecake knishes: plain, cherry and chocolate chip. Look for Jay's in the freezer case.

In the good news-bad news department, don't forget Hyland's Poison Ivy/ Oak remedy. Martha and her customers Across the Way at Mt. Airy have found it to be one of the best ways to deal with PI, along with the All Terrain Ditch the Itch soap bar.

New and Noteworthy

Mt. Airy Grocery: Taza Mexican stone ground chocolate. These discs of chocolate are organic, direct trade and fashioned from hand-carved granite millstones. They come in cinnamon, salted almond, Guajillo chili, Oaxacan mole and seven more flavors.

Across the Way Wellness: All new facecare items from Aubrey, along with their NPA-certified sunscreens. These are available in both stores. Also this month, look for new Volta bar soaps and shampoo bars. They are a local company that uses quality ingredients.

Across the Way Pet Store: We have many products, some new, for fighting fleas and ticks. Bayer, the maker of Advantix, has come out with Seresto collars for cats and dogs that are supposed to provide eight months of protection. Alzoo, an all-natural flea/tick/mosquito treatment, is another recent addition. To rid your house of flea eggs without chemicals, try borax powder or diatomaceous earth.

And for a little outdoor fun, try a Jolly Ball, with varieties that willing humans can throw, bounce and hang onto. Do your part to stave off doggie boredom.

kplourde@weaversway.coop

Michael M. Beer photo

Booka Michel in the orchard at Rancho Pancho.

We Get These Pecans Direct, From Deep in the Heart of Texas

by Stephanie Kane, **Weavers Way Local Buyer**

IF YOU drive two hours southwest of Austin to Texas Hill Country, you'll find an area marked by the confluence of five major rivers, high hills and granite bluffs. Booka and Edythe Michel's 45 acres at the headwaters of the Guadalupe are studded with 300 pecan trees.

Booka was raised on ranches and farms throughout Texas, and after careers in the music and movie industry in Austin, the Michels knew they wanted to return to their rural upbringings. The move to pecan farming at Rancho Pancho provided a respite from the high life in Austin. In our continued effort to work directly with farmers, the Co-op has started a relationship with them as a source for pecans.

The pecan is indigenous to Texas and was long used by Native Americans, especially since even the smaller, hardershelled wild nuts are delicious. (While modern farms do use grafted trees, goodtasting pecans can be grown from seed.)

Rancho Pancho didn't come to the Michels in the best condition. The trees were riddled with pecan scab, a fungus that is a big problem for commercial pecan growers, and Booka got to work with Texas A&M's extension service to eradicate it from his farm. But instead of employing anti-fungal spraying, Booka introduced a microorganism that eats the pecan scab fungus, and has been able to

(continued on Page 12

Pa. Maple Syrup **Now in Bulk**

by Devon Durst, **Weavers Way Bulk Foods**

Many of you have inquired about getting maple syrup in in the Bulk Department in Mt. Airy. We are pleased to now offer Emerick's Grade B Pure Maple Syrup up here on the second floor.

Located in Hyndman, PA, Emerick's Pure Maple Products is a family-owned and -operated business run by Matthew and Stephanie Emerick, along with Matthew's dad, Ed. Matthew is a third-generation maple-syrup producer, and has been helping with the business since childhood. The Emericks take great pride in their business and accomplishments:



They are perennial blue-ribbon winners at the Pennsylvania Maple Syrup Festival, and also brought home an award from this year's Pennsylvania Farm Show. (For more information about Emerick's, visit their website at www.puremaplesyrup online.com.)

In maple syrup harvesting, sap water is hand-tapped from trees and flows through tubes to the "sugar shack," where

(continued on Page 12



- recycled chlorine-free paper and soy ink, manufactured using bio-gas in Brooklyn. Write the Great American Novel with a clean eco-conscience.
- Merrick's Mother of All Bones Fido, Fifi and Spike won't back down from the likes of The Tank, LT Hambone, G.I. Bone and Corporal Cap, smoked pork and beef bones from the Yellow Rose of Texas, a/k/a "Rotary City USA" that's Amarillo to us Yanks.
- Sunbeam Candles These beeswax beauties hail from Ithaca, NY, where they're manufactured in a solar-powered facility. Candles made with sunshine! A mystic crystal revelation!
- Maggie's Functional Organics Maggie's been making fair-trade organic-fiber clothes since 1992, and she recently partnered with Opportunity Threads, a worker-owned cooperative in North Carolina, to make socks. You know how we love cooperatives. Democracy in action!
- Kong Classic The world's best dog toy (at least as far as a certain Pug is concerned) is made in Golden, CO. There's nothing more American than watching your dog battle this indestructible and rather inscrutable toy with a hole for tasty stuff. Plus, they come in red, white and blue!

This Co-op is your Co-op, this Co-op is my Co-op...



Weavers Way Community Programs

The CSA Graduate

continued from Page 1

I was into food and I was looking up schools with cooking programs so he told me the school was cool and had animals and stuff and although they don't have a cooking program, they had a food science program. So I applied and I got accepted.

I chose to go to an agricultural high school because this school had something different from the rest. Students could go outside for classes. I wasn't sure what agriculture was at first but I researched and thought it sounded cool.

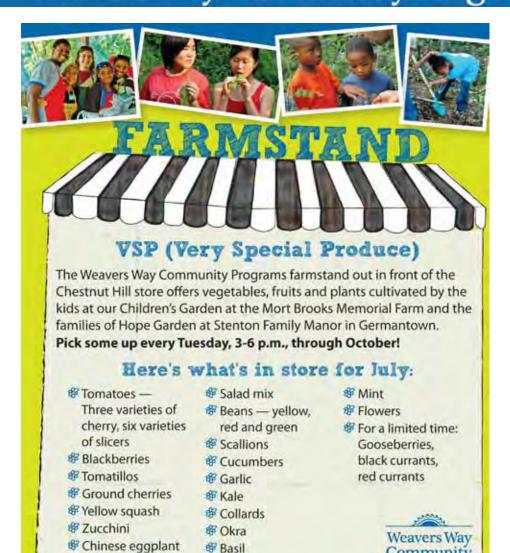
What were your first experience and impressions of the CSA?

I found out about the CSA through talking with the farmers, Nina [Berryman] and Nicole [Sugarman]. I asked them about Alice Waters and wanted to know if the CSA had a similar program [to the Edible Schoolyard in Berkeley, CA]. I had a good impression of the CSA and the thought what the people were doing was cool and unique. I was like, "This is where my food comes from!"

You worked as a summer intern in 2009 and 2010, and this school year as the Saul student farmer. What made you interested in working at the farm over the summer in the first place and what made you keep coming back?

My experiences freshman year were what made me want to work at the farm over the summer. I saw the farm at its beginning and the vibe that I got from people that worked here made me want to come back. The atmosphere and the work felt good. I got a lot of joy out of seeing things grow. I had the experience of seeding arugula and then watching it grow! I knew it was mine. I thought the summer internship was great because the school offered jobs to youth and pays them.

I liked meeting the farm interns and learning about their experiences. I got to become closer with Nina and Nicole. Also I learned enough to teach other youth about farming and I really enjoyed that. I liked going to meetings and potlucks and



meeting people from all over who are doing this work.

Local

In 2011, you went to the Rooted In Community Conference, a national youth-led food-justice conference held in Philadelphia. What did you learn?

At RIC I learned that I wasn't the only youth doing this. I learned that there were other organizations besides Weavers Way and Weavers Way Community Programs that were doing it. I learned that there was a lot of diversity amongst the youth who were farming. At RIC there were people from all over and the youth and adults all treated each other with respect and appreciation.

At Saul I sometimes get criticism for loving the CSA, but at RIC we were in unity over our love for farming.

At RIC I learned that the whole idea of food justice is that people, no matter what, we all have a right to access to food. ... RIC made me feel like I was farming for a bigger cause and that I could use what learned to teach other folks.

Community

Programs

I am still in touch with many of the youth and adults from RIC.

What are your favorite things about working at the CSA?

Meeting all the different people who come to the farm. I also like the labor of farming and knowing that as much work as I put into the farm comes back out, and seeing the farm benefit others. Making connections with people that will last longer than my high school experience.

Has working with the educational programs at the CSA changed how you eat or think about food?

Before the cooking demos [during the summer], I would grow the food but I wouldn't know what to do the food. But after I learned how to cook a little more, it diversified my palate and my eating habits.

Congratulations on getting into Penn State. What are you planning on studying? What do you want to do in the future?

I'm studying environmental studies at Penn State. I have no idea about careers, but I know that I want to continue to work in food justice, sustainability and farming. I'm not sure WHAT I will be doing, but I won't be inside, that's for sure.

You got a job this summer with the Urban Nutrition Initiative, a Southwest Philadelphia food justice organization that works with teens. What are you looking forward to?

I'm so excited to work with UNI. I'm not sure if the people who work there know how cool they are, but I think they are amazing. They have so much diversity within their program because they work all over and their staff is really unique. I'm really excited to be a crew leader. I've never really led youth my age before and it will be hard but also great for growth. It will be a challenge but I'm looking forward to learning how to be a teacher and a stronger leader for food justice.

For the last question, can you tell me your top three experiences relating to farm education and the CSA in the past four years?

Making connections and relationships with people for future jobs. I'm still in touch with past apprentices from the farm and folks from RIC.

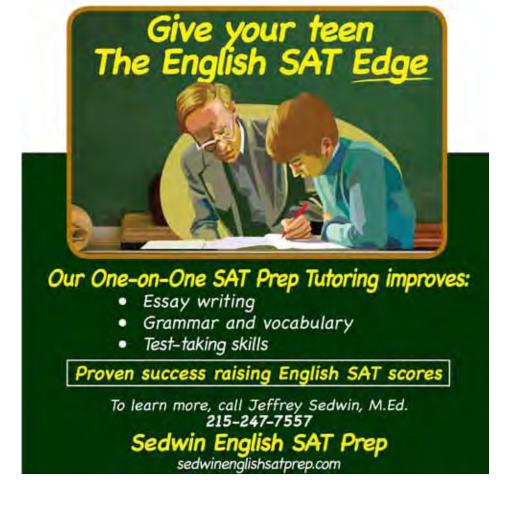
Attending Rooted In Community. I also really enjoyed the 2013 Regional gathering at Bartram's Garden.

