

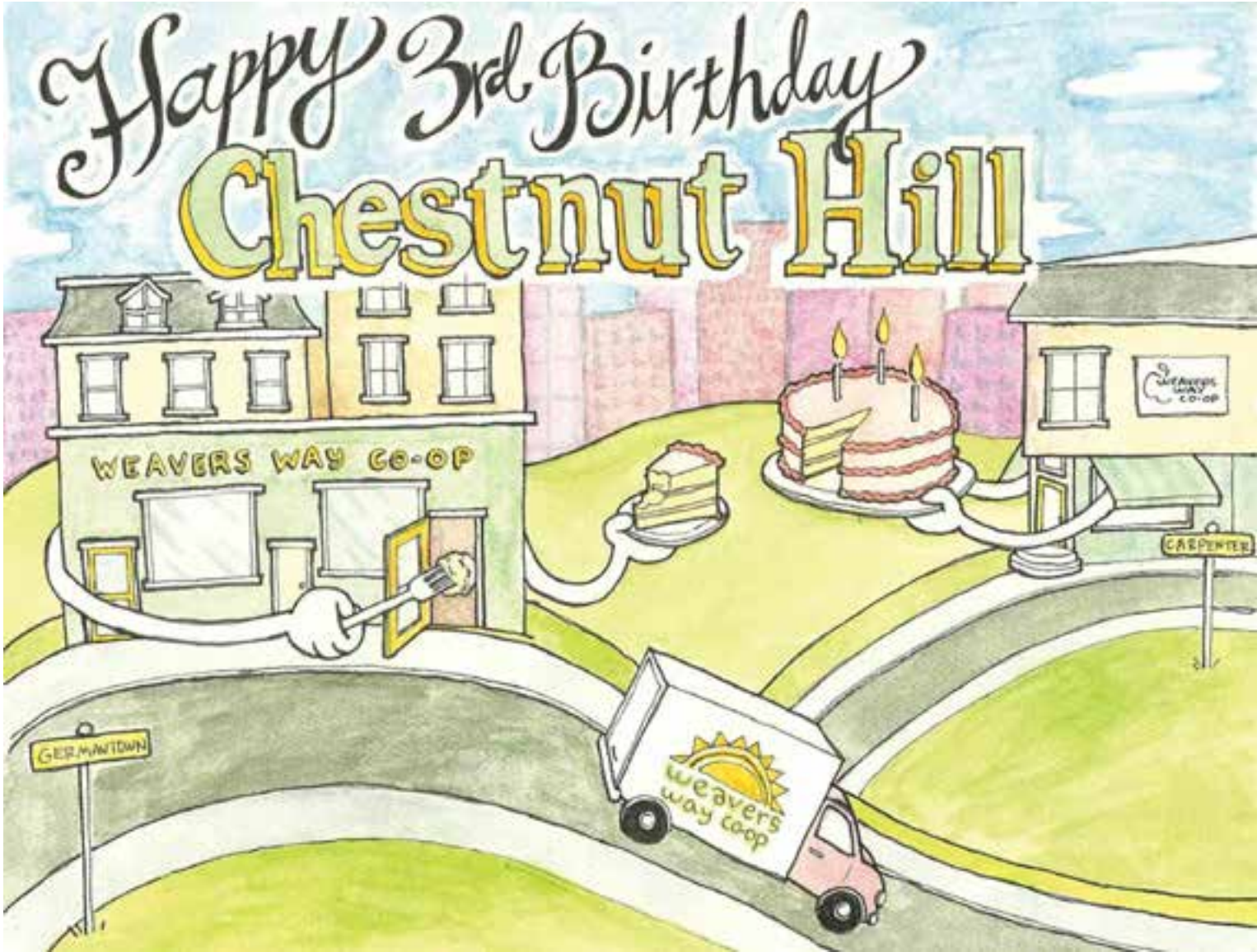
WEAVERS WAY SPRING GENERAL MEMBERSHIP MEETING		★ ★ ★ ★ ★ ★ ★ ★ ★ ★ AGENDA ★ ★ ★ ★ ★ ★ ★ ★ ★ ★															
SUNDAY, MAY 19 Summit Church Corner of Greene & Westview		EAT & GREET • Food and beverages provided by WW		5:30-6 p.m.	FEATURED PRESENTATION • Strategic Planning Presentation		6:20-7:20	ELECTION RESULTS CAKE & CONVERSATION		7:50-8 p.m. 8-whenever	DON'T FORGET TO VOTE 						
		BUSINESS MEETING • Welcome; President's Report; Approval of Spring 2012 GMM Minutes NOTE: VOTING ENDS AT 6:30 p.m.		6 p.m.-6:20	GM REPORT - including Finance, Farm, & WWCP		7:20-7:50										
					• GM • Farm Report • Finance Report • New WWCP Exec. Director remarks												



The Shuttle

May 2013 Vol. 41 No. 5

A Cooperative Grocer Serving the Northwest Community Since 1973



WHEN WE OPENED in May 2010 in the old Caruso's market ("before," above), we knew exactly what to expect: 500-900 new members and a bump in sales to \$5 million.

Shows what we know. More than 2,000 people joined that first year, and sales jumped to \$7 million.

Nice going, Chestnut Hill.

Riley Luce illustration

Face time with farmers

Iron Hill. Calkins Creamery. Moshe's. Sun & Earth. Philly Cow Share. Jyoti. One Village Coffee. My House.

That's only a sampling of the local purveyors who will help us kick off the growing season at the Weavers Way . . .

Fresh & Local Fair

Saturday, May 18, noon to 4 p.m.

Now expanding to Mt. Airy in its third year, Fresh & Local celebrates food grown or produced in the Delaware Valley. Along with samples from our own Weavers Way Farms, we'll be featuring Avenida restaurant. (Yep, right here on Germantown Avenue!) Visit with our suppliers and try out lots of locally grown and produced foods. Bring the kids, meet some Weavers Way's farmhands and listen to some music. It's fresh, it's local and it's FREE!

and much , much more

Strategic Plan Preview at Membership Meeting

by Stephanie Kane, Local Buyer

LAST SEPTEMBER, Weavers Way began the process of writing its next Five-Year Strategic Plan. Before we finalize it, we'll be presenting a draft to you, our members, at the May 19 General Membership Meeting. This is your opportunity to hear all the exciting improvements and initiatives in store at the Co-op, and to let us know what you think.

Our last plan was written in 2007, and outlined many of the developments you've seen in the past five

(continued on page 9)

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Farm News	Dining for Women
Report on Food Justice	Time4Time
Weavers Way Community Programs	Helping Mt. Airy Schools
Manager's Corner	Smell the Roses at Wyck
May Events.. . . .	The Passionate Gardener.
Suggestions	Love Your Park

Editor’s Note



by Mary Sweeten
New Shuttle Editor

I’M BEING told I should introduce myself.

I’ve been a Co-op member for (only) 12 years — in those days, children, you had to pull your card to shop — and unlike many co-op employees, I am not now nor have I ever been in a band. I live with my devoted husband, darling son, adorable dog, cat-like cat and some fish in Germantown, but I am only a so-so progressive — my ride is a Ford Focus, not a bike.

I’m a foodie of a certain age. “Philadelphia restaurant renaissance” to me means Frog, Lickety Split and The Fish Market (the original, you whippersnappers), not Steven Starr (a rock promoter, for crying out loud). I like the “A” vegetables best — artichokes, asparagus and avocados.

I’ve actually held a few food jobs, including picking up orders as a waitress and picking tomatoes for a market gardener. During college, I toiled in food service, where we did daily battle over the lettuce on the salad bar.

Here’s how it worked: Students in solidarity with the United Farm Workers, sensing the futility of getting their fellow scholars to skip scab iceberg on their own, persuaded dining hall management to not buy lettuce unless it had the union label. Most days, it didn’t, so most days, the salad was mainly escarole.

Cue the outrage. Cue the kvetching at the kids in the aprons. Cue the (occasional) cursing of Cesar Chavez himself. Ultimately, Saga Food Service concluded the people had spoken, and that was the end of the lettuce boycott.

So here’s what I learned in college: People get pretty worked up about food. Top-down is no way to persuade them to do the right thing. Change is hard, so pick your fights.

I also used to work in journalism — and, gosh, here I am again — and as a middle-school secretary. The great thing about both of those jobs was that I could always find out what was going on. Got anything going on? Do call or write: 215-843-2350, ext. 135, or editor@weaversway.coop.

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For information about advertising, contact advertising@weaversway.coop, or call 215-843-2350, ext. 117

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



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At Henry Got Crops! CSA, More Shares, More Services

by Nina Berryman, Henry Got Crops! Farm Manager

MAY is spring in full swing! We’ve been out in the fields for over a month already and the winter feels long, long ago. Most of our seasonal farm crew has started, which is the most exciting part of the new season. Come visit the farms and introduce yourself to the new 2013 interns and apprentices. They will be working hard with Rick, Shelley, Clare and me to provide fresh food and great farm education to you, our Northwest Philadelphia community!

One important part of May that is NOT to be overlooked is the selling of Henry Got Crops! Community Supported Agriculture shares. The CSA starts at the end of this month, which means it is just around the corner. Many of our vegetable shares have already been reserved by new or returning shareholders, but we still have a few left and we are eager to fill them.

Here are a few exciting changes being made to the CSA this year:

Online CSA Shareholder Database. After years of using plain old-fashioned Excel files, we are upgrading our CSA shareholder database to be available online for shareholders to keep track of their payments and search for opportunities to fill their work hours. The CSA database is integrated into the existing Weavers Way Co-op Online Member Center.

Store Product Preorder Subscription, delivered to Henry Got Crops! We have identified a few popular store items that we will be delivering to the HGC farm. CSA shareholders and Co-op members can sign up for a weekly delivery of eggs, yogurt, granola or coffee and pick it up during one of the vegetable CSA pick-up times at Henry Got Crops! — 2-7 p.m. Tuesdays or 2-6 p.m. Fridays. These sub-

scriptions will run for the same 24 weeks as the vegetable CSA, from late May to the end of October. Subscribing to these products helps support our farm by serving as an additional income stream for our farm department. For more information, contact with Weavers Way Local Produce Buyer Stephanie Kane at skane@weaversway.coop

More Opportunities for Discounts. In an effort to streamline the various discount options for CSA shareholders and Co-op members, we now offer the following discounts:

- 5% off for a Working Shareholder — work four hours at the farm (or the stores) and get 5 percent off your small CSA share; work six hours and get 5 percent off your large CSA share. If you are also a member of the Co-op,

(continued on page 5)

Conservation Lessons at the Farm



The NRCS (Natural Resources Conservation Service, part of the U.S. Department of Agriculture) held a Conservation Day at Saul High School on April 10. The mission of NRCS is “Helping People Help the Land.” They provide leadership to assist landowners and land managers conserve their soil, water and other natural resource.

Saul students showed off their dedication to good land stewardship by attentively listening and participating in the workshops led by NRCS land management experts. They learned how to use GPS in agricultural applications, identify soil layers and measure slope and water drainage.

NRCS has been focused on large farms but wants to do more work in urban areas. (A small farm in NRCS terms is 25 acres. We explained to them that WW farms total about 5.5 acres.) Henry Got Crops! farm was fortunate to be a host site and is excited to be a working example of responsible land management right on the Saul campus.

— Nina Berryman



Nina Berryman and Glenn Bergman photos



Mary Sweeten photo

Member Vivan Schatz talks to Mordechai Leibling after one of the Food Justice presentations

Justice on the Menu: Toward a More Equitable Food System

by Nathea Lee, Vice President, Weavers Way Board of Directors

NEITHER THE unseasonal chill at the beginning of the month nor distractingly beautiful evenings toward the end deterred Weavers Way members from gathering for three sessions last month to explore the topic of food justice with scholar and activist Mordechai Leibling.

We started from various places in our understanding of this complex issue, but left with the clear sense that achieving food justice involves not just personal consumer choices but also collective action.

Mordechai, director of the Social Justice Organizing Program at the Reconstructionist Rabbinical College and a longtime Weavers Way member, led us through the twists and turns of how corporate interests have wrested control of the production of food from small farmers, infiltrated resource-starved public school systems, and filled grocery store shelves with cheap, non-nutritive foods.

He proposed the three-part course on food justice to former Weavers Way Outreach Coordinator Beau Bibeau not long after an article I wrote for the August *Shuttle* about a remarkable food justice activist I had met while touring local co-ops during a conference last summer. That meeting sparked my desire to see Weavers Way members address hunger and unequal access to nutritious food in our own back yard.

In the three sessions, Mordechai unpacked the risks in the American food system, including exploitation of farm workers, diet-related diseases, hunger, the ecology of food and how it all affects each and every one of us and our neighbors. He noted that one in five Americans gets sick from food every year; and that Philadelphia, the poorest of the 20 largest cities in the United States, has 30 percent of its residents on SNAP (the former food-stamp program).

He talked about the role of government and drew a distinction between advocating for a fair food system and the “food movement,” which promotes organic and/or local food but lacks an understanding of race and class dynamics



Resources for further study from Mordechai Leibling

Books:

“Fair Food,” Oran Hesterman (2011)

“Food Justice,” Robert Gottlieb and Anupama Joshi (2010)

“Food Politics: How The Food Industry Influences Nutrition and Health,” Marion Nestle (2007)

“Foodopoly: The Battle Over the Future of Food and Farming in America,” Wenonah Hauter (2012)

“The Ethics of What We Eat,” Peter Singer and Jim Mason (2007)

Online:

Center for American Progress:

<http://www.scribd.com/doc/67611199/Hunger-in-America>

International Planning Committee for Food Sovereignty:

[www.foodsovereignty.org/Portals/0/documenti sito/About us/Food Sovereignty- A Right For All Political Statement .pdf](http://www.foodsovereignty.org/Portals/0/documenti%20sito/About%20us/Food%20Sovereignty-A%20Right%20For%20All%20Political%20Statement.pdf)

Northwest Earth Institute, “Hungry for Change: Food, Ethics and Sustainability”:

www.nwei.org/discussion_courses/course-offerings/hungry-for-change-food-ethics-and-sustainability

in production and access to quality food.

