Manager’s Corner

Buying Real Local
by Glenn Bergman

Let me just start by stating, “I would like to charge a 20% visitor’s fee to all nonmembers who shop at the Co-op.” I would like to start this in January and to discuss this at the member forum planned for January 17. Okay, now that I have stated this, let me tell you why:

Before coming to work at Weavers Way, I had always heard that we are a co-op owned by our members and that we only allow shopping by members. Well, I have learned that this is true for most of our shoppers (91% or about that amount). I have learned that we allow the community to “try us out,” to do a “visitor shop” or a “trial shop.” I agree with this policy. It is important that we allow the community to “try us out.” One of our missions is to educate the community in cooperative business alternatives.

There are not too many co-ops that are member-owned and only open to members. The co-op that stands out is Park Slope. We wrote last year about our trip to Park Slope, a $21 million/year store (compared to our $6 million). At Park Slope, you cannot even enter the store without being a member in good standing (meaning you have completed your hours, which are over 30 hours per adult per year). In fact, while I was there I was not allowed to buy produce; a member-owned and operated co-op by the students and was as fresh as you could get in any market, unless you purchased it right off a farmer’s stand on the road in front of the farm. The price was right, and the shoppers were thrilled, as could get in any market, unless you purchased it right off a farmer’s stand on the road in front of the farm. The price was right, and the shoppers were thrilled, as they chose to receive this great product.

In November, Jim invited WW staff to

Weavers Way
is seeking
Board Nominations
for election at the
April 29, 2006, General Membership Meeting
(continued on page 26)

Many Opinions, Many Votes at November Membership Meeting

by John Anna

As expected, the Co-op’s Nov. 12 general membership meeting did not lack for controversy. Perhaps less expected, not all the controversy focused on the issue of what to do about products from the Israeli settlements.

Two proposed amendments to the Weavers Way By-Laws generated a spirited discussion about the organization’s internal democracy and decision-making process.

All amendment to change procedures for bringing member-sponsored initiatives to a membership meeting lost. Another amendment, to decrease the size of the Board of Directors and have the Board elect Co-op officers, passed.

Saul School, Weavers Way Join Forces

by Glenn Bergman

A few WW shoppers will remember last year when an announcement over the PA system first informed shoppers that a supply of fresh-cut spinach had just arrived from the Saul Agricultural School (on Henry Avenue in Roxborough). Forty pounds of spinach had been dropped off that morning by WW member Jim Dannenberg (retired dentist and volunteer at the Saul School), and in a few hours the spinach was gone. Since then, Jim, addressed as “Dr.” by the students and teachers, has delivered kale, collards, green tomatoes, and — most recently — fresh eggs.

The spinach was planted by the high school students and was as fresh as you could get in any market, unless you purchased it right off a farmer’s stand on the road in front of the farm. The price was right, and the shoppers were thrilled, as they chose to receive this great product.

New Philadelphia Health Co-op Confronts Health Insurance Crisis

by Paul Glover

You probably know someone without health insurance. Every year, more Philadelphians lose health coverage or pay higher fees for weaker coverage. Many of us work jobs we dislike just for insurance. Some of us have even been bankrupted by illness.

The natural remedy is universal health coverage. Congress has resisted doing what it should, though, because the federal government is now firmly owned by private insurers (the second-largest category of contributor to Gore and Bush 2000) and pharmaceutical companies. These craven profit more than healing.

Open Forum on Changing Membership Requirements

Tuesday January 17, 7-8:30 pm
Summit Church

"Should we change the work requirement?"
"Should we lower the capital investment?"
"What would be the effect of these changes?"

Please attend to express your views and hear what other members have to say regarding this important issue!
Back at Work, and Thankful for Members’ Support

By Bob Riley

I always knew Mount Airy was a truly unique neighborhood, but I was truly overwhelmed by the generosity and support of the Co-op community when I had my accident last July.

Words cannot express how much the generous donations of cards and get-well wishes have meant to me. Thank you so much!

I am continuing to make a good recovery, better than my doctors ever expected. I look forward to the day of going back to work and thanking everyone personally.

Education Committee Ends Electronic Exchange, Plans Larger Exchange

By Ellen Weisberg

The Education Committee has ended the Electronic Exchange on the Co-op’s second floor. It’s an old story of not enough space, with the merchandise crowding out the computers.

In the past the Committee has run a library and other exchanges on the floor with the same result. Yet when on a few occasions donations of books or magazines were made available on tables outdoors for special Co-op events, many were taken and the clearing of ready accessibility makes a lot of difference.

The idea of a Co-op exchange, coupled with a ‘conversation corner’ was embodied in a 1994 Education Committee resolution. It had been championed by the first chairs of the committee, Vivian Schatz and Flora Lisi. It argued that such a space, merging as an attractive meeting place for shoppers, neighbors, and friends, can prove to be a commercial asset—only if it is also ‘interactive,’ ‘inviting,’ and ‘part of a coherent plan.’

Philadelphia

(continued from page 1)

2/05). PhilaHealth has begun to enroll pioneer members. They pay just $100 a year for adults or $50 a year for children. With this membership fee, the Ithaca co-op has become able to cover uninsured family members, just to support it.”

Because Philadelphia is 50 times larger than Ithaca, PhilaHealth can far surpass this achievement, creating holistic and alternative clinics and medical centers.

And our local universal model can exemplify genuine healing, relying on warm hands as well as cold machines, addressing the physical, mental, emotional, and spiritual well-being, cleaning up the public sources of personal illness, eventually healing within the whole.

Again, we’re contributing to the campaign for universal coverage. The Canadian single-payer campaign was enacted in 1962, despite solid media opposition, largely because of the public health system. Within the proposed new prepared food outlet, we need several things more: volunteers to distribute literature, interim board members who embrace this social revolution, healers who agree to give discounts to uninsured family member, friend or employee. Anyone in Pennsylvania may enroll. AsPatch Adams, M.D. says, “Everyone should join, even if they already have insurance, just to support it.”

PhilaHealth is creating a list of area healers who agree to give discounts to members. We’ll list and link your website, or make you a web page if you need one.

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President’s Report
By Bob Noble

The following report was delivered to the membership at the Weavers Way general members-
ship meeting, Saturday, November 12, 2005.

Weavers Way is in fundamentally good shape. We’ve had our second independ-
ent audit, and have been given a clean bill of health. The report will be available in the store and on our web site. For the fis-
cal year ending 6/30/05, we had a surplus of over $100,000. In September, the board declared a patronage rebate of $40,000, the first since 1986. Forty per-
cent of this will be issued in cash with the remainder credited to member equity accounts. On a cautionary note, we still have some pieces of debt related to the financial crisis of 2002, although one will be paid in full next March. The other is the loan from the city, and is scheduled for completion in 2013. Our reserves continue to be slowly rebuilt. The number of member households remains at 3,000.

We now have several active committees including farm, membership, environment, diversity and outreach, and education. The board and management have a good relation-
ship.

We have continued our outreach to other co-ops. Last June, Stu Katz, Glenn Bergman, Rick Spalek, and I attended the annual national food co-op conference in Albuquerque, New Mexico. In September, Glenn and I visited Weavers Street Market in Carrboro, North Carolina. Later this month, members of the co-op in Newark, Delaware, will visit Weavers Way. We have made good progress in implementing our Strategic Plan, part of which includes a number of bylaw amend-
ments that you’ll be voting on later this evening, and which I hope you’ll support. And we have a flourishing local econ-
omy right on the corner of Greene and Carpenter, thanks to the new High Point Café and the soon-to-be-opened Big Blue Marble Book Store.

Board Recruitment
Here’s a question for you: How can we ensure that the values expressed in our mission statement are reflected in a meaningful way in the life of our co-op? Last Spring, board recruitment was singled out as a significant shortcoming. This was evidenced by the lack of com-
petition for board seats in last April’s election. I’m not saying we have a prob-
lem with our current board. On the con-
trary, I believe we have a good board. But that doesn’t mean we can be satisfied with uncontested elections. So here is what the board has planned to try to remedy this problem:

On Tuesday, January 17, we will have an open forum on changes to our mem-
bership requirements: our annual equity investment, our lifetime cap, and our work requirement. This forum will be like an extended board meeting, and serve two purposes: It will help the board to learn more about how members feel, and it will allow interested members to learn

Amendment Has Food Co-ops Rethinking Relationship with Organic Trade Group
by Andy Hunger, courtesy of the Cooperative Business Journal

The latest flap over the government’s organic food standards has grocery co-
ops rethinking their relationship with the Organic Trade Association, the 20-year-
old group that tries to represent all facets of the organic industry.

OTA championed an amendment to the 2006 agriculture-spending bill that is widely seen as weakening the federal organic standards.

The result, according to Communications Director Robyn Shrader, the National Cooperative Grocers Association is surveying its members over how — and even if — NCGA should stay in the trade associa-

It’s “entirely possible,” Shrader said, that her organization will drop out of OTA’s Leadership Circle, which this year meant a $22,000 contribution from NCGA to the trade group. The contribu-
tion makes all NCGA members OTA members as well.

Shrader said NCGA could decide to stay in the Leadership Circle or stay in OTA but at a lower contribution level. Or it could pull out completely. “We want to give everyone a chance to be heard,” she said.

The OTA-supported amendment was enacted without hearings and with little public input. It overturned a court decision that reinstated a standard pro-
hibiting synthetic substances in organic foods.

Critics call the amendment a “snack attack” on the organic standards. They say it favors large food companies that want to use synthetic ingredients in organic products.

Many of these companies, including Kraft and Dole, are now OTA members alongside the small farmers, processors and retailers that pioneered the organic market two decades ago.

Defenders call the amendment simply a “clarification” that returns things to the status quo before the court decision, known as the Harvey case.

The debate is as much over tactics as substance.

“NCGA was one of OTA’s top fund-

ers — they wouldn’t even talk to them,” said Elizabeth Archerd of the 100-year-
old group Wedge Co-op in Minneapolis.

Shrader admitted she was “stood up several times” by OTA.

Archerd said that if NCGA pulls out, Wedge definitely won’t be rejoining OTA on its own.

Christopher R. Durkin with Harvest Co-op Markets in Cambridge, Mass., lamented the growing split between OTA and food co-ops but sees value in staying in OTA.

“I’d rather stay involved and talk with them,” Durkin said. “I don’t think it’s an irreconcilable split, but it may become that.”

As for the amendment, attention now shifts to the regulatory process that will flesh out what Congress passed with Agriculture Department rules.

“No one is throwing in the towel,” said Archerd. “Now we have to do the boring, policy wonk work that won’t attract a lot of attention.”

