

# The Shuttle

February 2014 Vol. 42 No. 2

Community-Owned Food Markets Serving Northwest Philadelphia Since 1973

### Co-op Adds ATMs to Stores

by Susan Beetle, Weavers Way Finance Manager

EAVERS WAY IS PLEASED TO ANnounce the availability of ATM service in our main Mt. Airy and Chestnut Hill stores.

We have taken this step for several reasons. Foremost, it provides convenience for our customers, both members and non-member shoppers. Also, it should speed up our checkout process by reducing members' cash-back debit transactions at the registers.

The ATMs are available during store hours and have a withdrawal limit of \$200. The units are conveniently located near the registers at 559 Carpenter Lane (across the from the top of the stairs to the basement) and at 8424 Germantown Ave. (at the front of the store).

No ATM fee is charged on our end of the transaction. Users will need to check with their debit-card provider regarding any charge on their end.

Members can still get cash back using debit cards at the register, but the amount is now limited to \$20. Members can also still, without charge, write a check for an amount greater than their purchase and receive the difference in cash. The cashback limit for checks remains at \$100. These cash-back services are a benefit for Weavers Way members only.

Other reasons for this decision involve the managerial and financial aspects of providing cash-back services for members. We realize that credit and debit cards have become an integral part of merchant sales in recent years. That's why, in 2010, Weavers Way stopped charging a transaction fee for credit and debit card purchases, and added American Express to the list of cards we accept.

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# THINK OUTSIDE THE HEART



Just in time for Valentine's Day, we have stories on chocolate, sustainability, health, chocolate, relationships,

SHAPED BOX



Mary Sweeten photo

Ashley Cheuk, Equal Exchange

A cacao farm co-op manager shows how beans are extracted.

Weavers Way cashier Summer Callihan shows the finished product.



The beans straight from the pod (above) and at the processing plant (below).

Glenn Bergman photos



# Getting Chocolate Right

by Mary Sweeten, Weavers Way Shuttle Editor

CHOCOLATE FLOURISHES 20 DEgrees north and south of the Equator — a segment of the globe that has seen a fair amount of economic exploitation, wouldn't you agree? But thanks to some socially conscious entrepreneurs as well as some serious chocolate geeks, you can make a difference — and eat better chocolate too.

It's all about the supply chain. (Now, don't stop reading, this is about *chocolate*.)

(Continued on Page 3)

# AST FALL I RECEIVED AN EMAIL from Equal Exchange announcing a study tour of cacao production in the Dominican Republic. The goal was to help the U.S. public see how cocoa is harvested and processed, to appreciate the hard work, investment and dedication it takes to produce top-quality organic cocoa. A few years ago, we sent our Purchasing Director and Deli Man-

ager to Chiapas, Mexico, on an EE cof-

fee tour; they said it was a life-chang-

**Weavers Way General Manager** 

A Trip to

Country

By Glenn Bergman,

Cacao

(Continued on Page 4)

# RUN FOR THE WEAVERS WAY BOARD

I hope you realize how important our board is to the future of the Co-op. **YOU** could be the person who makes a difference!

For more information, go to

www.weaversway.coop/2014-board-elections

— David Woo, Leadership Committee, woo3d@earthlink.net

 Candidate info session:
Nomination deadline:
Voting begins:
Voting ends:
New Board meets:

n: Feb. 11 Feb. 28 April 1 May 18 June 3

### CHVNGE SEKNICE KEÓNESLED MMM. Megnelrms d'ood

Weavers Way Cooperative Association 559 Carpenter Lane, Philadelphia, PA 19119

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### **Editor's** Note



by Mary Sweeten, Shuttle Editor

AST FALL, WHEN GLENN SAID HE ✓ was going on this Equal Exchange trip to the Dominican Republic, I thought, OK, we can probably get some pictures out of that.

When he came back kvelling about Equal Exchange and how they use the cooperative model to help poor farmers, I thought, good, he can get a column out

All this time, by the way, I thought he was talking about coffee. Because I know they grow coffee in the Dominican Republic, and we sell a lot of Equal Exchange coffee at Weavers Way.

So Rebecca Torpie was in the room when Glenn disabused me of that notion. (He also said the coffee on the trip was terrible.) Then Rebecca, being the marketing director and all, pointed out that February would be a great month to run something about chocolate in the Shuttle.

So here you have it. Glenn went to the Dominican (mostly on EE's dime) and all I got was a bunch of Valentine's Day-themed stories.

In the course schooling myself on the worldwide chocolate industry, I was reminded forcefully of two things:

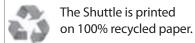
- The fair trade/organic/antichocolate-slavery movement has a bunch of moving parts. Lots of people are doing good things and lots of people think those people aren't doing enough, or are doing them for the wrong reasons, or are really doing the wrong thing when they think they're doing the right thing. Now, this is the cartoon version, but my point is that you need to do the reading.
- When it comes to a luxury product like high-end chocolate, we First-Worlders have a no-brainer opportunity to do something to improve life in the Third World

So if you're buying chocolate for your honey, or even grabbing a well-deserved theobromine pick-me-up for yourself, splurge a little on the organic, fairly traded stuff. Sometimes it's even on sale at the Co-op!

msweeten@weaversway.coop

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 are welcome and should be under 500 words. Articles may express only the views of the writers and not those of the Co-op or its board, unless identified as such. The Shuttle retains the right to edit or refuse any article. Please submit via email to editor@weaversway. coop and include contact information 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 Wav members as consumers and citizens. Ad rates are available at our stores, online at www.weaversway.coop, or via e-mail at advertising@weaversway.coop. Ads must be submitted electronically, with payment. Advertised products or services may not be construed as endorsed by Weavers Way Co-op.



# THINK OUTSIDE THE HEART



### These High-End **Chocolatiers Take** the High Road

by Stephanie Kane, Weavers Way **Local Product Coordinator** 

THIS VALENTINE'S DAY, BUY YOUR loved one some locally made artisan chocolates, and you'll get a story to give along with those tasty treats.

John Doyle and Kira Baker-Doyle started John & Kira's in 2000 and the husband-and-wife team's fancy chocolates quickly become a Philadelphia farmer's market favorite while also getting national attention.

John & Kira's high-quality ingredients include many that are locally sourced. Fresh mint, rosemary and hot peppers from school garden programs in Philadelphia are featured in their Urban Garden Bars. Five percent of the sales from the bars goes back to the schools' gardening programs. The honey in their popular Bees is from family-run Draper's Apiaries in Millerton, Tioga County. They also pay close attention to ingredients that cannot be grown locally. They use slavery free chocolate from Valrhona, which sources from Trinidad and Venezu-

(Continued on Page 25)





### A Day for Love or for Stress?

by Claudia Apfelbaum, for the Shuttle

In the OLD DAYS, VALENTINE'S WAS A day to express romantic love. It was highly individual: Cards were hand-written and gifts were given only to the one being pursued. In the 19th century, it became more commercialized, with manufactured cards; today, it is a billion-dollar industry with cards, chocolates, diamonds and roses being the main items exchanged. According to Wikipedia, teachers are the people receiving the most valentines.

To a degree, it has lost its meaning, as everyone is expected to give and receive a Valentine's gift.

But it still is a day with lots of expectations attached to it. People look forward to it and have hopes about receiving something they dream of — an engagement ring, a beautiful bouquet of roses, a special dinner at a carefully chosen ven-

(Continued on Page 11)

### **Beware the Sweet Fix**

by Sandra Folzer, Weavers Way **Environment Committee** 

HANUKKAH GELT, CHRISTMAS cookies, Kwanzaa cupcakes are things of the past, except how our waistlines reflect them. Now as we approach Valentine's Day, we face more hurdles. Candy is nearly synonymous with Valentine's Day. Whoever heard of someone receiving a basket of fresh vegetables from her valentine?

#### Sugar

In my last article, I mentioned Michael Moss's book "Salt, Sugar, Fat," which has inspired me. I would like to report that I have given up sugar based on all the terrible things he has to say about it. But I remain addicted. But less addicted, if that is possible. Someone claimed that if one gave up sugar for three days, that person could kick the habit. Well, I gave it up for one and a half days, and I definitely crave sugar less. Next time I'll refrain for three days and see what happens.

I think for me sugar is psychologically addictive. I love the smell and cozy atmosphere of bakeries, I love taking my granddaughters for treats after school, especially the flourless chocolate cake at the Night Kitchen. So, reader, have no fear. I shall not humiliate you and scoff at your dessert eating. But, wouldn't it be nice to "need" or "want" less sugar? I know that alcoholics can't have one drink. But I think I can have only one dessert.

Sugar has no nutritional value and may interfere with the immune system. In 2009, the American Heart Association recommended limiting our sugar in-

(Continued on Page 12)

# weavers FIVE THINGS IS A SERVICE OF WEAVERS WAY. Because there's no event that can't be improved by bringing something you bought at the Co-op!

# Five Things to Get You and Yours the Mood

Turn up the Barry White, turn down the lights and add these items from the Co-op to your repertoire for an extra special chicka-chicka-boom-boom.

- **Urban Moonshine Love Tonic** —The herbs in this chocolate syrup are traditionally used to build sexual health and vitality. Enjoy 1 tablespoon daily as a tonic or add a dash to your Old Fashioned.
- Tierra Farm Certified Organic Chocolate Covered Macadamia Nuts Fantasize about a balmy beachfront evening on Maui when you indulge in these lightly salted dark-chocolate-dipped gems.
- Southern Butter Do It Naturally Coconut Oil-Based Lubricant This unique sandalwood and calendula infusion has healing properties while staying smooth, silky and never sticky.
- Zsa's Double Chocolate Chip with Peppermint Bark Ice Cream Sandwich Cookies I scream. You scream. 'Nuff said.
- Weavers Way Brand ViriloMax Supplements Horny goat weed, fenugreek seed extract and maca root powder power this herbal formulary geared toward guys. Sixty capsules for \$17.99, but the 5% discount you get if you're a Co-op member makes the deal even sexier!

# THINK OUTSIDE THE HEART





Glenn Bergman photo

Cacao pods lie piled on the ground ready to be stripped of their seeds

### Chocolate

(Continued from Page 1)

First, a little about the process: Cacao beans straight from the tree are covered with sweet, fleshy pulp. The very best chocolate undergoes time- and labor-intensive fermentation to remove this covering; most cacao beans are basically just dried and sold to Cargill, Blommer, Petra, Callebaut and ADM. So you really have no way of knowing where that Hershey bar started out, except that an estimated 70 percent of the chocolate in the world is grown in Ghana and Ivory Coast — where child slavery persists in cacaogrowing areas despite promises and alliances and international oversight boards.

So what's a socially conscious chocolate lover to do? Stick to high-end chocolate. Consider these shortcuts:

- Buy from Latin America. The cacao tree is New World native anyway.
- Buy organic. Sustainable practices are expensive and time-consuming and the big, bad companies don't like what they do to the bottom line.

Looking for certifications like Rainforest Alliance and Fairtrade can help, but you are advised to do additional reading. The certification business is complicated. For example, Equal Exchange only works with small farmer organizations. Fair Trade USA, the American affiliate of the worldwide Fairtrade movement, allows for plantation systems that treat workers fairly. Which isn't a bad thing, really. Told you it was complicated.

Another shortcut is that Weavers Way has already done some of the work for you. We carry a dozen kinds of high-end chocolate bars (arrayed near the cash registers in both stores, the better to keep you from resisting them), chosen by grocery managers Heather Carb and Riley Luce, with input from our friends at United Natural Foods. the national grocery distributor.

The adjacent chart compiles nontasting notes about sourcing and other practices for these chocolatiers. It's just a small part of the story — lots of products we carry at Weaver's Way have chocolate as an ingredient, and don't get me started on what kind of chocolate is healthier. Then there's the whole problem of how sugar is grown, which is another story.

A lot of this info is gleaned from the chocolate-makers' own websites, and I urge you to look these guys up — some of them are as proud of their supply-chain transparency as they are about the transcendence of their chocolate.

msweeten@weaversway.coop

#### These chocolate bars are carried by Weavers Way.

**Alter Eco** 

Alter Eco gets the cacao for its single-source bars from farmerowned cooperatives in Peru and Ecuador. They also get chocolate from India, where it's grown in mixed-crop plantations focused on justice for indebted farmers. The bars are made in Switzerland.

www.alterecofoods.com/products/chocolate

Chocolove

Chocolate geek Timothy Moley, a former development worker in Indonesia, makes his high-end bars in Boulder, CO. Most of his cacao comes from West Africa, but is sourced through the Growing Great Chocolate program, which is working with farmer cooperatives there. www.chocolove.com

Dagoba

It's organic, and their small-farmer producers in Peru, the Dominican Republic and Tanzania are Rainforest Alliance-certified. But it's owned by Hershey, folks.

www.dagobachocolate.com/origins/our-sources/

**Divine** 

Fairtrade-certified but not organic, this UK-based company works with a farmer-owned cacao marketing enterprise in Ghana. Kuapa Kokoo also owns 45 percent of Divine, giving the farmers a position higher up on the supply chain. Kuapa Kokoo buys cacao from village societies that manage smallholder farms and sells it through the government buying company, as required by law in Ghana, but in traceable lots to assure that Divine chocolate is made of KK cacao. "Maintaining a direct link through the bars back to the farmers of Kuapa Kokoo has been essential to Divine since the beginning," Divine Chocolate USA said in an email.

www.divinechocolate.com/us/about-us/divine-story

**Equal Exchange**  EE's focus is on helping farmer co-ops obtain fair prices and improve the lives of their members. A worker-owned co-op itself, EE works with cacao growers in Peru, Ecuador and the Dominican Republic and a sugar-cane cooperative in Paraguay. Weavers Way sells anything EE can get to us.

www.equalexchange.coop/products/chocolate

**Endangered Species** 

This brand has been "thoughtfully sourced" since 1993. It's organic and fairly traded, and donates 10% of net profits to environmental nonprofits focused on wildlife. The cacao beans are grown in Ivory Coast and Ecuador, and by the end of 2014 all but their milk chocolate products will be non-GMO certified. (Non-GMO milk is hard to come by.) www.chocolatebar.com/

**Fearless** 

This Berkeley, CA, chocolate-maker sources its cacao from a single organic plantation in Bahia, Brazil. Fazenda Camboa, like the rest of the Brazilian cacao industry, grew mass quantities of low-quality beans until it, like the rest of the Brazilian cacao industry, was wiped out by fungus in the 1990s. Fazenda Camboa reinvented itself as organic and sustainable, producing 120 metric tons of cacao in 2007 (vs. 2000 in '80s). CH only.