Seeing the farm grow ... it was just starting when I got here, and I got to feel like I really supported its growth. I got to see a lot of people come and gain knowledge here.

henryeducation@weaversway.coop

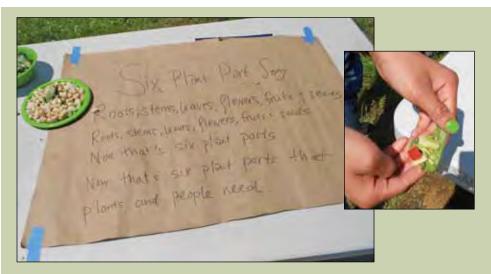








Weavers Way Community Programs



Learning from the Ground Up

Fifth-graders from Mifflin School in East Falls get the story from Weavers Way Farm Educator Clare Hyre during their end-of the school-year visit to the Henry Got Crops! farm at W.B. Saul High School. As part of the School District's Eat Right Now program, the Weavers Way Community Programs educators led groups of kids from Philadelphia public schools through some lessons about the plants we eat and how we grow them — with a bit about bees thrown in. For more information on Eat Right Now, visit webgui.phila.k12.pa.us/offices/n/nutrition.



At WWCP, We're Cultivating Philanthropy in Young People

by Jill Fink, WW Community Programs Executive Director

I'm CONTINUALLY inspired by the generosity of those in our community, both a generosity of spirit and a generosity of charitable giving. At Weavers Way Community Programs, not only does this generosity sustain us, but it's also woven into the curriculum of our Marketplace Program.

The goals of this school-based, experiential learning program include promoting healthy eating, nutrition education and an understanding of the cooperative business model through operating market sales in the schools, where students apply classroom learning like English, math and technology.

However, my favorite goal of Marketplace, and what makes it unique, is to expose students to the value of philanthropic giving, including the concept of micro-loans as a means to support economic development and sustainability.

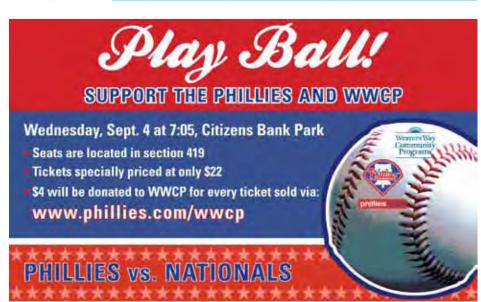
As the school year came to a close, Marketplace Coordinator Carly Chelder guided the 106 students in the program through the process of determining where they would donate the \$2,057 they made through their Marketplace sales since

September. They began the process by comparing the current year's team sales with sales from the two prior years, then completed a donation worksheet to help figure out what causes were most important to them. Teams were then presented with a lesson that explained the differences between donating to an individual

(continued on Page 9)







General Manager's Corner

A David and Goliath Story

by Glenn Bergman, **Weavers Way General Manager**

A FEW years ago, you may have heard about a movement launched by a young woman from California who was upset about bank fees. She started a group on Facebook to urge people to move funds from the large commercial banks to local credit unions. She named the "event" Bank Transfer Day. Her name is Kristen Christian.

What she started was a revolution. I had an opportunity to meet her at a conference recently and let me tell you, this young, blond-haired petite person is not someone you would think would take on the multinational banks and manage to get hundreds of thousands of individuals to move millions and millions of dollars from commercial banks to credit unions in just few months back in 2011. She was raised on a farm along the California coast. She was not from the co-op world, or the political world.

Bank Transfer Day came about because Christian was outraged at the \$5 monthly fee that was going to be charged

by Bank of America and the \$3 monthly fee Wells Fargo planned. (Both have since cancelled these fees, but keep an eye out for other bank charges.)

She started a Facebook page that stated, "Together we can ensure that these banking institutions will always remember the 5th of November!! If the 99% removes our funds from the major banking institutions to non-profit credit unions on or by this date, we will send a clear message to the 1% that conscious consumers won't support companies with unethical business practices."

Now, that is a powerful message, and it worked. This "David" stunned the Goliaths of the banking world. Credit unions reported an uptick of billions in deposits over a two-month period and more than 400,000 new customers!

Christian's message in a recent speech to the national Consumer Co-operative Management Association in Austin, Texas, was that we shouldn't just sit here and think that we can't do more. Using social media,

(continued on next page)

Getting Down to Work with the Strategic Plan

THE NEW Five Year Strategic Plan for Weavers Way is being placed in operational budgets. I want to thank Co-op members and other interested people who attended one or more of the five strategic plan discussion sessions we held in June. This process is never perfect, but we did get a picture of the aspirations of our members, Board, community leaders, staff and shoppers and how they see Weavers Way's future.

So what happens next? As your general manager, I am planning to take the following steps:

- 1. Align the strategic planning tasks with the "Ends" (goals) set by the Weavers Way Board. Whatever we do for the strategic plan will be as much as possible aligned with the Ends.
- 2. Interpret the vision for the co-op and the "chain reaction" these visions will have on Weavers Way.
- **3.** Move the SP into operational planning through budgeting over the next few years and figuring out what resources we will need.
- **4.** Actions: Set a plan and action goals with staff, committees, and management.
- **5.** Report back to the Board-owners and staff each year on accomplishments are changes as we move through the goals.

These are exciting times for Weavers Way. We are clearly not standing still, and we are facing the future not only as a cooperative, but as an important social citizen of the community. Look for stronger ties between Weavers Way and Weavers Way Community Programs, the farms becoming a more public space and information more widely disseminated to the public, more advocacy work, increased business opportunities and a more aligned management system.

— Glenn Bergman

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GM's Corner

continued from preceding page

food co-ops can get their message out to all, but especially to the younger generation that uses social media to communicate. It has become clearer to me that places like Weavers Way should not just market food, but communicate more about our mission and goals and provide more information about ethical food initiatives. We should help people vote with their dollars to support community, ethical food and local suppliers.

Our recent strategic planning process also points to Weavers Way becoming more advocacy-oriented in the future. Christian's message and her ability to effect change using Facebook has impressed on me on the need to figure out how we, as a group of 5,000 member owners, can make change happen in the ethical treatment of animals and workers in the food world, how we can become more involved with legislative initiatives locally (vacant land for urban farming and gardening, a sugar tax, banning plastic grocery bags in Philadelphia stores), regionally (labeling genetically engineered foods, require a living wage in Pennsylvania) or nationally (the farm bill).

I look forward to our work on the strategic plan over the next few years and making sure that Weavers Way becomes a more vocal partner with others fighting for food justice and access.

gbergman@weaversway.coop

Response About Packaging and Purchasing at WW

LAST MONTH the Shuttle ran a letter to the editor from Weavers Way member and former grocery manager Chris Switky that said, in part:

"Over the past four months I've noticed an increase in plastic-packaged grocery products at WW Mt Airy, not a decrease. Poland Spring sparkling water, in plastic bottles, is one example. Is this item really necessary, when the co-op already carried Mountain Valley sparkling water in glass? If we care about reducing the use of plastic, is it necessary to sell 4-packs of toilet paper wrapped in plastic, instead of just having single rolls of TP in a paper wrapping, no plastic involved?

"The Co-op's Product Philosophy Statement states that 'we purchase eco-friendly products that do not adversely affect the environment.' If this is the co-op's purchasing philosophy, why are we adding 'duplicate' products that come in plastic? Is the Product Philosophy Statement being referenced when making decisions about what to carry?"

(See Switky's entire letter in the June Shuttle, Page 21. You can view a PDF at www.weaversway.coop.)

Mt. Airy Store Manager Rick Spalek responds:

In all purchasing decisions, we weigh several — actually, many variables, including cost, ingredients (local v. non-local), environmental (packaging, travel), distributor availability, delivery cost, is it co-op produced, fair trade, organic, and so on.

If we have requests for products, especially multiple requests, and we already carry the product in one store, it is an obvious choice for us to have the item in both stores. Should our criteria be that if we carry one item, that precludes us from another variation on that same item? Toilet paper is a good example; people go to other grocery stores just for other TP. Families have asked for larger packages to save money, and we of course sell recycled TP, and not Charmin - although ours is squeezably soft. Seltzer is one of our top sellers; if we choose another brand of sparkling water, it does not add much to the plastic pile because people buy less of one and more of another.

Is choice bad? Here in Mt. Airy, we have never been able to give members enough choice, which has driven customers away. If more people shop at the Co-op, then more people have the opportunity to buy products that we have decided to sell for the reasons I outlined above, and not, as in conventional grocery stores, because the vendor has paid a slotting fee, or because we are required to have a certain number of facings, or just because it is good for our margins

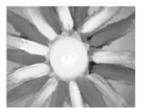
We added toilet paper wrapped in plastic and we added a HUGE bulk section on the second floor, thereby reducing packaging by a HUGE amount.

In all things is a balance. It is always up to the person and their priorities.

Thanks for keeping us on our

rick@weaversway.coop





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Board President's Corner

When It Comes to Local Impact, Co-ops Beat Conventional Stores

by Margaret Lenzi, President, Weavers Way Board of Directors

Why should folks shop at a cooperative like Weavers Way rather than a conventional grocery store? For people who want to buy locally produced goods and healthy food, as well as keep resources in their local community, Weavers Way and food cooperatives are the place to be. Owned by local residents, food cooperatives are naturally community-focused. And now we have a national survey that shows that food co-ops have a greater impact on the local economy than conventional food stores.