He concluded by discussing what a just food system would encompass: equity in access to food and the means of producing food, including soil and water; transparency; multiculturalism; and diversity of products.

Mordechai is an informed and engaging lecturer, skillful at sparking discussion. (He noted that the topic of food provides an excellent entry point to get people talking about economics, the environment and other important issues.)

I’m really encouraged by the outpouring of interest in the issue of food

justice. Our new Outreach Coordinator Bettina de Caumette, Marketing Director Rebecca Torpie, General Manager Glenn Bergman and Board Secretary Sue Wasserkrug have been tremendously helpful and supportive.

Our hope is that we will launch a member-driven Weavers Way Food Justice Committee that is active and engaged in advancing a more equitable system of quality food production and access. If you’re interested in being a part of this effort, please contact me or Bettina (outreach@weaversway.coop).

nlee626@gmail.com

What’s in Stores

New Partnership Brings Avenida to CH Shelves

by Stephanie Kane, Local Produce Buyer and Rebecca Torpie, Marketing Director

WE HAVE some exciting new products coming to the shelves at Chestnut Hill this month. Avenida, an award-winning Mexican restaurant right down the hill on Germantown Avenue, is going to be crafting a variety of sauces, dips and desserts for our store.

We’ll be getting homemade guacamole and salsa fresca, which can but don’t have to be eaten with plain tortilla chips. Chef Edgar Alvarez recommends serving them as an accompaniment to chicken, fish, beef, tacos, or salads as well. The mole verde is a tangy sauce, tomatillo-based, seasoned with cumin and Mexican oregano, and thickened with toasted pumpkin seeds. It’s blended with parsley and cilantro to brighten it at the end. Mole rojo is what people traditionally think of when they think of mole — a dark, smoky balance of bitter and sweet made from a mix of dried chiles and often countless other ingredients. Both can be used as a marinade when thinned out with a little lemon or lime juice or vinegar. Finally, the roasted pepper garlic aioli makes an exciting substitute for mayonnaise on any sandwich.

The Avenida desserts include coconut tres leches, a moist cake soaked with three types of milk. We’ll initially be getting the apple-peanut-butter upside-down cake, which will also feature pineapple, mango, peach, sweet potato or butternut squash depending on what’s in season. Last are the caramelitas, which the Avenida folks describe as the ultimate chocolate-chip-oatmeal-pecan dessert.

Whether you’re looking to impress dinner guests, or looking for a restaurant style meal but don’t feel like going out, grab one of these sauces or desserts from the deli case on your way home. And, as always, let us know what you think!

Also new — check them out at Chestnut Hill:

Bone Suckin’ Barbeque Sauce. Just in time for grilling season... All natural, no preservatives, gluten free, no high fructose corn syrup and no MSG. And did we mention it’s as finger lickin’ good as it is bone-suckin’ delicious?

Emerick’s Maple Syrup. The Emerick family has been making maple syrup in Somerset County, PA, since the 1950s. They tap over 3,000 trees on 60 acres. Try some in cookie and cake recipes as well as on your pancakes and waffles!

Rip Rap Bakery Crackers. Baked in Mt. Pleasant Mills, PA, these hand-cut crackers come in several delectable varieties, including Sunflower Pumpkin and Spicy Sesame. They make for the perfect means of transportation for some local chèvre to your mouth.

Hempzel’s Pretzels. Hemp+ pretzels = Hempzels! Settle down — they’re 100 percent legal and hand-rolled in Pennsylvania bakeries. A groovy new twist on an old favorite you won’t want to share ... but hey, no bogarting!

Donna & Company Cocoa Bee Chocolates. Delectable local chocolates by local artisan chocolatier Diane Pinder. These caramels are made with Belgian chocolate and New Jersey honey and are available in mouth-watering flavors, such as Fleur de Sel, and Blood Orange & Roasted Almond. Treat yourself!

skane@weaversway.coop

rtorpie@weaversway.coop

Weavers Way Community Programs

by Jill Fink, Executive Director, WWCP

IT’S STILL April as I write this and it finally feels as if spring has arrived. I’m ready to pack away the hats, scarves and sweaters – the same that I excitedly unpacked a few long months ago. Ask me at the beginning of any season which is my favorite and I’m likely to respond that it’s the one we’re embarking upon. Though truth be told, I’m not sorry to say goodbye to cold, wet winter days, and while I long for the warmth of summer now, you’ll no doubt also hear me lament the heat and humidity when August rolls around.

Spring, however, holds a special place in my heart, perhaps because I’m a spring baby, perhaps because the season holds the promise of so much more. I love these early days of spring when I can walk through Carpenters Woods and each day the landscape is an explosion of new shades of green. And then there are the daffodils, tulips and apple blossoms — each gracing us with their presence for



just a few short weeks. Of course, this is also the time of year when we have a few short weeks to revel in local asparagus, strawberries and fiddlehead ferns. The anticipation is killing me!

Here’s the other thing I love about spring — baseball. Admittedly, I didn’t grow up a Phillies fan, but after being in Philadelphia for 15 years, I’m fully indoctrinated. I could wax poetic about the crack of the bat, but it would sound too cliché. Rather, I’d like to extend an invi-

tation to have you join me at the Phillies game on Wednesday, Sept. 4, when they take on the Washington Nationals (and Jayson Werth, better known as the one who got away).

In a partnership between the Phillies and Weavers Way Community Programs, not only will you receive discounted pricing (just \$22 per seat!), but \$4 from each ticket will be donated to WWCP.

Get your tickets at www.phillies.com/wwcp before Aug. 1.

Thanks, Iron Hill!

On April 10, our Chestnut Hill neighbor Iron Hill Brewery hosted a fund-raising dining event for Weavers Way Community Programs. “Give 20” raised more than \$700 for WWCP.

Weavers Way Co-op and WWCP warmly thank Iron Hill for giving its patrons the opportunity to support WWCP’s mission of educating students about urban farming, nutrition and locally grown food.

— Jill Fink, WWCP Executive Director, and Rebecca Torpie, WW Marketing Director

What easier way is there to support farm education and Marketplace programs and spend time with friends and family at the same time?

I realize it’s only spring now, but just imagine how nice it will be to spend a late summer evening at the ballpark – warm breezes, a cold beer — and yes, the crack of the bat.

Plan to be there!

jill@weaversway.coop

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New Member Benefit Benefits WWCP!

Weavers Way members get one month of free compost pickup when they sign up for a year of weekly pickups with Bennett Compost.

- Upon signing up, you will receive a lidded container from Bennett Compost.
- Fill the container with your kitchen scraps and food waste.
- Bennett picks up weekly from your home. Just place your container outside before 9 a.m. on your pickup day.
- Bennett will work with you to find the right location for your container, whether it’s near your building’s dumpster or outside your front door.
- The compost material will be delivered to Weavers Way Farm at Saul High School for local processing.

But the Best Part Is....

By signing up for a year of compost pickup with Bennett Compost, you’ll also be helping to support Weavers Way Community Programs. That’s because Bennett Compost has pledged to donate a portion of the proceeds to WWCP! Here’s how it works:

- For the first 50 WW members who sign up, Bennett Compost will donate 5% of the proceeds to WWCP.
- For **new** WW members signing up after the first 50, Bennett Compost will donate 10% of the proceeds to WWCP.
- Bennett Compost will continue to donate these proceeds to WWCP for as long as you are a compost pickup customer.

The pickup service costs \$15 per month, payable by check, cash or credit card. Contact Bennett Compost and tell them you’re a Weavers Way member!

For more information on Bennett Compost’s pick-up program, go to www.bennettcompost.com.



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HENRY GOT CROPS CSA SHARES ARE FILLING UP FAST!

Please see www.weaversway.coop for more details.

A CSA PARTNERSHIP WITH: Saul High School, Weavers Way Farms, Weavers Way Community Programs and Philadelphia Parks & Recreation

Henry Got Crops! CSA

(Continued from page 2)

- these CSA work hours apply to your working member discount at the stores, and vice versa.
- 10 percent off for Weavers Way Staff, W.B. Saul High School students and staff, plus 5 percent off for automatic working shareholder status.
 - Low Income — These discounts are based on income, family size and available funds from our annual fundraiser. These discounts are typically \$100 for a low-income family.
 - Working Shareholder Extraordinaire — We offer a limited number of shares at a \$100 discount in exchange for a minimum of two hours of work at the farm every week of the CSA. This \$100 off is applied on top of the 5 percent Working Share discount.

Local Goat Cheese, Fruit and Honey. We will be continuing our partnership with Yellow Springs Goat Cheese CSA and serve as a dropoff location for them. Anyone and everyone is welcome to sign up for their cheese CSA and pick up your share at Henry Got Crops!. You can find out more at their website: www.yellowspringsfarm.com/.

We are also partnering with Highland Orchards for the second year in a row. Anyone and everyone is welcome to

sign up for their fruit CSA and pick up your share at Henry Got Crops! You can find out more at their website: highlandcsa.csaware.com/store/

We also sell local honey, some of which is from hives on our very own farm, managed by Germantown beekeepers We Bee Brothers. When available, honey can be purchased by anyone and everyone, on the spot, without any preordering.

Henry Got Crops! is an excellent example of Weavers Way’s many successful community partnerships. Our farm is located on Fairmount Park land at W. B Saul School in Roxborough. The students of this public high school are involved in every aspect of the CSA and are exposed to the benefits of healthy eating and growing. The production and education that happen in the field is a result of the collaborative effort of both Weavers Way Co-op and Weavers Way Community Programs. This farm could not exist without the close relationship between both organizations. The opportunities for farm education could not happen without the existence of the farm, and the farm could not exist without providing educational opportunities. Please consider purchasing a CSA share, as well as making a donation to WWCP. The cost of a CSA share covers the cost of operating the farm business, but does not cover the expense of running the education programs. You can contribute to both by signing up at:

http://www.weaversway.coop/index.php?page=saul_csa

nberryman@weaversway.coop



Scott Blunk photo

Compost Growing Family

The Dews family — Alex, Sasha and almost-2 Evelyn, with Tim Bennett, right — are ready to dig into their front-yard raised beds filled in with finished compost from the Weavers Way Farms. The Dews are the first curbside compost pick-up customers taking advantage of the Weavers Way Community Programs-Bennett Compost deal. Weavers Way members can get one month of free compost materials pickup with a one year sign-up; Bennett Compost will donate a portion of the proceeds to WWCP. It’s a win-win for everyone, Earth included! Visit bennetcompost.com to learn more about the service.



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THE WEAVERS WAY CHESS CLUB IS BACK.

Mondays from 7:30 to 9 p.m.
in the Community Room at 555 Carpenter Lane.
"Rook"ies and Bobby Fischers alike are welcome.
Contact outreach@weaversway.coop for more info.



Manager’s Corner

by Glenn Bergman, General Manager

Bulk in Mt. Airy

WHEN WE came up with the idea of expanding the bulk department in Mt. Airy, one of our goals was to drive more people to recycle and use their own bottles, containers and bags. I have watched and have asked customers what they think of the new bulk department whenever I am on the floor. The comments I get for the most part are very positive, but I have noticed and heard that most shoppers either forget to bring their own bags or it was not something they wanted to “schlepp” around in their car. This is going to continue to take time and changes in people’s shopping habits.

(I did overhear a few people from Fairmount the other day who came up to purchase in bulk because they wanted to shop the Co-op bulk department, but also hang out in Mt. Airy at the High Point, the Blue Marble and Philadelphia Salvage. One person also came over from the pet store and the Nesting House with treats they needed for pets and babies. We never expected people to travel to West Mount Airy to shop from downtown, but perhaps it is time for us to find out who is coming up here from the city.)

When you walk around a grocery store, notice how items are packaged. The amount of plastic-based product used in packaging is overwhelming. Whether it is bread from Vermont Baking; hummus from Michele’s; fish, chicken, meat in foam and plastic wrap; or lettuce, to name a few — plastic is everywhere in the grocery business. Plastic does maintain freshness longer than bulk items that are repeatedly opened and closed, but reducing plastic has to come from the shopper. Given over 350 items in bulk on the second floor, it is now possible for you to use glass jars and glass storage containers to shop many Weavers Way items.

I now save cool-looking bottles on my window ledge at home that I can use for oils, vinegars and dried legumes. It has taken me five months to get my act together, but I now keep jars in my car and when I have time I get them and fill them with vinegar, honey or peanut butter. It is a pleasure to bring home a wonderful olive or sesame-seed oil in my own container, and it is one less product that will take energy to remake into a glass bottle or plastic. Recycling is good to do when you have to do it, but it is better to not recycle anything and to reuse the bot-

tles and containers as often as possible.

The same is true for plastic bags. Cleaning them so I can reuse them is still a challenge for me, but I am determined to make this happen next. I am tired of making that trip to the grocery store to recycle the bags not knowing if they are really being recycled!

We will continue to explore ways to enhance the bulk department; please keep sending us your comments.

One issue: We need to get a lift in for those who can not make it up the steps. We are working on that and I hope we will have that soon. Until then, please ask any staff member to pack what you need and bring it down to you.

Board Elections

Once a year we hold Board elections for several rotating open seats. How important is this? Very important to our short- and long-term health. As a co-op, Weavers Way does not need people with the ability to donate money, as non profits require. We need people committed to the International Co-op Principals with the ability to follow certain governance guidelines. We need people who want to work for the common good of the community as expressed through our goals.

I ask that you take this seriously

and vote either with a paper ballot in the store or online today. We have more than 5,000 owners. Vote today!

