

The Shuttle

August 2014 Vol. 42 No. 8

Community-Owned Food Markets Open to Everyone

Board Corner

Board of Directors Update

by Jeremy Thomas, Weavers Way Board President

HILE THE SPRING 2014 ELECTIONS DIDN'T LEAD TO ANY turnover on the Weavers Way Board of Directors, there were a few changes in board members and leadership that I'd like to report.

After two years serving as President, Margaret Lenzi decided to step down; she will remain an at-large member. The Board elected me to serve as President. Chris Hill replaces me as Vice President, Stu Katz was re-elected Treasurer and Laura Morris Siena was re-

You Could Look 'Em Up

For bios of all the Board members, and info on how the Board operates, visit the Weavers Way website at www. weaversway.coop and click on About Us and Board of Directors.

elected Secretary. I'm very excited to serve as President and look forward to all the exciting things to come in the next year. I'm also honored to work with Chris, Stu, Laura and the rest of the Board in partnership with Glenn and Co-op staff to continue serving our members and the community.

Meanwhile, the day of our June meeting, Dave Tukey resigned, leaving an unexpected opening on the Board for the remaining year of his three-year term. Under Co-op bylaws, vacancies between elections are filled by a vote of the directors. Over the following month, an ad hoc Board committee reviewed the candidates in the recent election and recommended Larry Daniels to fill Dave's seat. The Board voted unanimously to approve him, and Larry will serve until the next election, when he will have to run again if he wishes to stay on the Board.

As we discuss important topics like growth and expansion, diversity and community impact, we will be transparent, approachable and engaging. Please feel free to email me if you have any questions, comments or ideas.

jeremy.thomas.wwcoop@gmail.com



Jeremy: Stepping up



Larry: Coming aboard



Rebecca Torpie photo

Chestnut Hill staffers Candace Green and Al Lassiter had almost forgotten it was there.

A Screen Too Far? WW Members Speak

by Rebecca Torpie, Weavers Way Marketing Director

Co-OP MEMBERS HAVE NEVER BEEN SHY about voicing their opinions. And you've been letting us know exactly what you think of the new TV in the Chestnut Hill store through lots of channels (pun intended) — emails, comment cards, conversations and our online survey.

The results are in: Nearly 60 percent of those who had something to say said ditch it.

It reminded you of a "sports bar or airport lounge." You reminded management that "there are already way too many screens in our lives" and were "saddened and disturbed" that we'd lost sight of the Co-op as a "space for people to talk, to see each other, to share their shopping experience in a real-time, real-person context."

Not everyone hated it. Watching the World Cup while waiting to check out was an "unexpected treat" for some. Others were "happy that you had the ... games on," and said "it would be fun to watch the Phillies, too."

You wondered why we put it up. OK, it was an experiment. We wanted to gauge shoppers' feelings about getting Co-op info in this format. We thought we might be able to use it to provide information on events and membership, and to show photos of the farms.

"Whose crazy idea was this?"

Let's just say it was a team decision. (We had hoped for some lama-like input from Norman Weiss, Conscience of the Co-op, but all he said was, "I have no thoughts about the TV. I'd rather see a display of EdenSoy and condoms there.")

But before we pull the plug, we're going to see what you think about the Co-op-related programming we had hoped to show. After all, 60 percent said turn it off, but 20 percent said you didn't care.

So stay tuned, and continue to fill out the survey (www.surveymonkey.com/s/TVatWW). Oh, and what else did many of you tell us loud and clear?

"Put the music back on in Chestnut Hill." We're on it.

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559 Carpenter Lane, Philadelphia, PA 19119 www.weaversway.coop

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

by Mary Sweeten, **Weavers Way Shuttle Editor**

ICHAEL POTTER, FOUNDER AND Lsole shareholder of organic-bean canner Eden Foods, sounds pretty sore about Obamacare. Here's part of the com-

pany's statement from when it sued last

year for exemption from the Affordable

"On March 21st, 2013, a press release announced our lawsuit against the unconstitutional government overreach in the HHS mandate.... Parts of the mandate violate the Free Exercise Clause of the First Amendment of the United States Constitution, the Religious Freedom Restoration Act, and the Administrative Procedure Act. This overreach of the federal government infringes on religious freedoms."

This actually puts Eden and its president in pretty robust company, since lots of folks have been complaining all along about alleged ACA overreach. The Eden case got as far as the federal appeals court, which ruled against the company, partly because these comments Potter made to Salon.com sort of undermined his claim that it's all about his religion:

"I don't care if the federal government is telling me to buy my employees Jack Daniel's or birth control. What gives them the right to tell me that I have to do that? That's my issue, that's what I object to, and that's the beginning and end of the story . . . I'm not trying to get birth control out of Rite Aid or Walmart, but don't tell me I gotta pay for it."

Now, in light of Hobby Lobby, the Supreme Court has ordered the lower courts to reconsider Eden v. Sibelius and a number of other decisions. (In case you missed the Hobby Lobby thing, in June the Supreme Court exempted "closely held" corporations from the ACA birth-control mandate if it interfered with their owners' "sincerely held religious beliefs.")

You should go ahead and do some reading about Michael Potter and Eden Foods. Maybe he really is a devout Catholic who thinks the road to hell is lined with birth-control devices. Or maybe he's just a cranky old ex-hippie libertarian who discovered a way to push back on Big Government. But the history of Eden Foods certainly supports the view that Michael Potter is deeply committed to organics, food-industry transparency and support for small farmers. He never sold out to Dean or any of the other giant food corporations. He declines to put the USDA Organic seal on Eden products be-

(Continued on Page 18)

THE TROUBLE WITH





Eden soymilk on the shelves in Mt. Airy.

General Manager's Corner

Birth of an Issue

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

HERE HAVE BEEN A LOT OF EMAILS GO-I ing around the office these last few weeks since the Supremes decided to allow Hobby Lobby a religious exemption from Affordable Care Act requirements to cover birth control. Eden Foods, one of our suppliers of organic products, is seeking a similar exemption. This has started a discussion both at Weavers Way and nationally on the subject of what to do about Eden Foods.

In the Co-op bylaws, all it takes to get an item on the agenda of the General Membership Meeting is a petition signed by 10 members — and the Board has received such a petition to bring a boycott of Eden Foods to a membership vote. Stay tuned for details about next steps.

My view: I will stop purchasing Eden products and will look for substitutes or just not use the product. I will not put pressure on

(Continued on Page 18)

Yeah, We Carry **Those Beans**

HERE'S A CHART SHOWING WEAVers Way's best-selling Eden products. As you can see, canned legumes and soymilk are the leaders, but Eden also supplies organic versions of other products like tea, mustard, flavorings and other canned vegetables; the Co-op listed nearly 70 different Eden products

We stock **Jyoti** and **Westbrae** brand alternatives for many of the beans, although Eden beans have much less salt, with sodium in the 10-15 mcg range compared to over 100 mcg for all other organic labels. Jyoti is a local, familyowned and -run company with whom we deal direct. Westbrae is owned by Hain-Celestial, one of the better large, publicly traded natural food conglomerates in terms of support for non-GMO and sustainable growing practices.

There are also soymilk alternatives - Westsoy, Silk, Earth Balance, Organic Valley, Soy Dream — most refrigerated. Westsoy and Soy Dream are owned by Hain-Celestial. Silk is owned by White Wave, which is a story unto itself. Organic Valley is a growers' coop. Earth Balance is owned by Boulder Brands, the same company that makes

| Top Eden Foods Items Sold April-June 2014 | Quantity | Sales Value |
|---|----------|-------------|
| Eden Organic Black Beans, 15 oz | 972 | \$2,184.52 |
| Eden Organic Garbanzo Beans, 15 oz | 831 | \$1,953.34 |
| Eden Organic Cannellini Beans,15 oz | 826 | \$1,939.34 |
| EdenSoy Extra Original Soymilk, 32 oz | 645 | \$2,033.77 |
| Eden Organic Kidney Beans, 15 oz | 268 | \$626.36 |
| EdenSoy Original Soymilk, 32 oz | 247 | \$753.78 |
| Eden Organic Pinto Beans, 15 oz | 209 | \$471.77 |
| Eden Dry Roasted Pumpkin Seed, 4 oz | 197 | \$575.75 |
| Eden Organic Udon Pasta, 8 oz | 164 | \$478.96 |
| Eden Pumpkin Seed Spicy, 4 oz | 148 | \$445.95 |
| EdenSoy Extra Vanilla Soymilk, 32 oz | 142 | \$486.65 |
| Eden Organic Soba Pasta, 8 oz | 120 | \$352.51 |
| Eden Organic Navy Beans,15 oz | 110 | \$248.40 |
| Eden Organic Black Eyed Peas, 15 oz | 108 | \$243.50 |
| Eden Toasted Sesame Oil, 10 oz | 99 | \$1,013.70 |
| Eden Organic Adzuki Beans, 15 oz | 90 | \$209.58 |
| Eden Organic Butter Lima Beans, 15 oz | 87 | \$196.87 |
| Eden Mirin White Cooking Wine,10.5 oz | 72 | \$682.41 |
| Eden Organic Kukicha Tea Bags, 16 count | 71 | \$281.89 |
| Eden Wild Yam Soba Pasta, 8.8 oz | 69 | \$350.32 |
| | | |

the Smart Balance found in supermarkets. Some people think Boulder Brands has engaged in deceptive marketing practices with the use of the term "natural" because as a company, Boulder is not committed to non-GMO. They also own Glutino and Udi's, and recently announced a switch to non-GMO oils, but

this appears to be more due to market pressure than a philosophical commitment to sustainable farming.

We have **Spectrum** Toasted Sesame Oil in bulk in Mt. Airy, and Tourangelle Toasted Sesame Oil in Chestnut Hill. There are many options for tea and pasta.

— Norman Weiss





L·E·T·T·E·R·S

TOW THAT THE SUPREME COURT has weighed in regarding religious freedom vs. women's health care, I do think it's time to revisit why we carry Eden brands given their repressive stand on women's health care. We try to support fair reimbursement for workers but what about fair health care for women? In some food categories Eden is just about the only choice at the Co-op. Thanks for your consideration.

Alexandra Langendorfer, Mt. Airy

T WILL BE SOMETHING OF AN INCON-Levenience for us if the Co-op discontinues Eden Foods products, but it looks like they have to go.

This organic food company is refusing to pay for employees' birth control. Just like Hobby Lobby, Eden Foods has sued the Obama administration, claiming its owner's religious rights should trump employees' rights to access contraception.

Michael R. Frumer, Chestnut Hill

WOULD LIKE TO REQUEST THAT THE ■ management of Weavers Way consider discontinuing Eden products (which I saw on the shelf during my shift yesterday), due to the company's attempt to deny coverage for contraceptive benefits to its employees based on the CEO's religious beliefs. While I'm sure the Co-op cannot respond to every request regarding specific products, a survey of members regarding issues of this type might be reasonable.

Sally Lane, Lafayette Hill

OUNT ME IN AS ONE WHO WILL NO longer purchase anything made by Eden Foods until they change their policy re birth control. If you have a boycott going, please let me know.

Joyce Bullock, Wyndmoor

Weavers Way members write letters on other issues, too. See Pages 6-7.

E ARE TWO LONG TIME MEMBERS that would like the Co-op to boycott Eden Foods products. Comments by the company's CEO have shown that the company is pushing a radical rightwing agenda that we cannot imagine our members like or support. It's their business if they choose to participate in a War Against Women, but we don't have to fund it by buying their products.