In 2012, the National Cooperative Grocers Association undertook a study, "Healthy Foods Healthy Communities," to document the social and economic impact cooperatives have in their local communities. The study found that cooperatives:

- Provide greater access to healthful, wholesome food.
- Create more jobs per square foot.
- Contribute less material to the waste stream.
- Are more energy efficient.
- Source a far greater proportion of product locally than conventionally structured competitors.

The study was based on a survey of NCGA's 165 member and associate food co-ops, which generate more than \$1.4 billion in annual revenues and are owned by over 1.3 million consumers. To see the complete study, visit strongertogether.coop/food-coops/food-co-op-impact-study/

In real dollars and cents, here's a fact to consider: For every \$1,000 a shopper spends at a food co-op, \$1,604 in economic activity is generated in the local economy — \$239 (or 17 percent) more than if they had spent the same \$1,000 at a conventional grocer in the same community.

Applying this economic multiplier to Weavers Way, we can see the huge impact we have on our local economy. With projected sales of approximately \$17 million this fiscal year, Weavers Way will generate \$27.2 million of local economic impact. A conventional grocery store of the same size, in the same community, would only have a local economic impact of \$23.1 million. Simply by choosing to shop at Weavers Way, we are contributing \$4.1 million additional economic impact to our local community.

Co-ops also outperform conventional grocery stores in the quantity of locally produced goods. The NCGA study found that 38 percent of co-op revenues are spent locally, compared to 24 percent for

Bloom Fills Vacancy

The Weavers Way Board of Directors voted June 3 to have Joshua Bloom fill a vacancy created by the resignation of Jonna Naylor. We are pleased to welcome Joshua, who will serve until the next membership election in Spring 2014, and we wish Jonna the best as she moves to Alaska.

conventional grocers. Furthermore, coops purchase 20 percent of their products locally, whereas conventional grocers average 6 percent local sourcing.

Weavers Way shines in this area, as we have been increasing our sales of local and regional goods, from \$3.7 million in 2010 to \$5.5 million in 2012. So in our last fiscal year, 2012, Weavers Way purchased a third of its products locally or regionally — well above even the national co-op average!

It is no accident that Weavers Way has a greater local economic impact. The goals or "ends" that guide us in all we do state that we will work toward a thriving and sustainable local economy and promote locally produced goods. Weavers Way is fulfilling our cooperative goals and values alongside the many other cooperatives in the nation that are creating more robust local economies.

(This article was adapted from the President's Report presented at the Weavers Way Spring General Membership Meeting May 19.)

www.trfund.com

mlenzi@comcast.net

Official Board Election Tally

HERE ARE the official results for the Spring 2013 Weavers Way Board of Directors election.

| Chris Hill | 849 (72.6%) |
|--------------------|-------------|
| Laura Morris Siena | 821 (70.2%) |
| Stu Katz | 591 (50.5%) |
| (Incumbent) | |
| Lisa Hogan | 577 (49.3%) |
| Joshua Bloom | 518 (44.3%) |
| Howard Bilofsky | 462 (39.5%) |
| Pat Paulus | 174 (14.9%) |

Members were able to vote online or by paper ballot for four candidates. Turnout was 22.6 percent — 1,184 of 5,245 eligible members voted, all but 98 online.

The winners — the top four vote-getters — were initially announced at the Spring General Membership Meeting on May 19.

Members can see detailed results, including write-in totals, for this and last year's board election by logging in to the Member Center of the Weavers Way website (members.weaversway.coop).

If you don't know how to log in, there are detailed instructions on the Online Member Center login page.

Find us on:







Philanthropy

continued from Page 5

and donating to a group, and distributing the money locally, nationally or globally. Students finally voted on the charities that would receive their donations. (See their decisions in the accompanying box.)

I have no idea if being charitable is a nature or nurture quality, but I'm fortunate to know some incredible individuals who are cultivating the next generation of philanthropists.

Two years ago, I met Ethel Weinberg, an amazing woman who began teaching her grandchildren the value of both saving and giving when they were young, using a "rule of three." The cash gifts she gave them for birthdays and special occasions had to be divided — a third to spend on themselves, a third to save and a third to give away. She also taught them how to assess an organization and be sure it was worthy of their donation. As teenagers and young adults, her four grandkids are giving of both their time and their (grandmother's) money.

When the School Reform Commission recently passed its "doomsday" budget for Philadelphia public schools, my friend Beth explained to her kids the impact it would have — cuts to art, books, nurses, counselors. The response from her 7-year-old was to immediately organize an art sale. She and her 10-year-old brother walked up and down the block, selling pictures they had made. They earned \$15, and decided to split the money three ways: \$5 to Philly schools and \$5 for each of them. Seems to me they're already way ahead of our elected officials.

Many of us who have made charitable giving a part of our lives do so because we know the value it brings to the organizations to whom we give, but also

How Kids Made Their Money Count

Marketplace Program participants allocated their profits as follow:

Our Mother of Consolation, Chestnut Hill: \$175 for a Kiva microloan, \$100 to the St. Vincent de Paul Society to help local families

Lingelbach, Mt. Alry: \$450 for education and \$275 to add to their Kiva microloan from last year (\$225) so they will donate a total of \$500 to Kiva.

Jenks, Chestnut Hill: \$375 for a Kiva microloan to help a small business startup in Africa.

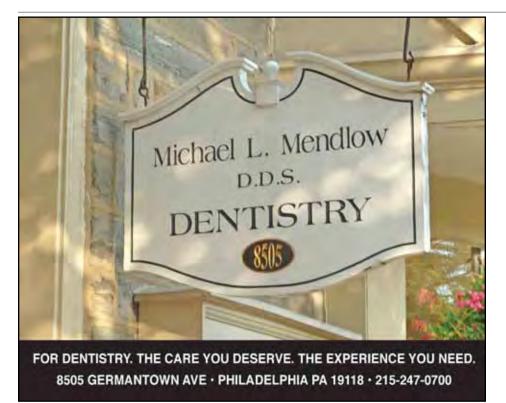
Students at **Parkway High School** in Mt. Airy had not yet decided how to allocate their \$674.

For more info about the Kiva microloan program, visit www.kiva.org. For more info about the Society of St. Vincent de Paul's anti-poverty ministry, visit www.svdpusa.org.

the value it brings to our own lives. We give of our resources — time, money and skills — but often get so much more in return. I've not been able to quantify the value of warm and fuzzy, but I know it's a great feeling. So what a tremendous gift it is to be able to work with young people and teach them how much power they have to make a difference in the world around them by giving to others.

And don't forget,, if you're in need of warm and fuzzy, WWCP would gladly accept your charitable gift to support our Marketplace or Farm Education programs!

jill@weaversway.coop





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clients, both recent and longstanding: weavers way co-op, swarthmore co-op, vernon house, organic trade association, WMAN, big picture philadelphia, project learn, essene market, common market, organic trade association, american dance therapy assoc., breastfeeding resource center, NOFA-NJ ... and dozens more.



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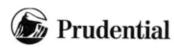
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UPPER VALLEY GREEN PARKING LOT REPAIRS: The upper parking lot on Valley Green Road (that's the one on the east side of the Wissahickon, before you cross the bridge to Valley Green) will be closed July 1 to Sept. 30. For details, visit http:// www.fow.org/news-events/upper-valley-green-road-parking-lot-be-closed-71-930.

FOW issues new Wissahickon map

WISSAHICKON WANDERERS, wonder no

where that familiar trail went — the Friends of the Wissahickon have issued a newly revised 2013 edition of the Map of the Wissahickon Valley Park. This new edition of FOW's popular map contains

updated trail informa-

tion for new and re-routed trails, clarified trail use designations and updated information for bike lanes and public

DID YOU KNOW?

Weavers Way members can get work hours by joining Friends of the Wissahickon work days. For available times, see the members calendar at the Weavers Way Member Cemter (members.weavers way.coop/) or the schedule at www.fow.org/volunteering/upcoming workdays.

transportation. It's printed on waterproof and tear-resistant paper, and easily worth the \$10 (free for new and renewing members).

In addition to FOW's office in Chestnut Hill (8708 Germantown Ave.), the new maps are available at Weavers Way Across the Way, Valley Green Inn, Joseph Fox Bookshop (1724 Sansom St.) and Franklin Maps (333 S. Henderson Road, King of Prussia).

www.fow.org

7 p.m.



IULY CALENDAR OF EVENTS

| Monday, July 1 | 7-9 p.m. | Sunday, July 14 | |
|--|---|---|--|
| Weavers Way Chess Club Checkmate! Meet up for games with other chess lovers every Monday ever 555 Carpenter Lane. | ning unless otherwise indicated. All levels welcome. | Henry Got Crops C Bring water, lunch and sun p | |
| Thursday, July 4 | | Monday, July 15 Weavers Way Ches | |
| Happy Independence Day! The Co-op is closed | for the holiday. | Thursday, July 18 | |
| Friday, July 5 | 2-6 p.m. | Welcome New Wes | |
| Henry Got Crops Farmstand is Open! Stop by Henry Got Crops! in Roxborough for some fine produce direct fron School, 7100 Henry Ave. | n the farm. Every Friday at W.B. Saul Agricultural High | Learn all about Weavers Way Way Chestnut Hill with this n Girl" is featured in the curren RSVP: outreach@weaverswa | |
| Saturday, July 6 | 10 a.m2 p.m. | Friday, July 19 | |
| Pretzel Park Farmers Market in Manayunk Support the Manayunk-Roxborough Co-op Initiative: Check out this great wonderful people and live music, Every Saturday in Pretzel Park, 4300 Silv | | Family Movie Night Come watch 'Babe' at the far Saul Agricultural High School | |
| Saturday, July 6 International Co-operatives Day Make a point to stop by either Weavers Way store to help us celebrate cooperation and increase awareness of co-operatives. We will be promoting the movement's successes and ideals of international solidarity, economic efficiency, equality and world peace. There will be plenty of information available at both Mt. Airy and Chestmus Hill for those who want a better understanding of the transformative power of the cooperative business model. | | Saturday, July 20 Curry with a Conso Curry up and get over to Jyot Programs' Farm Education po Shuttle, 7220 Germantown A | |
| Monday, July 8 Weavers Way Chess Club! 555 Carpenter Lane. | 7 p.m. | Sunday, July 21 Wissahickon Co-H Learn about co-housing and | |
| Tuesday, July 9 Weavers Way Monthly Board of Directors Meet | | Monday, July 22 Weavers Way Ches | |
| 555 Carpenter Lane in Mt. Airy. If you are a co-op member and would like Wednesday, July 10 A Workshop for Women | to attend, presse notify boardadmino-weaversway.coop. | Thursday, July 25 Chillin' & Grillin' in Gather in Mt. Airy Village wit | |

Participants will have an opportunity to celebrate their strengths, learn ways to quiet their critical inner voice and talk about ways

to communicate their needs effectively. Claudia Apfelbaum, LCSW, is a Weavers Way member and psychotherapist with 30 years of experience. She specializes in helping women reclaim their authentic voices. Look for signup sheets on our bulletin boards or email

We will have our grill fired up outside the store and the good company of our favorite food trucks. Forget about cooking and occupy

the intersection of Carpenter and Greene! Join us for an easy dinner, outdoor seating and a little live music,

outreach@weaversway.coop. 555 Carpenter Lane.