Co-ops Cooperating

Weavers Way is a member of the National Co-operative Grocers Association. The NCGA is itself a co-op that is owned by over 125 co-ops from throughout the country. One of the “Ends” (goals) of the NCGA is to take an advocacy position on issues that we are interested in or concerned about as a store. By working together with NCGA, we have a larger voice in Washington and in the industry.

The big topics of discussion at last month’s NCGA national meeting in Minneapolis were, first, the regulation (or deregulation) and labeling of genetically modified foods, and second, the impact of credit-card fees. You’ve read in previous issues of the *Shuttle* how these issues affect Weavers Way, and you’ll be reading more in the future.

To see an example of the advocacy NCGA does on behalf of its member co-ops, you can read the letter from our NCGA chairwoman, Robynn Shrader, to NCGA vendors, explaining why they should support GMO labeling. It’s posted on the Weavers Way website, www.weaversway.coop. If you have any questions, please call or email me.

The Shuttle

To our writer, readers, and advertisers: if you have not heard this issue of the *Shuttle* is our first issue in more than 20 years that has a new person in charge of the content. Mary Sweeten, Co-op member, writer, journalist, and resident of Germantown, has joined the WW staff to oversee the *Shuttle*, e-mail newsletter and website content. We are excited to have Mary on staff and promise to be on our best behavior (at least for the first few months). I have even said that I have to get my column in on time. OK, got to go.

gbergman@weaversway.coop

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MAY CALENDAR OF EVENTS

Thursday, May 2

HOW TO SPEAK DOG

Learn to understand Fido's body language and what he understands from yours. Improve your ability to communicate productively with your canine with the help of professional trainer CJ Hazell. Free. To register, contact outreach@weaversway.coop. Weavers Way Community Room, 555 Carpenter Lane.

Saturday, May 4

43rd ANNUAL MT. AIRY DAY CELEBRATION

A great day of fun for the whole family -- delicious food, live entertainment, great shopping, kids' games and much more! Weavers Way will be there with bells on! Grounds of Cliveden and Upsala.

Sunday, May 5

CHESTNUT HILL HOME & GARDEN FESTIVAL

A long stretch of The Avenue is given over to pedestrians and vendors at this annual fair. Enjoy great food and live music. Visit the booths of hundreds of artisans and creative entrepreneurs for gifts, decoration, gardening inspiration and home-improvement ideas. The Weavers Way Chicken Committee will be there, right on the road. Please give them a cluck!

WWCP MOTHERS' DAY TEA

The Weavers Way chapters of Dining for Women and Weavers Way Community Programs jointly invite you to a delicious pre-Mothers' Day Tea. Tour the Weavers Way Mort Brooks Farm and the WWCP educational gardens, and enjoy entertainment by Morris dancers. Purchase your tickets online at www.weaversway.coop. Cope House, Awbury Arboretum.

Monday, May 6

BEAT THE MASTER: PLAY CHESS!

Check it out! Weavers Way Chess Club is Back! Every Monday evening in the Community Room. If it's nice out, maybe we'll play outside! For more info, contact outreach@weaversway.coop. 555 Carpenter Lane.

Tuesday, May 7

MONTHLY BOARD OF DIRECTORS MEETING

Would you like to attend this meeting? Contact outreach@weaversway.coop so we can make sure to have enough chairs. Weavers Way Community Room, 555 Carpenter Lane.

Thursday, May 9

LONG-TERM CARE PLANNING

Learn about various options for dealing with the emotionally, physically and financially back-breaking challenges of caring for a loved one who requires ongoing supervision or assistance due to a chronic medical problem at this free Workshop. Weavers Way Community Room, 555 Carpenter Lane.

Sunday, May 12

Mother's Day

Give your mom, or someone else's, extra kisses and hugs today!

Thursday, May 16

POTLUCK PICNIC WELCOME MEETING

Learn about your Co-op while enjoying fresh air and some tasty vittles made by members! Bring something to share for up to 10 people. Weavers Way will supply hard cider and lemonade and a program of casual but informative presentations. New members receive two hours toward working member status just for attending! Working members who help host receive credit too! For more info: outreach@weaversway.coop. The Back Yard, Chestnut Hill Store.

Saturday, May 18

ANNUAL WEAVERS WAY FRESH & LOCAL FAIR

A Locavore Party at both stores! Enjoy tons of free samples, demos and a great lineup of live music. Discover the best local products our region has to offer. Fun for the whole family. Have lunch or an early dinner in the Back Yard at Chestnut Hill, or the "front yard" at Mt. Airy.

Sunday, May 19

SPRING GENERAL MEMBERSHIP MEETING

Calling all members! Enjoy a buffet dinner from the WW kitchens! Find out where your co-op is heading with the presentation of our new Five-Year Strategic Plan! Meet Jill Fink, the new director of Weavers Way Community Programs! Spend a little quality time with your Co-op member friends! Learn about our local Time4Time time bank and enter a raffle to win a free home energy audit from EnergyWorks. Summit Presbyterian Church, Greene Street and Westview Avenue.

Wednesday, May 22

THE HOWS & WHYS OF FERMENTATION

Join this workshop led by WW member Jared Blumer. Explore the history, health benefits and cultural associations of fermentation as a method of food preparation and learn how to ferment vegetables, dairy products and beverages at home. Free; donations welcome. Sign up at either store or contact outreach@weaversway.coop. Weavers Way Community Room, 555 Carpenter Lane.

Monday, May 27

MEMORIAL DAY

Weavers Way will be closed for the holiday so we can grill our veggie parties with our families!

Wednesday, May 29

WYCK HOUSE ROSE GARDEN SOCIAL

A very special opportunity for WW members to partake in a private tour of Germantown's historic Wyck House and its spectacular rose garden, while enjoying wine and hors d'oeuvres from Weavers Way. \$20 pp. Contact outreach@weaversway.coop. Wyck House, 6026 Germantown Ave.

Henry Got Crops! Grows More ... For Students

by Clare Hyre, HGC Farm Education Coordinator

ONE OF the reasons I love being a member of Weavers Way is because of the extensive work the Co-op is doing in the community. Along with having two stores, Weavers Way has two farms, Mort Brooks Memorial Farm at Awbury Arboretum and the Henry Got Crops! CSA at W.B. Saul High School. At those sites, Weavers Way Community Programs, the nonprofit arm of Weavers Way Co-op, runs farm education programs. It has been my pleasure to run the farm education program at Henry Got Crops! for the past two years and watch it evolve. Our most recent evolution is a cooperative project among Saul, Fairmount Park, Weavers Way, Weavers Way Community Programs and the Pennsylvania Horticultural Society.

By the time you read this, we will have built 13 raised beds, eight for students and five for visiting youth groups. Most of the crops growing in them will come from the Iowa Seed Saving Exchange and the PHS City Harvest program.

Some of the seeds from these veggies will get re-saved as part of our own seed-saving project. We will also plant corn, squash and green beans in the tradition of the "Three Sisters." There will be some things to be used for preserving projects



Clare Hyre photo

One of our new raised beds at Henry Got Crops! CSA farm, all ready to go.

like tomatoes for salsa and basil for pesto, plus many items to be eaten raw and straight out of the ground, like radishes, turnips and carrots.

Our goal with this project is to get more food into the mouths of our students and into their homes. The current economy has kept many families from being able to join the CSA and Saul from being able to provide more fresh vegetables in the school cafeteria. Having beds specifi-



cally for classes will give students direct experience with local and sustainably grown food. Plus, they can "own" the farm, which fosters student involvement in the future. Lastly, learning how to plant and care for something is a skill that is useful and can translate to all parts of life.

The other beds will be designed to engage a younger crew and will be more focused on smelling and tasting. There will be plenty of herbs and root crops, as well as flowers. You may even see a few special dye plants that can be used for farm art projects.

Meanwhile, as spring transitions into summer, I want to make sure you know about an event that will provide you with an opportunity to meet Saul students: The Sunday, May 5, (pre-) Mothers' Day Tea at Awbury Arboretum in Mt. Airy. The event begins at 2 p.m. In addition to tea, savory and sweet munchies and Morris dancers, our Saul students will be there to talk about their experiences at the farm!

henryeducation@weaversway.coop

Dining for Women's Local Focus

by Margaret Guthrie, Weavers Way Dining for Women

THE WEAVERS Way Dining for Women chapters are trying something new. Our membership feels as big a need to extend a helping hand to our near neighbors as we do to our more widespread ones. To that end, we came up with the idea that to our monthly meeting we would bring our covered dish to share with each other in one hand and in the other a jar of peanut butter or a can of tuna or a bag of rice.

These items would be taken to St. Vincent's emergency food cupboard in Germantown. The idea is a hit and the ladies who staff St. Vincent's are grateful for the assist. St. Vincent's was chosen because it is in OUR neighborhood and because it also offers nutrition classes and adult education/GED classes.

We are committed to Dining for Women because of the direct and immediate aid it gives to women, young girls and children in the developing world. We feel the same way about the jars of peanut butter and cans of tuna — it is direct and immediate aid to neighbors in need.

(continued on page 27)

❁

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2013 Election for Weavers Way Co-op

BOARD OF DIRECTORS

Published below and on the next page are the responses of each candidate to the following five questions:

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

MEET & GREET THE CANDIDATES

May 4 & 5

Have a question for the Weavers Way Board candidates? They'll be at these two special community events. Get informed and make your vote count!

Mt. Airy Day
Saturday, May 4, Noon-2 p.m.
Cliveden, 6400 Germantown Ave.
(look for the WW table)

Chestnut Hill Garden Festival
Sunday, May 5, Noon-2 p.m.
WW Chestnut Hill, 8424 Germantown Ave.

The election ends May 19. You can vote online or by submitting a paper ballot. For more info, see the candidates' statements here or on the WW website: <http://members.weaversway.coop>

CANDIDATES



Howard Bilofsky

1. Weavers Way is iconic for the best values of our community — a balanced practical spirit of healthy living, reasonable cost and social cohesion. It allows all of us to leverage our available resources and strengths while working supportively. The Coop has for decades epitomized the inclusive and progressive values that define Mt Airy and environs. Weavers Way is important to me because it is a concrete demonstration that practicing such values can result in a successful commercial enterprise that gives back and enhances all our lives.
2. Past Board member of WMAN and MACC. Participating in the GJC Social Action Committee and The PA Voter ID Coalition. A trained Scientist, I have been an international consultant, manager in Pharma R&D IT and now a biotech start-up co-founder. Shared my informatics, management and teamwork skills with these groups and hope to do the same for Weavers Way.
3. The immediate challenge is the Chestnut Hill business climate. This requires vigilance, preparation, and willingness to act. Outreach is a long-term multi-dimensional challenge, especially increasing inclusion of young families and minorities. Perhaps a "Baby Valet" or seniors sharing Work Credits with young families. The Coop's brand should be leveraged for greater community visibility and social impact.
4. See No. 2.
5. Cherish living only two blocks from the Coop in Mt Airy. Retired though active professionally and in the community. Grew up in the Bronx projects. Attended CUNY. PhD. Worked in Cambridge for years and Heidelberg, Germany for 3 yrs before moving here in 1993.



Lisa Hogan

1. Co-ops turn the simple activity of shopping into an opportunity to demonstrate values, contribute to the community, and to develop relationships. WW has a record of building community while providing healthy food at competitive prices. I have been a proud member/owner for 35 years.
2. I worked for 35 years in the non-profit world, managing services for adults with mental illness. I developed groups, completed strategic planning, implemented change and survived due to flexibility. I answered to stakeholders, including consumers, families, management, Board, City, and State. I have extensive experience with union and non-union negotiations, human resources, grievances, staff development, and fiscal accountability.
3. WW must increase its membership and expand its community leadership. Our size and mission impel us to support local agriculture and leaders who share our goals. Strong customer service sets WW apart from supermarkets. We can develop more partnerships to teach children and adults healthy eating choices to further their physical and financial health.
4. I was Board President of a day care center, delegate from J.S. Jenks Home and School to Chestnut Hill Community Association, and officer and sport commissioner for the Chestnut Hill Fathers' Club. All volunteer positions fostered community relationships and services to others.
5. I live in Northwest Philadelphia, raised a family here, and am now retired. I travel extensively and visit food markets around the world. I love to cook and know that sharing food and drink provides a perfect opportunity to foster communication and healthy relationships.



Chris Hill

1. Cooperatives are driven by values. They:
Care about living wages for workers.
Give an equal voice to members.
Invest in broader community.
Support local businesses.
Care about the environment.
- For me personally, Weavers Way has been a center of community life for 30 years.
2. Board member of Weavers Way for seven critical years (4 as treasurer) when it decided to open a new store, and to support start-up co-ops in the region. I understand and embrace the board's policy governance model, which provides oversight while freeing staff to creatively meet the co-op's goals. Care deeply about our urban farming initiatives: early member of the farm committee; for seven years have organized an urban farm bike ride, introducing people to farms in the city while raising money for WWCP.
 3. Short & long-term: ensuring that the two stores and two staffs work together closely, embracing the same values and goals; providing board support in meeting the challenges of new business competition; growing a member culture of work/active involvement.
 4. Member of Minneapolis' Wedge Co-op in the 70s; helped start Mid-Atlantic Food Cooperative Alliance; active on Philadelphia Area Cooperative Alliance steering committee ... a co-op of cooperatives; on Mill Creek Farm board (West Philly).
 5. Active gardener. Son Adam: farmer/greenhouse specialist for PHS. Wife Ellen: director of Drexel's Dance Movement Therapy graduate program. Daughter Maren: getting Master's in Urban/Regional Planning at Cornell. Founded Philadelphia City Paper. Worked 20 years for Rodale Press and Institute. Owner, Chris Hill Media; first job — redesigning Weavers Way website.