“We will be applying as much pres-
sure as possible to make sure a good rule is written,” added Jessica Schaffer, press secretary of Rep. Sam Farr (D-Calif.), a leading Congressional advocate of organ-

ics.

Weavers Way was formerly a member of OTA, Weavers Way has recently with-
drawn from this organization for this rea-

(continued on page 8)
The November meeting. However, at case, and to reformulate proposals for more time to promote the pro-boycott from the May meeting agenda to allow had asked to withdraw the measure from the Campaign Against Settlement Products, responded that their group 104-to-eight vote in May. Linda Hanna, there even was another discussion and membership meeting, it was standing-room only at Summit Church, although a substantial portion of those attending left as soon as the boycott votes were concluded.

Boycotts and Labels

Some speakers questioned why there even was another discussion and vote on the Israeli settlement issue, since a boycott proposal went down in a 104-to-eight vote in May Linda Hanna, from the Campaign Against Settlement Products, responded that their group had asked to withdraw the measure from the May meeting agenda to allow more time to promote the pro-boycott case, and to reformulate proposals for the November meeting. However, at that time, the Board and a subsequent member voted to withdraw the measure, which then lost. For the November meeting, the boycott organizers introduced a package of three separate measures. One would have had Weaver’s Way boycott virtually all produce from Israel, based on the fact Israeli export regulations do not designate products grown in the settlements separately from those grown within Israel’s pre-1967 borders. More selective measure proposed to boycott only products identified as coming from Israeli settlements, based on a list from the Israeli peace group Gush Shalum. A third measure, separate from a boycott, would have required the Co-op to label all Israeli produce as “From Israel or Israeli Settlements” or “Made in Israeli Settlements.”

Speaking in support of the boycott, Linda Hanna said “the occupation already imposes a boycott of Palestinian produce” by preventing it from reaching world markets. She remarked that no one speaking against the boycott had defended the Israeli settlements themselves.

Another pro-boycott speaker, Rachel Kamel, argued that “the settlements controlled the most productive land and water resources” and that the occupation was “mitigating against a viable Palestinian state.” She appealed to Co-op members to respond to “authentic voices of peace” among Palestinian and Israeli peace groups “asking us to do our part.”

In response, Steven Masters, identify himself as a peace activist who persisted to go to Israel and work towards peace, said it could cause negative economic consequences for the Co-op.

After several speakers for either position, the members voted against both boycott proposals in turn and took up the labeling measure.

Susan Landau, from the boycott campaign, said that identifying the point of origin for produce was consistent with labeling other products such as coffee.

Outgoing Weaver’s Way Staffer

SARAH JAMES
unjustly singled out – a point reinforced by several other anti-boycott speakers. He argued that the boycott issue was so divisive among members as to contra-
dict the Co-op’s mission of building community and embracing diversity.

Masters pointed out that Weavers Way now stocks Palestinian olive oil, “nearly the only place to buy it in Philadelphia” and that this exemplified “positive economic engagement, not divisive action against one side.” Jim Peightel, an at-large Board member, said the Board opposed the boycott because it could cause negative economic conse-
quences for the Co-op.

After several speakers for either position, the members voted against both boycott proposals in turn and took up the labeling measure.

Susan Landau, from the boycott campaign, said that identifying the point of origin for produce was consistent with labeling other products such as coffee.

(continued on page 5)
Fall General Membership Meeting: Dangerously Divisive or Convivially Controversial?

Before addressing the question in the title, I want to set the scene. Summit Presbyterian Church Gym/Auditorium was packed with parents, kids, retired folks; a cornucopia of food from generous vendors and members; and homegrown music and art that was classy and witty. Manifestly, a community was assembled with active volunteers and elected officers who stepped up to make the event happen with abundance in a coherent and thoughtful way. We were instructed to listen to each other, be respectful of each speaker and wait to be called on. The cavernous room was filled to capacity and the instructions to behave heightened the anticipation.

We were to start off by considering member-initiated motions, the first being the Israeli Settlement Product boycott. All of us had bright pink cards with our membership number printed on it for voting. I, for one, felt a bit exposed. The audience followed the rules quite well for the opening being recognized. The audience followed each. People were not to speak without permission to comment or ask questions if the rules required of staff and the fiduciary concern of the board. The audience followed the rules quite well for the opening being recognized. The audience followed each. People were not to speak without permission to comment or ask questions if the rules required of staff and the fiduciary concern of the board. The audience followed the rules quite well for the opening being recognized. The audience followed each. People were not to speak without permission to comment or ask questions if the rules required of staff and the fiduciary concern of the board.

Three separate votes were to be taken, first to boycott all agricultural products from Israel because Israeli export regulations do not require distinguishing in a label those produced within the legal boundaries of Israel (pre-1967) and those that are not. Despite the alternating format, I am going to lump all the statements from each side together. The first speaker for this motion began her remarks with the vision of two separate, independent and viable states: Israel and Palestine. As the situation now stands, agricultural holdings of Israeli settlements in Palestinian land involve much of the most arable land and control of much of the water. Israeli check points add to the Palestinian’s agricultural disadvantage by making it difficult or impossible to get their products to market in a timely way. A Co-op boycott would support Israeli peace groups who favor working toward creating a more just and level playing field, one that promises a Palestinian state that is economically viable, with citizens who can own and work their own land. Another speaker, addressing precedent, pointed out that Co-op’s purchasing decisions reflect our moral choices across the board and once included a 1987 to 1996 boycott of Chilean grapes.

Speaking against the motion, a member raised the mission of the Co-op that is to promote community and advantageous buying to benefit the consumer, and local and organic producers. The issue at hand takes us away from our mission. Also, the issue is divisive of our community because it singles out Israel and divides our Jewish members, therefore weakening our community. A board member, speaking for the board, felt that to take on any boycott required much education and preparation and that the membership was not in unity at this time. He also raised business consequences in terms of the added time and effort required of staff and the fiduciary consequences if members opposing the boycott withdrew membership or shopped less at the store. The motion was defeated by a clear majority, but gained an expanded minority from a previous vote.

(continued on page 7)
A further provision in the same amendment would have raised the bar for product boycotts, requiring two-thirds support rather than the current simple majority of members voting. The Board’s rationale was that boycotts tend to be divisive and ought to require a larger majority.

Five members spoke against this amendment, all arguing that it would unduly restrict member involvement in Co-op decisions. One member remarked that the recent controversies may have been difficult, but were exercises in democracy and got members involved. The only member who spoke in support of the amendment said the changes represented an appropriate compromise between direct democracy and a representative democracy, and that he expected the Board would act as “a filter, not a wall.” This amendment was defeated, the business portion of the meeting came to an end, and the Humbleman Band took the stage.

Special thanks went to Sadie Torrence of Sadie’s Gourmet Country Kitchen, to Sara Steele, and to Summit Church, as well as to all the vendors who donated products for the meeting, including Moose, Ippolito’s, Noren’s Bakery, and Le Bus Bakery.
bers to initiate motions. Though a lot of laws to make it more difficult for members who took cuts during the difficult years. Increase pay and privileges to employees as a cushion and contingency fund. That the welcome surplus was still needed for the board and management that argued members. The membership voted with the board and management described the hardship and time involved in dealing with them — presumably taking away from running the store — the membership was persuaded not to curtail the membership’s ability to bring motions forward. How is this to be explained? Perhaps the wonder of seeing a real issue cogently discussed in something longer than sound bites was welcome, smacking of intellectual, ethical and democratic behavior. The membership was voting a hunger for such activity. I asked myself, when was the last time I took part in a stimulating event and could vote my conscience? I couldn’t recall a time. Others will have to weigh in, but I think we were grateful to the presenters of the motions on Israel/Palestine for moving beyond holding an opinion to attempting to take action, from being complicit in what they feel is unjust to taking a stand, from holding a private opinion to stepping up to the possibility of collective action. The majority of the membership was not persuaded, but we all listened to views not often heard. Was the event dangerously divisive or did we experience convivial conflict? My view is the latter. Do we have to guard the membership and board from too much of a good thing? Probably not, this added dimension of community makes me even happier to be a member of Weavers Way.

**Divisive or Convivial (continued from page 5)**

Another motion advocated using the website of Gush Shalom to determine which Israeli products came from settlements outside the 1967 borders and not purchasing them. A speaker for this motion again spoke for creating balance in an economic field that privileges Israeli farmers and was unfair to Palestinian farmers and the Palestinian economy.

A speaker against it declared that no side should be boycotted, neither the Israeli settlements nor the Palestinian areas from which rockets were being fired. This motion, too, was defeated. A third motion, also defeated, would have required labeling Israeli produce as either "Gush Shalom" or "settlement" product.

Another motion advocated using the surplus to purchase them. A speaker for this motion again spoke for creating balance in an economic field that privileges Israeli farmers and was unfair to Palestinian farmers and was unfair to Palestinian farmers.

The tone of the meeting was mostly “whether to buy or not.” 

On another topic, we considered a member-initiated motion to return surplus income to the form of rebates to members. The membership voted with the board and management that argued that the welcome surplus was still needed as a cushion and contingency fund. Part of the surplus was being used to increase pay and privileges to employees who took cuts during the difficult years.

The board proposed changing the by-laws to make it more difficult for members to initiate motions. Though a lot of time had been spent discussing the motions described above, and though the motions were voted down, and though the board and management described the hardship and time involved in dealing with them — presumably taking away from running the store — the membership was persuaded not to curtail the membership’s ability to bring motions forward. How is this to be explained? Perhaps the wonder of seeing a real issue cogently discussed in something longer than sound bites was welcome, smacking of intellectual, ethical and democratic behavior. The membership was voting a hunger for such activity. I asked myself, when was the last time I took part in a stimulating event and could vote my conscience? I couldn’t recall a time.

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**Saul High School (continued from page 1)**

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President's Report (continued from page 3)

something about how the board functions.

On Thursday, February 9, we will conduct a Workshop on Weavers Way governance. This event will allow members — especially anyone thinking about possibly serving on the board — to learn more about how our board goes about doing its job of governance.

We have put together a board candidate packet — a collection of readings covering important governance topics, such as fiduciary responsibility, how to interpret financial statements, and the policy governance model.

We are participating in a new national program called Cooperative Board Leadership Development, which, among other services, holds one-day workshops at various sites in the northeast states for new board member training.

We encourage interested members to attend board meetings. And if you let us know ahead of time that you’re coming, we can get you a copy of the packet that is prepared for each meeting.

Finally, we encourage you to contact one of us to sit down and talk about the board and its work. Get answers to your questions over lunch or coffee. We’re here to help.