> Lee Nelson, Glenside Eileen Shupak, Chestnut Hill

EY NORMAN . . . THANKS FOR THE "It's complicated" perspective. I get it, but to me, it's not complicated. I don't support/buy from any right wing nut companies, and don't believe the Co-op should either. Yes . . . take a survey of our members . . . at least the women. As "complicated" as it may seem, and as great as their product may be, hitting CEOs who hold these extremist views in their \$ belt is the only way they sit up and take notice.

JJ. Van Name, Mt. Airy

PERSONALLY THINK THE MOVE BY Weaver Street Market in Carrboro, NC, to drop the entire Eden Foods line from their product assortment is a little early as an organization.

Eden products are so locked into the organic foods movement and they are a valuable point of view when it comes to the NOSB (National Organic Standards Board) that sets standards for the USDA Organic label. They are one of the few "big" enough players to hold the line against adding carageenan as an organ-

ic-approved food additive. We can lose an important hedge against big corporations who want to water down Organic standards, which btw aren't as rigorous as many of us would like them to be.

Unless this company changes hands there will be no change on Michael Potter's position. If they become smaller, their voice of reason when it comes to organic standards will be smaller.

So the question is which issue to back, ACA or organic standards. Tough, tough choice and it appears we can't have both — back the company for food purity, boycott the company for ACA healthcare fairness.

I do hope the Co-op will gather more information and data before we make a decision as an organization. There are reasons why some decision-making processes ought to be slow and deliberative.

We should all circle back to the ICA Cooperative Principles and our own governing ends as well as our bylaws to start gearing up our own processes to work through this Eden Foods controversy.

David Woo, Roxborough

RECENTLY READ THAT EDEN FOODS Lasued the government to get out of the requirement to provide health insurance coverage for birth control. I will no longer buy their products. For me, this is an equalrights issue. It is about having equal access to health care and the range of services women need to take care of their bodies as they and their practitioners see fit.

While I am a member of Mariposa Co-op, I frequently shop at Weavers Way. I hope the Co-op will reconsider stocking their products or at least informing members/customers of their philosophy.

Merryl Gladstone, West Philadelphia

Suggestions

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

REETINGS AND THANKS FOR WRIT-Ging. 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.

In the news recently was the Hobby Lobby case challenging Obamacare's contraception mandate, which again

raised concern by our shoppers about Eden Foods products. (See the Weavers Way website for how we responded to these concerns in 2013.)



The Huffington Post published a list of the other companies that also object, on moral grounds, to covering birth control. One was Trijicon, a maker of rifle scopes. Is it ironic that a company that opposes abortifacient birth control due to a reverence for life is in business making a product that helps people kill each other? I think the argument is fetuses are innocent life, and it's never OK to kill innocent life. With military combatants, at least one side isn't innocent; usually it's whatever side you are not on. So it's OK to kill, because there is such a thing as a "just war." Same with death-penalty cases; it's OK to take a human life if it's determined that life is guilty of a capital crime.

> History has an interesting track re-(Continued on Page 19)

Other Co-ops Ponder What to Do About Eden Foods

No surprise — Eden Foods' position has come to the attention of other progressive grocers.

At time of publication, it appeared only Weaver Street Market in the Chapel Hill, NC, area had actually banned Eden from its stores, explaining, "We can better meet owner needs by focusing on similar products from other producers." (The statement is hard to find on the Weaver Street website, but accessible via Google.)

Others stopped short of a boycott, but sent stern notices to Eden that shoppers aren't happy, such as Central Co-op in Seattle. "Our community has indeed been voting with their dollars and 80 percent of the Eden products on our shelves have failed to keep up with the sales of competing products. . . . Though we are not banning Eden products, we recognize that we must shift away from our long-standing confidence in and reliance on your company." (www.centralcoop.coop/docs/open_ letter_to_eden_foods_from_central_co-op.pdf)

The Park Slope Food Co-op in Brooklyn placed the question on the agenda of its monthly — yes, monthly - membership meeting, scheduled for July 29. Willy Street in Madison, WI, initiated a 30-day comment period, which runs through Aug. 2 (www.willystreet. coop/forums/owner-discussions/starting-comment-period-about-carrying-eden-foods-products).

Wheatsville, in Austin, TX, reminded members that "As a cooperative grocery, Wheatsville doesn't pull product in response to any political issues. Our coop serves a very diverse customer base and there are individuals on both sides of any issue." (wheatsville. coop/news-and-events/news/eden-organics)

Closer to home, Mariposa Food Co-op grocery buyer Thomasin Parnes said there's "a robust conversation" going on in West Philadelphia. "The staff collective here does not have the authority to make a decision about boycott participation, so we're encouraging our members and board to call a special membership meeting to discuss the Eden issue." Like Weavers Way, Mariposa doesn't have a specific boycott policy on the books. "Our food justice and anti-racism working group is also beginning work on a boycott policy, which they will propose to the board, to enable us to act faster and with greater clarity in the future," Thomasin said.

— Mary Sweeten



Summer Blood Drive

Friday, Aug. 22, 11:30 a.m to 6:30 p.m.

Bloodmobiles will be parked outside both Weavers Way stores.

Mt. Airy 559 Carpenter Lane

Chestnut Hill 8424 Germantown Ave.

Walk-ins welcome, appointments encouraged. Contact Jon Roesser at 215-843-2350, ext. 132, or hr@weaversway.coop.

We're partnering again with Miller Keystone Blood Center, exclusive blood supplier to Chestnut Hill Hospital.

The blood supply drops dramatically in the summer. Blood centers rely heavily on college campuses for donors; with school not in session, we need as many

donors as we can get. MILLER-KEYSTONE

You can now get online using your own computer or mobile device at both Weavers Way stores! Our wifi hotspots are available at the outdoor tables on



the sidewalk of Carpenter Lane in Mt. Airy, in our community room at 555 Carpenter Lane, and in the yard behind the Chestnut Hill store.

On your device, look for the wireless network called WW PUBLIC. Use the password "weaversway." That's all there is to it!

If you have any feedback about this service, please contact me — I want to know how this works for you.

David Chaplin-Loebell, IT Director davidcl@weaversway.coop



Cheeses of Spain, We Adore You

Rosemarie LaFollette, Weavers Way **Chestnut Hill Deli**

URING AUGUST, WEAVERS WAY IS highlighting some wonderful cheeses from Spain.

The versatile and ever-popular Man**chego** is produced exclusively from the milk of the Manchega sheep. Upon the vast, dry plain of LaMancha, they graze on wild thyme, other herbs and withered acorns, producing a thick, sweet, aromatic milk that makes cheese with a dry yet creamy, texture. Weavers Way carries both a three-month and twelve-month aged Manchego. It is superb raw as well as cooked.

Garroxta, first produced in 1981 by a single maker, hails from Catalonia. It has a pale, smooth alabaster flesh, dark gray rind and a subtle goaty flavor. Served with almonds, walnuts and a hearty white wine, it makes a lovely postlude to a meal.

Idiazábal is an ancient traditional smoked sheep-milk cheese, first produced by shepherds who pastured their flocks in summer high in the Basque country. Stored in the rafters of their huts heated by wood fires, these cheeses absorbed the smoky essence that permeated the air. Idiazábal is hard and chewy, with tiny holes and a coppery rind. These days lightly smoked over beechwood and infused with the caramel sweetness of the sheep's milk, it pairs well with a robust cider.

Drunken Goat is a young washedrind goat cheese from the Murcia region. The hot and arid climate is hospitable to the hearty and productive Murciano-Granadina goat, which gives rich milk aromatic with hints of almonds. This cheese is washed in the local Jumilla red wine, thus its descriptive name. Officially known as Murcia al Vino, it is delectable in salads, lightly fried or grilled on toast.

Valdeon is a blue cow- and goatmilk cheese from the northwest section of Spain called Picos de Europa. It has a less intense flavor than other blues, although it is distinctly spicy. The rind is rough

Marinated Idiazábal with Rosemary

- 3 garlic cloves
- 1 pound Idiazábal cheese, cut into 1-inch cubes
- 1 tablespoon black peppercorns
- 1 bay leaf
- 3 sprigs fresh rosemary
- 1 sprig fresh thyme
- 1 1/2 cups Spanish extra-virgin olive oil

Split the garlic cloves by placing them on a chopping board and pressing down hard on them with the base of your hand or the flat side of a knife.

Combine all the ingredients in a large bowl, coating the cheese thoroughly in the oil and herbs. Cover and leave overnight at room temperature.

Spear the cheese cubes on toothpicks and serve.

and sticky; the entire wheel is uniquely wrapped in sycamore leaves. It pairs well with hazelnuts, walnuts and prunes, is harmonious with port and makes a stunning sauce.

Three classic cheese accompaniments enhance our August offerings: Membrillo (quince paste), Marcona almonds and the cocoa-dusted corn kernels called Quicos. These cheeses and accompaniments are all on sale at \$1 off per pound. Come to our delis and treat yourself to some of these Spanish treasures!

Here's a nice summery recipe that would probably go well with the Manchego as well as Idiazábal.

Email questions about cheese to deli managers Shawn O'Connell (soconnell@ weaversway.coop) or Margie Felton (margie@weaversway.coop).





Quesos de España Salty • Nutty • Fruity

Manchego, Garroxta, Idiazábal, Drunken Goat and Valdeon.

All \$1 off per pound.

Also \$1/lb. off: cocoa-dusted Quicos corn kernels. Membrillo (quince paste) and Marcona almonds.



New on the Shelves

Did Someone Say Snacks?

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

E VEN AT WEAVERS WAY, THERE'S always a pull between healthy and less-than-healthy snacks — for shoppers, department buyers and even store managers. We can (almost) all agree that aerosol cheese should be showing up on the shelves here never, but the latest awesome tortilla chip or a new local baked goodie? Well, now. . . .

With balance in mind, our grocery managers bring in a mix of items every month and let shoppers' tastes dictate what stays or goes.

In the healthy category, both stores have introduced Epic Pickles, a line of pickled vegetables from York, PA. The jars of asparagus have sliced jalapenos on top, so these spears pack a jolt. Epic also pickles okra, green beans and carrots.

For a new frozen treat, Mt. Airy and Chestnut Hill shoppers can check out Gelato Fiasco from Brunswick, ME, in seven flavors. I can personally vouch for the dark chocolate noir sorbetto. (Editor's note: caramel sea salt!)

Mt. Airy and Chestnut Hill also now feature bottled juices from Mt. Airy's own Juice Room. You'll get a healthy dose of produce, including kale, carrots and beets, in every bottle.

Then you can use that purchase to justify picking up one of the new baked treats both locations now carry from the High Point Cafe. Our pals there have packaged two-packs of plain and chocolate macaroons and single gluten-free berry oat bars. (Yum!)

Elsewhere at the Co-op

Mt. Airy Bulk: Hallelujah! Organic nutritional yeast is now available from the folks at From the Fields, a woman-founded company in San Rafael, CA. Hallelujah again! Biokleen citrusscented laundry detergent now comes in a 150-ounce bottle, more than double the previous largest size. And for a new crunch, check out Saffron Road chickpea snacks. They're available in wasabi, Korean barbecue and Bombay.

Across the Way: New Manager Lisa Whitlock is introducing the Acure Organics line of facial and body care products. Acure products are free from animal testing, parabens, sulfates, phthalates,

What's in Store at Weavers Way

synthetic fragrances, harmful preservatives and artificial colors. Look for shampoo and conditioner, lotions, body washes and facial-care items.

Next Door: Lansdowne's own Urban Essence is making a splash with their bath and body products - three varieties of bath and shower gel, two kinds of bar soap and two types each of hand and body lotion and facial scrub.