Joshua Bloom

1. I value Weavers Way as a business that directly serves its member-customers who are also its owners. I also value its history of evolving to meet members' changing needs. I moved to Mt Airy a year ago and I see Weavers Way as a community anchor.
2. In my work life, I help communities revitalize historic downtowns (primarily outside Pennsylvania). I have a particular interest in community entrepreneurship (cooperatives, community-owned stock corporations, community investment funds, and the like). My perspective tends to be "market-based," meaning I like to think pragmatically and strategically about how Weavers Way serves its member (and non-member) shoppers.
3. Despite Weavers Way's special position as a cooperative, I see it competing in the broader grocery sector and having to confront and respond to external changes. The grocery business has seen systemic shifts nationally — and locally, as new competitors enter the marketplace. How Weavers Way responds will be critical to its sustainability over the next several years and the next forty years.
4. I am an active member of Indy Hall, the co-working space in Old City. I also volunteer with my neighborhood's "Town Watch" program in Mt Airy.
5. I'm a historic preservation-based economic development consultant by profession and an amateur carpenter by avocation. In fixing up my house over the last year, I've discovered you can learn how to do anything on YouTube. I think good community work requires both a sense of purpose and a sense of humor. I will try to bring both to Weavers Way.

★ ★ CANDIDATES ★ ★



Stu Katz (Incumbent)

- 1. While we provide good food and other products, I believe that at the core our mission is to create, build and sustain community. This community is a small but important building block in making our community & the world a better and more equitable place.
- 2. Having served as a member & an officer of the board for many years I understand how our board functions and carries out its fiduciary responsibilities. I believe I possess both the knowledge of our history and the vision to help guide the Co-op for the future.
- 3. The risks of more competition for the Co-op are real! And importantly, there are real opportunities before us as well. It is my strong opinion that nothing prepares us better for an uncertain future than maintaining a strong and efficient business while reducing and minimizing our debt. Achieving these goals while maintaining & building upon all that is special about WW is a major objective of mine. In the longer term, I hope to help build upon our strong relationship with WWCP in order to grow our social, educational and local farming missions as well as to partner with like-minded organizations locally, regionally and nationally to further all of our goals.
- 4. Past-president of WW Board, Currently Treasurer, past-Chair of the Member Loan Campaign.
- 5. Member since 1986. Administrator at City Health Center # 6, Married to Phyllis Hochberg (graphic artist & Blues singer), Two daughters: Lily (a special Ed teacher) & Rebecca (aka: Becca, a WW Cashier).



Pat Paulus

- 1. Cooperatives — ownership, cost savings, like-minded co-owners, sharing benefits, unified goals, Weaver’s Way (WW) — healthy people, pet product one-stop shopping: food — organic, free range, whole grain, raw dairy, local, allergen-free, gluten-free, local, color-coded, well-labeled; green cleaners, wellness, personal care; members specials, recycle program, WWCP, hires within, educates; shared beliefs - philanthropy, diversification, community.
 - 2. Toastmasters — listening, speaking, communicating, leading; meetings — follow agendas, very time efficient, productive, focused, on time, prepared, no tangents, no time wasters, visionary, free thinker, logical thinker, analytical thinker, problem solver, both left and right brained, crack-filler.
 - 3. Under-aware potential shoppers, shoppers, new members, all members — increase WW awareness, beliefs, involvement, visibility, communication — ask what they want, timely — collect once, distribute many ways — more ways; identify what, to whom, how, when, where information is shared; easier access; Expansion — research most successful cooperatives, food markets, past WW expansions; determine best expansion strategies, WW numbers; plug WW numbers into best expansion model. When can expand without dipping into reserves, no debt — expand 1 store.
- Loose board meetings — ask board members to join Toastmasters.
- 4. ESSC college union board — member, treasurer, committee chair, member 5 different committees — setting, upgrading, changing, deleting board and board committee policies affecting entire student body (4,000+).
 - 5. Likes — traveling, giving back, helping like-minded people, diversification, inclusion Mission: To help people and pets get and stay healthy, lose weight, reduce plastic bottle mountain growth, start one non-profit to help non-profits like WWCP with their fundraising.
- Association of Fundraising Professionals, Greater Philadelphia chapter.



Laura Morris Siena

- 1. Knowing I can ask a staffer, “Do WE have such-and-such an item” instead of “Do YOU have...” is the signature of co-operatives to me — it’s Weavers Way. That “we” is threaded through my identity, extending past grocery shopping to my whole sense of community.
- 2. I am involved with regional sustainable agriculture initiatives in two ways: through my leadership of Lundale Farm, Inc. (www.lundalefarm.org), a sustainable farming community that is a place of inspiration, innovation and opportunity for new farmers, landowners and others committed to locally grown food, and through my service on Weavers Way Community Programs’ (WWCP’s) Board. Together, these give me a broad perspective on our local food system of which Weavers Way is an important and dynamic part.
- 3. The Co-op faces many challenges: increased competition and costs; retaining a sense of community while growing, to name two. However, Weavers Way is in an enviable position of leadership in many areas, including promoting the cooperative model; demonstrating what co-ops’ community impact can be; and making real connections between farmers and eaters in our developing local food system. Leading in these areas will strengthen WW to meet any challenges.
- 4. I have served as Board member and for five years as Executive Director of West Mt. Airy Neighbors (WMAN), as Board member of Mt. Airy Community Services Corporation (parent of WWCP), in addition to other volunteer involvements including those noted above.
- 5. Nonprofit executive and diversified community activist; quarter-century+ resident of NW Philadelphia; chicken owner; married; mother of two grown children.

Preview the Next 5-Year Plan at the General Membership Meeting

(continued from page 1)

years. These include expansion to a second store, strengthening our membership outreach and staff training, and even some specific initiatives like Staff and Member Appreciation days. We’ve been able to provide employment to many more people in the three years the Chestnut Hill store has been open — currently, an additional 80 people to a total of 145. We’ve also seen our annual revenue go up, from \$9.3 million to \$16.3 million, and we are on track to reach \$17 million this year.

The team that was selected for the 2013-2018 plan started by reaching out to staff, the board and our membership to find out what their big dreams were for the Co-op when they thought about the next five years. Looking at the end of the road allows us to see what is important, so we can plan the steps along the way. We also talked to community partners — like Awbury Arboretum, neighboring businesses and the Mayor’s Office of Sustainability. We found that they saw Weavers Way as a backbone of the Northwest Philadelphia community, and felt strongly about working with us to develop a sustainable food system, further the cooperative model and promote urban farming.

During this part of the process, we also did a “SWOT” analysis — assessing our strengths, weaknesses, opportunities and threats.

By examining our strengths, we can see

what people value about us and where we excel. Strong customer service; new, renovated stores; our own urban farms; and an active membership are all things that make us who we are and motivate us to be a stronger organization. We’ve seen our membership grow from 3,688 in 2010 to 5,131 today, and need to work to understand who we are serving with our stores.

By using the strategic plan to work on our weaknesses, like communication and operations among management and staff, we will be better able to seize new opportunities and respond to potential threats. We’re excited that other co-ops are under way or in development, including South Philadelphia, Kensington, Roxborough and Ambler. This is a great opportunity for us to engage more people in the cooperative business model.

In the final stages of the process, we identified specific goals. Weavers Way has grown by leaps and bounds in the past few years, and we’ll be taking the next few to look forward and strengthen our relationships with our members, community and farms.

We look forward to sharing the plan with you at the 2013 General Membership Meeting at Summit Church, Greene and Westview streets, on May 19.

skane@weaversway.coop



2013 BALLOT
for Election for Weavers Way Co-op
Board of Directors

Voting ends Sunday, May 19, 2013 at 6:30 p.m.
at the General Membership Meeting
Summit Church at 6757 Greene St, Philadelphia, PA

- To vote online: Please see the instructions on our website. Please note that the order of the candidates in the online ballot will be randomized when you call up the ballot.
 - To vote by mail: Ballots will be accepted by mail if received by May 19. Mail to: Leadership Committee, Weavers Way Co-op, 559 Carpenter Lane, Philadelphia PA 19119.
 - To vote in stores: Place ballots in the ballot box at any Weavers Way store by 4 p.m., May 19.
- To vote at Membership Meeting: Place ballots in the box provided at the Membership Meeting by 6:30 p.m., May 19.
- Please Note: Only one vote per member household. Once a vote has been cast it cannot be changed. The four candidates with the highest number of votes will be declared winners, with the candidate receiving the least winning amount of votes filling the vacant one-year term.

AT-LARGE DIRECTOR
Vote for no more than four; top three vote-getters will serve three-year terms and the fourth will serve a one-year term to fill a vacancy.

- | | |
|--|---|
| <input type="checkbox"/> Howard Bilofsky | <input type="checkbox"/> Stu Katz (Incumbent) |
| <input type="checkbox"/> Joshua Bloom | <input type="checkbox"/> Pat Paulus |
| <input type="checkbox"/> Chris Hill | <input type="checkbox"/> Laura Morris Siena |
| <input type="checkbox"/> Lisa Hogan | <input type="checkbox"/> _____ |

Fold this ballot in half for a confidential vote. Every effort will be made to maintain the privacy of each member’s ballot. This information is mandatory for your vote to be counted. One vote per member household and the first vote registered online will be the vote that counts. Any paper ballots received after an online ballot is cast will not be input and will not count.

Date _____ Member # _____

Name _____

Signature _____





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	EQUAL EXCHANGE Organic Cocoa 12 oz \$5.99 REG \$7.74		EO/SMALL WORLD TRADING CO. Bubble Bath - Assorted Varieties 12 Fl oz \$8.49 REG \$9.54		LAKEWOOD Organic Lemonade 32 oz \$3.29 REG \$4.19
	INES ROSALES Tortas - Assorted Varieties 6.34 oz \$3.49 REG \$4.61		SOOTHING TOUCH Bath & Body Oil - Assorted Varieties 8 oz \$8.99 REG \$10.75		YVE'S VEGGIE CUISINE Canadian Bacon 6 oz \$2.99 REG \$3.48

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Bettina de Caumette photo

The place: The Lutheran Theological Seminary in Mt. Airy. The event: The Chestnut Hill Rotary Club's third annual Chili Cook-Off April 7. Competing against a dozen teams from local restaurants and catering companies, Weavers Way triumphed with a First Place in, naturally, Vegetarian Chili. A good time was had by all the hundreds of guests who tasted and voted for their favorites and enjoyed beautiful displays, live music and even beer sampling. But the best time was had by Weavers Way's Team Chili, pictured above (from left): **Celia de Caumette, Roman Fiorella, Joey Greenberg and Val Jamison.**

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Time4Time Community Exchange Kicks Off With 100 New Members

by Betsy Wallace, Time4Time Member Coordinator

TIME4TIME COMMUNITY Exchange, a time bank serving Northwest Philadelphia, opened its doors to time-trading for the first time on April 7, drawing a crowd of 100 applying for membership. It was a great turnout, showing that Time4Time has struck a chord.

Half of Time4Time’s members also belong to Weavers Way, a T4T Community Partner.

Kickoff festivities included music by The Protractors (known affectionately as “The Weapons of Math Destruction”) and food provided by T4T’s co-founders Betsy Wallace, Jackie Yorko, Meenal Raval, Mickey Leone and Nick Ferrante and T4T volunteers Mickey Abraham, Dorothy Anton, Sonja Blazekovic, Jeanette Dewey, Terri Greenberg, Kim Kahng, Suzanne Kasenic, Lynn Margolis, Sheryl Richman, Jan-Ken Sorensen and Susan Sussman. The event had the feeling of old friends meeting each other for the first time after a long separation.



T4T co-founder and member coordinator Wallace gave a short presentation about timebanking, emphasizing that we’re really trying to rebuild community where everyone matters, all work is equal and people recognize that they can trust and rely on each other. Marie Goodwin, the member coordinator and founder of Timebank Media, who acted as a mentor to the T4T Core Team, explained to the crowd that participating in a time currency economy is even a bit subversive.

New members submitted their applications and signed up for orientations where they will learn how to use the Community Weaver software program to track their time-trade transactions. Member coordinators will also be available to match people who need a service with those who can provide it.

T4T is a circle of people who ex-



Time4Time photo

Happy founders and volunteers pose after successful inaugural meeting: (rear row, from left) Terri Greenberg (holding clock), Susan Sussman, Jeanette Dewey, Jackie Yorko (co-founder), Bob Wenger (co-Founder), and Ken Sorensen; (middle row): Mickey Leone (co-founder), Betsy Wallace (co-founder), Dorothy Anton, Lynn Margolis, Mickey Abraham; (kneeling) Kim Kahng, Sheryl Richman, Suzanne Kasenic, Meenal Raval (co-founder) and Sonja Blazekovic.

change services based on time credits rather than money. It has the potential to help Northwest residents get to know their neighbors, improve overall quality of life and assist the unemployed as well as the socially excluded. It can provide businesses and nonprofits with access to

resources, improving their effectiveness and outreach.

You can join T4T anytime. Memberships is \$30 a year for individuals, \$40 for families. For more information, visit our website at www.time4timexchange.org or email time4timexchange@gmail.com.

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DIG UP ALL THE DETAILS IN NEXT MONTH'S SHUTTLE

Community Fun Fit Fest for Playworks Program at Henry School

by Marilyn Kass-Jarvis, Henry School PTA

WE ALL know how important a healthy lifestyle is but don’t always find or make the time to make sure we’re living one. On Sunday, June 2, from 1 to 4 p.m., there will be an opportunity to do just this — practice healthy living — along with family, friends and community as the first ever Fun Fit Fest will be held on the grounds of C.W. Henry School in Mount Airy.

There will be something for everyone. Come run a fitness circuit and take a mini exercise class. The first class, Tai chi, will begin at 1 p.m. and be followed

by others, including movement for children, throughout the afternoon. Community vendors will be selling delicious and nutritious food and other community organizations will showcase how they fit into a healthy lifestyle.