Leadership Qualities

Life on the board is exciting, rewarding, and challenging. What type of individual do we need on our board? What are the leadership qualities we’re looking for? This list comes from literature the board has studied in its effort to improve recruitment.

We need members who are visionary — who can see past the way things are now, and see what might be.

We need members who are conceptual thinkers — who have the ability to see issues in their proper context; to see which principles an issue or event falls under.

We need members who grasp the big picture — who are adept at putting each issue into a perspective guided by a larger view.

We need members who are connected to the ownership — who are committed to seeking out, listening to, and learning from members’ ideas, opinions, values, and principles regarding Weavers Way.

We need members who demonstrate moral courage — who are willing and able to stand up and speak out even when it is uncomfortable.

We need members who can work in a group — who are capable of working through differences, and respect diverse points of view.

We need members who can allow others to lead — who can accept responsibility and delegate authority.

We want to encourage you to volunteer to serve on the board. Or maybe you know a friend you think would be a good board candidate. We now have training and support in place. We have a time commitment: we meet each month.

We encourage you to volunteer to serve on the board. Or maybe you know a friend you think would be a good board candidate. We have training and support in place. There is a time commitment: we meet each month. There is also diversity of opinions, a rewarding life experience, and mutual respect.

So I ask you again: How can we ensure that the values expressed in our mission statement are reflected in a meaningful way in the life of our co-op?

This question lies at the heart of everything the board does. Please join us in seeking the answer.

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Secret Agents Needed to Protect Organic Standards

Both cooperative groceries and family-scale farmers are being placed at an unfair, competitive disadvantage by large corporations playing fast and loose with the organic standards. The Cornucopia Institute is working on a report that will include a ranking of every name-brand dairy product in the United States. They are looking for a few co-op supporters to “shop” the competition to obtain the plant numbers from the “suspect” organic milk, and e-mailing it to Cornucopia. The plant number is required by law and commonly is a code printed along with the “sell by” date.

For more information, to volunteer, or for more ways to help, call 608-625-2042 or e-mail organic@cornucopia.org.

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**Membership Forum** (continued from page 1)  
17 at Summit Church, we will hold a forum entitled “Changing Membership Requirements.” This forum will allow all members to voice their views and opinions on issues of membership including future directions we should take to strengthen the relationship between members and Weavers Way. Should we lower the $30 annual capital investment? Should we lower the $400 lifetime cap on member investments? Should we change the work requirement? What are the financial implications of decreasing the annual equity payments or work requirement? Would product prices increase and if so, how much? How do we compare to other co-ops with regard to work requirements? These are just a few of the questions that will be addressed, so be sure to attend — not only to learn about some of the financial aspects of your co-op, but also to voice your opinions regarding this important issue that affects every Co-op member.

Our Strategic Plan also identified Board recruitment as an important issue. Many, if not most, members don’t understand “what” the Board does and “how” it goes about doing it. On February 9, at 610 Carpenter Lane, we will also hold an educational workshop to better educate you on the process of governance. How does a board effectively govern and ensure measures are being taken to fulfill the Mission Statement and ends? Through this workshop, more members will be educated about the process of governance and how it relates to the future of Weavers Way. In the end, our members will be more informed, and we hope there will be a renewed interest in serving on our Board. Please look for a sign-up sheet in the store and join us for this educational event.

By discussing some of these important issues, and outlining the process necessary to become a successful leader, we will learn together how to make the process of improving Weavers Way successful.

**Open Forum on Changing Membership Requirements**  
Tuesday January 17, 7-8:30 pm  
Summit Church

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**Free Paint for Nonprofit Organizations**

Each year, millions of gallons of paint remain unused or unsold by our nation’s retailers. The National Council on Paint Disposition, Inc. (NCPD), a nonprofit environmental organization, is compiling a list of nonprofit organizations that are interested in receiving the free paint that might otherwise end up in a landfill. There is no charge to participate in this program and no requirement to take in quantities more than your organization can use.

For more information, or to get involved in this program, please contact President of NCPD Marv Goodman at marvgoodman@paintrecycling.org or call 732-309-2022; or P.O. Box 74, East Brunswick, NJ 08816. See the National Council on Paint Disposition’s website, http://www.paintrecycling.org, for more information.

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**Love Among the Raisins?**

Many of us have had romance or romantic encounters in our lives thanks to membership in the Co-op. Some of us would even be willing to be interviewed about it!

Do you have a good story of finding, keeping or losing love while doing hours, working, shopping, attending meetings, trying to find parking or otherwise being connected to Weavers Way Co-op? (Note: anonymous stories also welcome!)

If so, e-mail me at dsilver@ppt-net.com. I am hoping to interview members for an article to be published in an upcoming issue of the Shuttle.

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The New Medicare Plan

by Jennifer Levy B.S., CFP

Recently when I went to vote, I met a friend at the polling place. Along with our committee member (who is not yet ready for Medicare), we discussed the new drug program. My friend asked me if I understand the plan. I stood up the plan, since I had sold health insurance at one point in my career. My response was that I understood it in general after reading many articles and my own insurance information, as well as the Medicare information “Medicine and You 2006” from the government.

We both asked that if we were two well-educated and seasoned professionals and we were having some difficulty understanding this program, what were many of the less knowledgeable seniors going to make of it? Over the years, I have read many government regulations, but never have I seen one this complicated for the general public. It makes the income tax laws look easy; at least for income tax you do not have to try to compare which program will provide the medications you take from the provider you want and at what cost.

Medicare Part D Prescription Drug Coverage went into effect January 1, 2006. However, you have until May 15 to sign up with an approved carrier. After that date, if you are eligible but did not sign up and then want to join, you will have to pay a penalty, which means a higher prescription rate for your life. In addition, you will have to wait until November 15, 2006 to join for January 2007. You may change your plan each year. The premium for 2006 is $37 per month.

Depending on the plan you decide to join, there may be additional charges. If you are on several drugs, you need to find out which plan covers most of your drugs. You must also find out which plans are honored by which local drug stores or mail order companies. This is the difficult and confusing part; I have found no easy site for comparing plans. There is a drug-finder at www.medicare.com where you can check out each separate drug you want. This site also offers general information on the program.

Another good site is www.aarp.org. You can download a very detailed description of the program entitled “The New Medicare Prescription Drug Program — What You Need to Know.” If you are in some kind of Medicare Advantage Plan or other health coverage, you should check that plan’s site. You should have received information from them in the mail. Not all plans have qualified drug coverages.

Other useful websites are: Keystone 65, at www.sitc65.com; Senior Partners, at www.healthpartners.com; and Aetna at www.aetna.com/members/Medicare/medicare_products_group.html.

Good luck with your research. Unfortunately there is no easy process to follow. You have to do your own research and make your own decision based on your prescription drug needs. My commentary on this program is that Congress and their drug and insurance company lobbyists designed a program for their constituents made out, leaving the public with an overabundance of choices that are difficult to figure out and base an intelligent decision on. But it is our decision. Hopefully, future amendments will improve this program. For the time being, the only good thing is that there is finally an established drug program as part of Medicare.

The Premium for 2006 is $37 per month. Depending on the plan you decide to join, there may be additional charges. If your income is below $12,920 per year ($17,321 for a married couple living together) you may be eligible for extra help on premium payments and co-pays.

Coverage of the Medicare Part D Program is reflected in the table. How to choose a plan for this year? Determine how much you spend on medications. If it is not much, you may want to sign up for a discount card, which is the least expensive option of supplemental coverage. Remember, you can change plans each calendar year after November 15. If you are on several drugs, you need to find out which plan covers most of your drugs. You must also find out which plans are honored by which local drug stores or mail order companies. This is the difficult and confusing part; I have found no easy site for comparing plans. There is a drug-finder at www.medicare.com where you can check out each separate drug you want. This site also offers general information on the program.

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My commentary on this program is that Congress and their drug and insurance company lobbyists designed a program for the drug and insurance companies’ benefit that provides some benefits to seniors and the general public. The plan does not control drug costs or allow for bulk prescription buying, which could help the public get lower costs. However, they made sure their free enterprise constituency made out, leaving the public with an overabundance of choices that are difficult to figure out and base an intelligent decision on. But it is our decision. Hopefully, future amendments will improve this program. For the time being, the only good thing is that there is finally an established drug program as part of Medicare.

### Table of Prescriptions by Premiums and Coverage

<table>
<thead>
<tr>
<th>Prescription Drug Spending (Up to $1,500)</th>
<th>Medicare approved plan pays</th>
<th>You Pay (if you have no drug coverage other than Medicare)</th>
</tr>
</thead>
<tbody>
<tr>
<td>$0 - $250</td>
<td>$0</td>
<td>Up to $250 Deductible</td>
</tr>
<tr>
<td>$250 - $2,250</td>
<td>75% of Drug costs Up to $1,500</td>
<td>25% of drug costs Up to $500</td>
</tr>
<tr>
<td>$2,500 - $5,100</td>
<td>0% of Drug costs - $0</td>
<td>100% of drug costs up to $2,850</td>
</tr>
</tbody>
</table>

Sub Total: Up to $1,500

Over $5,100 (Catastrophic Benefits) 95%

5% or $20 copay/brand name

Table copied from AARP Publication (Monthly Premium is in addition to above amounts.)

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In response to a member's inquiry, I examined the average wages for employees at Weavers Way. The Co-op has 43 hourly staff, including cashiers, drivers, prepared foods staff, shift managers and buyers. These positions are classified into three groups: Staff, Shift Manager, and Department Manager. Within each classification, a step schedule outlines when an employee is due for a raise. This past July the criterion that triggered a raise was changed.

According to the previous wage schedule, raises for hourly staff were based solely on years of service. Every employee in a given classification got the same raise at the same anniversary point, such as 1 year, 5 years and 10 years and a fixed wage at each calendar step was used. Job performance and hours worked on the job were major factors not included. For example, at the one-year anniversary date each cashier got the exact same raise regardless of how many hours they had worked in the previous year or how well cashier functions were performed.

The new wage schedule established hourly milestones for obtaining a raise, such as 1000 hours, 2000 hours, and 4000 hours. The new schedule also established a small range of wages at each milestone step, thus allowing for basing raises in part on performance.

So what are the Co-op’s current average wages? The following table presents the information for the 43 hourly employees.