In the Oh, Really? category, ND also has brought in Lavilin, a deodorant that is aluminum-free and provides protection for up to 72 hours. It's available in roll-on and cream, and their website states that showering or bathing doesn't diminish the deodorant's effectiveness. This is the kind of experiment you'll want to try around family — or your more honest friends.

kplourde@weaversway.coop



Karen Plourde photo

Venture beyond the cuke with Epic pickles from York, PA, available in both stores.







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 email 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.



The Shuttle is printed on 100% recycled paper.

L-E-T-T-E-R-S

Increase Member Discount

WAS HAPPY TO SEE GLENN'S COM-Iments in the June Shuttle about the need to increase member discounts and not surprised to learn that our working membership discount is lower than that at most other co-ops.

When work requirements were mandatory, we had the benefits of low prices. Now that our prices are so much higher, the 5 percent working-member discount seems pretty meager, and the non-working member benefit seems minuscule, even before we factor in the \$30 annual membership fee for working and nonworking members alike.

Here are some other suggestions in addition to the across-the-board discount increase that is being looked into:

• Offer a variety of work-requirement options in exchange for a variety of membership discounts, essentially creating a "more work for higher discount" sliding scale with multiple increments.

- Give members an additional 1 percent off for cash purchases over \$35.
- Have a weekly senior-citizen member discount day (on the slowest day of the week), giving senior members an additional discount. This would be a help to those on fixed incomes, many of whom are our founders.

To help make larger discounts possible, we could reduce some of the high cost of credit-card transaction fees by not accepting credit cards for any purchases less than, say, \$15. (We do have an ATM in each store.)

Increasing member discounts is bound to make the Co-op more affordable and more inclusive and perhaps may even recapture some of the economically diverse membership base that we once had and now seem to be losing.

Verley Platt, Mt. Airy

Serve Members First

AM WONDERING ABOUT SOMETHING ■ fundamental about the Co-op — who Weavers Way serves. Meeting the needs of our members is a core principle of cooperatives, and before we set ourselves the goal of opening yet another co-operative store, we could improve the store we've got so we meet the needs of current members.

Here is one of the issues that I've been wondering about: When Weavers Way Mt. Airy was renovated, the store that resulted didn't consider the needs of people who can't climb stairs. Not only the wonderful bulk section, but also the toilets, are on the second floor, inaccessible to members with limited mobility.

Since the Co-op is operating in the black — thank goodness — I propose that we consider some ideas that will directly benefit the current membership such as an elevator in the space where the dumbwaiter is currently, so all levels of the store are accessible to all shoppers.

If the mission of Weavers Way is community, fairness, responsibility, etc., maybe charity should start at home.

Myra Leysorek, Mt. Airy

Weavers Way Maintenance Manager Steve Hebden responds:

I've looked into installing a passenger elevator (with our dumbwaiter service company) and there are a few issues and costs that would give us pause.

My short response: There are two options for moving people with an elevator — something called a LULA (limited use, limited application mini-lift), which is not ADA-compliant, and a passenger elevator, which would be ADA-compliant. One issue with both is that there is a height problem in the basement. Neither a LULA nor ADA elevator could go into the basement, as the ceiling height is too low. So I think we would need both a freight dumbwaiter and a passenger elevator.

Is there anywhere in the store we could grab a 6.5-by-7-foot space for a LULA, or an 8-by-6.5-foot space (on both floors) for an ADA that would go from the first to the second floor? A "mechanical room" above also must be included.

A spot outside the store does not appear available, either.

Another issue is cost. The elevator or LULA equipment and installation would be around \$45,000-\$60,000. This

St. Paul's Episcopal Church Chestnut Hill Rummage Sale



Antiques, women's, men's and children's clothing, toys, books, CDs, videos, electronics, furnishings, housewares, jewelry, linens, plants and everything else you can imagine!

Saturday, September 6, 2014 9:00 am - 3:00 pm 22 East Chestnut Hill Ave. Phila., PA 19118

Preview, Friday, Sept. 5 at 6 pm - \$10 admission

Proceeds benefit Community Outreach Programs

JANET AMES, REALTOR® janetamesrealestate@gmail.com

Cell 610.308.0802 Main Office 610.520.0400

6435 Woodbine Avenue Overbrook Farms

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does not include the carpentry, electrical, plumbing, etc.

Architect Dick Winston, consultant on WW building projects, adds:

I checked our recent research on wheelchair (single-user) lifts, which can be either lead-screw type or hydraulic. Their vertical travel distance cannot exceed 14 feet; I think the distance from basement to second floor would exceed this. On the other hand, a single-user (residential) elevator would have a similarly small footprint to that of a lift, and be only a little larger than the dumbwaiter.

If you want to provide this level of accommodation for members and the public, it would be a totally voluntary improvement — not ADA-compliant. But it may give you the leeway to provide accessibility in the spirit that Myra expressed.

Learning from CFO Theft

TOO AM PROUD OF SUSAN BEETLE I for identifying the theft by the former CFO. I also admire the optimistic and progressive leadership of the Co-op as a whole. But I feel that there should be a place among our managerial staff for some humility, even anger and, yes, some shame, for not sniffing out these misdeeds sooner.

I feel that these uncomfortable emotions, if expressed strongly and appropriately, might serve to deter the next person who would decide that the warmth and trust shown at the Co-op to individuals working or shopping is a good cover for stealing.

I realize that we are taking steps to

prosecute the wrongdoer after the fact, which is good. But without being punitive, we might make this entire experience a stepping stone to better oversight by being upfront about how angry and hurt it has made us feel.

Esther Cristol, Germantown

Poland Spring = Nestle

JUST SENT A NOTE TO NORMAN WEISS Lasking why we sell Poland Spring bottled water — a Nestle product. I have lots of issues with bottled water. I can see some reason to carry a small supply, but "Nestle," to me, should never be on any product at Weavers Way. I can't believe I have been able to ignore the huge shelf space allocated to this product at the Chestnut Hill store.

Yes, I know Weavers Way is a business, but the wrongdoings of Nestle seem to be an offense against so many things a co-op stands for — exploitation of people in other countries (violations of international code on infant formula), a bad track record on labor, the strong-arming of water-supplying communities.

Poland Spring comes in plastic with all the issues that raises. And bottled water is probably less safe than municipal drinking water, and costs more, yet some folks actually believe they're getting a better product. (I hear that our neighbors, the Sisters of St. Joseph at Chestnut Hill College, intend to ban plastic bottled water from all their events, even blood drives.)

I brought this up at the end of the last Food Justice Committee meeting and I believe there is some like-minded sentiment there. I am also aware of similar feelings about Nestle from women I worked with at Women's International League for Peace and Freedom water committee, and then there's the infant nutrition contingent that has been seething. Nestle really is an evil empire.

The next Food Justice Committee is Aug. 11 — plan to attend!

Joan Martini, Chestnut Hill

Chestnut Hill Assistant Store Manager Riley Luce responds:

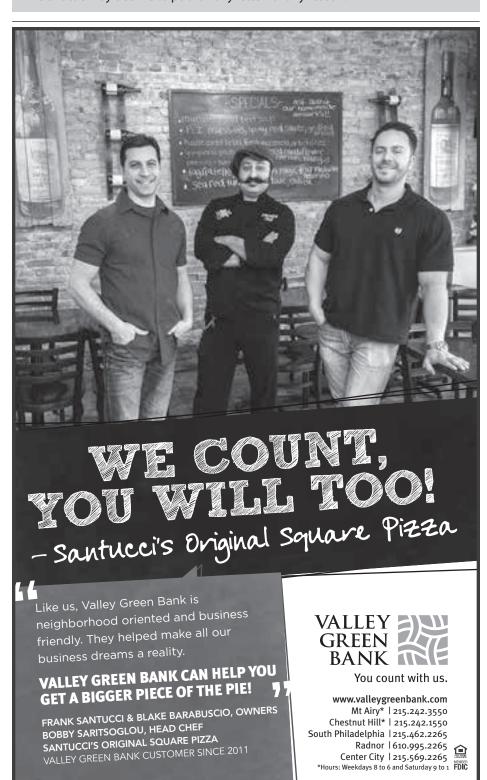
We did expand the Poland Spring shelf space in Chestnut Hill a little while ago, simply because it has been selling very well. I personally would like to keep some kind of bottled water in the store. We,ve tried to go without it in the past, and we received too many complaints, especially during the summer.

However, I have no preference as to which brand of water we carry, and if enough people feel this way I would be happy to cut down on the Poland Spring in our expanded beverage area and offer some more ethical alternatives.

Completely getting rid of Nestle brands in the store would be a big deal for us. (Poland Spring seltzers and San Pellegrino sodas are some of our best-selling items.) At the moment I think it is best to keep shoppers informed and let them decide whether to purchase these products.

LETTERS POLICY

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





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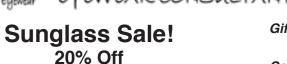
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Weavers Way Community Programs

WWCP Teens Spend A Different Kind of **Summer in the City**

by Jesse Mostoller, Farm Educator, **Weavers Way Community Programs**

HY WOULD A HIGH SCHOOL STUDENT WANT TO spend six weeks of the summer weeding a 120foot lettuce bed? For students who go to W.B. Saul High School — Philadelphia's public agricultural high school in Roxborough, where the Weavers Way Farms CSA is located — some interest in agriculture is assumed. But most of our summer interns come from other parts of Philadelphia. So why do they sign up with Weavers Way Community Programs at Saul, when there are so many other Philadelphia Youth Network sites to choose from? The answer is simple: a desire to spend their summer outdoors, learning how to grow their own food.

This summer I began working with Tara Campbell, the WWCP Farm Education Coordinator at Saul, on the summer internship program. In the program, high school students from all over Philadelphia work 15-20 hours a week at the Henry Got Crops CSA (communitysupported agriculture) farm at Saul. They are paid minimum wage, and take urban agriculture and healthy eating classes, too. Each intern also chooses a specialized topic for independent study — examples are composting toilets, urban gardens and urban chicken-keeping — and shares the research at the end of the six weeks.

Though this is just my first year, the benefits are clear to me. Yesterday I had a long discussion with an in-





Saul student Lucas Rigel demystifies the weed-whacker; Ruben Cook and Hymeen Chamberlain man the Chestnut Hill farmstand.

tern about why people become vegetarians. Later, another student was curious about sorrel, so we researched it in our small library. Finding that it's considered a weed, the student asked, "If sorrel is a weed, then what's the difference between an herb and a weed?" It's discussions like these that illustrate the value of the program, and I look forward to a summer full of them.

Between now and the end of August, the interns will learn about every step involved in urban farming, including bringing the produce to market. Look for them at the CSA farmstand at Saul, 7100 Henry Ave., on the Fairmount Park side of the school, on Tuesdays and Fridays from 3 to 6 p.m., and at the WWCP Farmstand in front of Weavers Way Chestnut Hill, 8424 Germantown Ave., on Tuesdays from 3 to 6 p.m.

They are a gregarious, amiable crew and will be happy to field any questions you might have about their summer in the sun. And the crops look great, too!

jmostoller@weaversway.coop

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Joanie Leeds & the Nightlights THURSDAY, AUGUST 21 • 6:30PM

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Weavers Way Community Programs

It Takes a Village to Run an Urban Farm Tour — and We Have One!

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

CUMMER IS IN FULL SWING, AND FOR many people this means life slows down, weekends are spent snoozing, happy hours start a little earlier.