Ghirardelli

America's oldest continuously operating chocolate manufacturer is owned by Swiss chocolate giant Lindt. It's high quality baking chocolate, and we carry it in Chestnut Hill. In Mt. Airy, grocery manager Heather Carb said there were some questions when she decided to pull it, "But when we explained why, with the child slavery issue, no one complained." (Divine baking products are available in both stores.) CH only.

www.ghirardelli.com/about-ghirardelli

www.fearlesschocolate.com/about-us/

**Green &** Black's

Another well-known organic brand, created by Whole Earth Food's Craig Sams. The Maya Gold bar, sourced in Belize, was awarded the UK's first Fairtrade mark. They now also source from the Dominican Republic. Oh, and they're owned by Mondelez (that's Kraft to you), by way of being acquired by Cadbury in 2005.

us greenandblacks.com/www.craigsams.com

**Madecasse** 

These bars are manufactured and packaged in Madagascar, from cacao grown by farmers schooled in sustainable methods by a couple of former Peace Corps volunteers who run the company. The supply chain doesn't get much more transparent. Weavers Way also carries Madecasse's Madagascar-produced vanilla. MA only.

www.madecasse.com/

Theo

Theo founder Joe Whinney, with a lifetime of promoting organic cacao cultivation, debuted his own brand in 2006. Theo beans come from the Democratic Republic of Congo, Ecuador, the Dominican Republic, Costa Rica and Peru, the bars are made in Seattle and you can tour the factory. No, Theo is not his dog or his kid. It's from the scientific name for the cacao tree, which is, of course, theobroma cacao. www.theochocolate.com/about-theo

Taza

These disc-shaped bars sold at the deli in Mt. Airy are the work of another chocolate geek, Alex Whitmore, who carves his own grinding stones to achieve a Mexican-style stone-ground product. Taza are also sustainability geeks, having developed their own Taza Chocolate Direct Trade Certified Cacao standards. You can tour their factory in Somerville, MA, and even download their annual Cacao Sourcing Transparency Reports. Most Taza chocolate is from the Dominican Republic; they also source from Belize and Bolivia. MA only. www.tazachocolate.com/



Here's a comparison price check between Weavers Way and the big guy. Some of our best-selling products are listed here. So shop at the Co-op and Save!

	Foods	Co-op
CHOCOLATE		
Sunspire Chocolate Drops, 10 oz.	\$5.99	\$5.69
Santa Cruz Chocolate Syrup 15.5 oz	\$4.99	\$4.89
Bulk Chocolate Discs (Fair Trade, 58.5%/60%)/ lb.	\$14.99	\$9.09
Divina chocolate Bars, 3.5 oz	\$3.49	\$3.19
Theo Chocolate Bars, 3 oz	\$3.99	\$3.25
Endangered Species Bars, 3 oz	\$2.99	\$2.85
Organic Valley Chocolate Milk, aseptic, 4pk	\$5.99	\$5.49

\*Prices as of February 2014. Prices subject to change, but we'll do our best to stick to them!

### **Dominican Republic**

(Continued from Page 3)

ing experience.

I figured it was time for me to see what this Equal Exchange thing is all about and if it really means anything in the world of ethics and food.

Most important for me was to see firsthand the impact that buying fairly traded cocoa, coffee, bananas and sugar really has on the farmers. It is one thing to read about it, or watch a YouTube documentary about the conditions of workers in third world commodity food production, but another to actually see for myself.

So, at 4:15 on a cold November morning, I got on the Route 23 bus and ended up at a hotel in Santo Domingo. This was the first time I have ever flown anywhere and someone was waiting with a sign with my name on it.

The 11 other people on the trip included two Equal Exchange sales staff who were also learning about the sourcing of their product; two directors of Christian relief organizations (EE works with a number of faith-based groups); a couple of other co-op managers, one from Seattle and one from Vermont; the EE chocolate program director; an ex-US-AID staff member now working for EE; and other EE staff who have been with the organization for years or were recently hired to do communications. It takes a



lot of people to tell the story of Equal Exchange and the work they do!

#### Developing the cooperative model

Our first stop was at the office of the National Confederation of Dominican Cacao Producers, CONACADO or CC for short. Before CC was founded in 1985, four families controlled the production and processing of all Dominican cacao. Today, CC, representing thousands of farmers organized into grower cooperatives, handles more than 25 percent of the ground cacao produced each year. That is a big change both economically and politically.

CC supports organic farming programs and agricultural research. It acts as the "extension service," for the farmers, since the Dominican government provides nothing like that.

CC worked with small farmers to improve the quality of their crop. Now a world leader in certified organic cocoa, they started working with Equal Exchange a decade ago. The Equal Exchange hot-chocolate mix we sell at Weavers Way is made with chocolate







Glenn Beraman photos

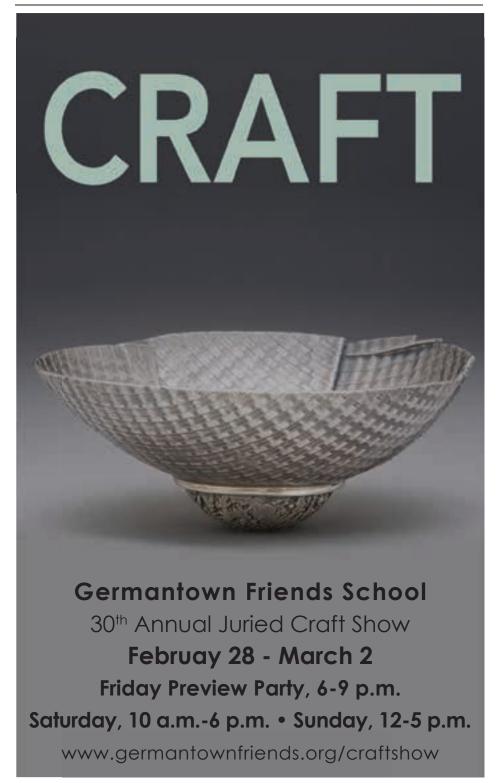
At the processing center, beans undergo fermentation in stages (left) before final drying (top)

powder from CC's processing plant in San Francisco de Macoris — which was our next destination.

In San Francisco, we visited a nursery and research office to learn more about what goes into grafting and selection of the best type of plants to grow in the Dominican Republic.

This was where I also learned how great the food is. We stopped at a wonderful cafeteria-style restaurant that had so many selections of chicken, braised pork, goat in a brown sauce, plantains, yucca, sweet plantains, rice made two or three ways and beans also made a few different ways, fruit smoothie drinks, great coffee, desserts of all types. When 12 of us sat down to eat we took up half of the seating area. The food was delicious and I took care to make sure I tasted just about everyone else's plate, too.

Pitchers and catchers report





In the beauty of the New York Finger Lakes, Come discover the green world and the gifts of plant medicine. An unforgettable & empowering experience!

The APPRENTICESHIP is open to 26 students - Located 12 miles south of Ithaca, NY

### THINK OUTSIDE THE HEART





Cacao beans are separated from the pods and "weighed wet" in the field.

My first encounter with Dominican baseball took place at this restaurant. It might have been football weather up here, but down there it was just the start of the winter baseball season. Sitting in the cafeteria were a number of baseball players. How did I know? All the women on the trip sat on one side of the tables facing the booths behind me so they could scout them out.

I turned around to introduce myself to two players sitting right behind me. One had long blond hair and the MLB logo tattooed on his bicep. He told me he was a pitcher for the Astros and that he had been injured last year so he came down to get some "time in the saddle." His lunch friend was his catcher and he was from Cuba. Wow, an American from Oklahoma, sitting with a player from that terrible Communist country. How can we still have an embargo on a country that loves baseball?

Here is another fact about baseball DR-style: Ten percent of the players on MLB rosters are Dominican – by far the largest contingent from any country other than the United States. Think about it: David Ortiz, Albert Pujols, Pedro Martinez, Jose Reyes, Miguel Tejada, Robinson Cano. Now there is an exportable product.

The winter league games had started the week we arrived. Big Papi's picture was on every newspaper and magazine. I got to go to a sold-out game (paid

Hidden Health Center

in West Mt Airy

Improve your health and quality of life through Ayurveda

A "Mini Ayurvedic Retreat" in Philadelphia established in 2009 by director and founder Vishnu, providing natural, holistic health services based on the world's oldest continually practiced

system, Ayurveda. He is a leading expert on Ayurveda in the

The center offers a wide variety of classes and services such as

massage, yoga, and nutrition as well as a safe community space

Vishnu supports you through the changes YOU are ready

to make in your life!

a scalper \$10 per ticket) with the co-op manager from Vermont and our driver for the week.

The crowd at a Dominican baseball game is like a soccer crowd in other parts of the world. The noise level is amazing. The 20,000 fans sounded like 100,000 - it was so loud with noisemakers that we could not really talk to each other. We stayed until the end and then watched the fireworks.

#### OK, back to cacao....

I was amazed to learn how difficult it is to grow, select, trim, harvest, transport, ferment, dry, grind, ship and process cacao into the final product. I had never seen, nor do most of us know, how difficult it is.

For years, Dominican cacao growers were marginalized small farmers living in chronic poverty. There was a clear market failure: Their low-end cacao could not command good prices, and farmers were using destructive, unsustainable growing practices to try to increase production.

CONACADO started with a mission to, according to their website, "attain a technologically developed cocoa farming sector with internationally renowned high quality cocoa products produced by men and women that have reached an adequate living standard." CC introduced growing and processing practices that produced better cocoa, and sought out and devel-





Editor's note: Of course, Glenn took pictures of the food.

oped market outlets that would pay more for it, including Equal Exchange.

In the old days, farmers would simply bring their beans to the processing plant, they would be weighed in, and were told then how much they were going to get paid. Today, the EE price is announced ahead of the harvest, so farmers can budget realistically, and is always a certain amount above the world commodity cacao price. If the world price ends up being higher at harvest time, the price paid is increased to maintain the margin.

On top of that, Equal Exchange pays \$240 per metric ton to be directed by democratic process for social-service projects that benefit the growers, such as schools, clinics, water-delivery systems and improved roads.

We spent one of our days visiting the social-service projects. In one village, we went to a computer school for children and adults, totally built with Equal Exchange payments. In another village up in the mountains, we met the village oldtimers, who told us that for most of their lives, water had to be hauled from the river, miles away, on the backs of mules. Using the Equal Exchange social-service funds, the village installed a water line, which is now maintained jointly by the 200 households. This has dramatically improved village life.

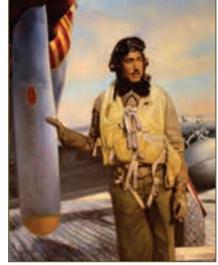
#### A few other great things about the trip ...

I had the opportunity to have a home stay with one of the cacao farmers, Ercilio Antonio Regalado. It was a simple house, but one of the Christian relief workers, who has a lot more experience in this sort of thing, told me, "This is a wonderful place, with running water for the bathroom

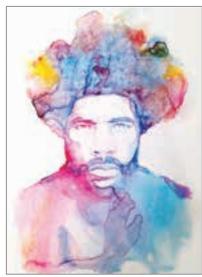
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**GRAVERS LANE GALLERY** 



**CHRIS HOPKINS** "Wendell Pruit" Oil on board, 28 x 22"



JUSTIN HOPKINS "Quest, The Historian Himself" Watercolor on water resistant surface, 16 x 20"

### February 1 to March 15

Opening Reception: Friday, February 7th, 5 to 8:30pm Special Events: February 8 and 9th

Gravers Lane Gallery is pleased to present an educational exhibition of works by father and son artists, Chris and Justin Hopkins. American Heroes and Innovators portrays a multi-generational affirmation of positive role models in the African American community. Exhibited portraits range from Tuskegee Airmen and women to legendary musical artists.

A portion of all sales from this exhibition will go to support The Stained Glass Project: Windows That Open Doors, at Kendrick Recreation Center in the Roxborough neighborhood of Philadelphia. Visit http://www.kendrickrec.org/staind-glass-project/ to learn more.

> 8405 Germantown Ave. | Philadelphia, PA. 19118 215.247.1603 | www.graverslane.com

Please visit www.hiddenhealthcenter.com for more information

that fosters spiritual growth.

Philly area.

138-C W. Gorgas Lane Philadelphia, PA 19119 215-356-7270

Gravers Lane Gallery is one division of The Goldenberg Group, which is comprised of three entities: Goldenberg Development, People Helping People Foundation, and Goldenberg Enterprises.

### **General Managers Corner**

### Fair Trade, Equal Exchange

by Glenn Bergman, Weavers Way General Manager

THERE ARE MANY MESSAGES RETAILers try to get out to shoppers. In the food world, it can range from price, quality, taste, cultural, appearance, colors, packaging, how the shopping experience makes you feel, placement, humanely raised, vegetarian, vegan, political, apolitical, and more. Through all of these it is often hard to figure out what is the right direction.

I know, from our surveys, that over the years we have become "more expensive" or "too expensive" for many customers who remember the days when Weavers Way meant good to OK food at great prices. While pricing was great, it almost put us out of business because we were unable to renovate and provide reasonable working conditions. We know from our customer surveys that you care about fairly traded products, locally produced foods and having Weavers Way help make decisions for you about the morality behind the food. Whether it is animal conditions, human conditions or environmental conditions, our customers are asking for our Weavers Way buyers to help provide products that meet certain criteria.

One message that was clear 10 years ago when I first arrived and is still true to-day for many of our customers, our board and our staff is the importance of improving conditions for workers in Third World

countries by buying and sourcing products with price supports built in to help these workers.

We think no entity does this better than Equal Exchange, a worker cooperative formed in 1986 to sell fairly traded coffee from small co-operative producers in Nicaragua. For those of you old enough to remember, this was during the Reagan administration, which was attempting to embargo all products from the Sandinista government. As the Equal Exchange website notes, "During their first two years of business, the founders spent many days with trade lawyers at their side, doing battle with Customs officials. Each time the coffee cargo was released, it was a small victory."

EE sees itself as "a social change organization that would help farmers and their families gain more control over their economic futures." They started with four basic business-mission tenets:

- Educate consumers about trade issues affecting farmers.
- Provide high-quality foods that would nourish the body and the soul
- Be controlled by the people who did the actual work.
- Maintain a community of dedicated individuals who believed that honesty, respect, and mutual benefit are integral to any worthwhile endeavor.

Equal Exchange lets shoppers make

One message that is clear: The importance of improving conditions for workers in Third World countries by buying and sourcing products with price supports built in help these workers. We think no entity does this

better than Equal Exchange.

purchasing decisions that support community development through guaranteed higher-than-commodity-market prices that farmers know ahead of time. This enables farmers and communities to better plan their investments and revenue distribution.

EE also has a provision in their bylaws that prevents them from selling the company, no matter how large and successful they get. This neutralizes the importance of profit margin as part of EE's long-term mission.

Over the years, EE has expanded into chocolate, and as with their coffee business, they are committed to sourcing fairly traded cocoa from small-scale farmers in Latin America who are members of co-ops.

You probably have heard about child slavery in the cacao fields. This is a continuing problem in the West African countries of Ghana and Ivory Coast, where 70 percent of the world's chocolate comes from.

I recommend that you take some time to watch the documentary "The Dark Side of Chocolate," which is available on You-Tube. You can also get more information at www.thedarksideofchocolate.org. This will get your blood boiling and you will

understand better the importance of not purchasing products that contain chocolate from West Africa or that cannot be certified. It does make a difference.

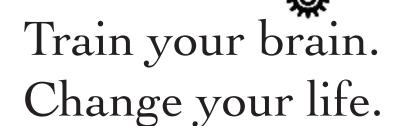
The focus on farmer-owned co-ops is what sets Equal Exchange apart. The worldwide Fair Trade movement is concerned with working conditions and fair pricing, but not small-farmer proprietorship. (Nestle and Kraft both have Fair Trade-certified brands.)

EE is the only worker-owned co-operative dealing in this type of food-supply chain and social activism. For cocoa, sugar, coffee, bananas, olive oil, mangos, apricots or nuts, you can look for the EE logo around the store and be assured that your purchase will make a difference in the lives of many people who are hardworking and care about what decisions you make.