Chillin' & Grillin' in Mt. Airy

Thursday, July 11

11 a.m.-5 p.m.

CSA Volunteer Day

protection and come lend a hand at the farm, Families welcome. Earn Co-op or CSA hours to boot!

ess Club! 555 Carpenter Lane:

eavers Way Members

ry and the cooperative experience! Join us for refreshments and conversation in the Back Yard at. Weavers month's celebrity staff person Stephanie Kane, the Co-op's Local Product Coordinator, whose article "Local ent issue of Grid magazine. Let us answer all your questions about the benefits of co-owning your co-opray,coop or 215-643-2350 ext. 118.

Dusk ht at Henry Got Crops! Farm

arm! The movie rolls dask: Contact Nina Berryman (aberrymanis weaversway.coop) for more info. W.B. ol, 7100 Henry Ave.

0 Noon-9 p.m.

oti Indian Bistro in Mr. Airy. For one day, they'll donate 20 percent of your bill to Weavers Way Community programs, Jyoti will also be serving salad featuring Weavers Way Farms produce! Look for a ticket in the

Housing Information Session d the strongest sustained effort irr our area to provide this housing option. 555 Carpenter Lane:

ess Club! 555 Carpenter Lane.

5-7 p.m.

in Mt. Airy lage with family and friends for an easy cook's night off. There will be a convoy of food trucks and our own Weavers Way grill. Live music, outdoor seating. Greene and Carpenter.

Thursday, July 25 7 p.m.

Panel Discussion on Fair Trade

Led by Keith Brown, author of the new book "Buying into Fair Trade Culture, Morality, and Consumption," with loe Cesa of Philly Fair Trade and Rodney North of Equal Exchange! In Mt. Airy (specific location TBA). Info: outreach@weaversway.coop

Monday, July 29

Weavers Way Chess Club! 555 Carpenter Lane.

Successful Philadelphia Land-Use **Campaign Now a Coalition**

by Margaret Guthrie, **WW Community Programs Board**

FOLLOWING THE success of the campaign to persuade Philadelphia City Council to amend legislation that would have made community gardens and market farms illegal in commercially zoned areas of the city, those of us who took part in the campaign had to decide whether to remain an organization, and if we did, what our focus would be.

Several months and lots of meetings later, we have a list of shared values, a mission statement and a new name: The Coalition for Healthy Foods Green Spaces.

Our mission statement reads:

"Healthy Foods Green Spaces is a coalition of Philadelphia organizations and individuals who support community-managed green spaces, gardens, and farms through advocacy, grassroots organizing and education."

The statement is partially a reflection of the knowledge that we must remain vigilant where City Council is concerned. At this moment, the Land Banks bill (16-500) is languishing because Council President Darrell Clark is in no hurry to see it pass. The bill, which would replace the previous "Councilmanic District Development Program" with Philadelphia Land Bank, would give both neighborhood groups and individual residents access to vacant land owned by the city. Among other needed improvements, it would bypass the now-required approval by the local district City Council member to gain access.

The grassroots organizing behind getting this passed is being led by two groups: Philly Land Bank Alliance (brings together citywide groups) and Campaign to Take Back Vacant Land (brings together grassroots groups, but part of the Alliance)

The best source of further information on this is phillylandbank.org/. Contact either group if you are interested in seeing this bill replace the current law.

Many of us within the coalition are also interested in developing an urban agriculture ordinance. Amy Laura Cahn of the Public Interest Law Center of Philadelphia says, "At this point, I think we're just starting to look at what an ordinance can do — in terms of recognizing the

ECO TIPS

from The Environment Committee

Concerned about GMOs (genetically modified organisms) in your food? Since food companies in the U.S. are not required to label GMO ingredients in their products, how can we know that what we eat is GMO free? One way is to visit the website of the Non-GMO Project, a non-profit organization committed to preserving and building sources of non-GMO products, educating consumers, and providing verified non-GMO choices. According to their website, the Non-GMO Project offers North America's only third party verification and labeling for non-GMO food and products. You can also learn about and get involved in mandatory labeling efforts. For more information, go to www.nongmoproject.org.

benefits of urban ag, setting priorities and benchmarks, allocating necessary resources (most importantly land and water), requiring planning, and mandating each of the relevant city agencies to take leadership within their individual purview and to work together. If there's interest, folks should join the coalition!"

To learn more about the San Francisco model, visit: www. sfenvironment. org/ urban- agriculture/ overview/ urban - agriculture- policy- overview.

The best way to stay informed on

these important issues is to come to a meeting. Our launch party was held June 26 at the Teens4Good Urban Farm at 8th and Poplar streets. (Thanks to T4G for hosting!)

For info on subsequent meetings, get on the mailing list by contacting Owen Taylor at otaylor@pilcop.org. He will also keep you informed of green events coming up throughout the city. The coalition will also be scheduling events this summer in neighborhood gardens in the city.

Stay tuned!



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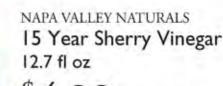
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Toothbrush -Assorted Varieties

Maple Syrup

continued from Page 3

it is collected in gathering tankhs, then boiled down. It takes roughly 50 gallons of sap to produce one gallon of syrup. To control foaming during the boiling process, Emerick's uses a small amount of organic safflower oil — one quart to 2,000 gallons of sap. Next, the maple syrup is moved through a filter press: a series of 10-inch-square plates and paper filters, with a minuscule amount of food-grade diatomaceous added. DE, which is also used in beer and wine production, plays an essential role in separating mineral solids from the syrup. It is ultimately filtered back out, to ensure the syrup isn't gritty. From here the finished syrup is packaged. Technically, Emerick's product can only be labeled "Pure Maple Syrup" because of the addition of safflower oil and DE, but because the quantity of additives is so small, Matthew Emerick has hesitation about calling his syrup "100% Pure Maple Syr-— off the record, of course.

Late in the maple season, as the sap

thins and is more watery, it requires a greater amount to yield syrup. Boiling down a greater amount of sap to concentrate sweetness also concentrates minerals and maple flavor. This syrup is labeled Grade B, and is what we carry at Weavers Way.

For a summery sweet treat, Matthew Emerick suggests drizzling maple syrup over fresh strawberries. Maple syrup also makes a wonderful sweetener in baking and coffee, and a delectable topping for ice cream.

To guarantee freshness, we are filling the bulk bin with small quantities at a time, which ensures rapid turnover. We recommend that you refrigerate your syrup once you get it home. When refrigerated, maple syrup can last up to a year.

Bulk syrup is priced at \$7.95/lb, which works out to 69 cents per fluid ounce. For comparison, our pre-packaged maple syrup starts at 80 cents and tops off at \$1.06 per fluid ounce — so buying in bulk offers significant savings.

And, as always, we encourage you to bring your own containers!

ddurst@weaversway.coop

Pecans

continued from Page 3

build his crop yields over the past seven years from eight pounds of pecans per tree to 24 pounds today.

Booka is the sole worker on the farm, as the trees don't take the day-to-day maintenance vegetable farming does. He does bring in a

few neighbors to help during harvest. In large-scale operations, heavy equipment shakes every nut, green and ripe, off the trees. Booka uses a method called hand thrashing, going through the orchard with a long pole, knocking the branches so only the ripe nuts fall to the ground.

This method may be the secret to Rancho Pancho's future. For most pecan farmers, the trees are biennial, producing a commercial crop every other year and resulting in big price swings from season to season. But in the seven years Booka has been growing pecans, his trees have produced every year. He is working with Texas A&M to figure out why, but he



thinks allowing the nuts to ripen on the tree is the key. When large plantations remove all the green nuts, Booka theorizes, it stresses the trees and keeps them from producing well the following year.

The Michels' vision for Rancho Pancho also includes olive trees, which they decided to introduce after a visit to southern Italy, where the landscape and climate resemble the Hill Country. They have their work cut out for them; first they'll have to eradicate stands of invasive mountain juniper, a result of overgrazing in years past.

Look for Rancho Pancho pecans this month!

skane@weaversway.coop

RENAISSANCE VIOLIN BAND

an early music workshop for players of bowed strings, age 10 - 17

Mon - Fri, July 8 - 19, 2013 9:30 AM to 12:00 noon

Summit Presbyterian Church, Greene and Westview Streets in Mount Airy

Fee: \$350

Contact: auberge4@gmail.com or 215-724-0656 for details and registration





Enon Hosts Raw Foods Event

RAW FOODS expert and author and Weaver's Way member Nwenna Kai joins world-renowned raw and living foods educators Cherie Soria, Dan Ladermann and Loreta Vainius of Loreta's Living Foods for "Back to Eden: Living Foods Rawks," on Monday, July 8, 5-10 p.m., at Enon Tabernacle Baptist Church in Mt. Airy.