<table>
<thead>
<tr>
<th>Years of Service</th>
<th>Average Wage</th>
<th># of Hourly Staff</th>
<th>% of Hourly Staff</th>
</tr>
</thead>
<tbody>
<tr>
<td>0-1</td>
<td>$10.71</td>
<td>6</td>
<td>37</td>
</tr>
<tr>
<td>2-5</td>
<td>$12.45</td>
<td>7</td>
<td>16</td>
</tr>
<tr>
<td>6-10</td>
<td>$15.91</td>
<td>9</td>
<td>21</td>
</tr>
<tr>
<td>11+</td>
<td>$16.37</td>
<td>11</td>
<td>26</td>
</tr>
<tr>
<td>All</td>
<td>$13.54</td>
<td>43</td>
<td>100</td>
</tr>
</tbody>
</table>

We are happy to offer a 10% discount on all massage services to members of Weavers Way.

Not unexpectedly, wages for salaried staff are higher than for hourly staff. Aside from the General Manager, the Co-op has six salaried positions, including Operations Manager, Fresh Foods Manager and Finance Manager. The average wage for these six positions is $19.50.

How do these average wages compare to wages in the Philadelphia area? We can refer to November 2004 wage information for the greater Philadelphia metropolitan area from the U.S. Bureau of Labor Statistics and look at comparable occupations. Cashiers in our region average $8.36 and stock clerks average $11.11 while front-line supervisory managers for retail sales employees average $19.96. Compared to regional averages, Co-op wages for hourly staff are higher and wages for salaried staff are similar.

A final observation on wages at the Co-op is useful. Across-the-board wage cuts were instituted in January 2004 as one means for handling the fiscal crisis. The cost-of-living increases made in July 2005 have all but reversed these previous cuts.
Let's Go Nuts!

By Peter Samuel

I recently noticed that I cannot keep ahead of the supply curve in my house when it comes to shelled walnuts. All of my girls (young women really) decided that walnuts are a delicious way to get omega-3. No matter how hard I try to steer them towards the ground flax seeds (pound for pound probably a much more efficient way to get the same nutrients), they cannot keep their hands out of the nut jar. That is why someone is always scribbling on my Co-op shopping list: “More Walnuts!”

Chris Swiftly, our man in charge of nuts and other purchasing at Weavers Way, says this time of year walnuts go flying out of the bulk bins. To the tune of 300 pounds a month or more. (The Samuel girls are possibly boosting those numbers.)

Another popular item at all times of year is the tamari almonds. Can people get through the winter holidays without eating nuts? Probably not. I don’t remember any Christmas when I was a kid without a big bowl of unshelled nuts, and spending hours with a nut cracker. Until I was in college, I didn’t even know nuts came without shells, except for those cans of salty peanuts, or Planter’s Mixes with too many Brazil nuts that no one would eat.

The Co-op purchases nuts in bulk from United National Foods — a national distributor of natural foods with a distribution center in New Oxford, Pennsylvania. Their web page says that they promote and distribute high quality, natural and organic products, and that they support organic and sustainable agriculture and encourage the protection of the environment. The Co-op also purchases from Wricley Nut, located in South Philadelphia near the produce center. Nuts come in containers ranging in size from 10 to 25 pounds, which then get funneled into the bulk bins or, in some cases, get divided up into small bags like the tamari almonds.

If you purchase your nuts or seeds at the Co-op — which you should do — because you can’t beat the prices or the freshness — you will have eight different nuts to choose from, not including peanuts which we all know are really a legume (they grow underground — that’s why they call them “ground nuts” in Africa). And there are ten kinds of seeds.

— of course this also includes things that many people consider spices like anise, poppy, mustard, fennel, sesame, celery and caraway. Chris says the most popular seeds are sunflower and pumpkin, which have a lot to recommend them in the health department. Pumpkin seeds are a good source of zinc and a phytochemical called curcubitosin, which reduces the risk of prostate cancer. Sunflower seeds contain a potent antioxidant team of selenium and vitamin E to fight cancer and heart disease. A good source of potassium and phosphorous, sunflower seeds also contain protein, iron and calcium.

Many seeds are high in the antioxidant vitamin E, which is highly regarded for its anti-aging properties.

Most nuts contain monounsaturated and polyunsaturated fats that researchers are showing actually improve heart health by reducing LDL (low-density lipoprotein) cholesterol, the “bad” stuff that gums up blood vessels. Recent studies show that tree nuts, especially almonds and walnuts, feature fatty acids that convert in the body to omega-3 oils (abundant in certain fish like salmon and tuna) associated with fewer blood clots and decreased risk of stroke. Flax seeds are documented to provide similar positive effects.

(continued on page 13)
Mineral deficiencies are common in athletes, especially those participating in endurance sports such as marathons, long-distance running, and cycling. These sports require an extended period of intense physical activity, which can lead to a significant strain on the body and, consequently, on the mineral balance. The primary minerals that are most commonly depleted in athletes include calcium, magnesium, potassium, and iron.

Calcium is essential for bone health and muscle function. Magnesium is vital for proper muscle contractions and energy production. Potassium plays a crucial role in maintaining fluid balance and regulating muscle contraction. Iron is necessary for the production of red blood cells, which carry oxygen to the body’s cells.

To prevent mineral deficiencies, athletes should ensure that their diets are rich in minerals. This can be achieved by consuming a variety of whole foods, such as leafy green vegetables, dairy products, lean meats, and seafood. Supplementation may also be necessary, especially for those following a vegetarian or vegan diet.

In conclusion, understanding the role of minerals in athletic performance is crucial for athletes who want to achieve their optimal performance. By ensuring adequate mineral intake through a balanced diet or supplementation, athletes can enhance their performance and reduce the risk of injury and illness.
Are the Fish Oil Supplements You’re Taking Safe?

The health and medical communities have become increasingly vocal about the difference between “good fats” and “bad fats,” and the importance of getting adequate amounts of the former in the diet, while limiting consumption of the latter. Among the most famous today of the good fats are omega-3 fatty acids. Omega-3s help maintain cardiac health and may serve as a mechanism for reducing tissue inflammation and diseases associated with inflammation, including rheumatoid arthritis and possibly cancer. Some research suggests that omega-3s may also help with depression.

The three types of fatty acids that have been most extensively studied by the medical community are: ALA, EPA, and DHA. ALA exists naturally in foods such as flaxseed, grapeseed, and walnuts and is also made by marine algae, or phytoplankton. When small marine animals eat the algae, the ALA gets turned into EPA and DHA. EPA and DHA then accumulate up the food chain as bigger fish and shellfish eat the smaller animals. For people, the greatest health benefits come from EPA and DHA. Thus, eating fish high in omega-3s should be the best sources of DHA and EPA.

But for those who don’t eat fish, or eat very little, it’s hard to get adequate amounts of omega-3s from diet alone. Walnuts, flaxseeds and canola oil are good sources of the omega fatty acid ALA, but don’t provide heart-healthy DHA and EPA. Consequently, many people are turning to supplements to meet their omega-3 needs.

There are currently a few new DHA supplements on the market (e.g. NuTru Omega-Zen-3), which are derived entirely from marine algae. Most omega-3 supplements, however, are fish oil-based. Fish oil supplements can be a healthy source of omega-3s, but are the fish oil supplements you’re taking safe?

Fish can become contaminated by heavy metals, industrial chemicals, and pesticides such as mercury, lead, PCBs and DDT, which are washed into estuaries, streams and rivers. Fish may absorb chemicals such as PCBs, dioxins, and DDT. They may also ingest chemicals through their gills. When fish eat other fish, mercury accumulates up the food chain. Consequently, large predators such as sharks and swordfish will likely have the highest mercury levels. When we, in turn, eat fish that are contaminated, these chemicals build up in our bodies. Among the scariest risks are developmental delays in children, as a consequence of in utero exposure to contaminants through the placenta.

Knowing which fish are both good sources of omega-3s and free of contaminants can be confusing because there are a number of agencies with standards for allowable levels of contaminants. However, the standards are not the same across agencies. For example, the U.S. Food and Drug Administration (FDA) monitors seafood in the U.S. and has established standards, but many scientists believe that the FDA’s standards are not protective enough. Currently, the FDA allows contaminants from eating only four species or groups of species: sharks, swordfish, king mackerel, and tilefish. In contrast, the Environmental Protection Agency (EPA), which provides guidance to individual states for testing and issuing advisories for game and sport fish, is more protective. In addition to the EPA, the State of California, under Proposition 65, has strong standards for allowable levels of contaminants. Other agencies with standards for allowable levels of contaminants include the Canadian Food Inspection Agency and the European Union.

Fortunately, there are steps that both seafood consumers and those who use fish oil supplements can take to avoid unnecessary consumption of contaminants. For consumers of fresh seafood, the first step is to find out—before you order at a restaurant or make a choice at the local seafood market—specifically what kind of fish or shellfish you’re ordering. Some fish species are higher in contaminants than others, yet they may not be identified or labeled at the species level.

For example, king mackerel, which is on the EPA warning list, has higher mercury levels than Spanish mackerel. Yet, some markets will label the fish as “mackerel,” without identifying the species. And albacore tuna, sold as “white tuna,” is higher in mercury than Skipjack tuna (chunk “light” canned tuna).

The second step is to know how many meals of a particular species you can eat before you face risks associated with contaminants. While the first step is to up to you to take on (until seafood labeling becomes the norm), the second step requires only access to the internet. The New York-based conservation organization, Environmental Defense, has an excellent website (www.oceansalive.org/eat.cfm), which distills sampling data of fish, using the most protective standards, into a user-friendly chart showing how many meals of each type of fish men, women, and children can safely eat.

To assess the safety of fish oil supplements, Environmental Defense conducted a survey of 75 companies currently selling their fish oil products to pharmacies, grocery stores, and natural food stores. The companies were asked the following questions:

1) Whether they purify their fish oil to reduce or remove environmental contaminants; 2) What methods they use to purify their fish oil; and 3) What standards they comply with regarding acceptable levels of contaminants.

Companies were also asked to provide quantitative testing data to verify that mercury, PCB and dioxin levels were within the standards that the company was following for acceptable levels of contaminants in fish and fish oil based on the companies’ responses, each fish oil supplement product received one of the following rankings: Best Choice, Incomplete, or Worst Choice.

* Best Choice: Conforms to strictest standards for safe levels of contaminants.
* Incomplete: Responded but did not submit complete data.
* Worst Choice: Did not respond.

Companies that received a Best Choice ranking demonstrated that their products conform to the strictest standards (those of the EPA and the State of California).

Some research suggests that omega-3s may also help with depression. Fortunately, there are steps that both seafood consumers and those who use fish oil supplements can take to avoid unnecessary consumption of contaminants. For consumers of fresh seafood, the first step is to find out—before you order at a restaurant or make a choice at the local seafood market—specifically what kind of fish or shellfish you’re ordering. Some fish species are higher in contaminants than others, yet they may not be identified or labeled at the species level.