Thanks to Chestnut Hill Hospital, El-fant Wissahickon, Weavers Way and other generous sponsors, this event is being offered to the community free of charge.

While Fun Fit Fest hopes to bring together community and inspire healthy living, the Henry School is also hoping to raise funds to support Playworks and other school programs with a requested donation of \$5 to run the circuit. Other donations to

the school will be welcome as well!

Playworks is a national program whose goal it is to provide structured, safe play that encourages teamwork, problem-solving, leadership and inclusiveness among students. It also provides extra recess for all students, as each class has its own time to meet with the Playworks “coach.”

Playworks covers two-thirds the cost of placing a full-time coach at the school. The school must fund the remaining one-third.

The coach arrives at school early to set up and supervise structured activities. S/he provides balls, jump ropes and hula hoops, and creates games on the ground

using tape and/or paint. The students are not required to participate but many do. When students are involved in these games, there is less chasing and fewer accidents in the schoolyard. Children are occupied in a safer way, and getting healthier to boot.

For more information about Playworks, visit www.playworks.org online.

Please come join us for this very special day that benefits the community as well as our local public school. Wear comfortable clothing and be ready to get fit in a fun way! The rain date for this event will be Sunday, June 9, 1-4 p.m. Here’s to good health and community!

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

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

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Mt. Airy USA, EMAN, WMAN Join to Help Businesses Help Schools

by Jazminn Jones, for The Shuttle

MOUNT AIRY USA is collaborating with East Mount Airy Neighbors and West Mount Airy Neighbors to make it easier for businesses to strengthen ties with neighborhood public schools.

Because time is short, the organizations are trying to get the word out now about the state tax credit that allows businesses to divert their tax dollars to local schools.

“I think it is a great idea for local businesses to support local public schools,” said Elayne Bender, executive director of East Mount Airy Neighbors “Strong schools attract families to the neighborhood, which helps our businesses. And good schools keep families here.”

The collaboration would assist

Mount Airy’s five public elementary schools: A.B. Day, Emlen, Henry, Houston and Lingelbach.

Applications for the Pennsylvania Educational Improvement Tax Credit are due July 1, said Abby Thaker, special projects manager at Mount Airy USA. The state has a limited pool for these credits, and they are awarded on a first-come, first-served basis. “Last year, 90 percent of businesses who applied on July 1 received credits, yet the businesses who applied the next day were placed on the waiting list,” she said.

Of course, there is a catch: Businesses cannot designate their credits directly to the school of their choice. EITC funds must be funneled through a nonprofit

intermediary called an “Educational Improvement Organization.” Mount Airy USA, EMAN and WMAN are in the process of setting up an EIO, “so we can collect the tax dollars from businesses, and grant them back out to our neighborhood schools,” Thaker said.

Mount Airy USA can walk businesses through the process of applying for the credit, Thaker said. Once approved, the company’s taxes are credited dollar for dollar to the local fund, to the tune of 90 percent of the bill for a two-year commitment, or 75 percent for one year.

“We’ve been thinking about ways we can promote the good things that are going on in local schools,” Thaker said. “We have met with the principals of all five schools, and they have identified projects that they would like to see improvements in . . . They want the money to go towards programs that will enrich instruction and to go above and beyond the existing curriculum, by providing advanced learning opportunities that may not be available on a regular school day.”

One main program that EITC would support is “The Achieve 3000,” software that helps students with additional lessons, mainly on reading and math topics.

“It differentiates instructions to the students’ needs by providing tutorials and additional lessons,” Thaker explained. “Several of our schools have this software, but not enough schools have enough computers, so this is one of the ways that we can support the schools.”

“Our local schools have enormous needs,” Bender said. “They are old buildings, many classrooms are lagging technologically; libraries and IMCs don’t always have up-to-date materials.

“We can’t use EIO money to fund building improvements, but we could improve things like access to laptops and white boards, equipment for music and arts initiatives and science projects.”

To learn if your business is eligible for the EITC, or to get more information about the process, email Thaker at athaker@mtairyusa.org.



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Stop and Smell the Roses at Wyck’s WW Social

by Rebecca Torpie, Weavers Way Marketing Manager

SPEND A fragrant evening in the oldest rose garden in America as Wyck House and Weavers Way host “An Evening in the Rose Garden,” Wednesday, May 29, from 5 to 8 p.m.

Wyck, a National Historic Landmark in Germantown, has been a part of Philadelphia history since 1690, when the original family home was built. The house today, redesigned by architect William Strickland in 1824 and home to nine generations of the same family, provides a fascinating picture of architectural and domestic evolution. But Wyck is also home to the nation’s oldest “original plan” rose garden, where more than 70 historic rose cultivars thrive. Rosarians believed some



It’s rose time at Germantown’s Wyck, home of the oldest rose garden in the United States still growing in its original plan.

of these roses had gone extinct before they were “discovered” in the Wyck rosebeds; many are fragrant and should be at their peak in time for this event.

Elizabeth Belk, Wyck’s horticulturist, and Bob McKee, programs and out-

reach coordinator, will lead a tour of the house and garden. Weavers Way will provide hors d’oeuvres and adult spritzers. Tickets are \$20 and available through www.weaversway.coop.

This is the first in a series of Weav-

And for our advanced students . . .

Wyck’s fifth annual Old Rose Symposium, in partnership with the Heritage Rose Foundation, is Saturday, May 18. The theme for this year’s daylong event is “Sustainable Gardening with Old Garden Roses.” Participants can purchase rare Wyck roses for thier own gardens and also bring mystery roses to be identified by Wyck rose experts. Please visit www.wyck.org or call 215-848-1690 to register.

ers Way partnership events designed for members to discover the hidden gems of the Northwest. So stop and smell the roses. We invite you to mix, mingle, meet your neighbors and enjoy a lovely spring evening at one of the many wonderfully notable places of Northwest Philadelphia.

rtorpie@weaversway.coop

At Grumblethorpe, a Legacy of History, Education and Jazz Benefits

FROM ITS foundation in 1744, Grumblethorpe, “John Wister’s Big House,” was a retreat, a place to get away from the hustle and bustle of the city, to explore, discover, grow and cultivate interests in horticulture and astronomy.

The historical house, garden and living museum in Germantown is not that different now. Today Grumblethorpe continues to develop interest in horticulture, philanthropy and community involvement through education programs offered to the area schoolchildren. Under the supervision of the Philadelphia Society for the Preservation of Landmarks, the site,

now as then, is home to bees, chickens, formal ornamental and vegetable gardens and fruit orchards. The Wisters had an observatory to look at the night sky, and kept a daily weather journal that is still referred to today in the study of historical weather patterns.

The goal is to interpret four generations of the Wister family accomplishments and contributions to science, horticulture, botany, community involvement and philanthropy. Among the schools served by Grumblethorpe’s education program are John B. Kelly School, John Wister School, De Paul Catholic School,

HMS School for Children with Cerebral Palsy, Germantown Friends, Greene Street Friends, Penn Charter and others.

Students have the opportunity to “get their hand dirty” planting, harvesting and tasting fresh veggies, dipping candles, cooking Colonial recipes, gathering eggs from the chickens and trying honey from the Grumblethorpe bees. They can discover the history of Germantown in their own back yard.

Grumblethorpe’s shining stars are the Grumblethorpe Youth Volunteers, a highly successful model for engaging teens with history and having the impact of the historic site extend more fully into the surrounding community.

Under the guidance of Diana Thompson, the Youth Volunteers continue to develop as entrepreneurs by having a Board

of directors, running the Grumblethorpe Farmstand in the summer (featuring their much-sought-after hand-cranked ice cream), working the garden with the Grumblethorpe CSA, writing and receiving grants (Youthadelphia \$10,000) to support their efforts, acting as Museum Docents . . . the list goes on and on.

The latest feather in their cap is an Honorable Mention for the Special Achievement Awards of PA Museums.

To support Grumblethorpe and its education programs, please visit the house and gardens and consider joining us for Grumblethorpe’s fifth annual Jazz Benefit on Saturday, May 4, at 7165 Lounge, 7165 Germantown Ave. For tickets, visit www.philalandmarks.org and click Grumblethorpe or call Jorja Fullerton at 215-925-2251.



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Sunday, May 12, 2013 — 2:00 - 4:00
Give your mom a truly memorable treat for Mother’s Day. Families will share old-fashioned tea, sweets, and stories enconced in the fragrant Wyck Rose Garden. There will be activities for both children and grown-ups.
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Edible Bugs? I Dare You!

By Sarah Gabriel, Home Grown Institute Managing Director

A COUPLE of months ago, there was a post on the PUFN (Philadelphia Urban Farmers Network) listserv asking if anyone had an interest or expertise in the area of edible bugs. Michelle, the special events coordinator at Morris Arboretum, was planning their Big Bug exhibit (through August), and she and some of her colleagues had an idea to have a July evening soirée featuring edible insects.

I’ve been intrigued by the idea of edible bugs for years. I had tried, unsuccessfully, to get someone to present a class on entomophagy — the formal word for human consumption of insects for food — at The Home Grown Institute last March. I learned from a TED talk by Marcel Dicke that 80 percent of the world population eats insects and that more than 1,700 species of insects are eaten. North America is one of the few regions where insects are not consumed regularly for snacks and meals. Dicke gave some compelling reasons why that should change.

It turns out that Dicke is not the only one trying to change the way we feel about eating bugs. Dr. Florence Dunkel of Montana State University has been organizing a Bug Buffet for the community for 25 years. In the Netherlands, the minister of agriculture recently hosted all fellow EU agriculture ministers at a fancy restaurant where they dined on insects. And in January 2012, when the Food and Agriculture Organization of the United Nations met in Rome, their agenda included “Assessing the Potential of Insects as Food and Feed in Assuring Food Security.” They left with an active working group and a communications strategy to network in the private and public sector. The organization is planning a global conference on edible insects for 2014.

There are many nutritional and environmental arguments for eating insects but



Bugs are in the market and on the menu in other parts of the world, but not so much in North America.

even in the face of all the data, many people I’ve been talking with just say “yuck!” In the movie *Bugs for Breakfast*, we learn that what’s disgusting and what’s delicious depends more on your culture than your stomach. Food and language are the cultural habits we learn first, and change comes only with great effort.

So, I responded to Michelle at the Arboretum and offered to feature edible bugs at next Home Grown Institute “Up Close & Personal” workshop in June. The caterer, Josh of Company’s Coming, has taken on the challenge with gusto and will prepare a half dozen delectable dishes for the July event at the Arboretum (see sample recipe). He and I will do some experimental cooking together later this month to fine-tune the recipes. Participants at The Home Grown Institute June workshop learn and cook and taste and will then be invited to be docents at the Morris Arboretum event in July to help others have their food culture ideas challenged.

Will you join us? I dare you!
sarah@thegrowngrowninstitute.org

Cricket Fritters

This Indian-inspired recipe is a good entry-level dish for a novice insectivore. The spice and crunch of the fritter accent the subtle nuttiness of the crickets.

Fritter ingredients

- 7 ounces unbleached wheat flour
- 1 cup cold water
- 1 cup blanched and chilled crickets, coarsely chopped
- 1 tsp chili paste
- 1/3 cup minced red onion
- 6 chives cut into 1-inch strips
- 1/2 cup organic frozen corn thawed
- 1/4 cup chopped ginger sautéed in 1 tbs canola oil for 1 minute
- 1/2 tsp salt

Sauce ingredients

- 1 12-oz can coconut milk
- 1 tbs curry powder
- 1 tbs garam masala
- Juice of 1 lime
- 1/4 cup minced cilantro
- 1 tsp salt
- 1/2 cup apricot preserves
- Canola oil for deep-frying
- Additional cilantro for garnish

Directions


Make sauce by combining all sauce ingredients except cilantro in a saucepan and simmering over medium-low heat for 10 minutes. Remove from heat and stir in cilantro.

Make fritters by combining fritter Ingredients in a bowl and mixing gently until well incorporated. Chill batter in the fridge 15 minutes.

Heat a gallon of canola oil over medium heat to 350 degrees F. Drop batter into oil gently one tablespoon at a time. When fritters are brown, remove from oil and drain on paper towels.

Serve with lime wedges, torn cilantro and sauce.

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Weavers Way Environment Committee Makes Grants

ONCE AGAIN the Environment Committee of Weavers Way Co-op has awarded grants to small community groups in the area. These grants, ranging from \$100 to \$500, help local communities plant gardens and educate students on environmental issues.

This year the Environment Committee awarded a total of \$3829.93. These grants will be used to plant trees, maintain small gardens, fund environmental education programs, create new organic gardens and support the stabilization of a stream with native plants.

All these projects are maintained through volunteer efforts.

Since the Environment Committee no longer receives funds for household recycling, we have been investigating new sources of income. We now sponsor two electronics recycling events and are looking for other ways to continue our grant program. You can also donate to the Weavers Way Environment Committee grant fund through Weavers Way Community Programs, the Co-op’s nonprofit arm. Checks made out to WWCP should designate that donation towards the Environment Committee. All help is appreciated.

Environment Committee Grant Recipients
East Falls Community Garden
East Falls Tree Tenders
East Mt. Airy Community Garden Network
DePaul USA homeless shelter
Friends of McMichael Park
Germantown Life Enrichment Center
Greene Street Artists Cooperative
Historic Rittenhousetown
Lankenau Environmental Science High School
Mastery Pickett Community Garden
Mt. Airy/Chestnut Hill Teacher’s Fund
Summit Children’s Program
Wister Elementary School
Wyck Historic House, Garden and Farm

City Parks Dept. Proposes Treetop Concession in Wissahickon

by Amy Blackstone, for The Shuttle

THE PHILADELPHIA Department of Parks and Recreation wants to contract with a private company for a five-acre treetop adventure course in the Wissahickon park. The course would be built in the woods off Wigard Avenue, between Saul School pastures and Valley Green, and would include obstacles, ziplines and swings high in the tree canopy for \$35 to \$55 per person, according to Bob Allen, Director of Property and Concession Management for PP&R.