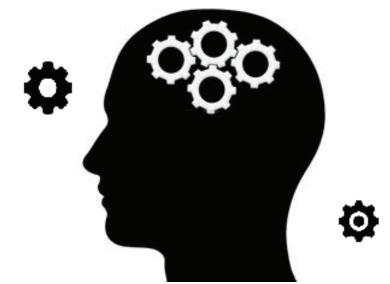
For more information about Equal Exchange, check out their website, www. equalexchange.coop. If you are a teacher or you have a community organization that you would like to educate your members about EE and Fair Trade please contact our Outreach Director, Marketing Director, or me about education support.

gbergman@weaversway.coop

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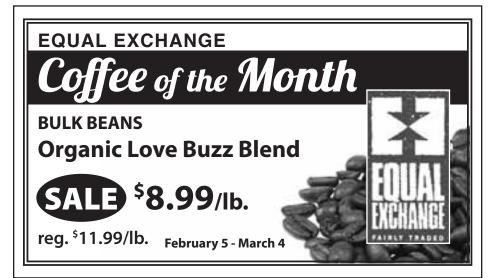
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### **NOTICE of Election for Weavers Way Co-op Board of Directors**

Members may vote online beginning on or about April 1, 2014 and at the Weavers Way

**Spring General Membership Meeting** Sunday, May 18, 2014 (Voting will end at 6:30 p.m.)

**Board Positions to be filled:** 

4 At-Large Directors for 3-Year Terms

### **Find Our What** You're Getting Into

Board president Margaret Lenzi (standing) answers questions at an informational session for members interested in running for the Weavers Way board. Another session is scheduled for Tuesday, Feb. 11, at 7 p.m. in the Weavers Way Community Room, 555 Carpenter Lane.



### And Here's Another Thing . . .

Weavers Way board members who belong to the Time4Time timebank can get credits for the time spent at Board meetings and related committee work. You can cash those time credits in for services you need!

Visit the Time4TimeXchange.org website to for information about joining.

### **Nomination Form**

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

All Nomination Forms must be submitted no later than 5 p.m., Friday, February 28, 2014. Please e-mail completed form with answers to the five questions (see below) and a photograph (.jpg, please) to David Woo, Leadership Committee, at woo3d@earthlink.net. If e-mail is unavailable, place your nomination statement and a photo in the Leadership Committee mailbox at the Mt. Airy store, or mail to: Leadership Committee, Weavers Way Co-op, 559 Carpenter Lane, Philadelphia, PA 19119.

Please call David at 215-508-0815 to make sure your nomination was received. If not confirmed, Weavers Way is not responsible for misdirected mail. A copy of this form is also available on our website, www.weaversway.coop.

Name:	Member #:	
E-mail Address:		
Phone:		
Address:		

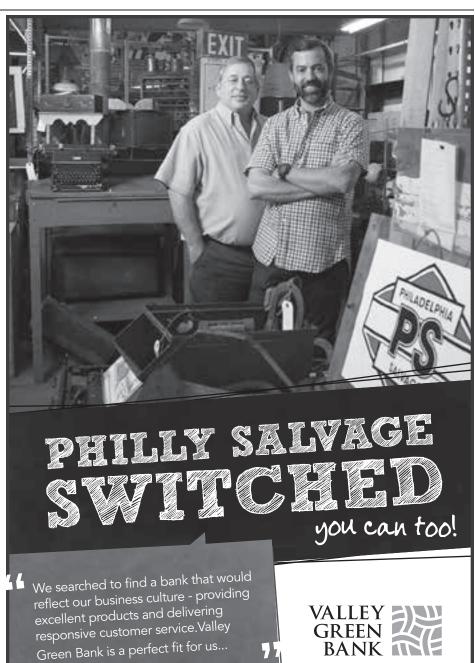
Please answer the following questions on a separate sheet of paper. Your entire response to all five questions MUST NOT EXCEED 250 WORDS (not counting the questions) — 251 words and your nomination will be rejected.

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



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### Auction, Top Chef Contest for Mishkan's 25th

EAVER'S WAY WILL BE REPREsented at Mishkan Shalom's annual auction, Saturday, Feb. 8, at 7 p.m. (snow date Feb. 22).

This year's gala, celebrating Mishkan's 25th year, will be topped off with a Top Chef Contest featuring teams from Weaver's Way, Cuisine Voila (led by chef and longtime Weav-

er's Way member Mark Heller) and a third team (still in formation at press time). The contest will be MC'd by Weaver's Waynik Rabbi Shawn Zevit.

Even the auction has a special theme, "A Taste of Mishkan." Along with regular great auction items, there will be an array of food-related items such as dinners, brunches, wine, restaurant certificates, kitchen items, cooking classes, gift baskets and more.



Tickets for this scrumptious evening (\$50, which includes a drink ticket, and \$36 for teens) can be purchased online at www.mishkan.org or at the door. Weaver's Wayer Keely McCarthy (a/k/a Keely Newman) is once again coordinating and welcomes questions at keelym2@verizon.net.

Mishkan Shalom is a diverse, progressive and activist Reconstructionist Jewish community located in an historic mill building in Roxborough. Mishkan Shalom welcomes all to join them for services, classes and programs for adults, teens, kids (who actually love going to Hebrew school!) and families with special needs. Learn more at www. mishkan.org or call 215-508-0226.

# **Consider the Chestnut Hill Community Fund**

by Laura Lucas and Bob Fles, **Chestnut Hill Community Fund Drive** 

ROM THANKSGIVING AND HANUKKAH TO Christmas, Kwanzaa, and New Year's, the important annual celebrations have come and gone.

But there's one more thing: It's still the season to support the groups and activities around us that make Northwest Philadelphia such a great place to live.

The Chestnut Hill Community Fund Drive each year raises money for the hard-working volunteers who strengthen every phase of our communal life. Children's programs, train stations, concerts, adult education classes, playing fields, meals for homebound seniors, public art projects, hospice care, equipment for public schools, social activities for seniors, outdoor concerts on summer evenings — the list of nonprofits the Fund supports goes on and on.

Each year the fund collects and distributes about \$100,000 to local nonprofits. Already hundreds of folks have given a total of more than \$54,000, and we extend our sincere thanks to you.

If you haven't yet given, won't you consider contributing to the Community Fund? You can give online at www.chestnuthill.org, by mail or in person at CHCF, 8434 Germantown Ave., 19118; or by calling Noreen Spota at 215-248-8810.

For more information, visit chestnuthill.org.



Philadelphia actress Rhym Guisse in "Consumption"

### Mt. Airy Filmmaker Raising **Funds for 'Consumption'**

T. AIRY FILMMAKER BRITTANY RAFALAK, IS RAISING funds for a short film.

The setting of "Consumption" is a near-futuristic society where food has been outlawed. It is about Corinne, who grapples with the feeling of hunger in a world where it is considered barbaric to satiate oneself by eating.

"Consumption" will be filmed in Mt. Airy and surrounding areas and will feature local actors and crew. The project is a part of Rafalak's graduate thesis at The New School.

The film will also be screened in Philadelphia, accompanied by a live, improvised musical score.

"The purpose of the live score is to explore the relationship between music and film. Movie scores have a tendency to guide audiences and tell us what to feel. In this case, musicians will be inspired by on-screen images, and for the audience, the film and music will be manifested simultaneously," Rafalak said.

Rafalak's fundraising goal is \$7,900. To contribute, go to www.indiegogo.com and search for "Consumption." To learn about the film's progress visit www.brittanyrafalak.com and navigate to "Work in Progress." Or ask Brittany herself — you may see her behind the counter at the High Point or walking her Lhasa Apso, Socks, around the neighborhood.

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Vernon House: local housing cooperative

Organic Trade Association: international trade group

WMAN: West Mt. Airy neighborhood association

Big Picture Philadelphia: alternative charter school group

Project Learn: small independent school

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### **Gallery Features** 'Innovators and Heroes' for Black **History Month**

RAVERS LANE GALLERY IN CHESTnut Hill is presenting "American Heroes and Innovators," an exhibition of paintings and drawings by father-and-son artists Chris and Justin Hopkins in celebration of Black History Month

The show features a multi-generational array of positive role models in the African-American community, with portraits ranging from the Tuskegee Airmen to legendary musical artists.

Chris Hopkins began his career as a commercial illustrator in the entertainment industry. He produced iconic posters for movies, including "Indiana Jones and the Temple of Doom," and posters for Super Bowls XX, XXI and XXIII. He also received a Grammy nomination for the album cover for Styx's "Paradise Theatre."

After moving to the Pacific Northwest in 1988, Hopkins began to change from slick airbrush advertising to a more painterly style. He started his Tuskegee Airmen series as part of his work for the Northwest chapter of the Air Force Art program. Over the years, the series has become a personal passion. The more than 40 artworks, executed with the help of surviving Tuskegee Airmen, the Defense Department and historians, accu-



Gravers Lane Gallery

"The Eagles Fly with the Dove," oil on board by Chris Hopkins

rately portray the exploits of the first African-American fighter pilots, their crews, their families and their predecessors.

Justin Hopkins was tutored in art by his father before he moved to Los Angeles at 18 to work as a set and sound designer.

The focus of his pieces in "American Heroes and Innovators" is the connection between the icons of the jazz era and the hip-hop movement. Repurposing and sampling jazz recordings is a cornerstone of modern hip-hop and creates a kind of unwitting cross-generational/cross-cultural collaboration of two unique art forms that originate from African American culture.

This is Gravers Lane's second annual Black History Month exhibition; in 2013, the gallery "The Stained Glass Project: Windows that Open Doors," spotlighting an after-school program that focuses on leadership and teamwork as well as artistic expression. Part of the proceeds from this year's show will benefit the Stained Glass Project. (Info: www.kendrickrec. org/staind-glass-project.)

An opening reception will be held Feb. 7 from 5 to 8:30 p.m.. The show runs through March 15. Gravers Lane Gallery is at 8405 Germantown Ave. Info: www.graverslanegallery.com.

### Films' Focus: **Americans** In Struggle

THE UNITARIAN UNIVERSALIST Church of the Restoration, 6900 Stenton Ave., is hosting a film series featuring some of the great battles for justice and equality in American history. Films will be screened on the second and fourth Wednesdays in February, March and April, starting at 6 p.m. (refreshments at 5:30).

Let Freedom Sing (2/12): How music inspired the civil rights movement.

**Broken on All Sides/Stolen Dreams II** (2/26): A documentary addressing racial inequities in our criminal justice system, paired with a short film on breaking the cycle of youth trauma.

**Inside Job (3/12):** Oscar-winning look at the global financial crisis of 2008.

**Walmart: The High Price of Low Costs** (3/26): Documents Walmart's assault on families and American values.

A Force More Powerful (4/9): A history of non-violent action in the 20th century featuring Gandhi in India, the Nashville lunch-counter sit ins and the fight against apartheid in the South African townships.

Fighting Back/Our Schools Are Not for Sale (4/23): The struggle to integrate Little Rock's Central High School, paired with a short film on the fight to save Philadelphia's public schools.

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### THINK DUTSIDE THE HEART



### **Dominican Republic**

Continued from Page 5

sink and kitchen sink." Our home stay included a nice breakfast made on an open fire in the back outdoor kitchen, with eggs from the hens running around the farm and hot chocolate made with fresh ground cocoa, water, a little sugar, fresh local cinnamon and cornmeal, boiled until the mixture thickened just enough.

We played dominoes one night with the next-door neighbor's kids and our host, who neither drinks nor smokes. At 70, he moved around like a 40-year-old and had the air of a young person.

#### ... and a few not-so-great things

High unemployment and underemployment remains an important long-term challenge. U.S. development estimates put 35-40 percent of the people below the poverty line. Remittances from the United States — money sent home by Dominicans and Dominican-Americans — amounts to 10 percent of GDP, equivalent to almost half of exports and three-quarters of tourism receipts. The sugar plantations are still



Glenn (right) with some of the other Equal Exchange travelers and their host, Ercilio Regalado (second from left); below, dominoes.



controlled by a few families, and there are issues with the way Haitians are treated, like slave labor. There is a strong feeling that the Dominican Republic is a democratic dictatorship controlled by the sugar, cacao and fruit companies and families. In the cities, trash is just piled up in the gutters, even in the tourist areas.

The poverty is terrible.

There are beautiful areas and communities, but you know there is something wrong when you see private police

### **Learn More**

www.equalexchange.coop conacado.com.do

There's plenty online about child slavery in West Africa. Here are a couple of articles to get you started:

#### **Grist magazine**

grist.org/food/a-guide-to-ethical-chocolate/ **The Food Empowerment Project** 

www.foodispower.org/slavery-chocolate/ The documentary "The Dark Side of Chocolate"

(46 minutes) is available YouTube.

Fiction about the Dominican Republic

"In the Time of the Butterflies," Julia Alvarez "The Brief Wondrous Life of Oscar Wao," Junot Díaz

"The Feast of the Goat," Mario Vargas Llosa

forces walking around with rifles on their shoulders as if they were out for a stroll with the dog.

I hope to return to the Dominican Republic one day for a trip that concentrates on staying in the village. I am not sure what I can do, but it would be interesting to learn Spanish and help out in any way I can. Maybe one day . . . If you want to go, feel free to call or email me at 215-843-2350 ext. 131/ gbergman@weaversway.coop.

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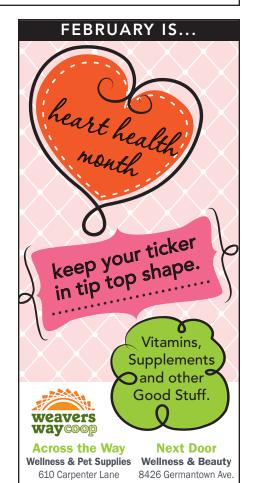




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# THINK OUTSIDE THE HEART SHAPED BOX



### **Valentines**

(Continued from Page 2)

ue. It is a day we hope to give and receive an expression of love.

And who does not want to give and receive love? Who does not want to do something positive and loving? Who does not like a present of a beautiful bunch of flowers or a box of delicious chocolates?

In the dead of winter, a day to celebrate is most welcome. We can make it into a delightful experience for ourselves. We can design the day as we would like.

Instead of feeling we have to give a card or a box of candy, we can talk with our partners about our wishes and how we could go about meeting them. Maybe a walk in the woods would be as delicious as chocolate. Maybe an evening spent together, reading a book or writing haiku with a fire in the fireplace and a glass of wine would bring as much happiness as a fancy dinner out — and maybe a fancy dinner out would bring heart's content. Maybe doing something with the kids, like spending the evening playing charades, would spread the feeling of love to all involved.

Getting a chance to talk and plan takes away the surprise, but may bring more happiness in the end. The possibilities for what one can do together are endless.

On Valentine's Day, many of our children are under pressure to perform in a particular way. Teachers often want all the children to give each child in the class a card. While thoughtful in one way not leaving anyone out is good — the reality is that most children don't want to give everyone a Valentine.

Letting your children talk about how they don't want to give so-and-so a Valentine will help them feel easier about it, if you empathize with their negative feelings. It's good practice in supporting their emotional honesty. And helping your children talk about the good they see in each schoolmate can help them feel better about having to give cards to everyone.

We can turn this holiday into something meaningful and bring out the best of its meaning.

A holiday about love-what could be better?

> If you have a question about family matters or relationship problems, contact Claudia Apfelbaum at claudialistens@gmail.com.

### Ask the Vet

### Love Me, Love My Dog's Heart

by Jennifer Muller VMD, for the **Shuttle** 

TO MY HUSBAND'S CHAGRIN, EVERY year, I ask my dog Banana if she will be my Valentine. In her honor, during the month of Valentine's Day, it is only fitting that we turn our attention to the heart.

Heart disease is fairly common in dogs, but is different than the kind of heart disease for which you and I are atrisk. In people, a high-fat diet can lead to deposits in our coronary arteries, causing a blockage that leads to a heart attack. In dogs, no equivalent of coronary artery disease is known. Dogs don't typically suffer from a heart attack the same way that humans do. More commonly in dogs, over time, the valves of the heart cease to close effectively. This can cause a heart murmur that your veterinarian can hear with a stethoscope.