Soria, founder and director of Living Light Culinary Institute, has been teaching chefs, individuals and instructors about gourmet raw foods for more than 20 years. Ladermann has pioneered the raw food revolution and its impact on health for 15 years, and is the co-author of the "Raw Food for Dummies" and co-director of Living Light Culinary Institute along with Soria, his wife.

Nwenna Kai, one of the guest speakers, pioneered the organic raw vegan restaurant Taste of the Goddess Café in Los Angeles and is the author of "The Goddess of Raw Foods." Guest speaker Loreta Vainius, founder of Loreta's Living Foods, created the DVD "Grow Your Own Greens" and has worked in the health and nutrition field for four decades.







Presenters include Loreta Vainius (top), Dan Ladermannn/Cherie Soria and Nwenna Kai.

Tomlin Campbell, author of the ebook "Soulful Messages for the Christian Raw Food Enthusiast," heads up the rawfood ministry at Enon and will be introducing the speakers at the event.

Tickets can be purchased at www. rawfoodchef.com/tour. Enon is located at Cheltenham Avenue and Vernon Road.

ber Yinka Orafidiya, ceramics provides therapy and a life goal: to make a living as a studio artist. A Clay Studio regular, she's apprenticing at the Moravian Pottery and Tile Works in Doylestown and hopes to raise \$10,000 for a residency this fall at the International Ceramics Studio in Kecskemet, Hungary. If you're interested in support-

For Weavers Way mem-

Clay artist at the Juice Room



ing her, or would like to learn more about her work and the project, visit her from noon to 6 p.m. July 6 and 13 at The Juice Room + Video Library, 7141 Germantown Ave. She'll be displaying a series of handmade ceramic cups — buy a cup, and get a free 12-ounce smoothie! To contact Yinka directly, find her at www.usaprojects.org or email yinka.orafidiya@ gmail.com.





Chef's Corner

Up on the Roof, Taco Inspiration

by Bonnie Shuman, **Weavers Way Executive Chef**

SEVERAL MONTHS ago, I said to Wes, our hot bar chef, "Let's go to the Plymouth Meeting Whole Foods and check out their hot bar." We are always looking for new ideas, and it's always good to check out the competition. So we met there around lunchtime, conspicuously taking in the

After about 20 minutes of spying, we concluded that there was not much inspiration to be had. Weavers Way hot bar, though significantly smaller, offered high quality and varied choices. So I offered to buy Wes lunch at the taco truck on the roof of Whole Foods. Wes ordered the pork tacos and I ordered a fish taco. I hate to admit this, but I had never eaten a fish taco before. One bite and I had found the inspiration that the Whole Foods hot bar failed to stir in me. I looked across the table and said, "Oh my God, we have to be doing tacos!"

The next day, I went to work and started preparing our first taco offering, beer battered tilapia with jicama-lime slaw and chipotle cream. The craze was born!! Since then, we have had several different varieties: Pulled pork in a tomatillo sauce with queso fresco; chicken, black bean and peppers; traditional beef;

and blackened tofu. Our fish taco, though, is the real star of the show.

At one point, we had an order for nine tacos at the same time, which is no big deal in a normal-sized kitchen, but in a kitchen as tight as Weavers Way's, it creates quite the bottleneck! At times like these. I am sure I can feel the eves of the sandwich staff burrowing into me . . . "See what you started. Life was so peaceful before tacos locos!"

Today, we did a different spin on the traditional fish taco and are offering a Korean fish taco with Asian slaw and kimchi sauce (I am wild about the kimchi sauce, which is just store-bought kimchi whizzed in our super-duper Vitamix blender).

The possibilities are endless, but we plan on keeping it pretty simple. Every week we try to have a different taco, but sometimes we just stick with the fish taco because it's so popular. We prefer to use flour tortillas vs. corn because we can get a nice char on them. Doing so with corn makes them brittle, though we will substitute on request.

In keeping with the tradition of authentic street food, we think it's important to keep our prices reasonable. Te invito! Come on in and try a taco. They're three for 10 bucks, or \$3.50 each.

bonnie@weaversway.coop



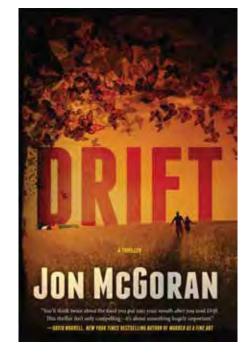
Crime Novelist Launches **Ecological Thriller**

Local urban agriculture and sustainability advocate Jon McGoran will launch his newest novel at a free event Tuesday, July 9, at the Academy of Natural Sciences. The event begins at 6:30 p.m., with McGoran reading from his book "Drift," followed by a public reception and book-signing.

Local environmental and sustainability organizations involved in the issues covered in the book will be on hand, and the Academy's famed live butterfly exhibit will be open. (Spoiler alert: Monarch butterflies figure prominently in "Drift.")

To register for the free event, visit jonmcgoran-ans.eventbrite.com/.

McGoran, of Elkins Park, is the author of the forensic crime thrillers "Freezer Burn," "Blood Poison" and "Body Trace," written under the pen name D.H. Dublin. "Drift," the first novel under his real name, is a timely literary crime thriller about a suspended Philadelphia narcotics detective and an organic farmer who together confront a deadly plot involving genetic engineering and the blurring line between food and pharmaceuticals. It is published by Tor/Forge Books and will



be released on the day of the event.

The author, arguably better known and beloved as the longtime Weavers Way communications director and editor of the Shuttle newspaper, said, "As a fan of thrillers with evil plots, I can't help noticing how the news about food in recent years has read like a science fiction novel, with transgenics, cloning, irradiation, and the release of genetically engineered foods into the environment. These are ideas I just had to write about in 'Drift.'"

Now editor-in-chief of Grid magazine, McGoran is an outspoken advocate for urban agriculture, cooperative development, and labeling of genetically engineered foods.

> For more information, visit www. ansp.org or www.jonmcgoran.com.

Dining for Women

Planting Seeds of Self-Sufficiency

Margaret Guthrie, Weavers Way Dining for Women Member

In this season of intensifying backyard gardening activity in Northwest Philadelphia, it seems appropriate that this month's Dining for Women grant recipient is the Women's Entrepreneurial Program of Breaking Ground, a nonprofit in the Lebialem Valley of Cameroon. Located in west central Africa, Cameroon enjoys relative political and social stability, although the majority of its citizens live in the kind of poverty we find hard to imagine. The country has one of the highest school attendance rates in Africa, but girls attend school less regularly than boys because of cultural attitudes, domestic duties, early marriage and pregnancy, and sexual harassment. A program focusing on these problems is a natural for Dining for Women.

Lebialem Valley is part of a mountain region that lies within two ecosystems — grassland in the east and rainforest in the west. The 160,000 inhabitants typically reside in modest red-clay brick homes with aluminum-zinc roofs. A majority are subsistence farmers, growing produce such as cocoyam, corn, legumes, cassava, yams, coffee and cocoa beans.

Breaking Ground provides education in community gardens, teaching organic farming with seed transplantation into family gardens and instruction on includ-

Want to Dine with Us?

Weavers Way has three Dining for Women chapters, which are beginning their third season this fall. Email Betsy Teutsch at Betsy@betsyteutsch.com for location and details.

Three of our members are traveling to Greensville, SC, for the DFW 10th anniversary summit: Betsy Teutsch, who got the whole thing going at Weavers Way, Karen Rowley and Susan Holck, who is now a member of the Dining for Women national board.

ing these crops in family diets. The women also get training in palm and coconut cultivation and processing, soap making and pig farming. The program makes microcredit available, enabling participants to start up small enterprises to sustain their families. The Dining for Women grant will train 290 women and provide micro-financing for 48 women entrepreneurs. Overall, 4,000 people will be affected by Dining for Women's grant.

Helping women achieve agricultural sustainability certainly fits in with our calendar here as we plant our backyard and community gardens. So as we weed our tomatoes and train the beans up the cornstalks, it is reassuring to know we are enabling women elsewhere to feed their families and to start down the path to financial security and independence.













Every dog has his day, and June 22 was Fido's and Fifi's at the 3rd annual Weavers Way Pet-a-palooza. The nearly feline-free festival featured a costume parade, dog wash, pet walkers and even a pet reiki practitioner. More than \$350 went to animal rescue groups! Maya Sabin photos











Correction

Because of an editing error, incorrect information about flea and tick products appeared in some versions of the June Shuttle.

Weaver's Way Pet Store carries several once-a-month anti-flea and anti-tick

- Advantage for flea prevention in cats.
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THANKS TO a \$15,000 grant, Weavers Way Co-op member, urban grower and beekeeper Anaiis Salles is testing the functionality of an experimental hybrid top bar beehive she's designed.

Salles' nonprofit Green Sanctuary Earth Institute's Growing for Good Philadelphia urban farming program will explore whether this beehive makes it easier to manage the heavy lifting associated with backyard beekeeping while improving the resulting product.

Hefting traditional stacked-box Langstroth hives can be hard on a beekeeper's body, and many biodynamic beekeepers think the industrialized beekeeping "file box" is hard on the bees as

Female beekeepers in particular often find it difficult to work Langstroth hives by themselves; at 5-foot-2, Salles knows what it's like to need a musclebuddy to help with tasks that she can perform solo with a top-bar beehive.

But while top-bar hives may be easier on the lower back and on the honeybees, all too often that perfect bar of capped honey contains a perfect patch



of capped brood. Folks in the United States don't want baby bees in their honeycomb, so Salles has designed a top-bar variation that keeps queen bees from laying eggs just anywhere they want to inside the hive structure.

The hoped-for result of this new design is happier, healthier bees, better pollination for small-scale farms and an increase in the yield of the chunk comb honey harvest for the small-scale apiarist. Chunk comb honey carries a slightly higher price point; honey connoisseurs are happy to pay more for honey they know is not processed, heated and/or blended, especially if it's sourced locally from a beekeeper using low-chemical management methods.