In a February Q&A document presented to Roxborough civic groups, PP&R’s stated goal is “to introduce citizens (especially youth) to naturalized park settings, teach them about the forest ecosystem and provide for healthy outdoor recreation.” The concession could generate \$40,000 to \$50,000 in annual income for the city, with an unknown percentage retained to invest in the Wissahickon. About 150 customers per day would be expected.

GoApe, a UK-based adventure course company that has been in contact with PP&R since at least 2010, initially considered a site in Pennypack Park. Neighbors and Friends of Pennypack Park members objected, with concerns over potential traffic, vandalism, stormwater problems, noise, and effects on local property values. City Councilman Brian O’Neill indicated he would not support the project in his district. In October 2010, PP&R decided to abandon Pennypack consider other sites.

Representatives of PP&R presented the concept to more than 100 community members at a March 27 meeting at the Schuylkill Center. Allen insisted that care would be taken to protect trees and mitigate parking problems, but the majority of attendees voiced skepticism and objection to the proposal. Concerns included disruption of wildlife habitat, congestion, noise, traffic, and loss of peaceful enjoyment of the Wissahickon trails. Many expressed belief that park land should not be used for commercial amusements, and that such activities were not a good way to introduce children to nature. A few residents said they were in favor of the course as a way to bring more young people into the park.

City Councilman Curtis Jones initially supported the proposal, but after hearing constituent objections, has said more information is needed. Friends of the Wissahickon would grant support if certain conditions are met. The procedure and timeline for approval is unclear. If approved by City Council, the project would be put out to bid, although Go Ape appears to be a preferred candidate.

An opposition coalition has been created under the acronym APOW (Alliance for Preservation of the Wissahickon) and is gathering signatures on petitions opposing the treetop project. For more information, visit apowblog.org or email Denise Cotter at apowpa@gmail.com.



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The Passionate Gardener

How Does Your Tomato Garden Grow?

by Ron Kushner

MAY is the month to plant warm-season vegetables, especially tomatoes. For many folks, gardening is all about tomatoes — great big, juicy fruit without a blemish to be found and not a yellow or spotted leaf showing anywhere on the plant! Here are some tips that may help you to grow that perfect tomato:

- **Bury your plants deeper than they come in the pot**, all the way up to a few top leaves. Dig a deeper hole or lay the plant horizontally, with only the top leaves sticking out of the soil. Don't worry, it will grow straight up.
- **Tomatoes need a temperature range of 70 to 85 degrees F.** Don't rush to get your plants in the garden too early. If temperatures drop below 55 degrees at night, you could be in trouble. Also, temperatures over 85 degrees (like last July) will cause your plants to stop setting fruit.
- **Make sure you have nectar-rich flowers nearby** to attract pollinators. No pollination, no fruit! (More about that below.)
- **Fertilize only when you set the plants out and again as they begin to form fruit.** Too much nitrogen and again,



To get these, follow these tips

- you are in trouble.
- **Add a handful of gypsum to each planting hole.** It will provide needed calcium without raising the soil's pH and is especially useful when growing tomatoes in containers.
- **The humidity range needs to be 40 to 70 percent** or it will interfere with the release of pollen and prevent fruit

from forming. Like the temperature, there is not much you can do about the humidity.

- Water deeply but only once a week during dry weather. Tomatoes have deep roots and shallow watering every day or two will actually stress and weaken plants.
- **Once the plants are three feet tall, remove any bottom leaves** near the soil. Do not "pinch" or prune suckers. Most gardening directions and guidebooks tell you to do this but as the plants fill out, it can cause more harm than good.
- **Provide adequate support** so that the plants don't creep along the ground. Tomato cages, ladders, fencing, towers are all good. Tie up the vines with thick twine, velcro or vinyl strips.
- **Control insects organically** by growing companion plants such as parsley, dill, borage, onions, chives or basil nearby.

Bees, please

There are 40,000 species of bees worldwide. North America hosts 3,500 species; of these, 700 live in Pennsylva-

nia. The United States has only one species of honeybee and it is not native. Europeans imported them in the 1600s for crop pollination. It is interesting to note that out of the 40,000 species worldwide, only seven are honeybees.

Our local bees include carpenter bees, bumblebees, honeybees, digger bees, cuckoo bees, leaf-cutter bees and mason bees, to name just a few. All bees are vegetarians and most are great pollinators and attracted to a wide variety of flowering plants. They are continually gathering pollen to line their nests and lay their eggs in.

Bumblebees are major pollinators of tomatoes, eggplants, peppers, melons and many other crops. They are the only known pollinators of potatoes! Attract them by planting a diversity of flowers and herbs. Lemon balm, bee balm, fennel, tansy and agastache are some excellent "bee magnets."

Lawn care this month

Fertilize — a weed-and-feed product can be used if desired, as long as seeding has not been done recently. On lawns with a history of fungus trouble, a fungicide application can be made. May through mid-June is the time to apply "season-long" grub control.

Continue mowing and make sure your blades are sharp. This is also a good time for core aeration.

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Branching Out

Valley Green Bank is getting out of the neighborhood — to open a third location in South Philadelphia. “As a community bank, we are proud that we have made such an impact in Chestnut Hill and Mt Airy. We hope that a location in South Philadelphia will reach as many small business and retail customers as we have in the Northwest,” said Jay Goldstein, Valley Green Bank’s President and CEO. Local architects Metcalfe Architecture and Design have been blogging about designing the new site, at Broad an Tasker: <http://www.metarchdesign.com/blog/2013-02-13>



Why I Volunteer

by Martha Fuller, Weavers Way Wellness Manager

IN A recent paycheck memo, Co-op General Manager Glenn Bergam wrote of volunteering and the joys and importance of it. He suggested that we write about our volunteering experiences and what they mean to us. What an engaging idea — I began to reflect on how I began to volunteer, thought about my family history with it and even did an “interview” with my 90-year-old dad about his volunteer activities.

When I was a Girl Scout back in the day, in my hometown of Portsmouth, Ohio, my troop went to the Red Cross office to stuff envelopes for a mailing. We sat a big table, collating from stacks of folded literature. As a reward, we were each given a Hershey bar. OK, that may not seem like much to you, but for a kid then, whoa, it was pretty neat. Rewards have meaning and the idea that we had a candy bar for doing something with our troop made an impact.

While my dad and I talk every day, I asked to interview him about his community involvement. We talked of what he and my late mother, as well as what her parents, did to contribute to their community. Grandma Ruth sewed and quilted at All Saints Episcopal Church. Her “ladies’ group,” as they were known, met regularly to make quilts for babies at the Columbus Children’s Hospital. Grandpa Clarence, a plumber, did lots of free work for the church. Mom and Dad both served on the vestry and Dad could be found painting the Sunday School rooms or the Guild Hall, doing cleanup projects or plumbing. For the very popular (100-mile!) annual bicycle ride from Columbus to Portsmouth, they helped serve spaghetti dinners to dozens and dozens of riders.

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My hometown is a small city that, as part of Appalachia, has many poor people in poor health. When I was in grade school, Dad collected clothes for a family beset by both of these problems. After his retirement, he continued to volunteer at All Saints and then for Meals on Wheels. “We were like the mail carriers — we didn’t let the weather bother us,” he told me. When the weather was good, he drove by himself, and Mom helped out when it wasn’t — she double-parked while Dad delivered. Some folks were too ill to open the door, leaving it unlocked and calling out “Leave the containers on the kitchen table.” Because Dad did his route until just a few years ago, I believe he was older than many of those to whom he delivered.

Spending time as a volunteer has been terrific for me and it has taken many forms. In the late ’70s, I was a working member at the old Ecology Co-op in West Philadelphia. My desire to learn more about natural foods, wellness, the value of local buying and the importance of co-operatives led me to apply for a staff job there — lucky me, I was hired. When I left in 1987 for a job at Planned Parent-

My parents and grandparents beautifully modeled how volunteering is — what a great impact adults and care-givers make on the lives of children when they volunteer!

hood in Center City, I began to volunteer many a lunch hour at the nearby Morris Animal Refuge. After leaving Planned Parenthood for a job in the ’burbs, for a while I didn’t have a go-to place for the stray kitties I was rescuing. Then Philly PAWS (Pets Are Wonderful Support) came into my life. That group of volunteers was modeled on the San Francisco PAWS group and worked with the companion animals of AIDS & HIV+ clients. I delivered food, worked on fund-raising, chauffeured pets to the vet and sorted foods to be delivered.

My move to East Falls in 1993 was a good one for many reasons — and one of the best was, and still is, the Falls of Schuylkill branch of the Free Library. Yes, it is that way cool building at the corner of Midvale Avenue and Warden Drive and yes, it is a Carnegie building. After join-

ing the Friends of the Falls of Schuylkill Library in 1994, I did a variety of volunteer tasks. Then, in 1999, the branch head librarian asked me to back up Mrs. Price, who handled donated book sales; paperbacks (she didn’t like to handle hardbacks — they had become too heavy for her aging hands) were a nickel, dime or quarter. A couple of months later, Mrs. Price headed to a retirement community, leaving her beloved East Falls, and I began, on Nov. 8, 1999, the volunteer job I still do: Sorting book donations to the Falls Branch, setting aside ones the the Adult and Children’s Librarians might like for the collections, passing others to the free cart and placing the rest out for sale.

So while I do not have a load of dough to donate, I do have a way to raise money for the Friends of the Falls Library. Since I started this volunteer job,

the donated-book shelves have brought in, on average more than \$1,000 a year! What a privilege it is to have this gig. After 13 1/2 years, my “job” at the Falls Library continues to be a highlight of my week.

As I pondered writing this article, I became excited thinking about all the ways people can volunteer and the ways my family and I have contributed to our communities. My parents and grandparents beautifully modeled how volunteering is — what a great impact adults and care-givers make on the lives of children when they volunteer! Meanwhile, I have met wonderful people who became friends, I served companion animals who were in need of care, and I helped friends de-clutter their bookshelves while saving money on their taxes.

Thanks, Glenn, for asking us to write about being a volunteer.

By the way, while my 13 1/2 years is a sweet amount of time, Mrs. Price has me beat: She volunteered at the Falls Library for 27 years. That’s one splendid volunteer.

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SILENCE

I WAS listening to a talk/call-in show on NPR the other day, the topic being the more than 100 men still held in Guantanamo after all these years. The guests were well-informed and eloquent. Notwithstanding the hostess encouraging listeners to call in, no one did in the whole hour — not one.

Is this yet another example of the lack of interest—for the most part — amongst the “silent majority” about the injustices perpetrated by the United States?

We often criticize the German people re their silence during the reign of Hitler, although a few heroes did speak up at the cost of the their lives. But what does it cost us to speak up against the injustices perpetrated by our aggressor nation — invasions, drone attacks, assassinations, secret prisons, Guantanamo, military bases all over the world?

And, finally, speaking of radio, have you ever noticed how you rarely, if ever, hear any editorial commentary about the issues facing us as a people, locally or nationally, on the average radio station? One can understand the lack of such in a totalitarian society. Can you imagine what would happen if a local station criticized the Nazis?

But what is our excuse in the “land of the free and the home of the brave?”

—Lawrence N. Geller, Roxborough

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.

In memoriam

Kathleen Schatz

KATHLEEN R. SCHATZ, a longstanding member of Weavers Way, passed away unexpectedly in Madison, WI, after recently moving back there to take care of her mother.

Kathleen loved living in Philadelphia and became friends with many like-minded people. She had been introduced to the co-op philosophy in Madison when she was 16 and it wasn’t long after moving to the city that she discovered and joined Weavers Way, an organization which reflected many of her values. She had a strong attachment to Germantown, where she lived for a number of years, and the Wissahickon. She was an infectious organizer of dinner and movie gatherings for her eclectic group of friends at her Roxborough home, all of whom are grateful for the good food and her recipe of honesty, intelligence, energy and laughter that now has a home in our hearts.

Kathleen found her true passion when she moved East in the mid-1980s to attend the Philadelphia College of Textiles and Science, graduating with a degree in textile engineering. She had a lifelong love for fabrics and weaving and she developed this professionally into expertise in high-tech fibers. She worked as a research engineer and textile consultant at Drexel University and a number of companies.



She later graduated from Temple University Law School and practiced law in a Philadelphia firm for a few years, but her love of weaving and new product innovation drew her back to textile engineering.

Whether professionally or in her personal life, she was a hard worker, a creative problem solver and a good natured colleague and friend.

The daughter of Mary and Steven Schatz, she was born on July 21, 1961. As her mother’s dementia worsened in 2011, Kathleen moved to Madison to care for her. Although it was hard to leave her life and friends in Philadelphia, she was committed to making sure that her mother’s later years were filled with the love and comfort she deserved.

Kathleen is survived by her parents; her sister, Susan Schatz; her brothers, Mark and David Schatz; and sister-in-law, Patty Schatz. Well wishes should be sent to Schatz Family, 5714 Indian Trace, Madison, WI, 53716. In lieu of flowers, donations may be made to the Alzheimer’s Association, www.alz.org, or the Alzheimer’s & Dementia Alliance of Wisconsin (www.alzwisc.org).

A gathering to celebrate Kathleen’s life will take place Sunday, May 19, at 3 p.m. at Chestnut Hill United Church, 8812 Germantown Ave., Philadelphia, PA 19118 Call 215-243-0284 for more information.

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Co-op Spirit is Alive and Strong in South Philly

by David Woo, Immediate Past President, Weavers Way Board

IN 1862, a committee of management opened one of the first grocery cooperatives in the United States at 917 Federal St. in Philadelphia. It was the first of three storefronts that Union Cooperative No. 1 owned and operated under the 1844 Rochdale Plan. In the organization’s bylaws, 1152 S 10th St. is listed as the home of Mr. Thomas Phillips, one of the founders.