Commonly, the murmur is on the left side, affecting the mitral valve. Often, a murmur gets louder as your dog ages and the valves become leakier and leakier. Heart murmurs in dogs are generally graded from one to six, with one being the most benign and six being the loudest.

A heart valve that is leaky causes blood to move backwards rather than forwards. This means the heart has to work harder to deliver blood, and thereby oxygen, to the body. All this hard work causes the heart muscle to become thicker, and the entire heart to enlarge, just like any muscle that you exercise repeatedly.

With a heart, however, bigger isn't better. The enlarged heart only temporarily compensates for the backwards blood flow of a leaky valve. Over time, the heart fails. This is known as congestive heart failure. Because the blood is not moving forward the way it should, fluid backs up into the lungs. This can cause a telltale cough, which can sound like your dog is gagging, and is often more prevalent at night.

The cough is caused by pulmonary edema, fluid that has collected in the lungs as a result of a chain reaction of hormones that causes the body to retain fluid in its attempt to increase blood volume. On x-ray of the chest, the veterinarian can appreciate an enlarged heart and



Editor's note: This is not Banana. the concurrent pulmonary edema.

Once it gets to the point where a dog is symptomatic for congestive heart failure, including a cough, or clear discharge from the nose, the dog should be medicated.

There are a number of veterinary cardiologists practicing at referral hospitals in our area. If your dog is in congestive heart failure, chances are your veterinarian will recommend that you take your dog to one for an echocardiogram. An echocardiogram is an ultrasound of the heart. This test can show the "contractility" of the heart muscle, how effectively it is pumping and the degree to which the heart failure is affecting your dog. It's a non-invasive test, and it does not typically require sedation.

A number of medications are available, including diuretics to reduce fluid, agents to correct the hormonal cascade that worsen the condition and drugs to improve contractility of the heart muscle itself.

Congestive heart failure is not the only cardiac condition affecting dogs. In younger animals, there are cardiac conditions that might be present from birth, so it is always a good idea to have your veterinarian listen to your dog's heart and lungs during an annual exam. Congestive heart failure is usually seen later in life. It is certainly is among the most common heart diseases in dogs.

> Dr. Jennifer Muller is a housecall veterinarian serving Northwest Philadelphia. Contact her at mullervmd@gmail.com or call 215-704-9009.

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# COLD WEATHER **ECO TIPS**

### from the Weavers Way environmental Committee

Cold winter weather is the time for hot and hearty soups. Instead of spending money on soup stock, make your own. Whenever you steam vegetables, save the nutrient-rich water. Let it cool, then put it in plastic containers (such as old yogurt containers), write the date on the lids and freeze it. When you want to make soup, take out a container or two, defrost in the sink and you're ready to go! You can also freeze steamed-veggie water in ice cube trays. Store the cubes in a bag in the freezer so you can get out as many as you need when cooking. Another great use for steamedveggie water is as a potted-plant fertilizer. Just make sure the water has cooled before using it!

In winter, we waste a lot of water waiting for it to heat up in the shower. Instead of letting it go down the drain, capture that water in a bucket or other container and use it to water plants or for household chores such as mopping floors.

### **A Sweet Fix**

(Continued from Page 2)

take. Sugar in the bloodstream may oxidize cholesterol, which makes the arteries more susceptible to atherosclerosis. Sugar manufacturers stopped the American Heart Association's recommendation, saying it would jeopardize the nation's food supply. Federal officials have exempted sugar from recommended maximum limits, which it has for salt and fat.

Supposedly, our bodies are "hardwired" for sugar. Even infants like it. Studies show sugar stimulates some of our brain's neurotransmitters in the same way as alcohol and cocaine.

According to Rodale, the average American eats 22.2 teaspoons of sugar every day. They recommend women eat only 5 teaspoons or 20 grams a day; men 9 teaspoons or 36 grams, and children 3 teaspoons or 12 grams. An 8-ounce glass of orange juice would constitute a day's worth for a woman.

Processed food relies heavily on sugar to tempt the consumer. We often don't even know we're eating huge quantities. The first ingredient in Prego spaghetti sauce, for example, is sugar. A half-cup has more than 2 teaspoons of sugar. Fruit-flavored vogurt has 5 teaspoons or 19 grams of sugar, as does an organic raisin bran cereal. Many cereals are 50 percent sugar, which raises the question, "Is it cereal or candy?"

When health professionals tried to convince the Federal Trade Commission in 1977 to ban advertising sugary foods to children on TV, they failed, though a survey over nine months found 3,832 ads for sugared cereals.

As a society we seem to be addicted to sweets, in whatever form they take. The food industry is complicit in our addiction, adding sugar to processed foods.



#### **Fructose**

Sugar looks good next to fructose. Natural fructose is a sugar found in small amounts in fruits and vegetables. Highfructose corn syrup is different. It does not occur naturally. Glucose syrup from cornstarch is turned into fructose by adding an enzyme which changes the glucose molecules into fructose molecules.

High-fructose corn syrup ends up in processed foods because it is cheaper than sugar and easily available due to U.S. corn-subsidy policies.

In small amounts, fructose is fine, but becomes unhealthful in large amounts, as when consumed in sodas and sports drinks. For example, a cup of chopped tomatoes has 2.5 grams of fructose, while a 12-ounce soda has 23 grams.

Fructose taxes the body. Unlike glucose, which is regulated by insulin in the bloodstream, fructose can only be processed in the liver. If it isn't processed quickly enough, it makes lipids or fats that are returned to the bloodstream as triglycerides, which have been linked to atheroscierosis and the risk of heart disease. Triglycerides, which dissolve in blood, are often associated with decreased levels of good cholesterol and increased levels of bad cholesterol. Triglycerides may also compromise the body's ability to process sugar, increasing the risk of diabetes.

And fructose may increase the formation of kidney stones and uric acid, which may contribute to gout.

### **Artificial Sweeteners**

In 1879, a derivative of coal tar accidentally spilled on Ira Remsen's hand while he was doing research at Johns Hopkins University. He noticed it tasted sweet, and thus began the development of saccharin and other artificial sweeteners.

While the FDA has declared many artificial sweeteners safe, others believe the research is flawed and doesn't take

long-term use into account. The primary ingredient of saccharin (Sweet-n-Low) is benzoic sulfimide. In 1977, the FDA tried to ban saccharin because it caused cancer of the bladder and other organs in animals. The food industry intervened, and a warning label was required, "Use of this product may be hazardous to your health." Later the FDA lifted the requirement of a warning label because they said it only causes cancer in rats, not people.

Sucralose (Splenda) is made by chlorinating sugar, which creates a chemical structure similar to DDT. It has been shown to shrink the thymus gland, an immune system regulator. A Duke University study found it destroyed bacteria needed for digestion. Cooking with sucralose generates chloropropaois, linked to cancer.

Among other chemicals, aspartame (Nutrasweet or Equal) contains methanol, which converts to formaldehyde when metabolized. Manufacturers contend it is excreted, though formaldehyde has been found in the organs of subjects after ingesting. At high temperatures, possibly when put in coffee, it breaks down into DPK, a known carcinogen.

Sugar alcohols, like sorbitol, are technically not artificial but may cause bloating and diarrhea and an increase in blood sugar, according to the FDA.

Many people have turned to natural products, assuming they are safe. While agave nectar may be much better than an artificial sweetener, it is up to 90 percent fructose, far more than other foods.

As a society we seem to be addicted to sweets, in whatever form they take. The food industry is complicit in our addiction, adding sugar to processed foods. Turning to diet drinks and reduced-calorie foods could be trading one health problem for another. Ideally we should consume less sugar and avoid fructose and artificial sweeteners altogether. Try going cold turkey for a few days, and see what happens.

environment@weaversway.coop



Florverde® is a unique certification started by a forward-looking group of Colombian flower growers to improve the lives and living standards of floral farm workers and their families. In addition to establishing social benchmarks, Florverde® certification helps preserve and protect the soil and natural resources for generations to come while satisfying global demand for high-quality, affordable flowers year-round.



# Grants for Green Community Projects



Weavers Way Environment Committee invites community groups from Mt. Airy, Germantown, East Falls, Roxborough, Manayunk and Chestnut Hill to submit proposals for grants to make tangible improvements for the community. These small grants are funded by donations, including those made during Weavers Way Environment Committee's electronics recycling collections.

Grants may be used for such projects as planting trees and gardens, garden equipment and environmentally focused educational programs. Grants range from \$100 to \$400, depending on available funds and number of qualified applicants.

#### **Deadline for submission of proposals** is March 15, 2014.

Decisions will be announced in early April.

Download a form and guidelines from the Community Grants page of the Weavers Way website (www.weaversway.coop/ community-grants). Or pick up a form and guidelines from the Environment Committee mailbox at Weavers Way Mt. Airy (559 Carpenter Lane) or at Weavers Way Chestnut Hill (8424 Germantown Ave.).

### Get Your Dose of Vitamin N at the Schuylkill Center

Gail Farmer, Director of Education, **Schuylkill Center** 

ASED ON A WEALTH OF CLINICAL Bevidence, new theories in the fields of psychology and human health are beginning to explain what our grandmothers always have known: spending time outdoors is good for you. In addition, free play outdoors is fun. So why isn't every doctor prescribing outdoor recreation? And why isn't everyone doing it?

We see the Schuylkill Center as an essential nature resource where Philadelphians, young and old, can get their needed dose of Vitamin N (nature). For decades, the Schuylkill Center has been a place where children can engage in outdoor play, with our popular summer camps, after-school program, day-off camps and our new Nature Preschool.

This spring, we are very pleased to launch a new series of Health and Wellness programs for adults. In addition to monthly wellness walks, we are partnering with two local organizations to bring their programs to the Schuylkill Center's beautiful property.

We are thrilled to be joining forces with Blue Banyan Yoga of Mt. Airy to provide a gentle yoga series held outdoors, at Founders Grove on the Schuylkill Center property, in spring and fall 2014. "The Grove provides an ideal setting in which to practice the basics of pranayama breath-work — and asana — posture," said Blue Banyan owner Sophie Simpson. Blue Banyan will also be offering

meditation classes at the Schuylkill Center in the spring and fall. The six-week mediation series is open to new and experienced practitioners of meditation alike.

Our other exciting partnership is with Fit4Mom of Chestnut Hill and Plymouth Meeting. Fit4Mom will be offering their Stroller Strides class, a workout program that, as the name suggests, moms can do with their children in the stroller. Classes include power walking or running, cardio work and intervals of strength training using exercise resistance bands, the stroller and the environment. Moms six weeks or more postpartum are welcome to join.

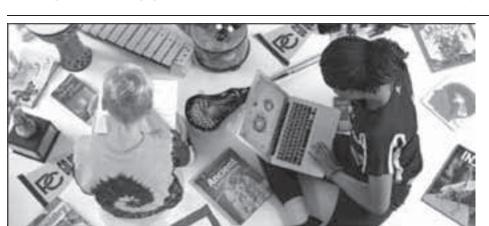
Learn more about the Schyulkill Center for Environmental Education and all our new programs at our website, www.schuylkillcenter.org.



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### **Open Houses**

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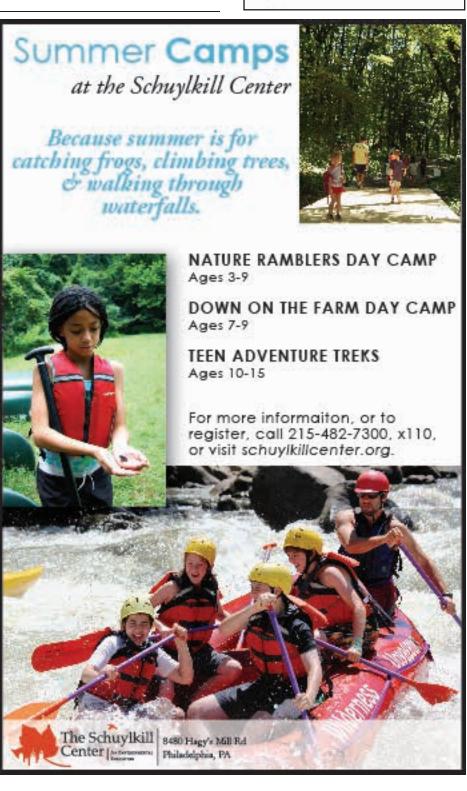


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### Weavers Way Community Programs



Clare explains what's growing in the beds to middle schoolers on an Eat.Right.Now visit to Saul.

# **Building Hopes and Raised Beds**

"You taught me the reward of hard work and I am very grateful for that... You've encouraged me to be a leader and influenced my career goals." Thank-you letter from Juanita Falice, W.B. Saul High School senior

#### by Clare Hyre, Weavers Way **Comunity Programs Farm Educator**

T HAS BEEN A WONDERFUL THREE Lyears, but now I am ready to leave the nest of Weavers Way Community Programs and W.B. Saul High School and move on from the Saul farm education program. What my future brings is still to be determined, but graduate school is on the horizon. I also plan on continuing to work at jobs focused on nutrition, public policy and developing sustainable food systems.

My students, the teachers at Saul, and my co-workers at Saul, have taught me invaluable lessons over the past three years. When I began, I had no job description, no program budget and was employed part time at Weavers Way Co-op. With help from Farm Manager Nina Berryman, Saul teacher Jessica McAtamey, and a lot of persistence, I spoke with several teachers about the advantage of

### Welcome Angela, Farewell Clare

#### by Jill Fink, Executive Director, Weavers Way **Community Programs**

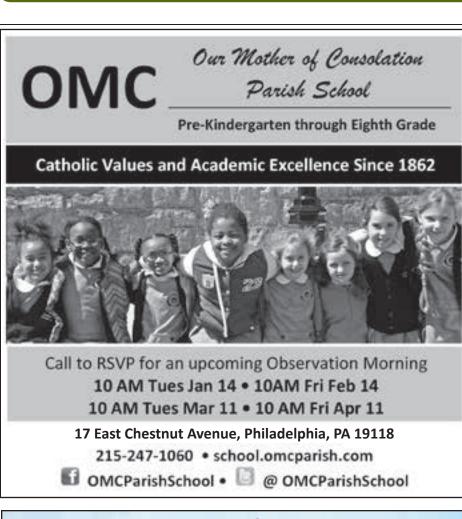
T'S WITH A HEAVY HEART THAT WEAVERS WAY Community Programs bids farewell to Clare Hyre, our Farm Educator who has so capably managed the program at the Weavers Way Farm at W.B. Saul High

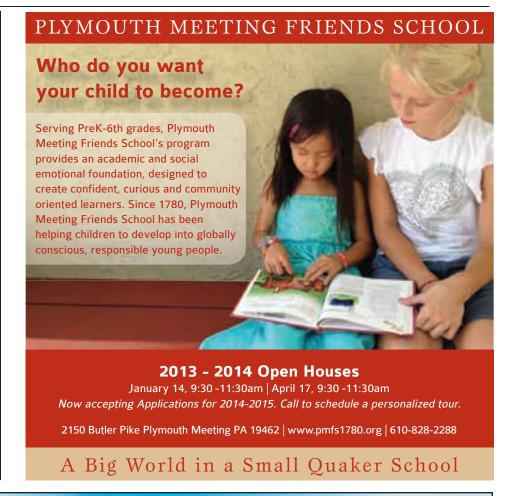
Clare brought a level of enthusiasm and passion to the education program that will be hard to replicate. The program itself had humble beginnings and was severely underfunded. Despite the challenges, Clare continued to

grow the program, serving more and more students each year. Some of them have gone on to continue their agricultural studies in college, while others have gotten paid apprenticeships at urban farms in Philadelphia. Without a doubt, Clare has not only left her mark at WWCP, but has most certainly left an impression on her students as well. She leaves big boots to fill. (For more about the growth and success of WWCP's farm education program at Saul, read Clare's article above.)