But there are no lazy dog days for Weavers Way Community Programs. While our farm educators toil in the sun, cultivating a love for fresh vegetables in the sensitive palates of children and teens, those of us in the office are feverishly planning events for the fall, including the ninth annual Weavers Way Urban Farm Bike Ride Sept. 27 and the third annual Farm to Table Dinner Oct. 8.

Having been with WWCP for 18 months now, it's my second time planning these events, so I'm better versed with the ins and outs of each — but struck no less by the collaboration and community it takes to make the events successful. This is particularly true of the Urban Farm Bike Ride. From the volunteers on the planning committee to the sponsors who provide financial support at each of the tour sites, there's a community of people who come together to make this event a success year after year.

It not only takes a village to plan events like this, but the event itself builds community, a fact not lost on our sponsor Kitchen Table Consultants. KTC told me they're thrilled to be a supporter of the Urban Farm Bike Ride because events like ours "are paramount in building the connections between the members of our community and small hyper-local farms and all the work that they do to keep local food growing." KTC helps small farms and food artisans create financially sustainable businesses, so it only makes sense that they'd be proud to be involved in events that allow small producers to share their work and shine.

KTC is a first-time supporter of the Urban Farm Bike Ride, though they're no stranger to WWCP or Weavers Way. KTC's "Tractor Share" program provides small urban farms with access to tractors and tractor training at no charge, and has offered field work for free or at subsidized rates. KTC has provided such support for our own Weavers Way Farms, as well as farms that have been on the Bike Ride in the past (Urban Tree Connection and Teens 4 Good) and this year (Heritage Farm).

Oh, and the farms! We're trying to mix it up and include destinations that haven't been on the tour for a few years, or even at all. We have some great newcomers on the route, and return riders will be amazed at how much can change in a couple of years. For example, WWCP's Hope Garden at Stenton Family Manor is back on the tour this year so we can show off our greenhouse and the new land we have under cultivation.

Other farms confirmed for this year include:

- Francisville Urbanstead Farm and Orchard (17th Street and Ridge Avenue)
- Philadelphia Urban Creators (11th and York streets)
- Philly Food Works and Heritage Farm (4300 Monument Road)
- SHARE Farm (2901 W. Hunting Park Ave.)
- Wyck House (6026 Germantown
- WWCP's Hope Garden at Stenton Family Manor (Germantown-East Mt. Airy)

More stops are still being confirmed. For the latest info or to purchase tickets, visit www.weaversway.coop/bikeride.

Many thanks to all our volunteers and supporters, including Weavers Way Co-op, Digital Innovation, Kitchen Table Consultants, Philadelphia Brewing Company, Fuji Bikes and Tees Delivered.

jill@weaversway.coop



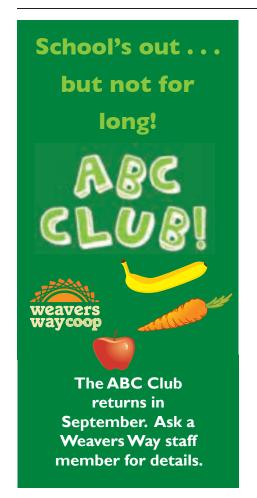


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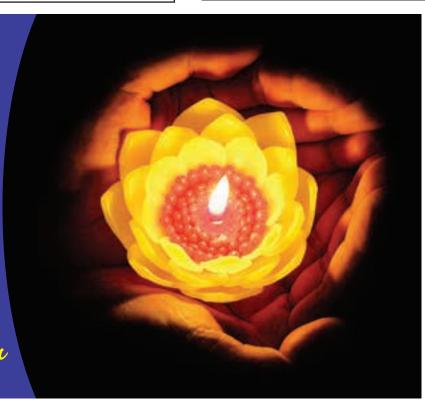
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Consider Homeopathy to Bring Balance

by Ameet Ravital, PhD, DiHom, for the Shuttle

OST OF THE TIME, MOST OF YOU IS HEALTHY. Leven when you are suffering from severe symptoms, be they short-term (e.g., a case of poison ivy) or long-term (recurring migraines), your body is choreographing an exquisite dance to keep you alive and in balance. Small disturbances are often "self-correcting" in that the body's innate intelligence adjusts and corrects for little imbalances. For example, you might go to bed with a headache, yet wake up refreshed and pain-free. This inner wisdom or life-force exists to serve you and your health throughout your life span.

Homeopathy is a system of healing that uses small doses of natural (i.e., not synthetically fabricated) remedies to support your inner life-force in doing its job more effectively. Instead of suppressing the symptom, homeopathy stimulates the body's own resources to speed up healing and a return to balance. It has been used successfully for a wide range of health issues, including chronic problems that are hard to treat with conventional medicine, such as asthma, hormonal dysregulation, developmental issues, digestive disorders, depression and anxiety, attention deficit disorder and repeated infections and

Homeopathy was developed in the 18th century by

the great physician Samuel Hahnemann (after whom the hospital is named). He discovered two principles of healing that, as radically different as they are from most conventional medicine, have stood the test of time and remain powerful tools to this day.

The first principle is "like cures like" — remedies are chosen on the basis of their ability, in larger doses, to produce the very symptoms we are seeking to reduce. Thus, we give Coffea Cruda (ground coffee) to reduce overexcitement; Apis Mellifica (bee venom) to address swelling, edema and allergic reactions; and Allium Cepa (red onion) to treat hay fever with burning, watery eyes.

In each case, the remedy is chosen to match the presenting symptoms, rather than to fight or suppress them. This is how homeopathy works: by intensifying the symptoms ever so slightly, the remedy triggers the body's own ability to return to a state of health and balance.

The second principle is the "minimum dose." When diluted in a systematic manner known as "potentizing," increasingly microscopic doses have deep and powerful healing effects on the entire system. At these infinitesimal doses, the homeopathic remedies work closer to energy medicine systems like reiki or acupuncture than to traditional herbalism.

Homeopathy is not a magical cure. Many health

Weavers Way's Health & **Wellness Committee**

The Health and Wellness Committee is presenting a series of articles on varied modalities for achieving well-being. To get more information or reach the committee, contact Rebecca Torpie at rtorpie@ weaversway.coop or 215-843-2350, ext.. 121.

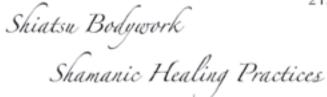
problems still need the attention and care of conventional medical treatment. However, it can be a great way to support the body in recovering from minor or everyday ailments. A book like "The Complete Homeopathy Handbook," by Miranda Castro can help get you familiar with using these remedies for yourself and your family. In many cases, homeopathy can be a valuable adjunct to conventional treatment. For example, Arnica can be taken after surgery to reduce bruising and inflammation, and other remedies can reduce the nausea and weakness that accompany chemotherapy. In these and other serious or chronic conditions, ongoing consultation with an experienced homeopath is advisable.

> Ameet is a clinical psychologist and homeopath who works at Mt. Airy Psychotherapy & Wellness. He can be reached at www.ravitalhome.com or at ameet@ravitalhome.com.

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The 2013 Ends Report — the Co-op version of a conventional company's annual shareholders' report — is online (log in to the Weavers Way Online Member Center, members.weaversway. coop, and click on "Key Co-op Documents"). You can obtain a hard copy, too: Contact **Board Administrator Athena Drellos,** boardadmin@weaversway.coop or 215-843-2350 ext 118. We're also reprinting it in the Shuttle. Here is the last of three installments.



MINIONTIA

overage in the Shuttle focuses on five broad areas: Weavers Way business, food and other stuff we sell, the overage in the Shuttle focuses on five broad areas: weavers way business, food and other stuff we sell, the
 community, the environment and the cooperative movement. Stories and photos are contributed by Weavers ers Way staffers and many, many member and non-member volunteers. E3, E4, E5, E6, E7

THE SHUTTLE

Community Coverage

Stories about and from our community partners, basically in the Northwest. This includes a lot of arts nd schools coverage, but also stories about citywide issues like the Land Bank

In sheer numbers, the Shuttle runs more stories about our neighbors and partners in the community than any other news. Over 50 nonprofits and arts organizations were mentioned in FY 2103, including: Morris Arboretun

Awbury Arboretum
CH Center for Enrichment
CH Meals on Wheels
Citizens for Children & Youth
Dining for Women
EMAN
Friends of Carpenters Woods EMAN
Friends of Carpenters Woods
Friends of the Wissahickon
Germantown High School
Grumblethorpe
Hidden Cities
Historic Germantown
Henry School
Home Grown Institute
Jenks School
La Salle Art Museum
Mishkan Shalom

Mt. Airy Art Garage Mt. Airy Learning Tree Ned Wolf Fark
Pennypack farms
Philly Land Bank Alliance
Quintessence
Schuylkill Center
Springside Chestnut Hill Academy
St. Paul's
Time4Time
Unitraina Society of Germantown
Wissahickon Cohousing
Wissahickon Environmental Center
WMAN
Woodmere

Weavers Way Business

Next to community stories, the most frequent kind of story in the Shuttle focuses on Weavers Way business. In FY 2013, the renovation of the Mt. Airy store generated lots of copy. Other topics covered were Board elections, membership meetings, committee and membership activity, staff news, the farms and Weavers Way Community Programs. A standing block of contact information is published in every issue.

Food & Other Stuff We Sell

In addition to staff-sourced coverage of new, local and featured products and stories about cooking, the Shuttle also covered the GMO labeling controversy and other national food issues.

Environment

Along with straight-up stories about the environment, this category encompasses home gardening, pets and wildlife. We also got a new monthly garden columnist, Ron Kushner.

Other Co-ops and the Cooperative Movement

2012 was the Year of the Co-op, which prompted monthly features. We also had news on cooperative monthly leatures. We also had news sind issues and about other Co-op initiatives, including Creekside. Cooperative principles run monthly.



Donations

he Co-op's expansion into Chestnut Hill, and the renovations and expansion of operations in Mt. Airy, significantly extended the visibility and influence of Weavers Way in Northwest Philadelphia. To further balance and strengthen this growth, Outreach sought opportunities to embrace and support Germantown's rising civic-engagement levels, historic-preservation efforts and urban-renewal initiatives. Carrying the Co-op's mission into this area resulted in particularly rewarding partnerships with Cliveden, Wyck and Hidden City. Additionally, Outreach continued to foster many long-standing relationships through financial and resource support throughout the year. (E3, E4, E5, E6, E7)

The Co-op directly supports local civic and community-driven initiatives that benefit our members and enhance quality of life in surrounding neighborhoods through donations. In the course of FY2013, The Co-op contributed \$8,154 in cash and in-kind donations to over 50 local organizations, including:

- Henry School
- The Waldorf School of Philadelphia
- Greene Street Friends School
- World Food Day Historic Germantown Cliveden
- Wvck •The Unitarian Society
- •The Ronald McDonald
- The National Foundation for Celiac Awareness
- Weavers Way Community Programs
- St. Catherine Laboure Medical Clinic
- St. Peter's Friends of the
- Wissahickon
- ·WMAN MAUSA
- Habitat for Humanity • Morris Animal Refuge
- PAWS

Collaborative Partnerships

The Co-op partnered with over 40 nonprofit organizations locally in FY2013, providing them with extended resources and visibility while increasing awareness of Weavers Way and its cooperative mission. The organizations we partnered with included:

- Morris Arboretum
- Awbury Arboretum
- •The Schuylkill Center for Environmental
- Education The Sustainable
- **Business Network** The American Red Cross
- (Blood Drive) The Food Trust
- SHARE
- Germantown Hunger Network
- Summit Church Chestnut Hill Friends
- Meeting

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- Historic Germantown Morris Animal Refuge
- PAWS
- The American Cancer
- Society
- Hidden City



Summary of Weaversway.coop Website Metrics (7/13 - 12/13)



Note that "bounces" in this context means visits that end after a single page view.