On March 11, 2013, Phillips’ spirit and values were present in his portrait, displayed on an iPhone on a coffee table at 917 Federal St., where the South Philly Food Co-op gathered to share their message and mission. They also signed up paid member No. 400, allowing SPFC to make the jump to the next stage of development — active search for a storefront location.

SPFC Board President Alison Fritz said, “This milestone couldn’t be possible without the networking and personal outreach of the South Philly community. I’m lucky to be a part of it.” However, she does realize that more work is in store as SPFC grows, and she has carefully led the board and committees to continually delegate and update systems and processes with each new signup.

We are all part of this movement as active members of Weavers Way and your participation is welcome and in a way, expected. Our Co-op gets stronger and financially more secure when we can mutually support other co-ops and, in turn, be supported by them. With a greater cooperative presence, Weavers Way can actually reap the benefits of collaborative cooperative initiatives such as combined services sharing.

That 1862 store and the people who started it may be gone, but the values and the principles are still here, embodied by the people who work so hard to keep our co-ops strong and relevant.

woo3D@earthlink.net



Suggestions

by Norman Weiss,
Purchasing Manager

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

Sometimes I wonder about the state of food co-ops in 2013. What does it mean to be a consumer’s co-op? Recently, I listened to a couple of industry webinars on “price image” and “price perception” presented by the co-op grocery store trade group we are part of, the National Cooperative Grocers Association. The basic idea is to price things such that shoppers think a store’s prices are competitive in the marketplace. The idea is that there are items whose prices shoppers generally remember, often staples like milk, flour, diapers, deodorant, while with other items, like cheeses, prepared foods, some packaged groceries, shoppers are less likely to remember prices. So you price the items shoppers are likely to remember competitively and you price the other items to make your margin. There are also strategies about “good” and “bad” prices, i.e. “good” prices end in “5” or “9,” and there is also “threshold pricing,” which is basically avoiding prices like “\$4.02” because “\$3.99” seems much cheaper. These pricing games have been studied and practiced by retailers for decades.

What strikes me about this is that it is about managing (manipulating?) shopper’s perceptions, almost in lieu of managing the reality of co-ops being less able to compete on price against the likes of Trader Joe’s and Target. It also makes me wonder if this is another example of split-personality-type behavior. Consumer co-ops usually include values like consumer education, transparency of action and in general putting the consumer’s inter-

est first. Everyone I’ve met in the co-op world seems to accept managing price image as a normal part of doing business. But is this kind of thinking is appropriate in a consumer food co-op? Is it a form of not telling the truth? Or is it OK to play the pricing game because that’s the industry we’re in and we have to compete?

With all the talk about food systems, food justice, food’s impact on health, I try to envision what a healthy food system would look like. I suspect competition between grocery stores with tens of thousands of items is not part of a healthy food system. Lately I’ve been wondering if a grocery store is the best way to get food to people, and I’m leaning toward no, a healthy food system probably looks more like a CSA, where farmers and producers are directly supported by consumers. The price of the food directly supports the producer in a fair manner. No pricing games.

More about this another time.

suggestions and responses:

- s:** “Any chance you could double your order of chocolate and almond croissants for Le Bus on weekends? I was here by 9:30 a.m. and both were sold out!”
- r:** (Molly MA) Pastries haven’t done too well here when I’ve increased them in the past. I will keep an eye on these and increase them if it seems like a trend. We also have new pastries from the Art of Bread in Narberth. Check them out on Saturdays and Sundays.
- s:** “Vanilla soymilk please! Thanks!”
- r:** (Heather MA) Not sure if you are looking for a particular brand or size, but we currently carry Edensoy and Westsoy vanilla soymilk.
- s:** “Could you consider carrying canned pumpkin all year long, not just seasonally?”
- r:** (Heather MA) I have ordered more and we will carry it all year as long as our supplier has stock.
- s:** “Please don’t slice Le Bus Multi Grain loaves.”
- r:** (Molly MA) We sell both sliced and unsliced. Sliced sell very well but I will see if we need a higher ratio of the unsliced loaves. (Norman) I am old enough to remember when grocery stores and bakeries had large, noisy, white-enameled bread-slicing machines and loaves were sliced to order. I think those days are long gone. However, since Molly is both a black belt in

(continued on page 25

International Cooperative Principles

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

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

and a statement of values:

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

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

1. Voluntary and Open Membership

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

2. Democratic Member Owner Control

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

3. Member Owner Economic Participation

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

4. Autonomy and Independence

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

5. Education, Training and Information

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

6. Cooperation Among Cooperatives

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

7. Concern for Community

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

"It takes courage to grow up and turn out to be who you really are."

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Staff Celebrity Spotlight

Kieran Ducayet

Assistant Grocery Manager,
Mt. Airy



Why do you work at the Co-op?

I want to work somewhere that serves the community and where input counts. My family and I live a natural and organic lifestyle to the best of our abilities and the Co-op works to serve the needs of people like us. It works to educate the whole of the community about the values of sustainability, cooperative practices and making healthy choices.

What is your favorite product in your department?

I am going to have to go with the recycled “Decomposition” notebooks, they are useful, stylish and eco-friendly.

What is your favorite food?

My favorite food to eat is a fresh baguette with baked brie, although I follow a gluten free diet at this time and dairy doesn’t settle well with me these days. Oh the memories . . .

Who is your celebrity lookalike?

David Byrne of the Talking Heads. Because, not too long ago, a stranger approached me and seriously asked me if I was David Byrne of the Talking Heads.

What is your favorite book?

I have a lot of favorite books, but for this Co-op questionnaire I’ll narrow it down to two: “Like Water for Chocolate,” by Laura Esquivel, as it so speaks to the meaning, mystery and magic

of food, and “Bless Me Ultima,” by Rudolfo Anaya because it is a beautiful story that speaks to the healing powers and divine properties of natural herbal medicine, and it comments on the oppression, at times, of natural healers, especially women.

Cilantro: Love it or hate it?

I love it!! I am almost terrified to answer this honestly, though, as cilantro haters are a passionate crowd.

Do you believe in ghosts?

I believe mysterious entities and other unexplained phenomena are sometimes witnessed by humans but I cannot be sure of the meaning of these things — I am open minded.

What’s your biggest achievement?

Marrying my fabulous wife!

List five things you’d bring to a desert island.

When considering the answer to this question, I reflected on the time I spent in the Colorado and Utah wilderness learning and utilizing the survival skills necessary when one is living in the wilderness. Many of the things I first thought to bring I quickly realized could be manufactured on a desert island (like coconut wine & a vine hammock) so these are items I thought might be a bit more difficult to make — blank books and pencils, binoculars, a mosquito net, a seasonal astronomical guide and several pounds of something sweet.

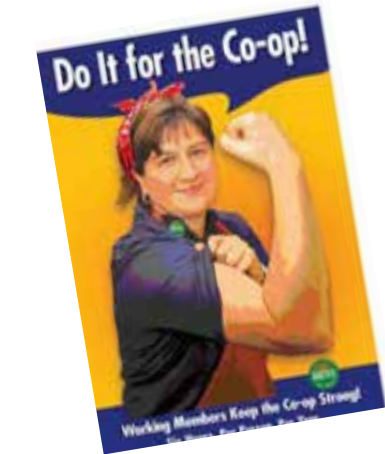
Hey, Working Members: You Run the Place

by Jonathan Leeds,
Member Coordinator

WHENEVER SOMEONE asks about the benefits of being a working member at Weavers Way, it’s natural to immediately point to the 5 percent discount on purchases. It’s a tangible and meaningful benefit that pays off (literally) every time you shop. And even though 5 percent might not seem like a windfall at first, those dollars saved at the register really add up. As many members can attest, you can end up saving hundreds of dollars a year.

But there is an additional benefit to being a working member, a benefit that is often overlooked yet is arguably of more value, because it draws on the very essence what it means to belong to a co-op. It is, in a word, “ownership,” or, more specifically, the opportunity to exercise that ownership.

One feature that distinguishes a co-op from many other types of businesses is that in a co-op the members and owners are one and the same. When you think about it, then, becoming a working member means taking on an active role in a business that belongs to you. It is just one of many ways — such as voting in the upcoming Board election and attending the General Membership meeting (May



19, mark your calendar!) — that you can make a difference and ensure that your voice is heard.

Whether the task at hand involves working on the farm, helping in the finance office, stocking shelves or volunteering at an event, playing an active role in the organization helps foster a sense of ownership and shared sense of community among members.

I’ve heard it said that members are the lifeblood of a co-op. It stands to reason that a co-op is more likely to thrive when its members are actively engaged. If you are not yet a working member, I encourage you to give it a try. You’ll quickly see it’s well worth the effort and that the rewards extend far beyond the 5 percent discount.

jleeds@weaversway.coop



Pay It Forward

WEAVERS WAY EQUITY UP FRONT CAMPAIGN

Join the Co-op, invest all your Member Equity up front, and we’ll give you a \$40 Weavers Way gift card.

When we say our members are our owners we mean it. Regardless of the amount of your initial investment when you join, you are an equal shareholder. The Co-op gives members over 13 years to pay their equity in full... \$400 now is much more valuable than \$400 in payments over a decade from now.

Member Equity goes into our business capital and is used and invested in all parts of our operations. Paying It Forward further strengthens the Co-op so we can remain a viable and active contributor to our community and hold true to our Mission Statement.

Current members are also welcome to add an additional \$400 to your Member Equity account and we will give you a \$40 Weavers Way gift card. The **Pay It Forward** campaign requires both new and current members to commit to keeping their Equity in the Co-op for a year.

Contact member@weaversway.coop to sign up.

Equal Exchange Fair Trade

May Coffees of the Month



Bulk Beans
All Equal Exchange Coffees - except decaf
reg. \$11.99 **Sale \$9.99/lb.**



May 1 - June 4

WEAVERS WAY MEMBER WORKSHOPS

Learn to Speak Dog

Want to know how the read your dog's body language, and how your dog reads you? Learn how to use body language to better communicate to your dog what you have in mind.

CJ Hazell has been a professional dog trainer who specializes in helping dogs with behavior problems. CJ began as a wildlife biologist doing research on wolves, jackals and coyotes, training a dog to help her locate and identify jackal and wolf scat.

Thursday, May 2
7 to 8:30 p.m.
555 Carpenter Lane
Weavers Way Community Room
Next to Weavers Way Mt. Airy

The How and Why of Fermentation: History, Health and Culture

A hands-on workshop designed to teach the history, health benefits and cultural associations of fermentation as a method of food preparation. The workshop will demonstrate how to ferment vegetables, dairy products and beverages. (There is no charge for this presentation, but donations are welcome).

Jared Blumer has been studying, practicing and experimenting with fermentation for more than three years. He gave workshops and presentations for The Home Grown Institute, Evolver Philadelphia and the Eastern Pennsylvania Permaculture Guild.

For more info, contact Jared at jaredghlumer@gmail.com

Wednesday, May 22
7 to 9 p.m.
555 Carpenter Lane
Weavers Way Community Room
Next to Weavers Way Mt. Airy

Suggestions

(continued from page 23)

- karate and also a shaman, if you want an unsliced loaf sliced, she can karate-chop the exact-width slices you want (using a special bladed glove she invented just for this purpose), and if you want a sliced loaf to be unsliced, she can use shamanic forces to merge the slices back into an intact loaf. While we don't publicize this service much, it is available, although only to members as a member benefit, so it is another reason to be a Weavers Way member. We must insist Molly's powers be limited to bread; please do not ask her to slice meat or repair torn clothing.
- s:** "This is for Norman to answer — word on the street is you are in a band with some talented singers that sound great both individually and when they team up and sing harmonies. I'm curious as to what genre you play."
- r:** (Norman) I get this question a lot. We are polygenre. What, you never heard of "polygenre"? That's because I made it up. I got tired of trying to answer this question by saying, "Well, we play some rock, folk, funk, blues, jazz, pop, reggae, waltz, Motown, plus our 17 originals which are influenced by all of the above. "Polygenre" is as unique as we are. I Googled "polygenre" and nothing comes up, which means I am probably the first person to use it and
- now that's it's published under my byline, it's copy-righted. Now we can pursue a trademark so no other band can use it and we can profit from our discovery of the term. Part of our goal is to be like Monsanto and try to "own" and profit from things like unique (and unsustainable) seeds that occur as a result of manipulating nature to our advantage. Speaking of transparency in co-ops, I have to confess to writing this suggestion myself as way to manage our band's "image," which, by the way, is truly low-price because we rarely get paid for gigs.
- s:** "We should carry Solstice Goji bars, they were very good. I would consider buying a case, but would rather not. We used to carry them."
- r:** (Heather MA) Sorry, they were a slow mover, we were throwing away more bars than we were selling.
- s:** "Sheets of eggrolls."
- r:** (Norman) Sorry but when we've tried these in the past they went moldy before they sold. One of the many mysteries of my childhood was why egg-rolls were called egg rolls when they seemed to not contain eggs. This resulted in one of my early childhood realizations, that the world around me did not always make sense.
- s:** "I miss Shiloh Farms bread. I believe



- it was multigrain or was it whole wheat, entirely whole grain. It was frozen. You carried it for years. Can we get it again? It was tasty and fresh (although frozen). Thanks."
- r:** (Heather MA) I'm going to be moving some items out of the freezer in the next few weeks. I can look into bringing this back, but will have to remove one of the breads we currently have. (Norman) Shiloh Farms 7 Grain bread brings back memories. It was one of the first sprouted, whole-grain natural breads sold in health-food stores and was a staple in many households for decades. It had great texture and flavor. Unfortunately our main distributor no longer stocks it, so we'd have to find a supplier if we bring it back.
- s:** "Could you please get Friendship Cottage Cheese — the whipped variety. It's very good — the same company/ same fat content, people might like it better. Also, Amy's soups — low sodium. You only carry one flavor, which I don't like (butternut squash). Could you please get tomato bisque and lentil-vegetable in low sodium? I think many flavors are available, and I unfortunately have to purchase them elsewhere. I wish you would get more low-sodium — healthier for all! Thank you."
- r:** (Heather MA) Will look into cottage cheese, I haven't had very many requests for the whipped variety (we

- are fairly conservative here). We carry a LOT of Amy's soups. I am cutting back on the flavors we have. I will try some low-sodium ones, but we already have the Health Valley low- or no-salt in stock.
- s:** "Terra has chips that are lower salt and spiced, Thai Basil Chips — any chance that WW could carry them? They're delicious!"
- r:** (Heather MA) We just started carrying the Terra no-salt Sweet Potato and Spiced Sweet potato chips. I will look into the low-salt varieties.
- s:** "Celestial Seasonings tea offers a "Sampler" — six or so assorted teas in one box. Please consider this. It is perfect for a single person or couple who do not have much shelf space. Thanks!"
- r:** (Heather MA) This is a good suggestion that I hadn't considered. I will look into which ones are available to us from our supplier. Look for them soon.
- s:** "Please stock manna, I hear it takes to sauces well."
- r:** (Norman) We were going to stock manna but it took us a while to figure out in which department it belonged. Current thinking is it belongs in the salad bar in Chestnut Hill but it's difficult to handle with tongs or spoons so we might have to invent a new utensil to make it self-serve. Stay tuned.