The good news is that more than 80% of the companies surveyed are complying with the strictest standards (those of the EPA and the State of California).

So how do the fish oil supplements sold by the Co-op measure up? Weavers Way currently sells five brands of fish oil products: Nordic Naturals, Reliance, Spectrum, Nature’s Basics, and Country Life. Unfortunately, only two of the companies listed were ranked, Nordic Naturals and Spectrum. Both were ranked “Best Choices.”

Country Life asserts that the cleanliness and purity of their oils have been certified, and that they are currently working with Ocean’s Alive to provide them with whatever information they need. Reliance and Nature’s Basics both stated that they adhere to the highest levels of purity, but neither were able to supply documentation by press time.
Financial results for the quarter ending September 30, 2005 are a bit of a mixed bag.

Sales/Revenue: While sales had a 5.4% improvement over last year for the same quarter, we had budgeted a larger increase. We fell short of this increase by 4.2%. We did pick up additional revenue from our settlement with Andi Sheaffer ($11,700), and we will continue to receive revenue from Andi from the settlement. We also transferred a few thousand dollars from the accounts of members who are inactive but still pay to receive the Shuttle. This is an annual charge. Retail income was $1800 ahead of budget.

Margin was 32.6%, an improvement of 32% from last year, but we had anticipated a margin of 33.23%. The .6% difference may not seem high, but it represents an $8,500 shortfall from plan. Part of this may be due to the cost of fuel surcharges not figured into the cost of product. We are anticipating the POS to assist us with margin improvement over the course of the year.

Labor: Due to a number of factors in the first quarter, labor was below budget as a dollar amount, but ahead of budget against sales by 1%. While this number does not seem large, it represents a labor expense of $14,000 in excess, based on sales-to-labor percentages (or about $1,000 per week). This was for three reasons: training of a new person in Human Resources (Glenn Fulop left after ten years to move to New England); training for the Membership Coordinator's position (unbudgeted); and a full time POS staff person (budgeted at 12 hours per week). We do expect to see an improvement in our worker's compensation rates for the rest of the year (approximately 5% decrease), due to the Safety Committee started at WW. We do expect to see an improvement in our worker's compensation rates for the rest of the year (approximately 5% decrease), due to the Safety Committee started at WW. Sarah James, the Co-op's Admin Support person, left for another position in November, and we have not replaced her.

Operating Profit: The Co-op had a loss of $10,154 in the first quarter. We anticipate making this up in the present quarter and decreasing labor as we move forward. We have put on hold a number of projects until the costs are brought in line with the revenue and margin.

Net Income was $16,698, due to the other income listed above.

Repairs to our buildings were also an issue this quarter, as the weather allowed for long-needed work to be done and a contractor was paid after this year after resolving problems with work performed last year.

Member Equity and Retained Earnings for last year show a decrease of approximately $350,000. This is a revaluation on paper and is due to the equity reallocation that took place last year, after the membership voted to reallocate member equity to more accurately reflect the Co-op's actual value (assets minus liabilities).
The Simplicity Dividend

Driven Crazy by Driving? Thoughts about Cars
by Tony Twidt

In our continued quest for more efficient cars, the question of how to become less car-dependent in general has been overlooked, because driving is assumed to be a given. For most of us, driving is indeed a fact of life, taken for granted unless our car is in the shop. Traffic reports, like weather reports, describe conditions that seem beyond our control, as if traffic were not just a collection of too many people driving their cars, most without any passengers. “Heavy volume,” the announcer intones. However, in seeking simpler and more sustainable lifestyles, sooner or later we must address the unintended consequences and downsides of automobile dependence.

There has to be a better way to spend our time than sitting at traffic lights, circling around seeking parking spaces, and inching along in traffic jams. Driving is detrimental to individuals’ health and to the health of the planet in numerous ways. The more we drive, the less we walk or bike; it has been documented that car-dependent suburbs (and Mt. Airy, with minimal goods and services and inadequate mass transit, is set up more like a suburb) pack on extra pounds over time. Those who drive long distances experience stress, which in some cases has escalated to road rage. Driving also detracts from the quality of life in our communities. When everyone drives, it drains pedestrian street life, leaving neighborhoods less populated, less friendly and less connected. In Bowling Alone, Robert Putnam cites studies showing an inverse correlation between the time people commute and the time they invest in civic activities. As traffic speed increases, it becomes less safe and appealing to walk in a neighborhood. When sprawl takes over, homes orient around cars; three-car garages are not uncommon. (The average American car’s living quarters are in fact superior to the homes of most of the planet’s people.) My in-laws lived in an over-55 community near Philadelphia where all the houses were built with garages in front and the living spaces in back, eliminating yards and porches; neighbors only see one another going in or out of their cars, and not necessarily even then, since the garages are attached. Is it any surprise that depression is on the rise? Many suburban neighborhoods are so auto-centric they don’t even bother to build sidewalks. People’s cars become an extension of their homes, gated and locked.

Our daughter is a new driver, thrilled to own her first car. (Driving less is not our idea of her personal independence when she was in school.) Driving is, of course, very expensive, and likely to become significantly costlier over time. We pay for this luxury directly and indirectly. We must buy the car and pay for its upkeep and insurance, manage and maintain the vehicle, pay for the gas, tolls, and general upkeep, foot the bill for all those little dings and dents, and pay tax dollars for road construction, maintenance and pollution remediation. If we had to pay as we go, by the trip, we would probably all think twice before jumping in the car and driving a mile or two to buy a quart of milk.

So what can we do? I know a few people who are committed to living without a car and rely on foot, bike, and public transit. Most of us cannot manage that, but we can alter our habits. A good first step is to determine how much you drive. The average American vehicle is driven about 12,000 miles a year. To get a rough idea of your driving, take your odometer reading and divide by the number of years you’ve driven the car (presuming you bought it new). Post that annual average prominently and challenge yourself to lower it in the coming year; a clear goal of driving less will cause you to self-monitor your motoring habits more closely.

Another way to think about this is give yourself a mile budget: when you drive over-budget, you need to tighten up. You are making a contribution in another way — each car that stays off the road decreases the aggregate load, so people that do drive can be more efficient about it. Explore alternative modes of traveling where you need to go. The train to Center City may seem expensive, but if you take your parking costs into consideration, the price goes down. Try the Chitstown Bus if you’re going to New York City. Check out the Philadelphia bus system. Give yourself a minimum distance that warrants driving the car; say three blocks away if you’re going less than that, walk. Try biking or roller-blading to combine exercise with errand running. Finding closer alternatives for repeating

(continued on page 17)
Co-op Farm Receives Grant from the Claneil Foundation

by Amy Maggs

The Claneil Foundation, a private foundation incorporated in 1968, recently supported a grant for $3,000 to go toward operational costs for the Mort Brooks Memorial Farm. The foundation supports nonprofit organizations that: “make a difference in the lives of individuals, families, and the institutions that support them; develop an informed, educated, and engaged citizenry; and increase the understanding and appreciation of natural, built, and cultural assets.”

Claneil has supported the farm since 2002 when it issued a grant for $5,500. The 2002 grant was used to fund part of the salary of a part-time farm coordinator, set up an irrigation system and purchase tools to support the farm’s community outreach programs.

This year’s grant was written by Raisa Williams (who will oversee the grant), Norma Brooks (chair of the farm committee) and Emily Neuman (farm coordinator). It will go toward helping to cover the salary of the part-time farm coordinator, providing support for educational endeavors and tool replacement.

Educational outreach programs are at the heart of the farm’s mission. Fourth graders from the Henry School visit the farm about four times a year, led by Karen Stevens, Henry School teacher and Co-op member. The farm has provided grow lights, educational materials, and technical assistance to the Wissahickon Charter School. The farm also holds an annual propagation party in March, where community members learn how to begin seeds indoors and, in the process, start to grow and nurture the seedlings the farm will plant that spring.

The farm, located on a rented plot at the Awbury Arboretum, experienced an abundant 2005 growing season. Co-op member and nonmember volunteers worked to harvest tomatoes, strawberries, eggplants, peppers, okra and a variety of squashes, which were sold at the Co-op. The Farm Committee will meet in January to determine the varietals for next year’s crops.

The farm, which was originally started by the Henry School in 1972, has since evolved into a nonprofit with the mission of educating, and engaging the community. The farm, which was recently supported a grant for $3,000 to go toward operational costs for the Mort Brooks Memorial Farm.

### Wish List

**For the Mort Brooks Memorial Farm**

- Garden forks
- Garden hoes
- Metal pots (5-7 feet tall)
- Spades and shovels
- Grow-light sets (for classrooms)
- Wheelbarrow or garden cart

We will appreciate used and new items alike. You may leave items at the store. Please see a staff person for assistance.

To coordinate a pick-up from your house, call Farm Committee member Emily Neuman at 215-438-8673.

THANKS TO EVERYONE WHO DONATED LAST YEAR! Your generosity helped make our work easier and more enjoyable.

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**Driven Crazy by Driving**

(continued from page 16)

appointments and errands, I have saved many miles. I now walk to my doctor’s office, bank, and the haircutter. See how many of your needs can be provided for locally.

If you are attending an event with friends, carpool. In our busy world, most of us don’t see friends as often as we’d like; driving together to and from a destination affords a few extra minutes of catch-up time which would normally be spent listening to depressing news on the car radio. Lobby for the option of telecommuting. Give up a second car and join PhillyCarShare.

If you’re relocating, think ahead how to live in easy walking distance of train station, Weavers Way, bank, library, and perhaps a playground. And of course, do errands efficiently by combining trips, or even better, do them on line.

If you’re looking for an environmentally friendly road service, check out www.betterworldclub.com. They will offset your first ton of carbon emission. You might not be carless, but you can definitely use that car less!

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**International homecooking returns with Afghani dinner**

Featuring Guest Chef Sultan Malikyar of Chestnut Hill Coffee

Sunday, January 22

Call for details

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**Driven Crazy by Driving**

(continued from page 16)

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I love winter and I hate it, not because I am a Libra but because I spend much of it worrying about the cold, thirsty, hungry animals that do not have adequate shelter or food. Although I understand why I’m not supposed to regularly feed wild animals, I break my own rules when it comes to freezing weather and blizzards. A helping human hand during winter months can mean the difference between life and death for wild animals and domestic strays.