As we say goodbye to Clare, we welcome Angela Faranda, WWCP's newest staff member. A Mt. Airy native and Central High School graduate, she has BA in Studio Art and Environmental Studies from the University of Vermont and experience in office management, bookkeeping and graphic design. She joined WWCP in December as Office Manager and in just a short time has proven an invaluable member of the team. She's keeping us all in line and has the office in tip-top shape as well. Though only part-time for now, we hope to be able to eventually increase Angela's hours (and take full advantage of all her skills) as WWCP continues to grow. Look for Angela, her husband and their adorable 6 year-old twins traipsing through the Co-op.

jill@weaversway.coop







Please Join Us

### **GLUTEN-FREE DAY**

Saturday, February 22, Noon to 4 p.m. at Weavers Way Chestnut Hill

- Local vendors sampling gluten-free products.
- · Try Weavers Way wheat-free house-made products.
- here to answer questions and give out information.
- Win a basket of gluten-free goodies! Ticket proceeds benefit the National Foundation for Celiac Awareness.
- The National Foundation for Celiac Awareness will be Chestnut Hill hot bar will feature wheat-free items.



Community-owned food markets open to everyone. www.weaversway.coop

Mt. Airy **Food Market** 559 Carpenter Lane

**Across the Way Wellness & Pet Supplies** 610 Carpenter Lane

**Chestnut Hill Food Market** 8424 Germantown Ave.

**Next Door** Wellness & Beauty 8426 Germantown Ave.

### Weavers Way Community Programs

bringing their classes out to the farm on a weekly basis. Before I knew it, I was working with about 140 students a week.

Once students started coming to the farm on a regular basis, I realized how important doing hands-on fieldwork was in teaching important agricultural and green-job skills. But the students still were not making connections to the food they ate or to their own urban environments. So I developed a winter classroom curriculum to introduce the topics of food justice/food sovereignty, nutrition and cooking, and youth empowerment.

My first attempts at teaching large groups of high school students in the field (and in the

classroom), were very challenging, but with the support of the teachers, and the enthusiasm and positive feedback from the youth, I was able to keep my spirits high.

In addition to what I have learned at Saul, I have learned a great deal from farm educators in the Philadelphia area. I attended Rooted in Community events and regularly attended Youth Grower's Markets with the Urban Nutrition Initiative and Teens4Good. Our relationship with these organizations, along with many others, continues today.

One relationship that is particularly special to me is our partnership with the School District of Philadelphia. In 2012, the district asked WWCP to host farm field trips for their "Eat.Right.Now" program, and



Saul student and Farm Club member Juanita Falice builds raised beds.

in spring 2013 we hosted over 600 students. The program not only provides an introduction to farming and agriculture to middle-schoolers, but is an example of the successful partnerships that are possible when entities are creative and determined.

When I reflect on the past three years, there are a couple of highlights that really stand out:

I am most proud of the seven raised beds built last spring. The day after I learned how to build raised beds myself, I taught 20-plus students how to construct beds and subsequently how to use the beds during every step of the growing process.

Over the past year, approximately 300 students have worked on the raised beds. We

grew over 400 pounds of produce, all of which was donated to students and their families, and demonstrated how raised beds are a perfect example of smallscale agriculture. Several students have built similar structures at their own homes.

I am also very proud of the creation and development of our summer youth programs. The summer is the height of the growing season and is the most exciting time to be on the farm. Without the summer program, students would miss out on a lot of fun! Over the past three years we have transitioned from a very informal program to having 11 kids hired through

(Continued on Page 16)

### **Report on the Generosity** Of the Co-op Community

Y DEEPEST GRATITUDE TO ALL OF YOU WHO SO EN-Lathusiastically responded to WWCP's year-end appeal. Our 2013 campaign was the most successful in our short history, raising \$28,000. It exceeded our goal by \$8,000, and topped the 2012 campaign by \$11,000.

In addition to year-end donations, members of Weavers Way Co-op collectively gave \$12,556 to Weavers Way Community Programs in 2013 through the High Five program, Giving Tuesday, equity donations and other contributions made at the register. And this doesn't include all of you who participated in the eighth annual Annual Urban Farm Bike Ride or who attended our second annual Farm to Table dinner!

The High Five program, in which working members donate their 5 percent discount to WWCP, raised \$8,980 in 2013! If you're interested in becoming a High Five member, simply log in to the Members section of the Weavers Way website (members.weaversway.coop) and sign up. It's simple and demonstrates how small amounts add up. Of over 5,000 member households, only 72 participate in High Five. Imagine how many more students WWCP could serve if we could increase High Five participation. Will you consider joining this year?

We already have some great events in the planning stages for 2014 — an art event and a music event in addition to the annual bike ride and farm-to-table dinner, just to name a few. If you'd like to volunteer to help with the planning (and fulfill your Co-op work hours in the process), let us know!

— Jill Fink

jill@weaversway.coop







### Clare

(Continued from Page 15)

the Philadelphia Youth Network. They worked at the farm 20 hours a week for six weeks, participating in daily food-system and cooking workshops as well as doing field work. If you were to ask any of them to tell you about an heirloom tomato, explain the meaning of "food sovereignty," or describe how to make pickles before the program, they wouldn't have been able to tell you — but now they'd be happy to!

It's difficult to leave the programs I have created, but I know they are being left in the very capable hands of Weavers Way Community Programs. I am not leaving Philadelphia immediately, so I will remain a member of Weavers Way Co-op and plan on becoming a CSA shareholder.

Special thanks to all of the staff members at Weavers Way and Weavers Way Community Programs, WWCP Board members, Saul teachers and students, and all of the community members who have been involved with WWCP. I couldn't have done it without you! Goodbye, thank you and see you around!



### **Dust Off Your Dancing Shoes for the MALT Ball**

Whether they're patent leather or blue suede, you'll want to dig them out for MALT Ball V, Friday, Feb. 28, from 7 p.m. to 1 a.m., at the Commodore Barry Club, 6815 Emlen St. MALT Ball V presents the Original Dave Bush Dancers, whose hour-long tribute to the late Dave Bush Jr., known as the "Godfather of Line Dancing." For advance tickets (\$15), call the MALT office at 215-843-6333 or visit the website at www.mtairylearningtree.org. Tickets will also be available at the door for \$20. Cash bar and light fare available, and you can also BYO food. Proceeds will help MALT continue to offer quality classes that celebrate the diversity of Northwest Philadelphia.

### Natural Bee Symposium

THE AUTHORS OF "THE COMPLETE Idiot's Guide to Beekeeping" will speak in Philadelphia Saturday, Feb. 9, at the the fourth annual Natural Beekeeping Symposium.

The Philadelphia Beekeepers Guild is thrilled to announce that Dean Stiglitz and Laurie Herboldsheimer will share valuable information on natural beekeeping, including "Microbial Environment in the Hive" and "Raising Queens & Breeding Local Bees." The Massachusetts beekeepers produce treatment-free honey, run beekeeping conferences, teach, write, and conduct research.

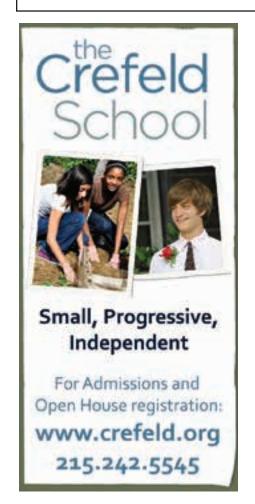
The symposium is 10 a.m. to 4 p.m. at Penn Charter School, 3000 W. School House Lane. Attendees can participate in a raffle for a garden-size hive and visit a variety of vendors, featuring bee and honey-related products.

Tickes are \$35, \$25 for students with ID and members of PBG), and a box lunch is included. For more info, visit www.phillybeekeepers.org











in the Shuttle

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Shoshanna Wiesner photo

Another happy customer at last year's event.

# Many Happy Returns at 8th GJC Clothing Giveaway

by Betsy Teutsch, for the Shuttle

HE SUPER BOWL OF MT. AIRY SHOPping, the annual Germantown Jewish Centre Women's Clothing Giveaway, returns for the eighth year on Sunday, Feb. 23. Doors open at 11 a.m.

In 2012, Dr. Anne Shlay, our inhouse sociologist, interviewed attendees and gathered some serious data while they dropped off and took home gently used clothes. Here is what she learned:

Respondents were very enthusiastic about the Giveaway. When asked their primary reason for attending, fully 36 percent reported that it was fun and another 18 percent said they liked socializing with friends and meeting people. Women like it, they really like it!

People were also socially conscious and liked being part of a do-good event.

About one-fifth were happy to be raising money for a good cause. The environmental aspect of the event (reusing of clothes) was a turn-on for about 5 percent, so for over a quarter of the attendees, eco-social benefits were a primary motivation. But the others didn't object! (This is in Mt. Airy, after all.)

Of course, people liked getting newto-them clothes, getting rid of old ones and not having to pay for what they got. People really like clothes, and they can always just bring them back next year!

People also reported they liked building community and commented on how the attendees and volunteers were friendly and nice. One said she "liked the vibe." Another characterized the event as a "winwin." A few commented on how well run it is and fun for kids as well. So you should come too — you don't want to miss out.

Under the leadership of Genie Ravital, who commands a legion of annual volunteers, we will repeat last year's experiment, sorting the clothing the night before — Saturday, Feb. 22, at 6:30 p.m.

Proceeds from this year (suggested donation is \$20) will go to Dining For Women, an international giving circle that supports grassroots women's empowerment initiatives in low resource communities and boasts three Weavers Way chapters. Partnering with DFW will add a new stream of local clothing donors, volunteers, and attendees, yet another win-win. There is a fourth Mt. Airy DFW chapter comprising mothers and their 11-year-old daughters, so look for a 'tween crowd, too!

To volunteer, contact GenidBud@ gmail.com. For more information, visit www.womensclothinggiveaway.com.

### Make Your Move at Mt. Airy Barn Dance

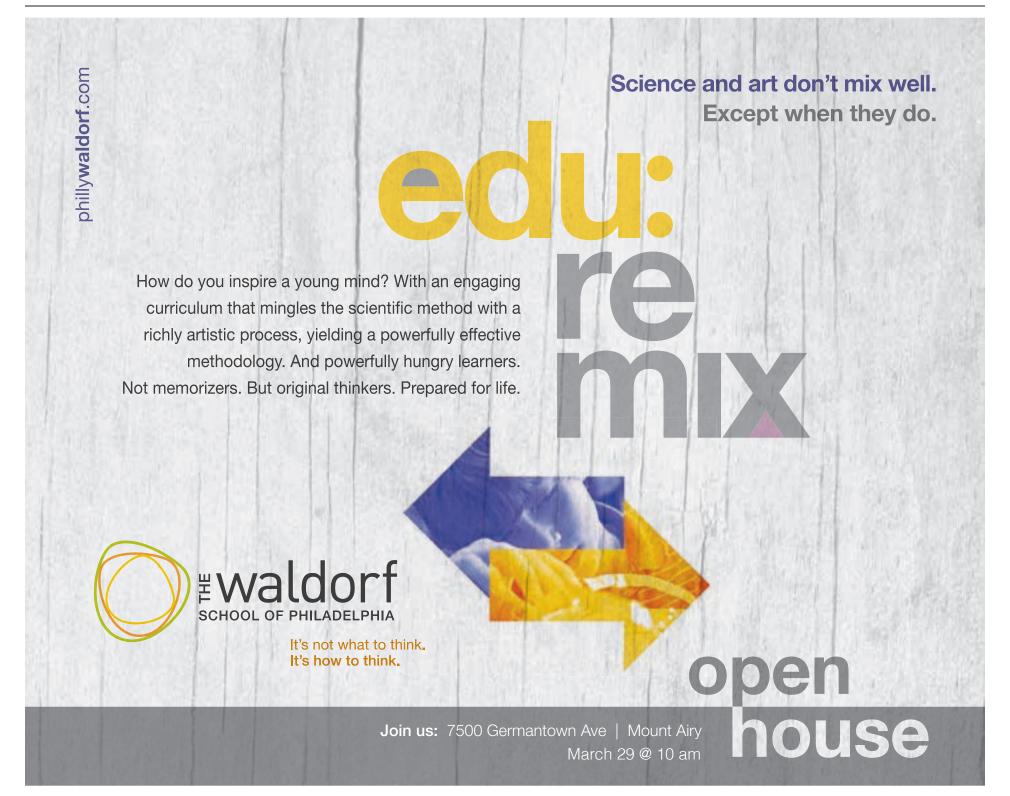
ANT TO CHECK OUT A SOCIAL EVENT where kids and adults can participate where kids and adults can participate as equals, interacting in fun, creative ways with people of all ages? Want to move your body to live music? Want to smile and sing and watch children and adults enjoy life? Come to the Mt. Airy Barn Dance!

This is a unique event in Philadelphia and it happens right here in our community, on the second Sunday of the month at Summit Church, Greene and Westview streets.

Everyone is welcome. All dances are simple and are taught. Children starting about age 4 or 5 can do the same dance figures as the adults. And the Feb. 9 Barn Dance features a special treat — live music by a teen ban playing traditional music!

The Mt. Airy Barn Dance runs 3 to 4:30 p.m. Donation is \$5 for adults, \$2 for kids 4-17, with a family maximum of \$15. For more info, check out the Mt. Airy Barn Dance page on Facebook.







# Summer Adventures

Day Camps for Kids!



Camp Katniss 2-Week Session June 16th - June 27th





Learn to survive in the wilderness like your favorite character from the Hunger Games. Archery, foraging, fire-starting, shelter-building, and

Take Flight! Week of August 18th

Looking for a day camp at Awbury for 5 - 8 Year Olds? Check out "The Magical World of **Woodland Faer**ies" with Indigo Nature Arts. The week of August 11th. visit www. indigonaturearts. com.

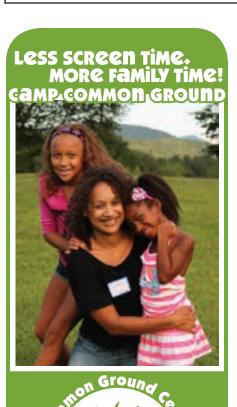
Awbury is home to many species of birds, dragonflies, and butterflies. After observing and learning about these natural-born fliers, campers will explore the world of flight through building and using kites, catapults, the world's best paper planes, whirligigs, and other winged things!

Magic & Myth in the **Enchanted Forest** Week of August 25th

Campers will engage in theatrical cooperative roleplaying to create characters (mythical creatures and woodland warriors) to rescue the heir of the throne and save the heart of the enchanted forest!

For more information, or to register, visit www.awbury.org, call us at 215-849-2855 ext. 21, or email programs@awbury.org.

\*for children residing in zip codes 19138 & 19144 & eligible for free & reduced lunch



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### The Passionate Gardener

### **Urban Gardening: Managing** The Risks of Contaminated Soil

by Ron Kushner, for the Shuttle

TRBAN AGRICULTURE AND INNERcity gardening are increasing throughout the United States, especially on abandoned land. Many of these sites have been previously contaminated.

Paint residues from before 1978 are common, resulting in lead in the soil. Demolished houses leave not only lead but coal ash, asbestos and automotive oil. Also common in urban areas are cadmium, arsenic, zinc and polycyclic aromatic hydrocarbons known as "PAHs," a residue of roadways built before leaded fuel was phased out. PAHs are emitted when carbon-containing materials like wood and gasoline are incompletely burned. They are extremely common from simple vehicle exhaust.