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

Potluck Picnics are held monthly in the summer in the Back Yard at Weavers Way Chestnut Hill. Bring something to share for 10 ; we'll supply the hard cider, lemonade and an informative presentation.

Welcome Meetings, or Orientation Meetings, are a great way to find out more about what Weavers Way is all about, and what membership offers. And you get two hours work credit just for attending! Limit two hours per household.

Current members welcome, and you'll get two hours' work credit for hosting!

Weavers Way Co-op Welcome Meetings



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

Orientation dates are listed below and are also posted on our website at www.weaversway.coop. Please complete the form and return it to any of our stores so we will know which meeting you will attend. Meetings include a brief store tour.

We look forward to seeing you there!

The Back Yard, Weavers Way Chestnut Hill
8224 Germantown Avenue
6-9 p.m. every Third Thursday

May 16	June 13
July 18	August 15

PLEASE PRINT CLEARLY

Name _____ Orientation Date _____

Address: _____

City _____ State _____ Zip _____

Phone number _____ E-mail _____

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

The Return of ‘Mount Airy Home Companion’

THE HIT radio-style variety show “Mount Airy Home Companion” is coming to Chestnut Hill’s Conkey Center for the Performing Arts (Springfield Avenue & Valley Green Road) for two shows May 25 and 26.

Inspired by “Prairie Home Companion,” the show is produced, written and directed by the Mount Airy musical group Saint Mad. The group —German-town’s Jim Harris, Roxborough lyricist Martha Michael, Mount Airy’s Molly Mahoney, and Lynda Chen from Center City, with additional members in their pit band — will perform parodies, Broadway hits, oldies and original compositions for the occasion.

The Mount Airy Players, featuring Germantown’s Loretta Lucy Miller and Andy Pettit from East Falls, will be up to their zany antics with parodies of WHYY radio and skit comedy about the sometimes bumpy relationship between Mount Airy and Chestnut Hill. Last year, “Weavers Way Philly Fresh Pickles” got prominent product placement, so stay tuned! Singer/songwriter Jake Michael will share songs with local connections.

The show will be hosted by Chestnut Hill Local humor columnist Jim Harris, who describes it as “homespun humor from a Mount Airy point of view.” Said Harris, “Our shows last year in Mount Airy were so much fun that we



The Mount Airy Players feature Andy Pettit and Loretta Lucy Miller

felt we had a moral obligation to share it with our brothers and sisters in Chestnut Hill. All are welcome.”

Showtimes are 7 p.m. Saturday, May 25, and 4 p.m. Sunday, May 26. Tickets are \$15 online (Eventbrite.com), \$20 at the door. For info, visit www.saintmad.com/MAHC/MAHC.html or call 215-848-4225

The 43rd Annual

MT. AIRY DAY

Saturday, May 4
11 am to 5 pm
6400 Block of Germantown Ave
Raindate Sunday May 5

- Entertainment
- Pony Rides
- Moon Bounce
- Vendors
- Food
- Zoo on Wheels
- Childrens Games and Craft area
- Face Painting

Visit our Website at
MtAiryDay.org

For more information, e-mail:
mtairyday@aol.com or call
215.287.7056

There are still sponsor opportunities available and there is still time to volunteer to make the day great. Service hours are also available for students that still need them.

Special thanks to our sponsors:

- Cliveden of the National Trust
- Weavers Way Co-op
- Electrical Wizardry
- Metro PCS-Cheltenham Square Mall
- Chestnut Hill Hospital
- Valley Green Bank
- Miquon School
- Philadelphia Federal Credit Union
- Mt Airy Animal Hospital

Mount Airy Home Companion

**** is coming to Chestnut Hill! ****

A radio style show featuring song, dance, & comedy by Saint Mad & Friends, the Mount Airy Players, & *More!*

Hosted by Local humor columnist
Jim Harris

MAY 25 @ 7pm & MAY 26 @ 4pm

Conkey Center for the Performing Arts
Springfield Ave. & Valley Green Rd., 19118

Tix: \$15 online/ \$20 at door (cash/check only)

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

It's Time to Love Your Park

by Eric Sternfels

THE FAIRMOUNT Park Conservancy in conjunction with the City of Philadelphia Parks and Recreation Department have designated May 11-18 as “Love Your Park Week” (www.loveyourpark.org). Throughout the city, events have been planned to give us a chance to revel in the beauty of springtime in Philadelphia. And several of those events will be held right here in Northwest Philadelphia:

On Saturday, May 11, 10 a.m. to 1 p.m., the Friends of Ned Wolf Park hosts its Plant Sale at the park at the corner of McCallum and Ellet streets in Mt. Airy. Hundreds of perennial plants for sun and shade, shrubs, tree seedlings, annuals, and a variety of gardening items will be for sale at great prices. Most are donated by neighbors who wish to share their plant divisions and spare seedlings in support of this community park. This year, the Friends group is kicking off its “Terrace Wall Campaign” to raise funds



Ned Wolfe Park will be ready for the sale

Eric Sternfels photo

to replace rotting creosoted timber in the park with a Wissahickon schist seating wall. A raffle with several prizes along with all Plant Sale proceeds will support this campaign as well as the Park’s an-

nual maintenance. Rain date is May 12. Visit www.nedwolfpark.blogspot.com for more details.

Also on May 11, from 1 to 3 p.m., Friends of the Wissahickon will present a family-oriented two-mile hike titled “Waters of the Wissahickon.” Leader Diane Garvey will start from the Wissahickon Environmental Center at 300 Northwestern Ave. Registration is required. Contact office@fow.com or visit www.loveyourpark.org for details.

On Tuesday, May 14, from 6:30 to 7:30 p.m., Ned Wolf Park will host a Garden Lecture: “Show & Tell: Unusual but Easy-to-Grow Shade Perennials.” Two of the park’s enthusiastic stewards, Janet Novak and myself, will stroll through Ned Wolf Park’s shade gardens to showcase both native and non-native plants that might work well in your low-maintenance gardens at home. From a silky grass that will cover shady tree roots to a hardy magenta Chinese orchid with outstanding foliage, you’ll learn about lots of interesting alternatives to hosta and pachysandra. Visit www.nedwolfpark.blogspot.com for details.

On Wednesday, May 15, from 6 to 8 p.m., FOW will present a lecture on “Birds of the Wissahickon” at the Valley Green Inn. Ruth Pfeffer is an expert birder and photographer and has been leading birding expeditions in the United States and abroad since the 1990s. Her presentation will include some thrilling bird calls. This lecture can be paired with a **birding hike on Saturday, May 18, at 8 a.m. starting at Bell’s Mill Road and Forbidden**

Local Focus for Dining for Women

(continued from page 7)

As Dining for Women has grown, now there are two women’s organizations that are grant recipients this month.

- The regular grant of \$50,431 goes to CREATE! in Tieneba, Senegal. CREATE! is using appropriate technologies, including a solar-powered pump, to build and supply a potable water and irrigation system. The women will also get training and tools to create and sustain community gardens, raise poultry and grow fruit and nut trees for income generation. The grant directly impacts 358 women and their families. For more information about CREATE! visit diningforwomen.org/senegal-create
- Village Enterprise in Uganda will receive a sustaining grant of \$45,000 spread over three years. Through the Budongo Forest Project in Western Uganda, in partnership with the Jane Goodall Institute, women entrepreneurs receive business and conservation training with the goal of providing sustainable livelihoods and raising environmental awareness. One woman already assisted by this program to start a livestock business has seen her income go from \$100 to \$500 a month. So we know this program works! For more information about Village Enterprise, visit diningforwomen.org/node/761

As we roll onward with our giving circles each month, we have now found a way to directly impact the lives of our planetary neighbors as well as those living nearby who are in need. But this month, most important of all is our upcoming Mothers’ Day Tea! (The apostrophe is positioned at Nicolas Kristof’s suggestion to include all mothers worldwide.) Our second annual tea takes place at Awbury Arboretum Sunday, May 5 (the week before official Mother’s Day), from 2 to 4 p.m. Clare Hyre, the Weavers Way farm educator at Saul High School’s Henry’s Got Crops! and four of her students will be on hand to provide an activity for younger children. Tickets are \$30, free to those 90 and older or under 10, available online at www.weaversway.coop/index.php?page=mothers-day-tea and at the registers at Weavers Way.

You don’t want to miss this — the beneficiaries are Weavers Way Community Programs and Dining for Women. And you, of course, who get to spend a lovely afternoon at the Cope Mansion sipping tea and munching sweets and savories.

Info about WW Dining for Women:
www.wwdfwthursday.wordpress.com



Judy Wicks at Weavers Way

Philadelphia food and restaurant pioneer Judy Wicks visited Weavers Way twice last month to chat with members (here with Jane Shur at the Chestnut Hill store April 6) and sign her new book, “Good Morning, Beautiful Business.”

Drive. For details, email office@fow.com.

On Saturday, May 18 from 9 a.m. to 3 p.m., the Friends of Carpenter Woods is hosting a Community Outreach and Service Day. Enjoy trail talks on various topics, arts events and presentations and demonstrations by naturalists, native plant specialists, and park-related groups and individuals. Volunteers can remove invasive plants, plant trees and shrubs and perform trail maintenance. Free refreshments will be provided for participants throughout the day. For details, email info@focw.org.

Although not a Park event, consider registering for the upcoming 2013 Hidden Gardens Tour sponsored by Mount Airy Learning Tree. It’s scheduled for Saturday, June 1, from 10 a.m. to 3 p.m. and features eight inspiring home gardens in Germantown, Mt. Airy, Chestnut Hill, and Wyndmoor. Contact www.mtairylearningtree.org or call MALT at 215-843-6333. Discount “Admit Two” passes are available with a purchase at Rothe Florist or Night Kitchen Bakery — an excellent gift for Mother’s Day.

2013 CHESTNUT HILL

HOME & GARDEN

FESTIVAL

Sunday, May 5

11am to 5pm

Garden & Landscape Displays

Heirloom Plants, Terrariums

Beekeeping & Garden Sculpture

Home Design • Art • Crafts • Collectibles

Fun Festival Foods & Al Fresco Dining

Live Music

Amusement Rides, Face Painting, Hula Hoops

Arts & Crafts, Basketball & a Free Kids Train Ride

Eto Alley...A Special 'Green' Section

Presenting Sponsor

GLANZMANN SUBARU

Subaru

B-101

at the 100th Anniversary

Chestnut Hill Philadelphia

Chestnut Hill Business Association

8426 Germantown Avenue

Philadelphia, PA 19118

215-267-6696 • chestnuthillpa.com

Rain Date

May 19

Fresh & Local Fair

Saturday, May 18 • noon to 4 pm
Weavers Way Chestnut Hill and Mt. Airy



Food Sampling



Live Music



Meet the Farmers



Join us as we kick off the growing season and celebrate our local farmers and vendors!

Community-owned food markets open to the public.
www.weaversway.coop

Chestnut Hill 8424 Germantown Ave.	Mt. Airy 559 Carpenter Lane	Across the Way 610 Carpenter Lane
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Demos and Samples from:

Philly Cow Share • My House • Sun and Earth • Calkins Creamery • Jyoti Mauvno • Iron Hill Brewery • Kitchen Kapers • Avenida • One Village Coffee
Plus many more!

I SCREAM,
YOU SCREAM.
THE CO-OP SCREAMS FOR ICE CREAM!



LOTS OF BRANDS, LOADS OF FLAVORS...

Chilly Philly LOCAL!	\$3.58/pt	Alden's	\$6.95/48oz
Zsa's LOCAL!	\$5.79/pt	Breyers	\$5.39/48oz
Little Baby's LOCAL!	\$7.19/pt	GaGa	\$4.55/pt
Bassett's LOCAL!	\$3.25/pt	Luna & Larry's	\$5.90/pt
Stonyfield	\$3.74/pt	Ciao Bella	\$4.99/pt
Ben & Jerry's	\$5.49/pt	Capogiro LOCAL!	\$5.76 pt



May Cheese of the Month
Got the Blues?

Look for special pricing on some of our favorite blue cheeses featuring Pt. Reyes, Valdeon, Cambozola, Gorgonzola Dolce.... and more!



Community-owned food markets open to the public.
www.weaversway.coop

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Shopper Appreciation Coupon

10% off a single shopping trip
at the Co-op!

Interested in receiving our eNews to keep up with events and offers?

Add your email _____

Expires 5/31/13. No photocopies or print outs accepted.



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