A few animals, like bears, bats, turtles, skunks and groundhogs, hibernate or migrate to warmer climates. But for many birds and mammals it’s survival as usual, except with formidable winter challenges. Although food is scarce, many animals can live with reduced rations; however, they cannot live without water. When everything is frozen solid, animals will eat snow to stay hydrated, but when there is no snow, animals face a dire situation. Dehydration will claim a life sooner than starvation. Some animals get so desperate that they drink antifreeze, which tastes sweet but is very poisonous.

I encourage people to purchase water heaters, with specially designed coils for submersion in water, or a heated water bowl to place outside when temperatures are freezing. I put the heat coils into my bird baths and use outdoor electrical extensions to reach an electrical outlet near my house. I wrap plastic around any connection and tightly bind duct tape at both ends to prevent moisture from reaching the connection. In addition to quenching thirst, birds continue to bathe throughout the coldest days. Every morning my water bowls are almost empty, confirming that an assortment of nocturnal wildlife and strays come to quench their thirst during the night as well as by day.

When everything is frozen did you wonder what strays and wild animals eat? The pickings are certainly slim—berries, bark, nuts, seeds and an occasional bug found in a pile of leaves. But when there are high snows animals can’t even forage. They often get stranded in the place they chose for shelter during a blizzard and have difficulty merely walking through the deep snow to find food. This extra effort means burning vital fat reserves. Some winterers bring snows that are too high for short animals, like rabbits (who can’t climb), to even reach the tree bark that would ease their hunger pangs.

Birds are the most obvious critters active during winter daylight hours. These feathered powerhouses have a very high metabolic rate that enables them to sustain the energy they need to fly, and that means that they must eat every 20 to 30 minutes. Our most common backyard birds must eat between 30 and 80 percent of their body weight each day. That’s comparable to a 150-pound person requiring between 45 and 120 pounds of food a day. Without the availability of bugs and seeds, birds have come to rely on the generosity of humans providing seed and suet (fat trimmed from the kidney area of a cow). And please note that most natural berries from hollies, poison ivy, dogwood, cypress have all been eaten by early January, making bird feeding all the more essential. Suet put out in specially-designed feeders, or simply in an onion-type bag will attract an assortment of birds, especially woodpeckers.

The most nutritious seed to feed birds in the winter is black-oil seed. It is also the most expensive, but it provides fat for warmth and energy. Most wild-bird feed has a high concentration of millet, a small round seed that birds often kick on the ground trying to get to the black-oil sunflower seed. Different birds have varying preferences, and different seed choices will attract different types of birds. I save on cost by buying my seed in bulk which makes availability also a convenience.

Except during winter, I compost my food scraps. After October I put them in my garden (with the gate open) for any hungry creature to enjoy. Housing is something I also choose to do for the...
Winter Wildlife

(continued from page 18)

strays. I set out one or two containers, either animal carriers or wooden boxes I have constructed, and fill them with hay for weary creatures to get a warm and cozy night’s rest. I rest them on pallets, not on the cold ground, and I make the entrance higher than ground level to prevent cold winds from blowing into the “house.”

My favorite wild creature is a bat, so I send you an extra special plea not to disturb any bat found during winter in your attic, a cave, a mine, or any other place. Many folks find bats indoors during the holiday months when they are retrieving or storing holiday decorations. Please leave the bat alone. It will leave in the spring. By the time folks find bats indoors, bats are in a deep state of hibernation, and the smallest disturbance causes one month’s loss of fat reserves. Just to open its eyes means that the bat had to restart its metabolic system and bring its heart-rate back to normal. This takes a huge physical toll that could result in it becoming too weak by springtime to even have the energy to fly. With the increase in West Nile Disease carried by mosquitoes, bats are essential in our backyards. Bats and all wild creatures need our help to survive mankind, cars, chemicals, and loss of land. Animals provide so much benefit and pleasure and get so little in return. Please help them survive, especially in winter.

The Schuylkill Wildlife Rehabilitation Center has reopened with the hiring of a new wildlife rehabber. It treats native Pennsylvania wildlife free of charge, seven days a week, 365 days a year, and is staffed primarily by volunteers. For more information on wildlife, to become a volunteer, or to make a donation, phone 215-482-8217.

In the “house,” prevent cold winds from blowing into the entrance higher than ground level to keep the bat’s territory warm. I make the entrance to the “house” not on the cold ground, and I make the entrance to the bat’s area higher than ground level. I have constructed, and fill them with hay either animal carriers or wooden boxes.

Whether you’re an animal lover or not, your heart probably aches when you see an injured animal on the side of the road or a baby rabbit in your yard that appears to be abandoned. For the last 18 years, we have been lucky to have a haven for these wild critters nearby, at the Schuylkill Center for Environmental Education in Roxborough. After a brief closure, the center celebrated its grand reopening on November 22.

As many veterinarians will attest, taking care of sick or injured animals is no easy feat. This task becomes even harder if the animals are wild, because veterinarians cannot legally treat them. In order to bridge this gap in care, the Schuylkill Center for Environmental Education started its Wildlife Rehabilitation Clinic in 1987. The clinic has been providing care to sick, injured or orphaned native wildlife, 24 hours a day, seven days a week, every year since its inception 18 years ago, the clinic has not only focused on animal care, but diligently provided environmental education to the public. Long-running programs about wildlife in general and how to interact with them have played a large part in spreading the environmental word of the Schuylkill Center. Last May, the clinic went through a period of transition and closed its doors at the recommendation of the Pennsylvania Game Commission. This was done in order to repair regulatory infractions, as well as increase the clinic’s staffing so as to provide the highest level of care to our animal patients. This ultimately led to the decision to hire a full-time rehabilitator, a part-time administrator, and a part-time rehabilitator.

Rick Schubert, the clinic’s new Director of Wildlife Rehabilitation, came to the Schuylkill Center from the Mercer County Wildlife Center, where he cared for injured and sick wildlife, managed volunteers, and counseled the public about wildlife. “My passion is treating wild animals,” says Rick. “I feel obligated to take a stand for those that have no voice. Since my beginning in wildlife rehabilitation, I have wanted to run a wildlife care facility. When the opportunity arose with the Schuylkill Center, I jumped at the chance.”

Assisting Rick with wildlife rehabilitation is Connie Joiner, who will be working part-time for the clinic. She also works at Reynarden Farm Wildlife Rescue as a wildlife rehabilitator. She has been providing care to sick or injured animals for 20 years, and she is excited to be part of the Schuylkill Clinic.

The clinic has not only treated injured animals, but has also provided environmental education to the public. Long-running programs about wildlife in general and how to interact with them have played a large part in spreading the environmental word of the Schuylkill Center. Last May, the clinic went through a period of transition and closed its doors at the recommendation of the Pennsylvania Game Commission. This was done in order to repair regulatory infractions, as well as increase the clinic’s staffing so as to provide the highest level of care to our animal patients. This ultimately led to the decision to hire a full-time rehabilitator, a part-time administrator, and a part-time rehabilitator.

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Licensed Wildlife Rehabilitator and specializes in Rabies Vector Species (RVS) intake, treatment, rehabilitation and release. The clinic’s administrative responsibilities will be handled by Steve Aldrich, who handles the clinic’s computer technology needs as well as administrative tasks, such as tracking animal patients.

“We are lucky to have a person like Rick on our staff,” says Dennis Burton, Executive Director of the Schuylkill Center. “Within days of reopening the clinic, we were already treating animals. Those submissions simply resulted from word of mouth as Rick informed his colleagues of the clinic’s status. Our facility serves a great need in the Philadelphia area for wildlife care and Rick is ready to continue the job.”

The Schuylkill Center recently celebrated the clinic’s reopening with a party on November 22. Over 100 guests attended, bringing various items to stock the Clinic’s shelves. Donations included paper towels, bath towels, Dawn dish soap, heating pads and unscented liquid laundry detergent. Attendees were able to meet and greet the new Clinic staff and mingle with other supporters over wine and hors d’oeuvres.

Until the clinic gets its own permits for RVS — bats, skunks, raccoons, groundhogs and foxes — it is not accepting these animals. They will continue to be accepted by Connie Joiner at her Lansdale facility — Reynarden Farm Wildlife Rescue (610-812-0624). Like most rehabbers, Connie has several sub-permittees who specialize in the care of certain species. I am one of those permittees, specializing in bats. You can reach me in Andorra at 215-482-4356. Deb Welter of Diamond Rock Wildlife Rehab in Malvern 610-240-0883 also accepts small mammals and RVS species. If you are interested in volunteering, the SWRC will be accepting new volunteers in March. There will be orientations on Wednesday, March 15, from 6:30 to 7:30 p.m. and Saturday, March 18, from 11 a.m. to Noon. Call Rich at 215-482-8217 for details as to the location. For more information about the clinic or for wildlife questions, please call 215-482-8217 or visit www.schuylkillcenter.org.

Dahlab, the popular Ethiopian and Eritrean restaurant near Maplewood Mall in Germantown, has reopened. After two years of success during which Dahlab developed a loyal following, Neghesti Ghebrehriewt, Dahlab’s owner and master chef, was forced to temporarily close the restaurant this past October when her husband and partner, Amare Solomon, died of a sudden heart attack.

Neghesti and Amare opened the restaurant at 5547 Germantown Avenue about two years ago, urged by friends who loved their original Dahlab in University City, now in business 22 years. As you enter Dahlab, which is named for an Eritrean archipelago in the Red Sea, you see that it offers an altogether exotic dining experience. Neghesti arranged the décor herself: traditional handicrafts, musical instruments, and photographs on pure white walls. Seating varies from tall stools to low leather tripods, but always in circular, round, for meals, traditional shared eating.

Stews of beef, chicken, lamb or vegetables, in sauces hot or mild but all fragrant with spices, are served on injera bread for eating by hand.

Neghesti describes Amare as “always smiling,” and she misses his “energy and morale.” When they first opened here in the old Asher chocolate factory, Amare told a reporter, “They say that if we do well, businesses will move back into these buildings.” Now, with the help of her cousin and brother-in-law, Dahlab has reopened, and in a shop window two doors away a sign reads: “Grand Opening.”

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Climate of One

by Scott Edward Anderson, The Green Skeptic™

It all starts with one of us. This time, it was my wife, as she finished reading Elizabeth Kolbert’s three-part “Climate of Man” in The New Yorker last spring, when she said to me, “Driving an SUV is immoral.” She then proceeded to figure out how we could sell one of our cars — my 1995 Subaru Legacy sedan, to be precise — and get by with one vehicle, our 2002 Toyota Sienna.

We live in Chestnut Hill and park on the street; most of what we need is within waking distance, and we mainly use the van to cart around our two-month old twins and nine-year-old boy. I work from home. I rarely use the sedan for more than short trips downtown — when I know public transportation will not be convenient or at the airport when I’m flying for work.