Pesticide residue is also common, due to widespread usage in orchards, pesticide formulations and packaging. Even manure could have been contaminated with copper and zinc salts which were added to animal feeds.

Leaking gas tanks or past petroleum spills could have left a residue of PAHs, benzene, tolulene, xylene and ethyl benzene.

Old treated lumber left residues of arsenic, chromium and copper. (Pressure treatment used to be considered a safe alternative to creosote-soaked railroad ties.)

Such contaminants, not to mention nutrient deficiency and compaction, all pose potential problems for future plant growth and ultimately present health risks.

Contaminants occur naturally in most soils; it's just high levels that are problematic. Do not let your fear of contaminated soil spoil your plans for creating an urban garden. Under most circumstances, the benefits of growing and eating fresh produce far outweigh the risks associated with contaminated soil, especially when certain steps are taken to mitigate the contamination. These steps can reduce or eliminate any risk from gardening on contaminated land.

Testing the soil is the first step that can be taken to confirm its suitability. There is a formal evaluation process on a national level called an "Environmental Assessment" through the U.S. Environmental Protection Agency. This program is made up of a Phase 1 and Phase 2 assessment. Both are costly, difficult to apply for and generally require a registered civil engineering firm to provide and submit the necessary documents. Check with



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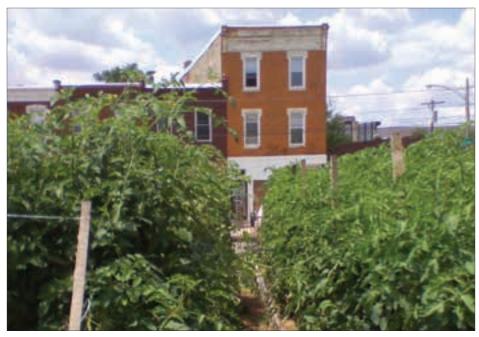


Photo courtesy of Hamil Pearsall, Temple University

City lots may be contaminated but can be made safe for growing food

local and state government agencies to see if these assessments were already performed. If so, the results may be available.

Penn State's standard soil test (\$10) does not include lead. However, they do offer metals testing as an option, for \$27 per metal or a total metals test for \$160. They also offer compost testing for \$270, including PCBs for \$350.

The University of Massachusetts does a routine soil analysis for \$10 which does include lead. They also offer a standard compost test for \$45.

In the United States at this time, there are no regulations that govern contaminants in soils used for food production. If contamination is confirmed (or assumed), existing soil can be removed and replaced with clean topsoil and compost; however, this is a very expensive proposition and not usually feasible.

Large amounts of compost should be added to the soil, however. The EPA recommends up to 50 percent soil to compost. The organic matter dilutes contaminant concentrations and binds them to soil particles, making the contaminants less available for plants to absorb and reducing the risk of human exposure. The compost also improves the physical quality of the soil by loosening up the particles and improving water drainage.

In any case, the following steps should be taken to reduce risk of exposure from eating plants grown in previously contaminated soil:

- 1. Always used raised beds.
- 2. Mulch pathways heavily on landscape fabric or create raised walkways on lumber, brick or stone.
- **3.** Keep plants away from old, painted buildings.
- **4.** Use landscape fabric before filling raised beds with new, clean soil.
- **5.** Wash hands after gardening.
- **6.** Wear gloves when gardening.
- 7. Discard outer leaves of greens before
- **8.** Wash produce in running water.
- **9.** Clean tools, gloves and shoes before bringing them indoors.
- 10. Wash off all excess dirt from root crops and leafy vegetables before bringing them indoors.
- 11. Peel root vegetables that are in direct contact with soil (or in extreme conditions, avoid growing root vegetables which have a higher potential for accumulating contaminants).
- **12.** Add lots of compost to soil.
- **13.** Growing crops that produce fruit is safest (such as tomatoes, squash, berries, fruiting trees and shrubs).
- **14.** Watch small children as they tend to eat soil through "hand-to-mouth" play.

Contact Ron Kushner at ronkushner@comcast.net or visit his website, www.ronsorganicgarden.com.

### **Find Witchhazels** in Bloom at Morris

n Saturday, Feb. 15, grab your family and head over to the Morris Arboretum outdoor fun and garden exploration. From to 1 to 3 p.m., follow the scavenger hunt map to discover more than 70 varieties of colorful and fragrant witchhazels growing at the arboretum.

Ranging in color from yellow and orange to pink and red, witchhazels are some of the first harbingers of spring, and the Arboretum's witchhazel collection is unparalleled in the area. The scavenger hunt invites visitors to compare the different varieties' flowers and take in their heady scent. After the hunt, visitors can return to the Visitor Center to make a craft. This event is free with regular admission.

You can enjoy the witchhazels all month. The scavenger hunt map is available at the Visitor's Center and can be downloaded from the Morris website.

Also happening all winter long are the Saturday morning Wellness Walks. There's no stopping ,but you can't miss the twitchhazel aroma!

Morris Arboretum, at 100 E. Northwestern Ave. in Chestnut Hill, is open 10 a.m.-4 p.m. daily in the winter. Regular adult adminssion is \$16. Info: www.morrisarboretum.org.



### Winter Workshops

Saturday, Feb 1st Winter Pickles @ 10am **Backyard Chickens** @ 1pm

Saturday, Feb 8th Gardening for Wildlife @ 10am Terrariums @ 1pm \$35

Saturday, Feb 15th Raised Bed Gardening @ 10am Rain Gardens @ 1pm Saturday, Feb 22nd

Fruit Trées @ 10am Winter Pruing

You must RSVP; seating is limited Cost: \$10 includes \$5 Gift Card Visit our website for aditional workshops!

primexgardencenter.com



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### Suggestions

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

REETINGS AND THANKS FOR WRIT-Jing. As usual, suggestions and responses may have been edited for brevity, clarity, and or comedy. In addition, no idea, concept, issue, remark, phrase, description of event, word or word string should be taken seriously. This also applies to the previous sentence.

For those interested in what's going on in the world of genetically modified food, part of the aftermath of the defeat of Washington state's Initiative 522 (requiring labeling of GMOs) is that the Grocery Manufacturers Association is seeking to have some of Washington's campaign finance disclosure laws overturned. This was after Washington's attorney general sued to force the GMA to disclose who donated money to defeat the state's GMO labeling initiative. From the attorney general's website: "In memos obtained by the Attorney General's Office, the GMA described efforts to develop 'a funding mechanism to address the GMO (genetically modified organisms) issue' while better shielding companies from attack for providing funding."

This got me wondering why these companies want to hide that they are in favor of GMOs. If they believe GMO agriculture is good for society, why not come out and state the case? Why be afraid of labeling to begin with? When you are a company doing something good for the general welfare, usually you advertise it, with the hope of making your brand more appealing. Claimed benefits of GMO foods include that they stay fresher longer, are better able to withstand drought and disease, result in decreased soil erosion, reduce the need for pesticide, and are more profitable for farmers. If these claims are true, why wouldn't you put them on the label and in your ads? Why wouldn't you offer the public the most information you could about the benefits instead of trying to contest campaign finance laws?

#### suggestions and responses:

- s: "Hi Norman! Thanks as ever for the funny column. I always go there first when I get the Shuttle. I was wondering, one of my vegan friends will not eat soy at all because he says all soy is GMO in the United States. However, I also read that food cannot be labeled organic if it is GMO. Weaver's Way has plenty of organic soy stuff, so I wondered which was more true. Thanks much."
- r: (Norman) Thanks for the column compliment. Most conventional soy grown in the United States is indeed GMO, but you are correct in saying that anything with the USDA Organic seal cannot contain



any GMO ingredients.

The other bad thing about non-organic soy products like soy protein, soy isolates, lecithin, soy oil, etc., is that they are likely extracted using hexane, a neurotoxin and known air pollutant. Then there is another whole debate whether any soy is good for you, organic or otherwise. There's a decent summary at authoritynutrition.com/ is-soy-bad-foryou-or-good/. Hope this helps and now I have to get back to being funny — it's a lot of pressure.

s: "I've been reading the discussion about parking behind the Chestnut Hill store. Members would like reimbursement for their parking. I'm against it. In America, it has become an expected perk that shoppers at a supermarket or mall or department store get free parking. But that doesn't make it good social policy. Do we want members who walk or bicycle or take public transit to be subsidizing the members who drive to shop? I would think it should be the other way around!"

- r: (Norman) You raise an interesting issue about values and sales. It's healthier to walk, bike or take public transportation — physically and environmentally healthier than driving, plus you interact with your neighborhood more directly, so you'd think a neighborhood co-op would want to encourage that kind of behavior. On the other hand, a large number of people drive to shop, and since we are in a competitive environment, and since availability and ease of parking is a major factor for many shoppers, and since as a co-op we are inherently "better" than our competition (true?), we need to at least consider ideas like offsetting parking costs for shoppers.
- s: "Pepperidge Farm Apple Swirl
- r: (Molly MA) I'll ask for more loaves and stock them more regularly.
- **s:** "Please bring back sliced Asiago!!"
- r: (Margie MA) It didn't sell well, but if I get more requests, I will consider bringing it back.
- s: "Can we get a different American cheese? Ours is terrible! Other options (just as toxic and gross), but taste way better, are Clearfield or New Yorker.

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### Claimed benefits of GMO foods include that they stay fresher longer, reduce the need for pesticide, and are more profitable for farmers. If these claims are true, why wouldn't you put them on the label?

r: (Margie MA) I found a new American cheese that I will bring in. I haven't been able to find the brands you mentioned in a pre-sliced bulk package but I will keep looking. Have you tried the Cooper sliced American we sell?

- **s:** "When will we be able to buy bugs to eat? My family is very interested!"
- r: (Glenn) Have to get a buyer to bring them in. We have two sources on the line.
- **s:** "Could we please carry more sliced Le Bus multi-grain bread. It goes quickly. It appears that the unsliced is not as popular. Thanks.
- **r:** (Molly MA) I'll change the ratio a bit.
- s: "Consider California Farms Organic Sweetened Condensed Milk."
- r: (Rick MA) It's on the shelf, we've had it since Thanksgiving.
- s: "Can we please stock Tea Party Tea? Conservative values appeal to me and I'd like to ingest them every morning as a hot liquid."

r: (Norman) Yes, we can get Tea Party Tea, produced by a worker collective in Cuba as part of the the Cuban government's role of providing meaningful, living-wage jobs for its citizens. Plus, "conservative" values are in line with Weavers Way values. The word "conservative" is interesting, it includes "conserve" which means (according to Merriam Websters Online) "to keep (something) safe from being damaged or destroyed" and "to use (something) carefully in order to prevent loss or waste." Based on that, you would think that people who identify politically as "conservative" would support conservation groups and be concerned about global warming, GMO food, etc. Maybe we can get the workers collective in Cuba to insert an ingredient into Tea Party Tea that would aid people in understanding the meaning of words.

normanb@weaversway.coop

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### **HOW TO SIGN UP**

for the Community Room at 555 Carpenter Lane

- 1. Write your meeting time on the wall calendar. Include a contact name, phone number and member number.
- 2. Check in with the Shift Manager before and after the meeting (to lock and unlock the building).
- 3. Please stay on the first floor. (Employee access only to the upper floors)
- 4. Meeting can start no earlier than 9 a.m. Meetings must end by 8 p.m. on weekdays and by 7 **p.m.** on weekends (unless a staff member with keys is at the meeting).
- 5. Clean up the room and fold any chairs used to leave the room as you found it.

Email outreach@weaversway.coop with any questions.

Here's a comparison price check between Weavers Way and ACME. Some of our best-selling products are listed here. So shop at the Co-op and Save!

	ACME	Weavers Way
CHEESE (per lb. unless indicated)		
3 Month Manchego	\$24.99	\$13.75
Boursin	\$7.99	\$5.95
Comte	\$26.99	\$14.99
Emmenthaler	\$17.99	\$14.35
Goat Pyramid (each)	\$4.99	\$4.95
Gorgonzola Crumbs	\$16.00	\$7.65
Gruyere	\$24.99	\$18.05
Jarlsberg	\$12.99	\$12.15
Locatelli	\$11.99	\$11.15
Monterey Jack	\$8.99	\$5.05
Parmigiano Reggiano	\$34.26	\$17.09
Parrano	\$ 19.99	\$15.75
Part-skim Mozzarella	\$6.49	\$5.05
Prima Donna Red Gouda	\$29.99	\$15.15
Ricotta Salata	\$9.99	\$5.79
Rosenborg Danish Blue	\$21.78	\$9.95
Shaved Parmesan	\$11.29	\$8.50
Shredded Cheddar	\$5.18	\$6.85
Stilton	\$26.99	\$15.69

\*Prices as of Februay 2014. Prices subject to change, but we'll do our best to

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### CALENDAR OF EVENTS

All Month Long — Local Mondays

Feb. 3: Laura's Biscotti Feb. 17: Jenny & Frank's Gelato Feb.10: Long Cove Vegan Scrapple Feb. 24: Waffatopia waffles

Tuesday, February 4

7 p.m.

**Weavers Way Monthly Board of Directors Meeting** 

This month's meeting is in the Parlor Room at Summit Church, Greene and Westview streets. RSVP: boardadmin@weaversway.coop.

Wednesday, February 5

7:30 p.m.

**Weavers Way Environment Committee** 

Community Room, 555 Carpenter Lane (adjacent to the Mt. Airy store).

Thursday, February 6

6-8 p.m.

**Affordable Care Act Seminar** 

Join us for a comprehensive presentation by trained Pennsylvania Health Access Network representative Theresa GoldBrown, along with Weavers Way Human Resources Manager Jon Roesser. Q & A follows.

Parlor Room at Summit Church, Greene and Westview streets. RSVP: outreach@weaversway.coop.

Tuesday, February 11

6-8 p.m.

**Leadership Committee Hosts Orientation for Board Candidates** 

Interested in running? Find out what it's like to serve on the Weavers Way Board of Directors. 555 Carpenter Lane (adjacent to the Mount Airy store) For info, contact outreach@weaversway.coop or David Woo at woo3d@earthlink.net or 215-508-0815.

Wednesday, February 12

**Welcome Meeting and Orientation for New Members** 

Once a month, alternately in Mount Airy and Chestnut Hill. This month's meeting is at the Chestnut Hill Friends Meetinghouse, 20 E. Mermaid Lane. RSVP: outreach@weaversway.coop.

Wednesday, February 19

7 p.m.

Film Screening: 'Fast Food Nation'

Presented by the Weavers Way Education Committee. Enjoy a lively panel discussion afterwards. First-floor meeting room, Chestnut Hill Hospital. 8835 Germantown Ave. Reduced parking in the garage with validation. RSVP: outreach@weaversway.coop.

Saturday, February 22

Noon-4 p.m.

**Gluten Free Day at Weavers Way Chestnut Hill** 

Wheat Freedom! Free sampling, tastings of great gluten-free products plus free advice from the National Foundation for Celiac Awareness, raffle basket and recipes.

Tuesday, February 25

7-8:30 p.m.

**Pet Nutrition Workshop** 

Keep Fido and Fifi in tip-top shape. What holistic vet Natasha Kassell has to say about feeding your pet right might surprise you! Community Room, 555 Carpenter Lane (adjacent to the Mt. Airy store) RSVP: outreach@weaversway.coop.

Wednesday, February 26

**Weavers Way Health & Wellness Committee** 

Community Room, 555 Carpenter Lane (adjacent to the Mt. Airy store).

Thursday, February 27

**Grains & Gluten Workshop** First in a series of workshops on healthy eating with April Pendrick. In the kitchen at the Chestnut Hill Friends Meetinghouse, 20 E. Mermaid Lane.