Salles keeps bees in Langstroth, Warre and top-bar hives and is familiar with the advantages and disadvantages of each style. She carefully considered how a hybrid hive would make honey harvesting an easier task for young beekeepers, female farmers/beekeepers and senior beekeepers who may end up having to give up a beloved hobby because of risks of injury associated with lifting wooden boxes weighing 60-70 pounds—as you get older it just isn't as easy as it once was!

Salles received the Northeast SARE (Sustainable Agriculture Research and Education) Farmer Grant from the University of Vermont. The project will track multiple points of hive design



F. Charles Irizarry photos

Beekeeper Anaiis Salles works with the bees in her modified top-bar hive (above).

functionality over the course of two beekeeping seasons.

The NE SARE grant assumes active outreach to the great beekeeping community on the East Coast, so Salles will have an informational table at this year's Eastern Apiculture Society annual conference, Aug. 5-9 at West Chester University. Beekeepers from as far away as Maine and Georgia will spend four days attending workshops with a full day of beekeeping skills-building. (See www. easternapiculture.org/ conferences/ eas -2013.html for more info.)

In addition, Salles will share technique and tips on top-bar-hive beekeepin at the Philadelphia Beekeepers Guild September meeting.

Anaiis Salles operates the Green Sanctuary Community Apiary in partnership with Awbury Arboretum. For more information about the project and the hybrid beehives, contact Salles at 267-325-6869 or email her at greenapiary@gmail.com.

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The Passionate Gardener

In July, You Can Harvest and Sow

by Ron Kushner, for the Shuttle

HARVEST GARLIC this month after leaf dieback begins and there are still green leaves on the plant. If you let all of the leaves turn brown, your heads will be loose without the thin skin holding them together for storage throughout the winter. Braid and hang the heads in an unheated garage for continual cutting throughout the winter. Your harvest should last until next year's garlic is ready to harvest. If you have enough, save the biggest, healthiest-looking heads for planting in October for a 2014 harvest.

Once any of your vegetables are harvested and you decide not to plant a fall crop, plant a cover crop to act as a "green manure" in the space available.

A good choice is Daikon or "oilseed" radish. The radishes grow deep, breaking up and aerating the soil while drawing up nutrients. They die over the winter and decompose, leaving passages for moisture, worms and air while the foliage also decomposes in place, forming compost in your beds with no effort on the gardeners' part. Any foliage not fully decomposed will act as a great mulch next spring.

If some of your cucumbers have wilted, you can still replant with other varieties. Bush Slicer, Endeavor and Garden Oasis are good choices. If you have young cukes on the vine, harvest them now and make pickles!

Harvest eggplant, beets, radishes and the last of the peas (if any). Cherry tomatoes should be ready to harvest, as well as carrots, kohlrabi, squash, onions and strawberries (check early in the morning for new ones).

Plant perennials now in open areas that need filling in.

It is not too late to plant corn for a fall harvest. If you planted corn earlier, fertilize now, along with your asparagus. 5-10-10 is fine for both, and be sure to mulch!

Plant carrots July 15 for a fall crop, as well as winter squash. Remember to water new seedlings daily and fertilize with fish fertilizer twice a week. Use BTi "dunks" (available at Weavers Way Across the Way) in ponds or open water to keep mosquito larvae from hatching into adults. BTi is harmless to people, pets and the environment.

As hot, dry weather approaches, irrigation is surely going to be required. Let your sprinklers work for a good two hours at a time. It is better to thoroughly soak the garden once a week than do shallow watering more frequently. This fact cannot be repeated enough and works for most gardening situations, especially well mulched vegetables and perennials.



Mary Sweeten photo

Make sure you harvest garlic while the tops are still at least partially green.

Powdery Mildew

This common fungus disease may appear on leaves of some plants this month with cooler, humid nights followed by warm, dry days. It becomes clearly visible as a white or gray powdery coating, usually on the top of the leaves. These fungi are parasites, requiring live tissue to grow and reproduce. The spores are carried in the air and germinate on leaf surfaces. They can spread in dry weather, especially with a bit of shade. The disease is caused by a variety of different types of fungi; this means that powdery mildew on one plant may not necessarily be related to the powdery mildew on another.

Prevention is possible if you can water without wetting the foliage, which is difficult if not impossible unless you are using soaker hoses exclusively. Try watering in the early morning, which gives the sun a chance to dry the leaves.

Powdery mildew can cause poor growth, but it seldom kills the plant. It is common on many garden plants and ultimately goes away without causing permanent damage. During the winter, the fungus can survive on infected plant parts such as fallen leaves and certain weeds, so it is best to weed, clean up and throw away plant debris if powdery mildew was present. There are many sprays available to assist control and prevention of powdery mildew but, overall, the disease is usually more of a concern to the gardener than to the plant!

Ron Kushner's website is www.ronsorganicgarden.com. Email him at ronkushner@comcast.net .







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International Cooperative Principles

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

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

And a statement of values:

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

The International Cooperative Principles are guidelines by which cooperatives put their values into practice.

1. Voluntary and Open Membership

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

2. Democratic Member Owner Control

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

3. Member Owner Economic Participation

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

4. Autonomy and Independence

Cooperatives are autonomous, self-help organizations con-

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

5. Education, Training and Information

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

6. Cooperation Among Cooperatives

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

7. Concern for Community

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

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Suggestions

by Norman Weiss, **Weavers Way Purchasing Manager**

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

I've been a vegan for about 36 years. Recently a friend of mine who has a housemate who is a vegan suggested I write a vegan cookbook because her housemate was struggling with being a vegan, and also couldn't spend a lot of money on food. My response was "Book? Buy whole grains, veggies (root veggies and brassicas are cheap), beans and nuts (nuts are expensive but you don't need much, or use cheaper ones like sunflower seeds). Cook any combination and add spices you



like and condiments like tamari, vinegar, etc. Eat some fruit too. That's basically it. If you work at a food biz, look in trash and compost, lots of good stuff goes to waste. End of book. Short story. I'll look 4 agent." Guess this doesn't really count as writing a cookbook, since it's not a set of bound sheets, so I'll have to settle for being the author of a "cookparagraph." Can't wait for my first royalty check.

Recently I became aware of a smartphone app, Buycott (www.buycott.com), which lets you scan a bar code of a product and then displays corporate ownership. If you sign up for a campaign, you can see if the corporation is in line with your goals. I actually can't use it because I only have a "semi-smart" phone, which can browse the Web but can't run apps. I was going to enroll my phone in a cellphone tutoring program so it could graduate in to being a smart phone, but it turns out all the schools turn down phones with processing power beneath a certain threshold so my phone flunks the entrance requirements. Not to worry though, my phone is well designed, sustainable (I've had it three years) and an exceptional value, so its self-esteem is buoyed by these facts and it doesn't let its semi-smartness

interfere with its happy life.

Another interesting product rating service that's generating some buzz in the co-op world is called Howgood, which is a service that researches both the ingredients in food products and also the product's corporate ownership behavior and then gives the product a rating based on a set of criteria involving sustainability and social responsibility. Howgood sells its service to grocery stores and the stores then print the Howgood rating on shelf tags so shoppers can see at a glance what the rating is. Weavers Way looked into using this a few years ago and declined to use it this way for a variety of reasons, although I thought it was a good idea (and still do). Meanwhile, anyone can go to the Howgood website and key in a product: www.howgood.com. I'd be interested to hear what shoppers think about this web-

(continued on Page 21)

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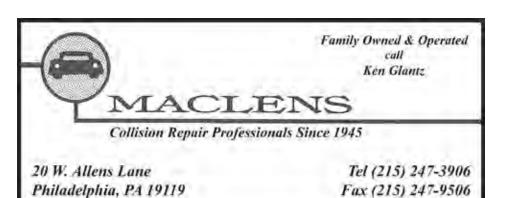
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Edward Jones



Editor's Note

continued from Page 2

and is advancing in Vermont and — yes — New Jersey, where a bill was released from the Assembly Budget Committee. (Getting a bill out of committee is kind of like getting a first down, and we know how difficult that can be.) But before everybody moves to New England, or Piscataway, please note that the Connecticut, Maine and Vermont laws require that other, contiguous states pass similar legislation before they can go into effect. (I thank the online Bangor Daily News for a backgrounder on this.)

In addition, Massachusetts has five GMO bills under consideration. New York just shot theirs down. It does seem like everyone wants to talk about GMOs. Except the Pennsylvania General Assembly, where SB 653, introduced in April by state Sen. Daylin Leach was banished, uh, referred to the Senate Agriculture and Rural Affairs Committee.

(Now, Daylin Leach, there's an interesting guy. He's from Wayne, he's running for Allyson Schwartz's Congress seat and he introduced legislation this year to legalize marijuana in Pennsylvania. That one, SB 528, was banished, er, referred to the Law and Justice Committee.)

I'm pretty sure "banished" is the right word for SB 653 because of what Weavers Way member and veteran newsman Bob Warner learned when he called the Agriculture Committee. (For work credit — we keep telling you, being a working member is a sweet deal!) Mike Rader, the committee's

executive director, told him:

"That bill's not going to be considered in our committee anytime in the near future. ... It would alienate Pennsylvania to the food industry if we were to label foods from a GMO crop. ... The cost to the food industry would be very high."

"What is the meaning of GMO, anyway? It sounds like something that's going to jump off your plate, which I don't think is fair. ... I believe in genetically modified crops. It can mean safer foods with fewer herbicides, pesticides and fertilizers, less use of water. ... In the big picture, I think it's a positive technological advancement ... and nobody's making chickens with 20 wings on them."