Website Visits by Device:

| | Alberton . | | | (Marie) | | | |
|-----------------|------------|------------------|-------------------------|---------------|----------------|-----------------------|----------|
| Serior Category | Made 1 - 4 | % lines the line | Sea Visite | Support State | Paper Visit | Aug. Vited Species | |
| Ī | | 48,887 | 51.69% Final more | 25,272 | 50.98% | 2.20 | 00:02:39 |
| D | 1. dealing | 38,299 | 47.87% | 18,301 | 58.27% | 226 | 60 62 18 |
| 0.0 | 2 mobile | 7,580 | 67:31% | 6,107 | 96.01% | 1.09 | 60 01 16 |
| 0 | 3.1 table | 3.00 | 101,00% | 1.066 | 140.00% | 2.34 | 60.07.00 |

These features debuted or were "regularized" given a consistent look and position:

- Weavers Way Calendar
- What's on the Shelves grocery column • Executive Chef's column
- Cheese of the Month
- Five Things (product highlights)
- Comparison shopping prices vs. competitors
- WWCP Farmstand

About 120 Weavers Way members participated in the Shuttle in fiscal 2013 — writing, editing or shooting photos. This is in addition to staff contributions.

Advertising stayed level through the period, with revenues ranging from ~ \$3,200/month to

~ \$5,600/month. We had about 140 advertisers place at least one ad.

We ended the doorstep delivery of the paper. This reduced litter and saved paper and plastic, and saved money (from \sim \$5,200/month to \sim \$2,800 for printing and \$1,500/month to \$300 for distribution). Leftover

Goals for the future include continuing to work on ways to trim costs while serving the most readers, including exploring online publication of the Shuttle.

papers now go to Saul for composting

Weavers Way Advertising Total spent: \$23,873

East Falls Newspaper, CH Parking Foundation, Grid magazine, CH College, City Paper, Newsworks, CH Local, Roxborough Review, Mt. Airy Home Companion Philadelphia Inquirer, as well as food samples and ads in various community show programs.

Electronic Media

We started sending out the email eNews in April, ex perimenting with weekly updates and notices to supplement the Shuttle. We have about 9,500 "subscriber and a consistent open rate of 22-25 percent.



Facebook FY2012: 2,401 likes FY2013: 3,234 likes

Averaging about 5 posts per day, from multiple sources, including Marketing, the deli, local, and pro-



Twitter

FY2012: 1,635 followers FY2013: 2,084 followers

Ends Report 2013

Weavers Way Committees

FY2013, a group of Weavers Way staff members developed a set of new protocols to be implemented in 2014 elp member-driven committees self-organize in alignment with the Co-op's mission and administration. Every mittee will be required to submit a statement of purpose and related objectives for approval by a Committee riffice will be required to submite a statement of purpose and refaced objectives for approval by a confinite element of purpose and reface will be eligible to apply for annual budgets element their efforts. Every committee will include a staff liaison who will ensure that committees follow protocol sistently and are provided with appropriate administrative support. Committee actions will be evaluated perically by the Committee Review Board and the general manager to further encourage and support alignment.

wo active long-standing committees hosted by Weavers Way are the Education Committee and the Environment mmittee. The following new committee initiatives were engendered as a function of Outreach in the course of

Membership Committee

Staff - Jonathan Leeds Membership Population - 8 Chair - Gwen Bailey

Description: Newly revived committee engaged in discussions regarding the value of membership, member benefits, partnering with Time4Time timebank and membership analyses.

Status: Meeting monthly. Preparing to articulate a statement of purpose and elect a new chair-

Food Justice Committee

Staff - Bettina de Caumette Membership Population - 16 Chair - Nathea Lee

Description: Nascent committee focused on raising awareness about food insecurity, hunger in Philadelphia and the politics of food production and distribution.

Status: Meeting quarterly. Preparing to submit a statement of purpose and objectives. Actively developing a close working relationship with Mariposa's FJAR committee. Previous meetings have featured guest speakers from Mariposa and the Germantown Hunger Network.

Health & Wellness Committee

Staff - Rebecca Torpie Membership Population - 10 Chair - Owen McPeake

Description: Nascent committee of Co-op members who are interested in exploring a wide range of practices and ideas relating to health and wellness.

Status: First meeting held in 2013. Meeting every 6-8 weeks. Working toward a statement of purpose and objectives.



In addition to formal committees, we support the emergence of Weavers Way "groups." WW groups are more loosely organized than committees. They can create a Facebook profile, participate in events and tap Co-op resources when appropriate, but they cannot apply for budgets. Groups are a more grassroots version of committees, and can serve as committee incubators. In FY2013, Weavers Way sanctioned a group of members who share interest in raising backyard chickens.

Workshops

Weavers Way has hosted a number of member-directed workshops over FY2013. These workshops have engaged and educated the membership and the Co-op hopes to increase workshop participation in FY2014, through discovering new ways to engage members.

FY2013 workshops included:

- Don't Repeat, Relate! Member Workshop about self-improvement conducted by SK Martel.
- Do it Right: Member and chiropractor Brett Cardonick conducts an informative ergonomic workshop.
- Food Justice Seminar/workshops (series)
- Learn to Speak Dog
- Living Foods: Learn about the benefits of fermented foods and how to ferment at home with Jared Blumer
- Cancer Odyssey: Author Sarto Schickel shares the story of how his wife recovered from stage IV ovarian cancer with the help of a macrobiotic/Gerson diet.

Workshops planned for FY2014 include:

- Dreambuilders: Realizing the Life you Love to Live, with Marina Patrice Van Dossen
- Pet Nutrition, with Dr. Natasha Kassel
- Make Your Own Lotions, with Nurit Bloom
- Healthy Nutrition Workshop Series, with April Pendrick



The grocery industry is notorious for low wages and skimpy benefits. Not at the Co-op. Our minimum nounly pay rate is \$10.00, and paid time-off, and retirement, health and welfare benefits are available to all employees. Even though our overall headcount remains unchanged from FY2012, of our 152 employees, more of them he grocery industry is notorious for low wages and skimpy benefits. Not at the Co-op. Our minimum hourly than ever are full-time. We continue to strive towards a staff that is reflective of the diversity of the community we serve. A major goal of our five year Strategic Plan is to mentor and guide our increasingly diverse entry level staff so they can advance to managerial positions in the future.

A happy, well-trained, committed staff is an essential component to our future success. We'll continue to make sure we remain an employer that attracts and retains the very best talent. (E1, E3, E7)

Wages and Benefits at a Glance

- 1. Minimum starting pay of \$10.00. Average hourly wage of \$12.32 (as of 06/30/2013).
- 2. Paid Time Off. All employees receive the following paid time off: vacation, sick/personal, holidays (including one floating holiday), bereavement leave and jury duty.
- 3. Retirement 401(k) retirement plan (Vanguard) with 35% employer match.
- 4. Health insurance. All Weavers Way employees who work 25 hours a week or more are eligible for the Co-op's medical, dental, vision and prescription drug insurance.
- 5. Other insurance. Full time employees (35 hours a week or more) receive short- and long-term disability insurance, group life insurance, and voluntary supplemental life insurance
- 6. Other benefits. Annual bonus, employee discount, health savings account and home buyer assis-



Commitment to Full-Time Employment

Unlike most businesses in the grocery sector, the Co-op emphasizes full-time employment.

| | 2010 | 2011 | | |
|-----------|------|------|------|------|
| | 2010 | 2011 | 2012 | 2013 |
| Full-time | 78 | 85 | 94 | 103 |
| Part-time | 52 | 47 | 58 | 49 |
| Total | 130 | 132 | 152 | 152 |

Gender Diversity

| 010 | 2011 | 2012 | 2013 |
|-----|----------------|----------------|----------------------------------|
| | | | 2013 |
| 68 | 73 | 83 | 77 |
| 62 | 59 | 60 | |
| | | | /3. |
| | 14 | 14 | 15 |
| 10 | 11 | 14 | 12 |
| | 68 62 16 | 68 73 62 59 | 68 73 83 62 59 69 16 14 14 |

Age Diversity

| | 2010 | 2011 | 20.00 | |
|----------|------|------|-------|-------------------------------|
| 66+ | 2010 | 2011 | 2012 | 2013 |
| | 2 | 4 | 7 | 0 |
| 56 to 65 | 26 | 22 | | |
| 46 to 55 | 24 | | 23 | 24 |
| | 24 | 27 | 24 | 22 |
| 36 to 45 | 14 | 13 | 16 | 17 |
| 26 to 35 | | 25 | | !/ |
| 16 to 25 | | 35 | 35 | 40 |
| 10 to 25 | 35 | 31 | 47 | 41 |
| | | | | · · · · · · · · · · · · · · · |

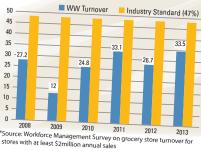
Racial Diversity 45 52 129 22 21% 36% 0% 132 24 71 46% 152 25 32% 31% 152

Staff Turnover

2013 Turnover: 33.5%

| 1 - 1 00.078 | | | | | |
|--|--|--|--|--|--|
| 51 Total Terminations 41 voluntary 10 involuntary | | | | | |
| 23 another job .7 school .6 relocation .3 elder/child care or health .2 no call/no shows | 6 poor performance 3 employee thefts 1 poor attitude | | | | |

Staff turnover remains consistently well below industry average of 47%.*





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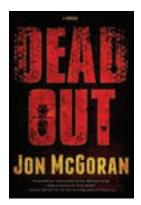
McGoran Giving Away Mead, Beer, Snacks; Bee There

HEAD TO MORRIS ARBORETUM, 100 E. NORTHWESTERN Ave., Aug. 6 for the launch event for former Shuttle editor Jon McGoran's latest book, "Deadout," the sequel to his debut ecological thriller "Drift."

This free event is from 6 to 8 p.m., and in keeping with the book's focus on the sinister side of honeybee colony collapse, local mead from Stonekeep Meadery and locally brewed honey beer from Iron Hill will be available, along with snacks from Weavers Way, live music, an actual demonstration beehive, representatives from beekeeping, sustainability and coop groups and, of course, reading and book-signing by the author.

In a starred review, Publishers Weekly said: "McGoran fluidly blends science and suspense in his outstanding second eco-thriller starring Philly cop Doyle Carrick . . . Top-notch plotting enhances McGoran's sympathetic, flawed lead." Read more about Jon and "Deadout" at www.jonmcgoran.com.





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ECO TIP

From the Weavers Way **Environment Committee**

We're well into the season for "fun in the sun," and that means shopping for sunscreen. Conventional sunscreens may contain toxic chemicals that are absorbed by your skin. So how do you choose a product that is safe as well as effective? The Environmental Working **Group recommends avoiding:**

- Spray sunscreens.
- Super-high SPFs.
- Oxybenzone and other endocrinedisrupting chemicals.
- Retinyl palmitate.
- Combined sunscreen/bug repellants.
- Sunscreen towelettes or powders.
- Tanning oils.

Visit EWG's website (www.ewg.org) for more info about these "no-nos," to see their ratings and check out the 172 beach and sport sunscreens that meet **EWG criteria. Happy summer!**

Come Make History at the People's Climate March

"Sometimes you can grab the zeitgeist by the scruff of the neck and shake it a little."

— Bill McKibben

by Susan Saxe, for the Shuttle

SAVE THE DATE: SEPT. 21, 2014, A Sunday that could bend the arc of history toward a survivable future.