RSVP: outreach@weaversway.coop.

### Weavers Way Chess Tournament

THE FOUR-ROUND TOURNAMENT WILL TAKE PLACE ON MONDAY EVEnings in February (one round per night) in the Weavers Way Community room, 555 Carpenter Lane. Start time is 7 p.m.

Prizes are \$30, \$20, \$10 Weavers Way gift certificates for 1st, 2nd, and 3rd places, respectively, and a \$10 gift certificate for the top student, high school senior or younger, who is not among the top three.

Entry is free to Weavers Way members, \$30 to non-Weavers Way members, which includes Weavers Way membership (What a deal!) Space is limited, so registration is first come, first served. Players may register by sending name and membership number to Weavers Way Outreach Coordinator Bettina de Caumette (outreach@weaversway.coop). Space permitting, late entry (in second or subsequent rounds) is allowed, with 1/2 point byes awarded for a maximum of two rounds during the first three rounds. Time control will be Game/45, with 5 second delay.

While the club owns some equipment, players are advised to bring sets and clocks to be assured of playing. Pairings will be made according to the rules for Swiss System tournaments as defined in the U.S. Chess Federation rule book. Play will also be governed by the USCF rule book, as interpreted by Chess Club coordinator Al Pearson, who is a USCF Certified Tournament Director.



Need more info? Contact Bettina at outreach@weaversway.coop or 215-843-2350 ext. 118.



Building co-op: From left at back, Michael Holland, Jeff Carpineta, Tim Dych, Glenn Bergman; at front, Margaret Lenzi, Lena Helen, Angie Rohacek, Jackie Cusak.

### Hello, Kensington!

EAVERS WAY BOARD PRESIDENT Margaret Lenzi and General Manager Glenn Bergman visited last month with the board of the new Kensington Community Food Co-op, which is already making waves with its twice monthly Kensington Co-op Marketplace. It's held the second and fourth Tuesdays of the month upstairs at 2009 Frankford

Kensington currently has over 370 members. Their hope is to have a store up and running within 18 months to two years. To learn more, visit www.kcfc.org.



### **International Cooperative Principles**

International Cooperative Principles were last revised in 1995 by the International Cooperative Alliance. 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:

 $\hbox{``Cooperatives are based on the values of self-help, self-responsibility, democracy, equality,}\\$ 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 organized in a democratic manner.

### 3. Member Owner Economic Participation

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

### 4. Autonomy and Independence

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

### 5. Education, Training and Information

Cooperatives provide education and training for their member owners, elected representatives, managers and employees so they can contribute effectively to the development of their 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.



# February Member Specials

Valid from February 5 - March 4

member savings, visit www.weaversway.coop



EARTH FRIENDLY Furniture Polish 22 oz \$3.39 REG \$5.19



TOFURKY Veggie Sausage -Assorted Varieties 14 oz

\$3.69 REG \$4.79



ANDALOU NATURALS Body Lotion -Assorted Varieties 11 fl oz

REG \$9.39



FOOD MERCHANTS Organic Polenta 18 oz \$2.69 REG \$3.25



**GLUTINO** Gluten Free Spinach & Feta Pizza 6.2 oz

\$3.99 REG \$5.35



**AUBREY ORGANICS** Age-Defying Therapy Moisturizer 1.7 fl oz

\$18.99 REG \$21.45



GINGER PEOPLE Ginger Chews -Assorted Varieties 3 oz \$1.69 REG \$2.19



TANDOOR CHEF Frozen Indian Food -Assorted Varieties 10 oz



**BADGER** Lip Balm -Assorted Varieties .15 oz

Dear Members. Thank you for 40 years of Co-op Love. SWAK,

WW

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### Chef's Corner

### **Hot Stuff in Chestnut Hill**

by Bonnie Shuman, Weavers Way Executive Chef

S I WRITE THIS, I AM ANXIOUSLY WAITING FOR NEW OVENS TO BE DELIVERED TO the Chestnut Hill kitchen! A crew will be coming in to replace the existing ovens, which have given us problems since we opened. After reviewing how much we spent in repairs, we started to investigate other options. What we discovered was that a lot of supermarkets, as well as caterers, were using combi-ovens. This is an oven that cooks with both heat and steam. The model we've ordered is made by a company called Rational, and that's all they make, ovens.

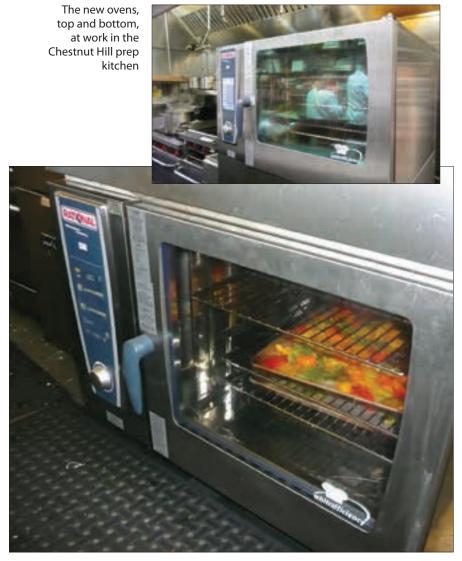
We're excited about this on many fronts. First, it's going to produce a higher quality of finished product. For example, because of the steam function, the food will stay moist and hold up better on the hot bar. It will also increase efficiency. This oven can roast a chicken to 180 degrees in just 37 minutes. It cooks a piece of salmon in 7 minutes!

The new ovens also save energy and reduce waste. In most ovens, you put in a whole chicken, well, you lose up to 20 percent of the weight. Not with the Rational. With the new oven, we will only lose about 5 percent of the raw material! With our old oven, we turned it on at 7 a.m. and turned it off around 11:40 p.m. While the new ovens will also run on this schedule, they have a sensor that puts them to sleep, just like your computer, when not in use.

With all the improvements we can achieve with this new oven (actually, the company does not call them ovens, they call them "cooking centers"), we know we will be bringing you, our members and customers, the highest quality food available. And that's what I love most about my job.

We will be excited to hear your feedback, because we're sure you will notice the difference. So, the ovens and installers pulled up about an hour ago, so, for me, it's like Christmas morning. I gotta fly downstairs now, to open our present!

bonnie@weaversway.coop



Mary Sweeten photos

### **Get Down** on the Farm in 2014

For info and to sign up for the 2104 Henry Got Crops CSA, visit

### www.weaversway.coop/CSA

The link will be up on the Henry Got Crops page of the website as well.

Farm education couldn't happen without the farm, and the farm wouldn't exist without the educational programs it supports. You can support WWCP educational programs directly by making a donation at

> www.weaversway.coop/ supportWWCP



You can also help the farms by buying one of these handmade kitchen textiles created by Henry Got Crops CSA shareholder Heidi Barr from reclaimed materials. Buy something from the **Kitchen** Garden Series before St. Patrick's Day and Heidi will donate a portion of the proceeds to Henry Got Crops! To learn more, visit:

### kitchengardenseries.bigcartel.com

Nina plans to use the proceeds purchase a vaccuum seeder. What's a vaccum seeder? Check it out here:

http://www.johnnyseeds. com/p-9135-precision-vacuumseeder.aspx

# Time to Think Spring, and Weavers Way CSA Signup

by Nina Berryman, **Weavers Way Farms Manager** 

 ${f ext{ o}}$  o a farmer who grew up in  ${f ext{ ext{ ext{Ver-}}}}$ I mont, the winters in Philadelphia seem to go by in the blink of an eye. While it may still be cold and gray outside, at the farms it feels like spring is just around the corner! People often ask what I do during the winter. My days are full: tackling the "fix-it" list, doing equipment maintenance, weeding and harvesting from the hoop houses, ordering seeds, reworking my planting plan for the upcoming season, reorganizing my crop map for the upcoming season, starting plants in the greenhouse, hiring, budgeting, buying supplies and ... getting ready to sign up shareholders for the 2014!

This last task is especially exciting. I love welcoming new shareholders to our community-supported agriculture program and seeing the return of happy shareholders from the previous season.

Henry Got Crops! is more than just a way to get local vegetables — we grow food for the community, but we also provide educational opportunities for students at W.B. Saul High School for Agricultural Sciences School. Located on the Saul campus, the farm is managed by Weavers Way in collaboration with Saul students and teachers. While the Co-op runs the business of the CSA and manages all farm production, the Weavers Way Community Programs Farm Educator provides farm curriculum and handson farming learning, teaching students about small-scale, sustainable vegetable production and distribution. WWCP also uses the farm for experiential learning and farm-related education programs for other students and groups.

Our CSA is unique in that all the vegetables are grown at the Weavers Way Farms — we do not buy in vegetables from other farms. Shareholders can also take advantage of the you-pick sections and experience the satisfaction of picking their own flowers, herbs or cherry tomatoes.

The CSA runs 24 weeks, typically from the third week in May to the end of October. We offer small shares for \$425 and large shares for \$750. A small share generally consists of five to six units of vegetables, and is recommended for two people. A large share has the same vegetables, but consists of 10-12 units, and is recommended for four people. A unit is similar to what you would buy at a grocery store — for instance, a bunch of carrots or a head of lettuce.

Interested in pitching in? We offer a Working Shareholder discount — 5 percent off in exchange for 4 hours at the farm for a small share, 6 hours for a large share. And if you really love working at the farm, you can apply for a Working Share-Extraordinaire. We offer a limited number of these shares, with a \$100 discount in exchange for two hours of work every week of the CSA season. This \$100 off is in addition to the 5 percent Working Share discount.

As in the past, we will be selling popular products from Weavers Way, including Yellow Springs Farm goat cheese, local honey and tree fruit, at our farmstand during CSA pick-up times.

As I said, I'm looking forward to welcoming our 2014 CSA shareholders. You can visit www.weaversway.coop/ CSA to get started.



You-pick flower share at last year's CSA

nberryman@weaversway.coop



### What's in Store at Weavers Way

### **Local Chocolates**

(Continued from Page 2)

ela. They buy coffee from a Fair Trade, worker-owned cooperative in Chiapas, Mexico, and their Earl Grey tea comes from another Fair Trade co-op in Sri Lanka. Their ginger comes direct from a biodynamic, organic farm in Hawaii.

John & Kira's are made in Hunting Park and sold in both Mt. Airy and Chestnut Hill. Info: www.johnandkiras.com/

Diane Pinder's artisan chocolates, named Donna Toscana Chocolates in memory of her sister, are made in the tradition of chocolatiers in Tuscany, where she studied her craft.

Donna Toscana Chocolates are certified with the New Jersey State Department as a Jersey Fresh Product, which have to meet certain standards for quality and freshness. For Pinder, this means all locally available ingredients come from New Jersey. Her honey is from Tassot Apiaries, in Milford, Hunterdon County, part of the Foodshed Alliance, whose mission is to build a resilient local food system through sustainable farming and direct farm to consumer relationships.



She also features N.J. fruit — blueberries. raspberries and cranberries — and freezes them for use throughout the year. She grows rosemary and basil herself, or buys it from Terhune Orchards near Princeton.

Pinder also takes great care in sourcing her chocolate. For her three-ingredient bars, she buys from Vintage Plantations Chocolate in Newark, NJ, owned by Pierrick Chouard, who helped in the creation of the Rainforest Alliance Certification. Chouard visits growers in Peru to verify the conditions, select the beans and have them sent to New Jersey. For her other confections, Pinder mainly sources from Cocoa Town, out of California. This family-run business sources direct from the Dominican Republic, where members of the family grows the cocoa.

Donna Toscana is based in Cranford, NJ. Info: shopdonna.com/dianepinder/ chocolates/donnatoscana/

skane@weaversway.coop

### New on the Shelves

### A Visit Next Door Might Be in Order

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

TERE WE ARE, SECOND MONTH OF the new year, and you need a pick-me-up to get you closer to spring. Then there's that holiday in the middle of February that you might be anticipating or avoiding. Sounds like a trip to Weavers Way Next Door in Chestnut Hill is in order.

This month, Manager Amira Shell and her crew are featuring facial care products from Suki, a cruelty-free company that uses fair trade, organic and local sources whenever possible. Many of their products are also vegan. Next Door carries a range of Suki products, including a four-step skin care kit.

For that holiday (or anytime), Next Door now carries Sir Richard condoms in three varieties. Sir Richards are made of natural rubber latex, contain no parabens, spermicides, glycerin or petrochemicals, and are vegan certi-

fied and approved by People for the Ethical Treatment of Animals. Close by are Good Clean Love personal lubricants, available in lavender and almost naked. All Good Clean Love products are certified organic and made in the USA.

#### Elsewhere at the Co-op

**Mt. Airy Grocery:** There's a new beverage on the shelves, and it's straight outta L.A. Wild Poppy drinks are made with organic fruit from California and sweetened with organic agave nectar. They're available in four flavors.

On the local applesauce front, there's also a new entry: Bowman Mountain Applesauce, certified organic and canned in Leola, Lancaster County. See how it stacks up against your current local favorite.

**Deli:** Fine English charcoal crackers might look strong tasting, but in fact have the flavor of an English-style biscuit. Chestnut Hill Deli Manager Shawn O'Connell says they're buttery, yet subtle enough to allow the cheese to shine.

And if you're looking to expand your cheese profile, she suggests either of the organic Cowgirl Creamery cheeses she carries in the Hill. Mt. Tam is a triple cream, and Red Hawk is a washed-rind cheese.

In both stores, you can now find **Cone**bella Farm cheddar spreads. The farm, located in Elverson, Chester County, produces cheeses with the milk from its own cows that is antibiotic and rBST-free. The spreads come in three flavors: horseradish cheddar, garden garlic and jalapeno cheddar.

**CH Grocery:** Bring on the flaxmilk! Manager Riley Luce has brought in FlaxUSA flaxmilk in original and vanilla flavors. Flaxmilk is shelf-stable and contains as much calcium as cow's milk.

Searching for a different spread for your sandwich? Consider Miso Mayo, a vegan alternative to mayonnaise that is cholesterol-free, sugar-free and gluten-free. It also comes in a handy squirt bottle. Now, what did I do with that Tofurky?

kplourde@weaversway.coop

# **These Winter Blues Are Worth Getting**

by Margie Felton, Weavers Way Mt. Airy Deli Manager

TOT THE WINTER BLUES? NOW'S THE TIME TO STOCK UP ON ■Blue cheeses from the Weavers Way Deli because all blues will be on sale, \$1 off per pound for tall of February. We stock a great variety from local Birchrun Blue to German Cambozola.

### What to Do with Blue?

- Sprinkle Stilton on a salad with pears and candied walnuts.
- Stir Roquefort into blue cheese dressing for your Super Bowl wings.
- Melt Cambozola on a burger.
- Top a pizza with fig jam and Birchrun Blue.

Here are some of the cheeses we're featuring. They should be available in both Mt. Airy and Chestnut Hill cheese cases. If you don't see them, ask me or Chestnut Hill Deli Manager Shawn O'Connell.

### U.S. Blues (cheese, not the Grateful Dead song)

Birchrun Blue. A local raw cow's milk blue made in Chester County on a small family farm.

Round Top Farm Royal Blue. A local cow's milk blue from Honeybrook, PA.

Point Reyes Blue. From California. Made with raw cow's milk, kosher certified, using microbial rennet.

Buttermilk Blue. Produced by Roth Kase in Wisconsin. A raw cow's milk cheese. Roth Kase also makes a delicious smoked blue called Moody Blue.

### **Blues from Across the Atlantic**

**Valdeon.** From Castilla y Leon, Spain, a mix of cow and goat milks and wrapped in sycamore leaves. A beautiful addition to a cheese plate.