On the face of it, we should be able to do away with one of our cars. We will adjust.

Some time ago, I wrote about carbon counters in my GreenBiz.com column. At that time, I calculated my carbon footprint at 491 lbs. (223 kg.), which I was told is less than average. Then I started working from home and down went my gas purchases, my dry cleaning bill, everything but my coffee intake and mobile phone costs. What would giving up this car do for my carbon footprint? According to CarbonCounter.org, “every gallon of gasoline you save avoids 22 pounds of CO2 emissions.” That’s a pretty good savings.

Okay, so now I’m thinking, what if my carbon output is negative? Then maybe somebody owes me. In a world of carbon trading, could that become a reality?

I am only one person. What would it take for each of us to act responsibly and make carbon reductions? Well, one incentive might be the ability to trade personal carbon credits with others. My work requires a fair amount of flying. What if, during those times when my travel is low, I could “bank” my credits and use them when my air travel increases?

Moreover, what if those friends of ours who took advantage of Bush II’s tax credits for large truck purchases ‘for business’ could trade credits with me, thereby mitigating their increased output and allowing them to drive what they clearly have decided is a necessity. They’ve made a lifestyle choice. That’s okay with me, but who foots the bill?

Perhaps instead of tax credits, people who drive SUVs should pay a carbon tax, along with increased insurance rates based on a combination of safety and environmental risks. Then to offset that tax, they could trade with me on the open market.

It’s just a thought.

A young man and his dad bought the Subbie from us just after I wrote this column, and we have not missed it.

You can read more by Scott Edward Anderson on the web at www.greenskeptic.blogspot.com.

In Memoriam

Vine Deloria, Jr.,
Native American Author, Activist

by Matt Goodman

Anyone who has studied American Indian culture will recognize the name Vine Deloria, Jr. The Sioux author, teacher, activist, lawyer, and statesman died this past November.

He was best known for his 1969 book, Custer Died for Your Sins, which was one of the first writings by a Native American to reach a wide national audience. With a masters degree in theology and a law degree, Deloria was able to write on religion (God Is Red, 1973) and the nationhood status of Native Americans (The Nations Within: The Past and Future of American Indian Sovereignty, 1984, Clifford M. Lytle coauthor). He was considered an expert on treaties between the United States government and Native American Indians and worked tirelessly to have the U.S. government honor its broken treaties that recognized Indian tribal sovereignty.

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In Memoriam

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The Five Rhythms: an Ecstatic Movement Meditation Now in Philadelphia

We moved back to Philadelphia this summer after being away for seven years. We followed our dream and moved to Mt. Airy. We love this special neighborhood, with its communal feel, Carpenter Woods, Valley Green, and the Co-op, and the fact that this green, homey, quiet spot is part of a great city that has a lot to offer... Only one thing was missing for me — the 5 Rhythms!

I was introduced to the 5 Rhythms of Gabrielle Roth four years ago by an incredible teacher — Ya’Acov Darling Khan. It has since become my path of spiritual practice. Gabrielle Roth developed her body of work to allow for a reconnection of art and healing, body and spirit, spiritual practice and everyday life, the individual and the community. The 5 Rhythms (Flowing, Staccato, Chaos, Lyric and Stillness) take us on an ecstatic journey, opening us to the inherent wisdom, creativity and energy of our body. While providing a structure, the Five Rhythms offer an invitation to dive deeply into the exploration of one’s own individual dance, follow the waves of energy, connect with others from an authentic place, and discover the magical world of improved movement. It is suitable for everyone, regardless of age, shape, or experience level.

Ya’Acov Darling Khan, co-director of the Moving Center, UK, and an internationally acclaimed teacher, has agreed to come and introduce the work in Philadelphia. He will be teaching Awaves - Movement as spiritual practice on January 20-22 in town. For those of you who hear the call, contact me at 5rhythmphilly@gmail.com or 215-279-3003. To learn more about the Five Rhythms visit www.gabrielleroth.com.
A New Year's Resolution from the Floral Department

Find More Environmentally & Socially Responsible Flowers

by Emily Nunam

This summer the fresh flower industry launched a sustainability certification system called VeriFlora. Much like the USDA Organic labeling system, VeriFlora requires that producers’ operations be inspected before they may place the VeriFlora label on their flowers. The certification system went into effect in June. The standards were designed by the company that develops international standards and provides a broad range of food testing and certification services, including organic certification services for farms. VeriFlora certification is designed for the American flower market, but is based on standards already in place for the European market. So far, four international flower companies have had their products certified for the VeriFlora label.

They are:

• LatinFlor of Quito, Ecuador;
• Kendall Farms of Fallbrook, California;
• Nevada Ecuador of Latacunga, California;
• The Sun Valley Group of Arcata, California.

In order to sell VeriFlora products, floral distributors must also be certified. The standards for VeriFlora certification are based on six principles:

• Advanced agricultural practices
• Conservation of water resources
• Conservation of ecological resources
• Waste Management
• Social Responsibility
• Product Quality

Producers who are not already organically certified must have a conversion plan to organic and must become organically certified within 18 months of VeriFlora certification. Until the farm is organically certified, all use of synthetic chemicals must be justified in writing to the VeriFlora certifier. Producers must ensure that their flowers are free of all topical pesticide residues before shipping.

According to an article in the

(continued on page 25)
PRESENTING THE WORLD PREMIERE OF

AMERICAN SUBLIME

BY PATRICIA LYNCH
DIRECTED BY SETH ROZIN

CAN PATRIOTISM GO TOO FAR?

JAN 20 THRU FEB 19

FOR TICKETS OR INFO CALL 215-568-8079
OR VISIT WWW.INTERACTTHEATRE.ORG
PREVIEWS $15, WEEKDAYS $22, WEEKENDS $25 – 3-SHOW SUBSCRIPTIONS START AT $39
PERFORMANCES AT THE ADRIENNE, 2300 SANSOM ST, PHILA. – TUES-WED AT 7PM, THURS-SAT AT 8PM, SUN AT 2PM
Environmetally Friendly Flowers (continued from page 23)

Sept/Oct 2005 issue of Utne magazine, SCS hopes to extend the VeriFlora certification to other pesticide-intensive crops like bananas, coffee, pineapples, and avocados. The VeriFlora label is unique in that it combines elements of organic and fair-trade labeling. At present, the organic label does not ensure worker safety, fair wages, or conservationist water use.

At present, Weavers Way cannot access VeriFlora-certified flowers through the wholesalers from whom we purchase our floral products. However, these companies are aware that we want to support this new labeling system and that we would buy certified flowers if they were available.

Until VeriFlora flowers are more readily available, we can try to source more of our floral products locally. The environmental savings of buying regionally grown flowers (in terms of shipping and cooling costs) are tremendous. In addition, we have a better chance of obtaining organic flowers straight from the grower than we have through wholesalers. For example, this summer we featured organic flower bouquets from Willow Creek Farm in Montgomery County. Unfortunately, demand for these bouquets was so high that Willow Creek could only supply them to us for a short time. We also bought no-spray peonies, hydrangeas, sunflowers, snapdragons, and other assorted varieties from growers in Philadelphia’s Northwest. Finally, although they are not chemical free, we buy Jersey-grown flowers through our wholesaler whenever possible.


Mt. Airy Quality of Life Handbook Available at Weavers Way
by Laura Ann Sims

Looking for that one source for all the phone numbers, websites and helpful information about city services, community problem-solving and zoning? Look no more!

Weavers Way now carries Quality of Life Handbook, a 25-page booklet jointly published by East and West Mt. Airy Neighbors that is stuffed with useful information for block leaders, activists and residents. This booklet is intended as a step-by-step guide for anyone seeking help with a wide range of quality of life issues, such as trash collection, dilapidated houses, barking dogs, etc. There are also special sections on zoning and street trees, as well as a Guide to Public Safety and The HELP Line: A Guide for Block Leaders. The Quality of Life Handbook also contains a variety of City of Philadelphia forms for use when organizing block parties, requesting graffiti removal, and other matters.

This guide will be invaluable to any block leader or resident in accessing city services and solving issues in their immediate neighborhood.

Elfant Wissahickon Realtors generously sponsored the development of the handbook.

Buy your copy at Weavers Way or call West Mt. Airy Neighbors at (215) 438-6022 or East Mt. Airy Neighbors at (215) 242-4170 or email wman@wmnan.net.

Mt. Airy Quality of Life Handbook
Check It Out!
http://westmountairy.com
and to try and monitor their purchasing, to make sure they are a member by their next trip. The time it would take to constantly tell people after they have shopped that they are a lock on the door that only members can use. Nor do I believe we should bring the selling price on some products (non members) we add a 20% charge on. This fee of 20% would bring in about $30 to the capital account. The 20% is not high enough to make the person closer to the market price. It is a cost that quietly allows visitors to shop. It is also the look as if I am from somewhere else. Often I hear, “I just work at the school and live in Fish Town.”

I am suggesting that for all “visitors” (non members) we add a 20% charge on the total (less tax) This 20% is enough to bring the selling price on some products closer to the market price. It is a cost that is high enough to make the person think about doing their hours and adding to their membership. Often I hear, “I just work at the school and live in Fish Town.” There is also the look as if I am from Mars when I suggest they join, even thought they work across the street.

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Mambo Sprouts Get Stomped

By Herman Wein

The Mambo Sprout coupon books are no longer available at the Co-op. These popular coupon books were made available to us by our trade group, National Cooperative Grocers Association (NCGA). NCGA decided codes were better served by producing a coupon book specifically for food co-ops and dropping the Mambo Sprout program. So far, one co-op coupon book has been published, which we distributed in the late summer and early fall. Members redeemed 415 coupons from that book. Look for the next one to come out in the spring. The Mambo Sprout coupon books came out four times a year. To fill in, Weavers Way is also now distributing a coupon book from our main supplier, called “Healthy Clippings.” Look for it around the store, it comes out quarterly. You can still get Mambo Sprouts coupons by visiting mambosprouts.com and clicking your way to printing your own coupons, which appear to me like the same ones which were printed in the book. Since the coupons are manufacturer coupons (as opposed to store coupons), they should be good at any retailer (including us).