When world leaders gather in New York City for the 2014 United Nations Climate Summit, we will be there to drive home the message that the time is over for denial, dithering and half-hearted measures in the face of an urgent global crisis.

This is shaping up to be the largest climate demonstration ever, with people pouring into New York from all over the

A "People's Climate Train" will roll out from the San Francisco Bay area, picking up activists in Sacramento, Reno, Salt Lake City, Denver, Chicago and 100 other stops along the way. There will be teach-ins, trainings, mixers and movement-building workshops on board. How cool is that?

I'm in! How do I get there from here? Environmental, social-justice, faithbased and other community organizations throughout Philadelphia are organizing a fleet of buses leaving from multiple locations. 350.org is going all out for this, coordinating with local groups to make it easy for you to find convenient transportation at a good price (subsidies available).

You can reserve a seat at bitly.com/ phillyclimatemarch.

Is there a bus from the Northwest? Yes! The Interfaith Power and Light bus will leave from the Germantown Jewish Center at Lincoln Drive and Emlen Streets at 7:30 a.m. Sunday, returning the same day. Exact times will be announced as more information becomes available, but sign up now to ensure your seat: www. paipl.us/event/peoples-climate-march/.

There will be a short interfaith service en route. You are encouraged to bring inspirational readings to share.

How do I connect with other groups who share my interests so we can ride and march together? Many organizations are filling buses. If you want to organize your own bus from your place of worship, civic association or other affinity group, GREAT! Use this link to open the Google docs form: **s.coop/1uy9v.**

350.org will guide you from there.

For information and resources for people of faith, visit GreenFaith: greenfaith.org.

For a Jewish spin, check out the Shalom Center's plan to blast away denial

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I want to help organize! Tools for organizing, more transportation info and related events can be found at: peoplesclimate.org/organizing, or contact any participating organization.

When future generations ask where you were on this momentous day, you will be able to say, "I was there, in the streets, doing my part." So sign up, spread the word, volunteer if you can and bring your water bottle, walking shoes, signs, banners, food to share and a fighting spirit.

To quote Bill McKibben again:

"The gap between 'We're all sitting ducks' and 'We do not face a crisis' is the gap between halfhearted action and the all-out effort that might make a difference. It's the gap between changing light bulbs and changing the system that's powering our destruction."

(Read McKibben's inspiring May 21 Rolling Stone article, "A Call to Arms: An Invitation to Demand Action on Climate Change," at s.coop/1uy9q.)

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December 2013 Casselton, ND Fire and evacuation within 5 miles

January 2014 **Philadelphia Derailment** over Schuylkill

April 2014 Lynchburg, VA **Explosion and** evacuation

Weavers Way Environment Committee









Nancy Anderson is a local product herself, with lots of experience with farms — and maps.

Nancy Anderson, Record Keeper

Y FIRST FARM EXPERIENCE WAS A SENIOR SPRING PROJECT IN HIGH SCHOOL a two-month family stay on a Mennonite dairy farm, where I learned how to tend a small herd, drive a tractor and plant a sizeable homestead garden. I looked for ways to live on the land after that and ended up on a family-run organic produce farm for close to a decade.

I am a cartographer and have always enjoyed an intimate knowledge of land and maps. Mapping Weavers Way Farms has been a good opportunity to document parts of the seasonal narrative for the local urban farming landscape. I am also a historical researcher and have been drawn to learn about the history of the land involving both farms as well as those of my Quaker ancestors who settled and farmed in Bucks County.

I was born and raised locally, in the nearby suburbs. My parents were raised in Germantown. I've left for significant periods as an adult and been back since 2005. Hearing of a new Co-op farm at Awbury was part of my decision to return and I am pleased to have been involved for the last few seasons.

What I love most about farming is working outdoors and in greenhouses, the learning involved around plants, the order and beauty, connecting to our collective agrarian roots and having wonderful conversations with people working land together. I am also interested in the scale of urban farming and the opportunities it presents for female farmers.

For this season, I am most excited about this farm team and the new farm structure for both Co-op farms, which recognizes the value of good farm records and full-time farmers.

I want the membership to know that we have fun AND we work hard. It is a privilege to grow and sell food with and for our neighbors and the local area. The unique setting of both farms means there are many activities flourishing on these sites. Visit and support us, buy our products in the stores and at our markets — it is a very exciting project and there are lots of ways to be involved.

AUGUST

CALENDAR OF EVENTS

ALL MONTH LONG

LOCAL MONDAYS, 4-7 p.m., both stores. Meet the vendor and have a taste! CHESS CLUB, 7 p.m. Mondays, 555 Carpenter Lane. We have a Junior League, too!

Weavers Way Farm Workday and Happy Hour with Great Lakes and Earth

Join us at the farm at Awbury Arboretum, 1101 E. Washington Lane, then wash up and head on over to Earth Bread + Brewery, 7136 Germantown Ave., to celebrate your hard work. Farm volunteers get two tokens for Great Lakes Brewing Company beer, and flatbread specials will feature produce from the farm! Info: skane@weaversway.coop or 215-843-2350 ext. 122.

Wednesday, August 6

DEADOUT Book Launch at Morris Arboretum

Join local writer and longtime Weavers Way Shuttle Editor Jon McGoran for the launch of his latest thriller, "Deadout." Detective Doyle Carrick and Nola Watkins are back, but something is killing the bees — but in real life, you can still visit the Morris hives and sample some mead.

Thursday, August 7

Eating with Body in Mind: Sweeteners & Sugar

Mounting evidence suggests that sugar may be the most overlooked health hazard in our culture. Which foods are sweet, and which are scary? How can someone with a sweet tooth rebalance body chemistry and cut cravings? Join April Lea and Megan Haupt of We Are Foodwise / Food Nerd Junior as they demystify sweeteners and Big Sugar. Summit Church, Westview and Greene streets. For info and to RSVP: outreach@weaversway.coop or 215-843-2350 ext. 118.

Thursday, August 7

Chillin' & Truckin' in Mt. Airy

Summer nights in the neighborhood and the living is easy — live music and food trucks. What could be better than that? And it's Thirsty Thursday at Philly Salvage. Carpenter Lane and Greene Street. Info: outreach@weaversway.coop or 215-843-2350 ext. 118.

Saturday, August 9

Behind the Fence at Wyck: The Homegrown Food Festival

The folks at Wyck will use their own farming and food traditions as a launching pad to explore how and why food matters to us — beyond physical nourishment. Weavers Way is a sponsor of this fun series. Wyck is at 6026 Germantown Ave. Info: www.wyck.org.

Wednesday, August 13

Welcome Meeting

Learn about YOUR Co-op. Newbies and veterans alike are invited — earn two working credit hours too! Community Room, 555 Carpenter Lane (adjacent to the Mt. Airy store). For info and to RSVP: outreach@weaversway.coop or 215-843-2350 ext. 118.

Thursday, August 14

Membership Committee Meeting

Join this classic Co-op committee and help shape the way Weavers Way membership looks. Community Room, 555 Carpenter Lane (adjacent to the Mt. Airy store). For info and to RSVP so we get out enough chairs: Kirsten@weaversway.coop or 215-843-2350 ext. 119.

Thursday, August 14 Chillin' & Truckin' in Mt. Airv Once was so nice, we're doing it twice in August. Live music, food trucks and that indescribable

Carpenter-and-Greene scene. Info: outreach@weaversway.coop or 215-843-2350 ext. 118. Saturday, August 23

Medicine Cabinet Makeover: Aromatherapy Workshop

Join Shannon B. Johnson of the Raffi Institute of Health and Wellness for an informative session about the uses of essential oils and aromatherapy, and a discussion about alternatives to the prescription-drug industry. Community Room, 555 Carpenter Lane (adjacent to the Mt. Airy store). For info and to RSVP: outlook@weaversway.coop or 215-843-2350 ext. 118.

For additional information, email outreach@weaversway.coop or call 215-843-2350 ext 118.



TUESDAY, AUG. 5 7-9 P.M. INTRODUCTION TO CANNING TOMATOES WITH MARISA MCCLELLAN*

SAUERKRAUT WORKSHOP

TUESDAY, SEPT. 9 PICKLES TWO WAYS WITH MARISA MCCLELLAN*

7-9 P.M.

6-7:30 P.M. **TUESDAY, AUG. 19**

TUESDAY, SEPT. 16 6-7:30 P.M. **GROW-YOUR-OWN** OYSTER MUSHROOM KIT WORKSHOP

*To sign up for Marisa McClellan's workshops:

canningtomatoes.brownpapertickets.com | pickles.brownpapertickets.com

For more info, visit: www.weaversway.coop/homesteading-workshops

The Passionate Gardener

Rhubarb Does Double Duty

by Ron Kushner, for the Shuttle

HUBARB IS ONE OF THE EASIEST Rarden plants to grow. It is a true perennial, coming up every year with practically no care whatsoever. The entire plant dies back to the ground at the end of the season, not to be seen again until the following spring. It is one of the earliest crops in the garden and one of the oldest garden plants recorded historically.

Rhubarb stalks are steamed, stewed with other fruits and used in pies, jams, juices and syrup. But even if you are not particularly fond of the taste of rhubarb, the plant looks fabulous in a perennial border. It is one beautiful plant. The standard green variety, "Victoria," is the sweetest and most tender. "Crimson Red," "Ruby" and "Valentine" are more ornamental, due to their red stalks.

Be careful where you put it, as rhubarb is a big plant, growing about 3 feet tall and 3 feet wide. One crown (or division) is sufficient for a 3-by-4-foot raised bed, planted in the center.

Pick a sunny spot (although it can take some shade), use lots of compost and confirm a slightly acid pH of 5.5 to 6.5. Make sure there is good drainage; use a soil conditioner if needed. It is advisable to plant crowns — seeds take too





Photo courtesy of GrowandResist,com

Nip rhubarb flowers in the bud (left); only the stalks of the rhubarb plant (never the leaves!) are edible.

long and you can never be sure of exactly what variety the plant will turn out to be. Plant crowns in early spring as soon as the ground can be worked. Rhubarb can also be planted in early fall if you can find some divisions. Plant so that the crowns are just barely below the soil line.

Fertilize when you plant and again every spring. Rhubarb can take plenty of fertilizer. Mulch well after the ground has warmed up.

Late in the summer, large stalks will come up with a white flower. These should be cut off as soon as possible, as they take energy away from the stalks.

The edible part of the plant is actually the petiole, or leaf stem. Be aware that the leaves are not only huge but also poisonous and never eaten! The first year, do not harvest any stalks. The second year, pick those that are at least as thick as your thumb, but leave most on the plant. Never take more than a third of the stalks is a good rule to follow. The third year, pick stalks for a month only. The fourth year, pick as many as you like until mid-July.

August Garden Notes

August is a good month to plan where new plants can go and get the soil ready for fall or spring planting. Talk to other gardeners to see if you can obtain some divisions, or check with your local garden center or catalogs for available varieties.

- Check everbearing strawberries daily to beat the birds.
- Look for the first blue blossoms on caryopteris.

- Make pickles from your cucumbers.
- Plant Brussels sprouts and carrots for a late fall harvest.
- Pick beans daily; the more you pick, the longer they will keep growing.
- Pick tomatoes before they turn fully red on the vine.
- Make gazpacho!
- Watch for the goldfinches on your zinnias and sunflowers.
- Plant more lettuce, greens and radishes for early fall salads.
- Plant a cover crop as soon as there are open areas in your garden.