**Roquefort.** French, made from Red Lacaune sheep's milk. Bleu d'Auvergne. French, a creamier cow's milk Roquefort (my favorite of the blues).

**Stilton.** Britain's historic blue cheese and the king of blues. Produced in Derbyshire, Nottinghamshire and Leicestershire with local pasteurized cow's milk.

**Huntsman.** A combination of Stilton and Double Gloucester. Danish Blue. Cow's milk cheese made in Denmark. Great crumbled on salads.

Gorgonzola Dulce. Sweet, creamy cow's milk cheese from Italy. **Cambozola.** German pasteurized cow's milk cheese often referred to as blue Brie.

margie@weaversway.coop





### Get the Winter Blues

Now's the time to stock up on Blue cheeses from Weavers Way — because all blue cheeses will be \$1 off a pound during February. We stock a great variety, from local Birchrun Blue to Cambozola from Germany!







(Continued from Page 1)

We also instituted the debit cash-back option for members. We have tried to preserve this as a free service, but data from our last fiscal year illustrate the difficulties of this approach:

In Fiscal Year 2013 (July 2012 through June 2013), store sales were \$17,227,671. Not reflected in this figure is the amount of cash "sold" to Weavers Way members through debit cashback transactions — \$1,706,928, almost 10 percent of the sales total. Debit cashbacks increased in FY 2013 by 5 percent in the Mt. Airy store, by 23 percent in the Chestnut Hill store.

While we charged no fee for these transactions, Weavers Way paid debitcard fees of approximately \$32,000, a bit under 2 percent of the transaction volume. In addition, the cashback volume has added administrative overhead to order, stock and inventory the supply of cash "sold" to members.



Cashier Danielle Swain sizes up the new ATM in Mt. Airy.

As we strive for openness and fairness in our operations, we have reached the point where we can no longer pass the sizeable and growing cost of debit cashback transactions on to all members and other customers through increased prices. In an industry like retail grocery, where the margin on sales is one or two cents per dollar, these pennies do matter.

sbeetle@weaversway.coop



Harvey Finkle photo (harveyfinkle.com)

### Land Bank Bill Is Now a Law

On Monday, Jan 13, Philadelphia became the largest city in the United States with a Land Bank, as Mayor Nutter signed the bill passed unanimously by City Council late last year. Councilwoman Maria Quiñones Sánchez (above at the signing ceremony in City Hall) worked with the Campaign to Take Back Vacant Land and the Philly Land Bank Alliance on the legislation, which streamlines the process of repurposing vacant lots and blighted properties owned by the city. Nutter predicted the Land Bank would be up and running by the end of 2014.

### **WW & T4T Member Profile: Pat Paulus**

by Betsy Wallace, **Time4Time Community** Exchange

IME4TIME MEMBER ■ Pat Paulus loves the outdoors and travel. She has hiked in Yellowstone and trekked through the Canadian Rockies. A congenital defect in her legs forced her to use a cane through her late childhood and col-

lege days. She used crutches after an auto accident. All of her hiking was done with a cane or on crutches. Now that's moxie!

Pat also loves Weavers Way. IIME4 IIME As a college student in East Stroudsburg, Pat tried to get the farmers in her area to form a co-op. Her great uncle, a pharmacist, introduced her to the founder of Weavers Way, who was a friend of his. She visited the Mt. Airy store in those early days and finally became a member in 2012, when she could get paratransit to get here. (For a vari-



Pat's looking for housing in Mt. Airy that's handicappedaccessible

ety of reasons, Pat is pretty much wheel-chair bound these days.). She loves the farm projects the best, not to mention the food. She is also an enthusiastic member of Time4Time and has been helping T4T with ideas for publicity, and, as a Toastmasters International member, she has coached on public speaking.

Ever since Pat became a Weavers Way and T4T member, she's wanted to relocate to Mt. Airy from Northeast Philly. She would greatly appreciate any leads on handicapped-accessible housing in the Mt Airy area. If any-

one knows a landlord willing to make an apartment more handicapped accessible, Pat would like to talk to them. (There is an organization that may help her with the necessary renovations.) Contact her through the timebank software (Community Weaver) or by sending a message to time4timexchange@gmail.com.

### **WEAVERS WAY MEMBER WORKSHOPS**

### Understanding the Affordable Care Act

Still confused about your options and obligations under the Affordable Health Care Act, a/k/a "Obamacare"? Theresa BrownGold is a PA Health Access Network (PHAN)

Roesser will also be on hand. A Q&A session will follow.

certified Affordable Care Act presenter who has explained PHAN's Affordable Care Act 101 to numerous groups at churches, senior centers and other venues. Also an artist, she has been painting people and sharing their stories about health care in the United States for almost six years in her "Art As Social Inquiry" project. Weavers Way Human Resources Director Jon

Registration required: email outreach@weaversway.coop or call 215-843-2350 ext 118 or sign up on the bulletin boards.

### 'Fast Food Nation'

The feature Film based on Eric Schlosser's best-selling exposé about the poorly regulated meat packing industry and its effects—from the workers to your fork. This feature film is based on Eric Schlosser's best-selling exposé about the poorly regulated meatpacking industry and its effects — from the workers to your fork. An audience discussion will follow.

### Wednesday, Feb. 19

Thursday, Feb. 6,

6 p.m.

**Summit Church Parlor Room** 

**Greene and Westview** 

7 p.m.

**Chestnut Hill Hospital** 1st floor meeting room 8835 Gernantown Ave.

(reduced parking in the garage with validation)

The film inaugurates a series of Weavers Way Education Committee programs dealing with issues of good food and good eating habits.

### **Natural Nutrition** for Dogs and Cats

Join holistic veterinarian Dr. Natasha Kassell for a discussion of different options for feeding dogs and cats, from dry food to canned to raw foods; ingredients to look for or avoid; and supplements to support certain health conditions. She'll also discuss flea and tick prevention, vaccines and other aspects of animal health care, including the importance of fresh air, exercise and lots of love! Dr. Kassell, a graduate of the University of Pennsylvania Veterinary

7 p.m. **Community Room 555 Carpenter Lane** 

Tuesday, Feb. 25



School, operates a holistic veterinary house call practice in Mt. Airy.

Registration required: email outreach@weaversway.coop or call 215-843-2350 ext 118 or sign up on the bulletin boards.

### Grains & Gluten

Curious about gluten and why it's getting press? Wondering which grains are best for you? Join us for a breakdown of the basics of gluten and grains: the many common ailments that can be traced to gluten sensitivity; using alternate flours and ancient grains; eating gluten-free for less;

Thursday, Feb. 27

7-9 p.m.

**Chestnut Hill** Friends Meetinghouse in the Kitchen! 20 E. Mermaid Lane

and building simple meals without bread or pasta. Members with experience transitioning to a gluten-free diet are welcome to share your tips!

This is the first workshop in a series on Healthy Eating by April Pendrick.

Registration Required: email outreach@weaversway.coop or call 215-843-2350 ext 118 or sign up on the bulletin boards.



### **REACH OUT**

Outreach Coordinator Bettina de Caumette (left) meets with Henry School PTA reps Paula Hanson and Regina Dyson to discuss publicizing the Affordable Care Act workshop. Contact Bettina at outreach@weaversway.coop or 215-843-2350 ext 118 if you have an idea for a member workshop or would like to present one!

Cashier, meat/ fish/poultry guy, geologist, public school

teacher, gadfly and shaved ice

specialist: Don

McGuire is just

your a typical

Weavers Way

person.

staff renaissance

### Celebrity Staff Spotlight: Don McGuire

### **Not Cutting Out, Just Cutting Back**

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

FAMILIAR FACE AT WEAVERS WAY Awill become far less visible in a few months. Don McGuire, the mustachioed, bespectacled cashier at both locations and meat/poultry/fish specialist in Mt. Airy, will be dialing back his hours starting in April.

Don, 69, has been employed at the co-op since August 2008. His background is in geology, and earned him two stints as an oceanographic data specialist with the National Oceanic and Atmospheric Administration in Washington, D.C. He also spent three years in the geology department of Victoria University in Wellington, New Zealand, and did asbestos analysis for environmental labs in Virginia and in the Philadelphia area. He and his wife, Janet Boys, relocated to Mt. Airy in 1993, and in late 1994, he became an adjunct professor of environmental studies at the former Philadelphia College of Textile Arts and Sciences (now Philadelphia University). Later, he taught chemistry in the Philadelphia School District.

The Seattle native did much of his growing up in Honolulu, after his father, a horticulturist, was hired as a professor at the University of Hawaii.

"Airplanes were too expensive," Don recalled. "They put us on a boat, and we sailed on a luxury liner for four days ... That was a fun trip."

Don graduated from Punahou School, just like Barack Obama. For college, he headed east, to Wesleyan University in Connecticut, then returned to Hawaii to get his masters degree in geosciences before going into the Coast Guard.

Living in Hawaii, Don was quite familiar with shaved ice. In the mid-'70s, he invested in a Japanese handcranked shaved-ice machine, and has brought it to Weavers Way picnics and Mt. Airy Village events over the years.

He started out using commercial syrups for flavoring, but began looking into more natural varieties at the request of Co-op members. Using ingredients from the Co-op, he now customizes syrups in such flavors as lavender, vanilla bean and brown sugar, mango and mint.

Don has also spearheaded efforts through letters and articles in the Shuttle to encourage shoppers to buy and use Weavers Way gift cards rather than debit or credit cards to make their purchases. His goal was to reduce the hun-



Annette Aloe photo

dreds of thousands of dollars in transaction fees the Co-op pays every year. He estimates the number of gift cards purchased since he started his push increased tenfold, but that only amounts to 3 percent of monthly sales. "It's still hanging fire. It's still an issue," he said. (Weavers Way recently installed ATMs and limited debit-card cash-back amounts partly to address those costs.)

After April, Don's duties at Weavers Way will be limited to the third job he holds here — analyzing invoices from the meat/poultry/fish departments in both stores and looking over

what's being paid for those items versus the price in the case. He'll also provide backup coverage as needed in Mt. Airy m/p/f. And as a 20-year member of the Co-op, it's a good bet he and/or Janet will pop up in the checkout line now and again.

"I like it because I like and I know the people," he said. "... I tell people when they ask about membership that one of the things I'm most proud of about being involved with the Co-op is how we're so thoroughly embedded in our community in such a positive way."

kplourde@weaversway.coop

### What's What & Who's Who at Weavers Way

### The Shuttle

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### Mt. Airy

Monday-Sunday, 8 a.m.-8 p.m. 559 Carpenter Lane, 215-843-2350

### **Chestnut Hill**

Monday-Saturday, 7 a.m.-8 p.m. Sunday, 9 a.m.-8 p.m. 8424 Germantown Ave, 215-866-9150

### **Across the Way**

Monday-Sunday, 8 a.m.-8 p.m. 610 Carpenter Lane, 215-843-2350 ext 276

### **Next Door**

Monday-Sunday, 9 a.m.-8 p.m. 8426 Germantown Ave., 215-866-9150

> www.weaversway.coop contact@weaversway.coop

Follow us!







### **Weavers Way Community Programs**

#### **Executive Director** Jill Fink 215-843-2350, ext 319

jill@weaversway.coop

#### **Director of Operations** Alison Hirsch

215-843-2350, ext 312 alison@weaversway.coop

#### **Farm Education Coordinators Mort Brooks & Stenton Family** Manor

Shelley Hedlund 215-843-2350, ext 312 educator@weaversway.coop

### **Marketplace Assistant**

Jesse Mosteller

marketplace@weaversway.coop

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### Mt. Airy main number: 215-843-2350

**General Manager** Glenn Bergman, ext 131 215-913-9437 (cell) gbergman@weaversway.coop

### **Purchasing Manager**

Norman Weiss, ext 133 normanb@weaversway.coop

### **Chief Financial Officer**

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#### **Human Resources Manager** Jon Roesser, ext 132

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### Jonathan Leeds, ext 119

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#### **Marketing Director** Rebecca Torpie, ext 121 rtorpie@weaversway.coop

### **Executive Chef**

Bonnie Shuman, ext 218 bonnie@weaversway.coop

**Managers/Department Heads** 

#### Mt. Airy Store Manager Rick Spalek, ext 101 rick@weaversway.coop

#### **Chestnut Hill Store Manager** Dean Stefano, ext 212 dstefano@weaversway.coop

### Next Door Manager Amira Shell, ext 220

### ashell@weaversway.coop Across the Way Wellness Manager

### Martha Fuller, ext 114 martha@weaversway.coop

#### **Pet Products Manager** Anton Goldschneider, ext 276 petstore@weaversway.coop

#### Farm Manager Nina Berryman, ext 325 henrygotcrops@weaversway.coop

#### Floral Buyer Ginger Arthur, ext 317

### **Department Managers**

### Grocery

**Chestnut Hill main number: 215-866-9150** 

(MA) Heather Carb, ext 113 hcarb@weaversway.coop

(CH) Riley Luce, ext 217 rluce@weaversway.coop

### Deli

(MA) Margie Felton, ext 109 margie@weaversway.coop

(CH) Shawn O'Connell, ext 209 soconnell@weaversway.coop

#### Meat, Poultry & Seafood (MA) Dale Kinley, ext 104 dale@weaversway.coop

(CH) Ron Moore, ext 205 moore@weaversway.coop

### Produce

(MA) Jean MacKenzie, ext 107 mackenzie@weaversway.coop

(CH) Mike Herbst, ext 211 mherbst@weaversway.coop

### Advertise in the Shuttle

advertising@weaversway.coop

### **Weavers Way Welcome Meetings**

We wholeheartedly encourage new members to attend one orientation meeting. Learn all about our cooperative market, the benefits of buying in, the resources that become available to you and how co-ops contribute to local communities around the world. Meet staff and other member-owners and share in some refreshments and conversation. Bring your questions, your curiosity or your experience with other co-ops. Working members will receive two hours credit for attending. We look forward to meeting you!

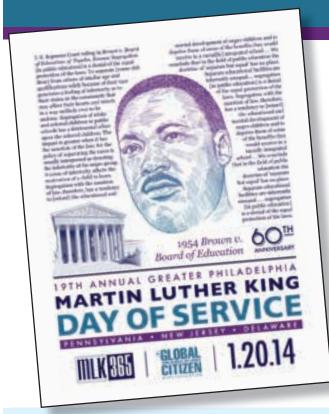
### Attend a Weavers Way Welcome Meeting, Get 2 Hours Work Credit!

Meetings are held at 7 p.m. Wednesday in Mt. Airy (555 Carpenter Lane, next to the store) or Chestnut Hill (locations TBA) and include a store tour. (Current members who help host also get work credit.)

outreach@weaversway.coop or 215-843-2350 ext. 118. **NEXT MEETINGS** 

February 12 (CH) March 12 (MA)

### **Weavers Way and Global Citizen thank these** companies for donating food for MLK Day 2014 volunteers:

















### **Weavers Way's Kind of Service**

When thousands of Martin Luther King Day of Service volunteers converged on Girard College, Jan. 20, Weavers Way was there, doing the kind of service we do best:

We bought lunch.

The day before, managers, staffers and members met at 555 Carpenter Lane and packed 2,900 sandwiches, using donated rolls, meat, cheese, pickles and even vegan chicken salad.

Norman and his helpers put the sandwiches, plus bananas, apples and water, on the truck and drove it down the next morning, where we unloaded, sorted and handed it out. Thanks to our vendors for chipping in, and to our members for pitching in!

Philadelphia's Martin Luther King Day of Service is organized by Global Citizen, which encourages year-round activism in the spirit of MLK. Info: globalcitizen365.org.