Speaking of coupons, I can’t let this opportunity go by without inserting my own diatribe about coupons and marketing in general. At one NCGA conference I attended, I suggested that much of what we call “marketing,” i.e., promotions, coupons, advertising, end caps, etc. is a waste of time and money and we would all be better off just lowering everyday prices. People began by listening politely, but then I became aware that everyone in the room was looking at me like I was talking insane gibberish. They seemed to have decided that the best course of action was to humor me until I shut up and that since I displayed no sign of physically endangering anyone, I could be safely ignored, which they then proceeded to do. Actually, another manager said he wanted his store to be exciting, and that promotions were the way to achieve an exciting store. I never saw anyone get excited by seeing the price of Edensoy drop $30 for a month, but maybe our Weavers Way shoppers don’t excite as easily as shoppers in other parts of the country.

The reality is that advertising, coupons, sale prices, and all other forms or marketing are ultimately paid for by consumers via higher prices. Manufacturers and wholesalers and retailers all have annual budgets for marketing, and they set their prices to cover that cost. This is one of the reasons Trader Joe’s has lower prices, they spend no time creating and publicizing “special” prices. Another illustration of consumers paying for their own specials I’ve just come across is credit card “rewards” programs. Every time a retailer swipes a charge card from a customer using a credit card that offers frequent flyer miles or some other reward, that retailer gets charged 3% of the sale more than if it was a non-rewards card. Sounds small but it adds up to real money and retailers, including us, raise prices to compensate. Here’s a quote from a grocery trade paper (Natural Foods Merchandiser): “The National Retail Federation says the typical American household pays $200 a year for interfamilial fees since if family members never use plastic. Consumers believe they are getting something for nothing, but the National Retail Federation points out that the higher fees represent a two percent "tax" on purchases that retailers ultimately must pass along to shoppers.”

Back in the old days when the Phoenicians were trading bronze for cumin or whatever, marketing was much more limited. No one wanted to carry coupons given the weight of stone tablets, except in England where one merchant took them for awhile but then abandoned them after his stack got too high (now known as “Stonehenge”). Mostly, marketing back then was via word of mouth and having any food available at all was exciting enough to bring in customers. I advocate a return to those days, and am therefore calling for a boycott of coupons and stores with end cap displays of sale items and I encourage you to insist on paying full retail even if an item is on sale. If the cashier looks at you like you are looking glibberish, tell them you’re tired of paying a secret two percent tax. Then see how they look at you.

NEW HOURS for HOME DELIVERY

Monday delivery: Orders due by noon on Saturday
Thursday delivery: Orders due by noon on Wednesday

To place an order, call Emily at the store 215-843-2350, ext. 164 We will call you back to set up a delivery time. Midday and evening delivery times are available.

Beginning January 16, delivery fees will be: $7 on receipts up to $75 10% of the bill on receipts of $75 and above

Our home delivery service is available to ALL members

If you would like to deliver groceries in fulfillment of your work requirement, please contact Emily at extension 164.

C O - O P I N F O R M A T I O N

Shuttle Staff

Bob Noble
President (04-06) Bobnoble@msn.com
Sylvia Carter
Vice President (04-06)
Dorothy Guy
Secretary (05-07)
Susan Beetle
Treasurer/Finance Committee (05-07)
Steve Hebben
Staff Representative (04-06)
Stu Katz
At-Large (04-06)
Gloria Rohls
At-Large (04-06)
Jim Peightel
At-Large (04-06)
Joseph Sullivan
At-Large (04-06)
Lou Dobkin
Staff Representative (05-06)

Committee Chairs
Diversity/Outreach: Laura Holbert (05-07)
Education: Larry Schofer (04-06)
Environment: Sandra Folzer (04-06)
Farm: Norma Brooks
Finance: Susan Beetle (05-07)
Leadership: VACANT
Membership: Robin Cannon (04-06)
Merchandising Support: VACANT
Operations Support: David Baskin

Home delivery service is available to ALL members

Board of Directors

Bob Noble
President (04-06) Bobnoble@msn.com
Sylvia Carter
Vice President (04-06)
Dorothy Guy
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At-Large (04-06)
Joseph Sullivan
At-Large (04-06)
Lou Dobkin
Staff Representative (05-06)

Co-op Meetings

Orientation meeting schedule is on page 28

Schedules

To call any manager or staff person, call 215-843-2350, then their extension or press “0” to page them.

General Manager
Glen Bergman, ext. 123 gbergman@weaversway.coop

Purchasing Manager
Norman Weiss, ext. 119 normanb@weaversway.coop

Operations Manager
Rick Spalek, ext. 101 rick@weaversway.coop

Finance Manager
Lou Dobkin, ext. 110 loub@weaversway.coop

Fresh Foods Manager
Dale Kinley, ext. 104 dale@weaversway.coop

Prepared Foods Manager
Bonnie Shuman, ext. 102

Second Floor Manager
Lyn Giordano, ext. 114 lyn@weaversway.coop

Human Resources Manager
Dave Tukey, ext. 121 dtukey@weaversway.coop

Catering & Platters
Bonnie Shuman, extension 102

Delaware Valley Credit Union
215-782-2600

Fuel Oil & Electricity Co-op
ECAP 800-223-5783
www.theenergycoop.com

Managers & Department Heads
Follow Your Heart brand fake cheese style w/ whole wheat shells — yum! Also, cheese alternative. Especially cheddar brand? It’s local and shoppers give it great reviews. We can still special order some flavors in the near future. Once I am there, I will make sure to come back and talk about what we’ve seen and learned, especially how the everyday actions of Americans (like drinking coffee to buy) impact people in other countries. In some ways, I am not a good person to send since my interest in coffee is rather limited. It all tastes the same to me and is only tolerable because of sweetness and soy creamer and I mainly use it only a few times per week, when I want slightly improved energy and mental clarity. As a retailer, I do like selling it though; let’s see why coffee is an addictive stimulant which guarantees repeat sales, and has a high profit margin because it is grown by peasants in South America. And, unlike that other stimulant grown by South American peasants and sold with a high profit margin, coffee is legal. No wonder Starbucks is so successful, in a way they are the world’s largest drug dealer.

Sarah completes her veggie ‘cheese’ available.”

R: (Norman) We had Mac a Chreeese a couple of years ago, it didn’t sell at all. You could order a case of 12 if you want. (Margie) We’re now stocking Follow Your Heart Mozzarella. I agree this is the best vegan cheese. It is the only one that melts like cheese. (Norman again) Incidentally, if you read the ingredients of the Follow Your Heart (and some other non-dairy cheese products), you will see you are mostly buying solidified oil. (Margie) Norman, you’re brain is mostly solidified oil.

S: “What happened to the honey from Awbury Arboretum? The jars with the same label now say Chestnut Hill Honey. The nature educator at Awbury says they still have hives.”

R: (Chris) The information that we have is that vandals were damaging the hives at Awbury, forcing the beekeeper to move his hives to a Chestnut Hill location. (Norman) We did try vandicide, a homeoppathic remedy formulated to keep vandals away from hives by exposing the hives to pictures of con- victed vandals, and then flicking the hives lightly, but apparently the vandals aren’t aware of the power of homoeopathy.

S: “Breadshop low-fat granola please….”

R: (Chris) The Breadshop Low Fat organic granola (which was very popular for many years) was discontinued by the manufacturer. Sad to say Incidentally, Breadshop, once a small, innovative natural cereal company with whom we dealt directly, is now owned by the Hain- Celestial group. Hain-Celestial owns many brands; for a quick glimpse into how the natural food industry has consolidated, have a look at their web site, hain-celestial.com, and click on “brands.” You will see 31 American and seven European brands, many familiar to long time natural foods shoppers. Almost all started like Breadshop; small innovative companies that found a market and grew quickly and then became attractive to a larger company to take over.

S: “Love the new Lizzy Cookies. Just saw in Veg Times that they’re the product of the year!”

R: (Margie) Thank you! I love them too. They are selling well so we will keep carrying them.

S: “Told Glen I love the new tags on the cheese case. He told me to ‘write it in the book.’ Done!”

R: (Margie) Thanks, they will go down in history as one of Sarah James’ (our former administrative/marketing staffer) most publicized achievements, as the tags were photographed and published in the Philadelphia Weekly article about Greene and Carpenter. (Ed. note — At least, until Sandi completes her Manifesto.)

S: “I am most distressed that we no longer carry regular, unbagged onions. We have giant Spanish onions, red onions, organic onions and now bagged onions, but not loose onions. I am just one person. If I buy a bag of onions, they will rot before I can use them up. And I like to pick out my own produce, thank you.”

R: (Jean) Well, this is an experiment, along with bagged potatoes, to see if Weavers Way shoppers prefer the convenience (and lower price) of a bagged item over choosing, bagging, weighing and pricing bulk items. More comments from shoppers?

Welcome to Weavers Way Cooperative Association

Dear Neighbor,

If you are not already a member of Weavers Way Co-op, you are invited to join. Weavers Way is a member-owned, not-for-profit cooperative. Our bylaws require that in becoming a member, someone from your household attend an orientation meeting, where details of membership will be explained. Meetings are held at the Germantown Jewish Center (GJC), Lincoln Drive and Ellet Street, and at Church of the Annunciation (CA), Carpenter Lane and Lincoln Drive. Upcoming Orientation Meetings are on the following dates:

<table>
<thead>
<tr>
<th>DAY</th>
<th>DATE</th>
<th>TIME</th>
<th>LOCATION</th>
</tr>
</thead>
<tbody>
<tr>
<td>Saturday</td>
<td>Jan. 7, 2006</td>
<td>10:30 a.m.</td>
<td>CA</td>
</tr>
<tr>
<td>Wednesday</td>
<td>Feb. 1, 2006</td>
<td>6:45 p.m.</td>
<td>GJC</td>
</tr>
<tr>
<td>Wednesday</td>
<td>Mar. 1, 2006</td>
<td>6:45 p.m.</td>
<td>GJC</td>
</tr>
<tr>
<td>Wednesday</td>
<td>Apr. 5, 2006</td>
<td>6:45 p.m.</td>
<td>GJC</td>
</tr>
<tr>
<td>Saturday</td>
<td>May. 6, 2006</td>
<td>10:30 a.m.</td>
<td>CA</td>
</tr>
</tbody>
</table>

Meetings start promptly and last about 1 1/4 hours. Latecomers cannot be admitted. Written reservations are required, so please fill out the tear-off sheet below and return it to the store. At the close of the orientation meeting, you will be expected to pay your initial $30 annual investment (check or cash). We look forward to seeing you and welcoming you into the Co-op.

Anthony M. Rovai, Membership Coordinator

PLEASE RETURN THIS PORTION TO WEAVERS WAY

Someone from my household will attend the orientation meeting on ___

Name (please print) _______________________

Phone Number ____________________________

Address (including zip code) ____________________________

(continued on page 26)