For questions or comments: ronkushner@comcast.net www.ronsorganicgarden.com



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Editor's Note

(Continued from Page 2)

cause USDA standards aren't strict enough for him.

Which, again, doesn't rule out that he really does believe birth control is sinful, Obamacare is overreach or any number of things that drive progressives crazy.

That also puts Eden in robust company among Weavers Way suppliers. As Glenn memoed the other day to a member proposing an Eden boycott: "Be aware that we have many vendors who might support the Eden philosophy that we do business with on a day-to-day basis. They may not have come forward with a lawsuit, but they would be friends of Eden on this case Eden put themselves out to change the law directly, while others give hundreds of thousands of dollars to candidates who would like to eliminate the ACA entirely. Which one is more dangerous to all of our rights?"

Or, to put it another way, those peaches, while they may be very, very good, and even local and sustainable, may have been grown by a farmer who gives money to someone horrid, like Rick Santorum. Just sayin'.

If you want to be a one-issue voter — and I myself have been a one-issue voter at points in my life — by all means vote with your wallet and boycott Eden products.

Personally, I would just buy the Cayuga organic dried beans. Although I haven't checked their views on charter schools.

msweeten@weaversway.coop

General Manager's Corner

(Continued from Page 2)

the buyers to change their purchasing practices — that is a subject for a joint discussion.

CFO Theft Update

As many of you know, our last CFO, Michael Mc-Geary, stole about \$32,000 from the Co-op by making unauthorized personal charges on the business credit card over a two-and-a-half-year period. In July, he reimbursed us this amount, and we repaid our insurance company. However, this incident did cost us audit and legal fees, for which we are still seeking restitution. As for the criminal case, the Philadelphia District Attorney's office has the information, and we are still awaiting action.

The Reinvestment Fund (TRF) and the **National Co-op Bank (NCB)**

People have asked me about places they can invest that would help co-op development or community investment. I am no investment advisor, so please take what I am about to say with a grain of salt. (Fair Trade, naturally!)

The Reinvestment Fund, or TRF, is a nonprofit, certified Community Development Financial Institution (CDFI), chartered by the Treasury Department. TRF takes in private, public and foundation investments and turns them around to invest in community revitalization. TRF has invested over \$1.3 billion in mid-Atlantic communities since 1985. Based in Philadelphia, it is one of the largest CDFIs in the country.

TRF has more of a regional focus.

A few years ago, we invited the head of TRF to speak at a Weavers Way General Membership Meeting. Some of you might remember his presentation.

I suggest you look at their website and consider investing with TRF. Funds invested are not backed by the FDIC, but as TRF recently told us, they are rated AAA+1, whatever that means. The website is www. trfund.com.

The other suggestion I have is the National Cooperative Bank, based in Washington, D.C. NCB is more like a credit union than a bank, and it does a lot of the investments with co-ops of different types: buying co-ops, consumer co-ops, worker co-ops, supplier/producer co-ops and agricultural co-ops. Go to the website, www.ncb.coop, and take a look at the services and investment instruments.

You should know that Weavers Way has loans with TRF and \$100,000 in a commercial account with NCB. We are thinking about investing in TRF at some point in the near future.

If you have any questions, please feel free to call or email me.

gbergman@weaversway.coop

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Suggestions

(Continued from Page 3)

cord of when it's OK for some people to kill other people — one of my favorites is when witches were burned at the stake, hanged or pressed to death. (It's evidence of "religious" people's compassion for each other.) Who decided who was a witch? At the Salem witch trials, the court allowed "spectral evidence," which meant I could testify I saw your apparition cast a spell and then you would be guilty enough to hang.

That's the kind of citizen power I can get behind!

suggestions and responses:

- s: "Egg bagels."
- r: (Molly MA) It's a space issue. Will see if we have an available bin.
- s: "Please consider carrying Red Jacket Strawberry Apple Juice (you have other flavors but strawberry is the best!). Thanks."
- **r:** (Heather MA) We are carrying this flavor now.
- s: "Please, please, please bring back Maria & Ricardo's CORN tortillas. They are delicious and I miss them."
- **r:** (Heather MA) They are back.
- s: "When trucks park in the CH store driveway to unload, PLEASE have someone put cones on the sidewalk so people don't pull their cars in and then have to back up on the avenue."
- r: (Nick CH) We understand that it is very difficult and unsafe to back out onto Germantown Avenue; this is an issue that we have been dealing with for a while now. We have given detailed instructions to our trash and recycling pickup service to put out cones if they are blocking the driveway for more than a few minutes. As for deliveries, that problem will be partially solved as we switch over to overnight delivery and stocking later this month. Basically, we will now have our major deliveries go to our new warehouse during the day. Then, after the

Eden Foods has a track record of maintaining very high standards. They created healthier can packaging and help maintain organic integrity, objecting to USDA watering down of rules. Eden also appears to provide quality jobs and support a thriving food industry.

> oti, but Eden has about one-tenth the sodium of these and other brands, so there is no real substitute now.

> Focusing on boycotting, I think it's important that people get all the facts about an issue and company. Even

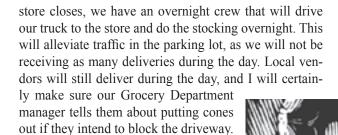
> > if you feel strongly, it's a good idea to look at the impact a boycott would have. Eden has a track record of maintaining very high standards for healthy food. The company deals direct with local family farmers as much as possible; created healthier packaging, leading the industry in developing BPA-free can linings; and help maintain organic integrity, objecting to the USDA watering down standards to allow sludge and irradiation of products labeled organic.

Eden also appears to provide quality sustainable jobs and supports a thriv-

ing food industry in and around their location in Clinton, MI. Boycotting Eden would affect the company's employees and suppliers, who may or may not agree with the owner's views on the health-care issue. (I spoke with Eden's sales manager for our region, and she said she was happy with her health coverage.)

For more info, check out the "About Us" section of the Eden website, www.eden.com. Sure, it's a sales pitch, but Eden has long been known for transparency about ingredients and processes.

(Continued on Page 20)



I'd like to apologize if you were forced to back out onto Germantown Avenue as a result of one of our delivery trucks. Please feel free to reach out to me with any more comments or concerns about service or operations here at Weavers Way Chestnut Hill.

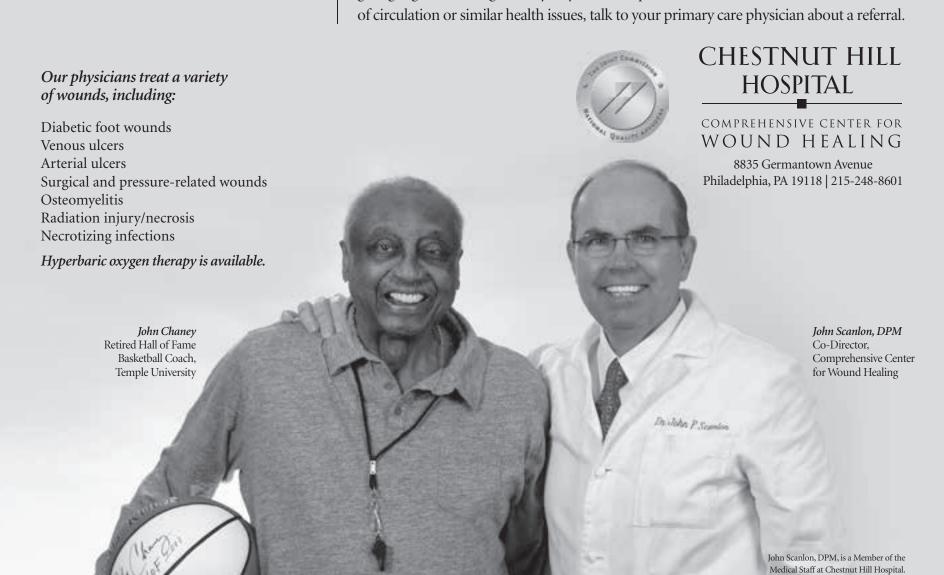
s: "There is a great, quality-ingredient gluten-free bread called Sammie's from North Carolina, would love to see it here, fresh or frozen."

- r: (Molly MA) Thanks, will look into it.
- s: "I notice the only option for 16 oz. beans (canned) is Eden Foods. I am boycotting them. I'd love to have alternatives to this product and their soy milk. Thanks. (I'd welcome a Co-op-wide discussion of using Eden
- r: (Norman) We've had many emails about this, and we've been encouraged to find alternatives to Eden products (see more about Eden in this Shuttle). Focusing on just beans for a moment, we also stock Westbrae and Jy-



Coach Chaney knew who to trust for the win.

When Hall of Fame basketball coach John Chaney needed treatment for complications related to diabetes, he knew where to turn. The caring staff at Chestnut Hill Hospital jumped into action. After treatment, Coach Chaney was able to return to his daily activities, giving high fives along the way. If you have a problem with wounds that won't heal, lack



Northern **Harmony World Music**

by Larry Schofer, Weavers Way **Education Committee**

TORTHERN HARMONY, THE REnowned world-music ensemble, returns to Philadelphia Sunday, Sept. 7. The concert at the Unitarian Church, Lincoln Drive near Wayne Avenue, starts at 4 p.m.

The group presents world ethnic singing styles, from the unrestrained American shape-note tradition to the hearty Bulgarian style, from the sonorous Georgian sound to rich South African, Corsican, Macedonian and even European early music! The most frequent comment after their 2012 concert was "When are they coming back?"

You can learn more about Northern Harmony at www.northernharmony.pair. com/about/nh.html.

Tickets are \$15 at the door, \$12 for Weavers Way members, \$5 for students. Children under 12 are free.

The concert is sponsored by the Weavers Way Education Committee as part of its community cultural outreach. For more information about the concert, email films@weaversway.coop.

WEAVERS WAY EDUCATION COMMITTEE PRESENTS



Northern Harmony Fall Tour, 2014



Sunday, September 7 at 4 p.m. **Unitarian Church of Germantown Lincoln Drive near Wayne Avenue** (enter parking lot from Johnson Street)

Music from the folk traditions of the United States, plus music from the Balkans, the Caucasus, Corsica, South Africa, South America and elsewhere by 20 singers, players and folk dancers.

World ethnic singing styles, from the hearty and ultra-bright Bulgarian "hard voice" to the equally powerful, but darker and more sonorous Georgian timbre, from the rich, mellifluous South African style and the wild and unrestrained American shape-note sound to a delicate, pure, earlymusic timbre.

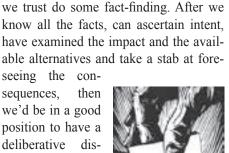
Back by popular demand!

Comment on the 2012 concert: "When are they coming back?"

Tickets: \$15

Weavers Way members, \$12; students, \$5; under 12, free. For information: films@weaversway.coop

Additional information from the website: www.northernharmony.pair.com/about/nh.html



The other issue I have with boycotts

is that often they are based on actions and words as reported in the media, and those

actions and words may or may not be ac-

curately reported. In situations like this, I wish we could talk to the principals face

to face, or have an investigative reporter

(Continued from Page 19)

overall course of action would be

cussion and make

an informed deci-

sion on what the

Suggestions

for the best overall outcome.