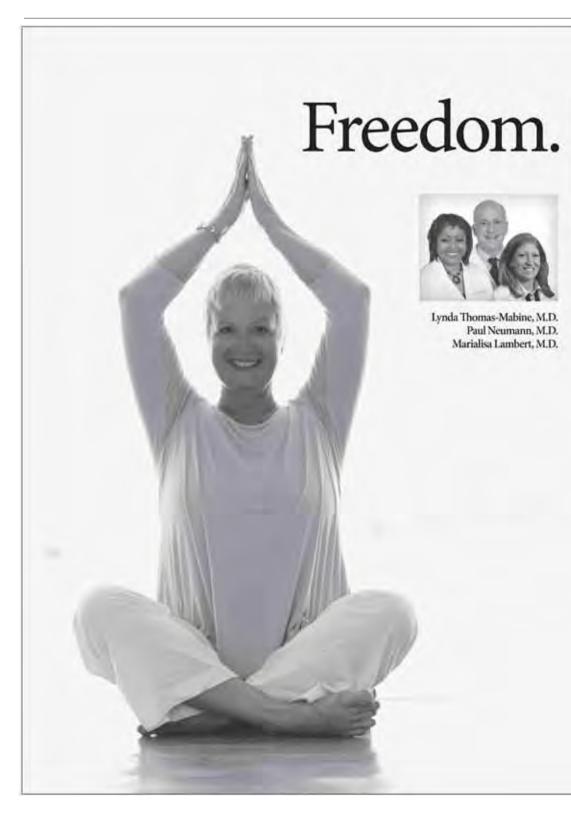
OK ... Mike Rader has certainly given us a lot to think about. Meanwhile, if you disagree, one thing to do is let the committee and your state senator know. (Point out that there seems to be some momentum in the opposite direction right here in the Eastern time zone.) You can keep track of SB 653 yourself on the surprisingly-easy-to-use official Pa. legislative website, www.legis.state.pa.us/. An even better way to keep up is to "like" GMO Free PA on Facebook. In addition to posting updates and info on their page, GMO Free PA hosts events, sponsors rallies and holds monthly meetings in Bryn Mawr.

Meanwhile, one bill that did make it out of the Senate Agriculture Committee is SB 638 — ensuring that temporary hoop houses and high tunnels like the ones at Weavers Way Farms and farms all over the Commonwealth are not "categorized as real estate for tax purposes."

Can we all get behind that?

editor@weaversway.coop





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UNIVERSITY of PENNSYLVANIA COMMUNITY HEALTH NETWORK

"Typical results depend on many factors. Consult your physician about the benefits and risks of minimally invasive surgery for your condition. Members of the Medical Staff at Chestmit Hill Hospital

Suggestions

continued from Page 19

site and providing this kind of service.

suggestions and responses:

- s: "Never any bagels left for dinnertime (7 p.m.) shoppers. Please stock at least plain bagels for those of us who cannot buy tomorrow's breakfast earlier in the day. Why stay open late if you cannot be fully stocked?"
- r: (Molly MA) It's a fine line between having too much and not enough in the later hours. My suggestion is to call ahead and ask someone to put them aside for you. You can always pre-order as well to make sure you can get them.
- **s:** "Hempzels sesame. It would be great to have just one type of these again. We like the sesame. Julie's frozen yogurt. Lemon and vanilla, our fave for years."
- r: (Heather MA) Look for Hempzels soon, going to bring them back this week. We will be tightening up our shelves in the frozen section and may be able to bring back a few Julie's flavors. We brought in Julie's sorbet + yogurt bars.
- **s:** "Twice within the last week no bananas!! Why? I ran to Chestnut Hill the first time. Can't this time. (Didn't even call to check if they had any.)"
- r: (Jean MA) So sorry this has happened twice! We try hard not to run out of bananas — they are the single most-purchased item in the whole co-op. Sometimes we just can't keep up with the demand. Please give us another chance

GG

WW shoppers have supported our choice to offer only less exploitative bananas, despite being about 30 cents a pound more, so bravo to our shoppers.

health hazard."

r: (Molly MA) We are looking into other alternatives.

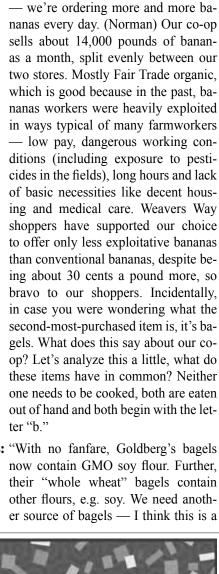
99

- s: "Did you know that Connecticut just passed a bill to be the first state to start labeling GMO food? May I propose that Weavers Way also take a stand and label all the GMO food on the shelves? Please — take this baby step, so that we all can stay informed as to what is going on with our food behind the scenes! Please fully support "truth in labeling." Thank you."
- r: (Norman) Labeling all products that contain GMO ingredients would be an interesting project and would require a lot of time to research, as basically every ingredient of every item would have to be investigated. Plus, for items like eggs, cheese and meat we'd have to investigate the feed the animals consume. Probably a worthy project, but also probably beyond the capacity of our current resources. I think to proceed on a project like this we'd have to hear loud and clear from our membership that they want us to prioritize expending resources on this. Meanwhile, here is a broad, general guide: Anything that contains non-organic canola, corn, cotton or soy is more than like-

ly to be from a GMO crop. The easiest way to avoid GMO ingredients right now is to buy organic products, or products where you know from conversations with the farmer that they don't use GMO seed.

- **s:** "Seems like many people in Mt. Airy are raising chickens and the co-op supports them by stocking chicken feed and chicken related products in the Pet Store. I don't understand the point of raising chickens when we already stock eggs and poultry."
- r: (Norman) I don't understand this either, especially the fact that it's a recent phenomenon. My grandparents lived in a rowhouse in West Philadelphia and in the late 1950s. I remember their neighbors had chickens and goats in their back yards. (Their backyards were narrow but seemed half a block long so there was room.) I think what's happened is probably a case of civic amnesia, people forgot what a pain it is to have live animals in their back yards, what with the sounds, smells and related unpleasantness animals bring to the clean, ordered lives we have grown accustomed to. However, not to worry, nature always seeks balance, so with the increase in backyard animals will likely come a corresponding increase in backyard animal predators, so expect to see more foxes, hawks and cougars. If that doesn't work, we can always genetically engineer backvard animals to be better behaved and not smell. Sometimes nature needs help.

normanb@weaversway.coop



s: "With no fanfare, Goldberg's bagels now contain GMO soy flour. Further, their "whole wheat" bagels contain other flours, e.g. soy. We need anoth-









Photographer Gary Reed listens as Allison Weiss describes the Germantown artists Art Garden project at Town Hall.

> Tieshka K. Smith photo



Artists Roundtable Makes It Official

When the members of the Germantown Artists Roundtable heard that Germantown Town Hall would open its doors for the Hidden Cities 2013 Festival, they knew they had the perfect venue to adopt the bylaws the 225-member network had been considering. So on June 20, some 40 Roundtable members gathered in one of the peeling Town Hall rooms to celebrate the framework for supporting local artists, art educators and art lovers and working together to establish a greater presence for the arts in Germantown.

Paula Paul, one of the Roundtable organizers, read the goals and values incorporated in the bylaws aloud and introduced a photographic and a garden project that Roundtable members had created at Town Hall. Paula described how she and photographers Gary Reed and Jill Saull created "Photographing Germantown's Human Assets: Our Community Groups," a series of

photographs celebrating how Germantowners strengthen, protect and transform their community. Allison Weiss described the Germantown artists Art Garden, which involved clearing debris alongside Town Hall and replacing it with plants and art objects including Terisita Stidem's spirit flowers. Member Terry Lyons shared two of her recent poems to an enthusiastic audience.

"Over the past year, the Germantown Artists Roundtable has created a network of local visual, literary and performing artists, art educators, art lovers and local organizations connected to the arts," said Paul. "Over 80 artists have contributed to exhibits, performances, photo walks and community events we participate in or host."

The Germantown Artists Roundtable meets every third Wednesday. For more information, email gtartistrt@gmail.com or Paul at pauladance@aol.com.

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A Community's Stories at 'City Hall'

by Margaret Graham, for the Shuttle

ONE ASPECT of the "Germantown City Hall" Hidden City 2013 Festival site, where I volunteered, was the "Resource Room." The Resource Room was envisioned as a place that would capture the changing fabric and activity of the community, where visitors could learn about the history of Germantown through materials donated by the community.

As the Resource Room's collection grew over the course of the festival May 23-June 30, it did become a living archive and a chance to share history that is less known than Germantown's colonial legacy. Examples included reports from the Southwest Germantown Community Development Corp.; newspaper articles on Town Hall's use and demise; and a 1948 community report.

But the best thing about the Resource Room is that the space invited people to talk. Many visitors had ties to the community and were curious about the long-shuttered building, touring the rooms, taking pictures, maybe attending a workshop. In the Resource Room, they might have looked at Nzadi Keita's exhibit on personal narratives of the Great Migration, or perused images tacked to the community-contributed photo wall. Something got them talking, about childhood memories, their neighbors or a family member's experience. It was a rare honor for me to hear these stories.

I learned there was a strong Italian community in Germantown. I learned about the rise of the Muslim community over the past 20 years, and the names of neighborhoods like Brickyard, Smears-

HIDDEN CITY 2013 IN A BOX

One of nine venues in the 2013 Hidden City Festival, Germantown's old Town Hall was renamed "Germantown City Hall" and repurposed as a community space open for neighbors to gather and contribute their thoughts on what Germantown is and could be.

Architectural heritage organization Hidden City Philadelphia works to "pull back the curtain on the city's most remarkable places" with a Web magazine, tours and events.

Town Hall, at Germantown Avenue and Haines street., was built in 1923 and last used in the mid-1990s. Germantown artists Jeremy Beaudry and Meredith Warner, of "The Think Tank that has yet to be named," along with Yahne Baker, teamed up with San Francisco-based artist Jacob Wick for the transformation.

Info: www.gtowncityhall.net/hiddencityphila.org/

burg, and Negley's Hill. I heard anger and frustration over the closing of Germantown High School, the joy of participating as a teenager in summer performances in the Town Hall Rotunda in the 1980s, and memories of shopping Chelten, Wayne and Germantown avenues in their commercial heyday.

The visitors I encountered are proud of the diversity in their community. They are interested in learning and sharing their history, and, perhaps the loudest message I heard, they are interested in a future that improves and stabilizes their neighborhood, and maybe even results in a renovated and utilized Town/City Hall.



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Staff Celebrity Spotlight

Chestnut Hill Butcher a Cut Above

by Karen Plourde, **Weavers Way Grocery Staff**

Ron Moore, meat/poultry/seafood manager at Weavers Way Chestnut Hill, spends most of his work week in an oblong-shaped prep room in the rear of the store that is smaller than some peoples' walk-in closets. He and his crew of four wield a band saw and butchers' knives in this room to cut and trim the meat and fish that ends up in the cases and later, in shoppers' baskets and carts.

Moore, 35, has worked for Weavers Way for three years, but has spent close to half his life gaining experience as a butcher. He was motivated as a young man to learn the trade by the increased income it offered, and so began watching the work of the meatcutters at Sam & Sam Meats in his hometown of Chester.

"I just picked it up by watching — watching the butchers," he said. "Usually some people do need training, but I've been watching so long, I just picked

Moore now lives in North Philadelphia with his fiancee, Kiya, and 15-month-old son, Naheem, and was recruited to work at Weavers Way from the Fresh



Grocer chain by Dean Stefano, Chestnut Hill store manager. Stefano was previously store manager for Fresh Grocer in North Philly.

"It's very difficult to find someone that can cut meat," Stefano said. "It's a specialty trade that few people are good at. Ron is very skilled in knife skills and with the saw. You can get a piece of meat and somebody can make three or four great cuts out of it, and somebody else can get that same piece of meat and make a pile of soup stew. Ron's very creative in getting the great cuts."

Despite his extensive meatcutting experience, Weavers Way is Moore's first time managing an entire department. "There's definitely a more important role than cutting meat," he said. "Doing the staffing and scheduling, payroll, orders, call-outs — it's a Mary Sweeten photo

Ron Moore knows meatcutting; now he's mastering meat-department management

whole lot."

The numbers would argue that Moore has met the challenge of being a manager. Sales in the meat department at Chestnut Hill store were \$993,000 last year, and Moore said he's pushing to go over \$1 million this year.

When he's not at the store, Moore, who also has a 17-year old son, Cornell, likes to spend time at home watching the PBS Kids' series "Super Why" with Naheem. He's also a fan of the Phillies, Oakland Raiders and Orlando Magic, and especially enjoys watching the play of Magic guard Jameer Nelson, who grew up around the corner from him in Chester. On his way out of the store, he can usually be seen donning headphones plugged into old-school jazz or the music of the Isley Brothers.

But always for Moore, it comes back to what he was brought here to do. "Cutting meat — that's a hobby for me," he said. "I just love cutting meat."

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Mt. Airy

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

Across the Way

Pet Store & Wellness

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

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Weavers Way Welcome Meetings

We encourage all new or prospective members to attend an orientation meeting, where you can learn all about our co-operative, our Working Member program and meet like-minded people who share our values. If you have not already joined, you can do so at the meeting!

Orientation dates are listed below and are also posted on our website at www.weaversway.coop. Meetings include a store tour.

We look forward to seeing you there!

The Back Yard, Weavers Way Chestnut Hill 8424 Germantown Avenue 6-9 p.m. every Third Thursday

July 18 August 15

Attend a Weavers Way Welcome Meeting and Get Two Hours Work Credit!

Picnics are held monthly in the summer in the Back Yard at Weavers Way Chestnut Hill. We'll supply the hard cider, lemonade and an informative presentation.

Welcome Meetings are a great way to find out more about what Weavers Way is all about, and what membership offers. And you get two hours work credit iust for attending! (Limit two hours per household.) Current members welcome, and you'll get two hours' work credit for helping host by sharing your experience as a Co-op member.

For more information pleaase call 215-843-2350, ext. 118 or e-mail outreach@weaversway.coop.

continued from Page 1

Some suggested that the Co-op take an official stand. Some even called for a boycott of Eden Foods.

To get a sense of where Weavers Way members stood on this issue, we developed an online survey that posed four questions:

- 1) Do you feel strongly about this issue?
- 2) Will Eden Foods' actions influence your decision about whether or not to purchase the company's products?
- 3) Do you feel that Weavers Way should take a stand on this issue?
- 4) In general, do the views (political, environmental, etc.) of manufacturers and other companies affect your buying decisions?

No. 4 elicited the most unified response: More than 82 percent stated that their buying decisions are affected by the views of manufacturers and other companies. A majority (64 percent) of those who answered the first question felt strongly about the issue, although some added that they felt conflicted: They admired Eden Foods for their food activism, but disagreed with the company's stance on contraception coverage.

A slightly higher majority (about 67 percent) said Eden's actions would influence their purchasing decisions, and that they would either stop buying Eden products, or would only buy them when there was no alternative.

But respondents were more evenly split on whether the Co-op should take a stand on the issue, with only a little over 47 percent calling for an "official" Weavers Way stand.

In addition to the survey, the Co-op also invited members to weigh in through other channels, such as the Weavers Way Facebook page and the Shuttle. The feedback we've received through these channels is consistent with the survey: There's a wide range of views.

It appears it will ultimately be up to members to make individual decisions about whether or not to purchase Eden products. This will no doubt leave some members feeling dissatisfied. Yet there is no way around that. While we are, as members of the Co-op, united in our commitment to a common set of principles, we are, nevertheless, individuals with differing views on a multitude of issues.

One of the strengths of Weavers Way is that it encourages public dialogue around important issues, even when those issues might be sensitive or controversial, and even when there is little chance of a consensus. It is not when we all agree that makes the Co-op stronger, it is when we all have a voice.

jleeds@weaversway.coop

$L \cdot E \cdot T \cdot T \cdot E \cdot R \cdot S$

To the editor:

THANK YOU to Norman Weiss for his June 2013 Shuttle article reporting the Eden Foods lawsuit regarding the Affordable Care Act. I encourage those interested to review Eden Food's website which offers their president Michael Potter's statement on this topic: www.edenfoods.com/articles/view.php?articles id=219.

To the extent that this lawsuit is about legal clarity and fair application of requirements for employers, I see no reason for Weavers Way to raise a ruckus now. But this isn't an issue of "religious freedom for employers" as Mr. Potter suggests, but rather about corporate respect for employees and their private health-care decisions.

If Eden finds it acceptable to

mandate its leaders' values, thereby impacting the financial well-being of its employees via their healthcare costs, Weavers Way (and hopefully a slew of like-minded co-ops, perhaps mobilized by WW members?) should live up to its oft-touted values by taking its business elsewhere. Once Eden acts on its values against its employees, it is time to use our buying power to declare our own values.

Note: This should not become a debate about reproductive rights! And while I respect Norman Weiss' concern for replacement products if Eden Foods were to be boycotted, this should be a primary values issue for Weavers Way.

> Eric M. Sternfels Mt. Airy

To the editor:

THANK YOU for declining to stake an official Weavers Way position about Eden Foods, health insurance, religious liberty and contraception. As Norman Weiss said in his June column, the issues are complicated. I would like to add that we're a grocery coop, and if we keep our focus, we can maintain a coalition on food issues. If we start to make "Co-op values" a catch-all synonym for every possible progressive cause, we will fragment.

There is diversity of opinion about contraception at Weavers Way. Let's be a grocery co-op first and foremost. As issues arise that are related to organic living (one thinks also of raw milk, or eating meat), let's tread with humility, acknowledging complexity and when to remain agnostic as an organization.

Christopher C. Roberts Chestnut Hill

To the editor and the community:

Many of you have heard by now that Jonna Naylor is no longer the Executive Director of the Mt. Airy Learning Tree. As Directors of two Mt. Airy community organizations that have worked closely with Jonna on countless projects and events, we would be remiss if we didn't acknowledge the excellent and important work she did during her tenure at MALT.

MALT has been a valuable resource for all of Northwest Philadelphia since 1980. Founded by community members with a commitment to lifelong learning and a belief that everyone has information, skills and ideas to share, MALT continues as a key community asset.

Jonna arrived in Philly from Texas in the summer of 1997, started volunteering at MALT the next year, and was hired as Executive Director in 1999. It was a great match. MALT grew enormously as a result of Jonna's vision, energy and dedication; the number of classes offered quadrupled under her leadership. As Executive Director, she also spearheaded the "Make This Our Home" campaign, which raised \$300,000 to purchase the building at Greene and Hortter streets that houses MALT's offices.

Other local organizations benefited from Jonna's commitment and talents, as well. She has been a dedicated Mt. Airy Day volunteer. She has served on the Boards of Directors of

Weavers Way Co-op and the Chestnut Hill Community Association, and has been active at the Chestnut Hill Center for Enrichment, Summit Presbyterian Church, and Chestnut Hill College. Jonna also served the community by helping to establish public rowing and horseback riding programs.

The growth of any of our community nonprofits supports the growth of the entire community. We thank you, Jonna, for your service, and wish you the best in your next chapter!

> Elayne Bender, Executive Director, East Mt. Airy Neighbors (EMAN) Marilyn Cohen, Executive Director, West Mt. Airy Neighbors (WMAN)

To the Editor:

My NAME is Kyra Atterbury and I am a member of the co-op. Recently, I left my phone at the Chestnut Hill store while I was shopping. One of your kind employees saved it for me and kept it safe. When I came back to get it, all the employees working at the registers were so kind to me as they returned my phone. I just wanted to say thank you and to let you know that you truly employ wonderful people!

Kyra Atterbury Germantown

LETTERS POLICY

The Shuttle welcomes letters of interest to the Weavers Way community. Submissions must be short (no more than 200 words) and verifiable. Please include your name and email address or phone number so we can contact you for verification; no anonymous letters will be published. Letters may be edited, and The Shuttle may decline to publish any letter for any reason.