- **s:** "I've seen the condoms we sell in our Wellness stores. With all the brouhaha around Obamacare and Hobby Lobby and contraception lately, I was wondering if we could have rhythm method workshops at Across the Way.
- **r:** (Norman) Seems fitting, and we have the Nesting House next door for when the rhythm is a little off. One problem with the rhythm method for us, though, is it would reduce our condom sales. So we have a built-in disincentive to encourage natural birth-control methods. Maybe we could develop a homeopathic birth control pill to be used in conjunction with fertility awareness methods. If we're successful, we could license the product to Eden, assuming it's made with organic ingredients.

normanb@weaversway.coop

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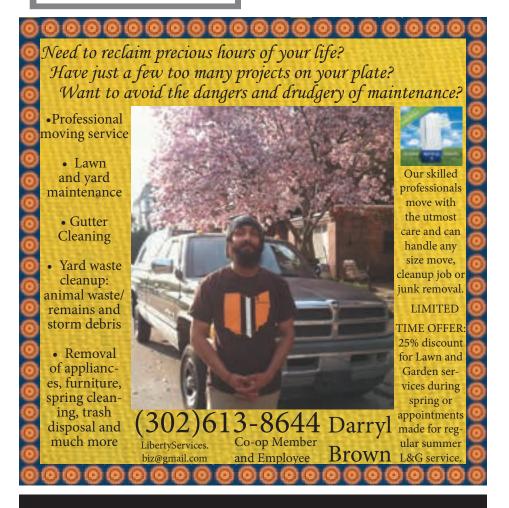
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Restored Funding for Phila. Cultural Fund Benefits Arts, History Programs

FTER A CAMPAIGN TO RESTORE Afunding cut after the 2008 recession, the Philadelphia Cultural Fund has achieved its goal. In June, City Council passed an amended budget that included a \$1.3 million increase for the Fund. The Cultural Fund's total budget is now \$3.14

The successful campaign featured live arts performances in City Hall, testimony before City Council budget hearings both at City Hall and in the neighborhoods, and a social media campaign. Along with the Greater Philadelphia Cultural Alliance, the Cultural Fund launched the May 22 Arts Awareness Day.

Restoration of the funding will mean the return of the Youth Arts Enrichment Grants, which provide support for arts-education programs serving K-12 students in the Philadelphia School District. In light of the school-funding crisis, these programs often represent the only arts and music programming in many public schools.

"This is a huge win not just for PCF, but for the entire arts and culture sector," said Philadelphia Cultural Fund Manager June O'Neill. "As school budget cuts force schools to eliminate existing arts programs, cultural organizations are playing an increasing role in arts education, and these grants will help provide significant support for that work."

City Council members Marian Tasco, Mark Squilla, and Cindy Bass were instrumental in bringing about the fund-



ing restoration.

"As a long-time supporter of the Philadelphia Cultural Fund, I am thrilled that we were able to restore these funds for our children and communities," said 9th District Councilwoman Tasco.

"This is a win for our children, our schools and our city," said Bass, who represents the 8th District. "These programs help enrich and build our communities."

A Weavers Way partner that serves Philadelphia's children, the Wyck House historic site, will benefit from this restored funding.

Wyck is a National Historic Landmark house, garden and farm in Germantown, home to the Wistar-Haines family for over 300 years. The Wyck Association connects this family and its rich history to the community today through programs that focus on history, horticulture and urban agriculture, using the past as inspiration for the future. Wyck is part of Historic Germantown, whose other members, including Cliveden, Historic Fairhill and Stenton, also receive PCF support.

"This will really help us serve the children in our Germantown neighborhood in creative, responsive ways," said Wyck's Executive Director Eileen Rojas. "We are grateful to Councilwoman Bass for her support, and to the Cultural Fund for helping us to continue and expand our programming."

PCF support helps Wyck maintain creative children's programs at the historic home and garden in Germantown.

Funding from PCF is essential to Wyck's ability to experiment with programming in order to make it have as much impact as possible, not only for program participants but also for the broader Germantown community.

For example, Wyck's Education Program serves children from a variety of socio-economic backgrounds — some families can afford program fees while others cannot — and unrestricted funding from PCF and others, enables Wyck to avoid the social division that can arise between grant-supported and fee-supported activities.

Established in 1991 to support and enhance the cultural life and vitality of the city of Philadelphia and its residents, PCF, through the combined efforts of City Council and Mayor Michael A. Nutter, promotes arts and culture as engines of social, educational and economic development. PCF has played a key stabilizing role for numerous organizations by providing much-needed operating funding.

For more information on PCF and a list of all 2014 grant recipients, visit the website at www.philaculturalfund.org.







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Mosquitoes are back!

But so are BTi dunks at Weavers Way. Mosquito season lasts from April to October, so it's not too soon to begin treating standing water for nontoxic control of the miserable biters.



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The Fix Is In — Sign Up for **Repair Cafe!**

MARK KLEMPNER AND BETSY Wallace, both Time4Time and Weavers Way members, are part of a sixperson steering committee that is planning the NW Philly Repair Café, a halfday event where volunteer fixers will gather to repair items that people bring

in, at no cost.



The Repair Café takes place Saturday Sept. 20, from 1:30 to 5 p.m. in Widener Hall at Presbyterian Church of Chestnut Hill, 8855 Germantown Ave.

If you read the article on the NW Philly Repair Café in the July Shuttle, then you know Mark and Betsy are recruiting volunteers who like to fix things — to take things apart and put them back together again and make them work. The response has been gratifying. Typically they get remarks like "Wow! What a great idea," "Sounds like a lot of fun" and "It makes so much sense!"

One of Mark and Betsy's first recruiting stops was PHEW!, Philly Electric Wheels, owned and operated by Afshin Kaighobady and Meenal Raval, a husband-and-wife team who also are Weavers Way and Time4Time members. Meenal and Afshin have long been devoted to living a sustainable life. Lately, Meenal's been amassing "The Philly Eco Guide," a virtual "green pages" listing businesses and organizations devoted to promoting sustainability in Philadelphia.

Meenal already knew what the NW Philly Repair Café was all about when Mark and Betsy met with her. She signed up

PHEW! to provide bike tuneups. "The act of repairing something promotes reducing waste. A Repair Café effectively educates the community on how wasteful we are and literally gives people the tools to help them reduce their waste by fixing things that they would have thrown out," Meenal said. "The Repair Café movement turns the 3Rs mantra — 'Reduce, Reuse, Recycle' — into 'Reduce, Reuse, REPAIR, Recycle."

Meenal pointed out that bike repair is a natural fit with the Repair Café. "After all," she said, "we're in the business of fixing things, new bikes and very old

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ones, some of which are more than a quarter-century old. . . . We have the parts for those old bikes."

As of early July, the NW Philly Repair Café had signed up volunteers to

help fix lamps, mend clothing, make speakers work again and repair computers. They are still looking for tinkerers who can

delve into the problems of assorted electronics and electrical appliances, smartphones and jewelry. The wonderful thing about the NW Philly Repair Café is that it can never have too many fixers!

Weavers Way is supporting the event big-time. Co-op members can earn work hours for volunteering. Time4Time members get time credits.

Sign up — don't miss the fun! To be a fixer or an event volunteer (helping to register people, etc.) for the NW Philly Repair Café, contact Betsy Wallace at Time4TimeXchange@gmail.com.

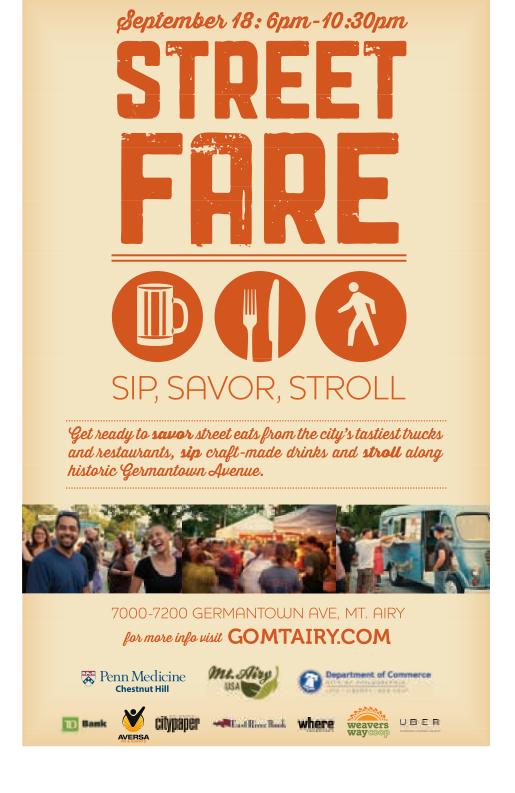


NOTARY PUBLIC

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By Appointment notary@weaversway.coop





Staff Celebrity Spotlight: Val Jamison

In Chef's Travels, A Lot of Food Over the Fire

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

OOKING DONE WELL IS AN ART FORM. THE EDIBLE ✓ art of Val Jamison, head chef at Weavers Way Chestnut Hill, has graced the deli case since the store opened in 2010. But cooking started out for her as a way to pay the bills while she did painting, drawing and sculpture.

Val, 62, started taking art classes at a few different colleges but had to drop out because her father was dying. She then headed to New Hope, where she started cooking at John & Peter's Place. While there, she modeled for and took sculpture lessons from Joe Brown, whose works include the larger-than-life statues of baseball and football players outside Lincoln Financial Field and Citizens Bank Park.

Val stayed in New Hope for a while, then returned to Philadelphia and cooked at two French restaurants. After a few years, she left for Chicago, where she worked for a catering company and at a restaurant.

"I think part of the culinary arts is that you can stay in a restaurant for a little while and learn techniques and go through a couple of menus," she said. "But younger? That's what I did. I moved on."

Val came back East to work as a head pastry chef, then left to help her brother, Butch, and sister-in-law run Jamison's Bakery and Cafe in Center City. She be-



came the night manager there, and fell into freelance food styling for Philadelphia magazine, among others.

Around 1990, Val was hired by the Philadelphia Museum of Art as executive chef, feeding up to 1,500 people a day.

"When there was a big show in town, I would study the artist, learn where they traveled, and all these big \$500-a-plate dinners I would do were based on where they had traveled," she said. "So I made that job really interesting for me, but it was not easy."

After three years at the Art Museum, Val decided

You might not recognize Chestnut Hill Head Chef Valerie Jamison when she's not wearing her whites.

to shift away from the kitchen and into teaching others how to cook. She got a job as an instructor at JNA Institute of Culinary Arts in South Philadelphia, teaching young adults who were coming off welfare.

"They didn't know anything about anything," she said. "And that was one of the hardest jobs I ever had, but it was one of the most rewarding."

Val then worked for three years as an assistant manager and instructor at Drexel University's culinary facility. She next landed the culinary director position at Viking Culinary Arts Center in Bryn Mawr.

"When you look back, that was a sweet job," she said. "Beautiful facility . . . I met a lot of celeb chefs." Viking hosted cooking classes and parties, and during one of them, a couple asked Val to become their per-

"That was the sweetest job in the world," she said. "They entertained all the time . . . I mostly did dinner. . . . it was just very low key and very easy."

The family had to let Val go after five years. Around that time, she found out about the job fair for the Weavers Way location in Chestnut Hill.

"The biggest thing that I like about this job is that I have creative freedom," she said. "I come up with these ideas, and Bonnie" — Executive Chef Bonnie Shuman — "will say, 'do it.'"

Val's goal is to open "a fun cooking school," and she's looking for backers. She might start teaching cooking classes out of a neighbor's kitchen in Pelham Village in the fall.

"That's my goal," she said. "And then I want to retire and live on the Riviera."

kplourde@weaversway.coop

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

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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 start at 6:30 p.m., in Mt. Airy in the Community Room, 555 Carpenter Lane, or in Chestnut Hill at various locations (call for details). Current members who help host also get work credit!

RSVP: outreach@weaversway.coop or 215-843-2350 ext. 118.

NEXT MEETING

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