Manager's Corner

How Ends Got Us to Ogontz…
(or What Are Ends?)
by Glenn Bergman, General Manager

As you know we opened Weavers Way Ogontz on July 1. What you may not know is why.

Well, it goes back to our Ends policy. Our ends are: You can check out our Ends (long-term goals) on the website, but you can also see them on page four of this issue of the Shuttle. When we work on projects at the Co-op, I often look back at our Ends policy to see if what we are doing, or are about to do, helps further our stated Ends. These policies work as a guide for me as I look out into the future.

Let me give you an example. After the representatives from the Ogontz Avenue Revitalization Corporation (OARC) made their pitch for Weavers Way to assist them with either finding someone to run the produce store about to close in Ogontz or running the store as a branch of Weavers Way, I listened to them and began to look at how this fit in with our Ends.

I first went to our Global Ends: “Weavers Way is a sustainable cooperative enterprise benefiting both a growing membership and the wider community.”

Opening Ogontz would expand
(continued on page 4)

A Grand Opening for New Weavers Way Ogontz Store

A Grand Opening was held for the new Ogontz Location, July 1.

Celebrating the ribbon cutting at the new Weavers Way Ogontz Store are (l to r) OARC Project Manager Karyn Connors; OARC Executive Assistant & Human Resources Director Charmagne Newman; Weavers Way Board Member Sylvia Carter; OARC Business District Manager Alfred Dorman; and Weavers Way Ogontz Store Manager Luis Cruz.

Weavers Way Co-op rolled out the red carpet and brought out the big scissors for the official ribbon-cutting at the July 1 Grand Opening of the new Weavers Way Ogontz store located at 72nd Avenue and Walnut Lane in West Oak Lane. A crowd of more than 50 neighbors, shoppers, friends, partners, and members of Weavers Way showed up to celebrate.

“If you had told us a year ago that we’d
(continued on page 6)

Testing Underway for New Online Member System and Work Calendar

Testing went as expected—smoothly but with some glitches. The glitches should be corrected in time for the next round of testing, when we will find different glitches. The non-computer-literate tester survived the experience and still has all of her hair.

A Lot Going On at Weavers Way Community Programs

I knew the honeymoon was over when I got the e-mail from Glenn, “I think it is time for you to write a monthly article for the Shuttle and share with everyone the wonderful work you are doing.”

On the evening that I met with the board of Weavers Way Community Programs (WWCP) for the first time, Glenn announced that we had been asked to start a farm and bring the Marketplace program to Martin Luther King High School. What followed was an intensive, five-week planning process with our new partners, MLK and Foundations, Inc., the organization that manages MLK, as well as others who have made significant contributions to the process. The project was initiated by Enon Tabernacle Baptist Church, which committed generous funds to bring these two initiatives to the MLK community.

MLK Marketplace

By the end of April, WWCP’s first high school Marketplace was selling healthy snacks outside the school every Wednesday at dismissal. The students made a whopping $62.37 profit the first day. The most popular sellers were oatmeal cookies, pickles, Smart Food popcorn, and water. The students are smart, excited, and motivated, taking on the Marketplace sales as though it was their own business.

(continued on page 2)

Membership and Work Requirements

What is a Member? Expansion and Changing the Mandatory Work Requirement

by Glenn Bergman and Jonathan McGowan

This winter, as we explored our future expansions and planned to take on the expansion to Ogontz, an important issue arose: Moving into a neighborhood that knows very little about co-ops, how do you open a market that appears to be a more or less regular store, but requires a shopper to not only invest in equity, but also to commit to work before being allowed to shop? How do we educate our new community, allow them to try us out, and win them over to the co-op world all at one time?

I think the work requirement has done much to help us do many of the community programs we do, strengthen our brand, and manage the store better. Having shoppers who are engaged in a retail store, who truly know that they own part of the business, is one of our big advantages. But the work requirement is also one of our weak-
(continued on page 6)
Down on the Farm

by David Zelov, Weavers Way Farmer

Hello friendly Shutter readers, and welcome to the August edition of what's happening "down on the farm." As you might imagine, it is happening indeed. I'd like to extend a belated welcome to our newest farm interns. Candice Moore comes to us from Penn State University and is actually interning with the Penn State Extension Philadelphia Outreach Center. Candice is really a Philadelphia local though, she attended Saul High School and lives just around the corner from Awbury Arboretum. Speaking of Saul, our two-part time interns, Antmiera and Dana, are both students at Saul. Welcome to the Weavers Way Farm family!

In addition to our regular goings-on at the farm, there are a couple of special projects happening this summer. We’ve been meeting with Rob Fleming and the Sustainable Design class at Philadelphia University, who approached us this summer about constructing a building at the farm. Turns out they are designing two buildings for us, a new, beautiful-to-use, ergonomic wash station and a composting toilet to replace our rusty old ones. Earlier in July, Awbury hosted a design charrette; basically a meeting with representatives from Philadelphia University, Awbury, and Weavers Way (all the stakeholders), where together we went through the process of designing the building to come up with a structure that everyone is happy with. As this issue of the Shutter comes out, we should be putting the finishing touches on that very structure. Come out and volunteer on a harvest day and see the new wash station!

The other exciting project happening in the coming month or two will be the construction of a greenhouse at the farm. We are partnering with the Pennsylvania Horticultural Society’s City Harvest Program, which raises seedlings to distribute to community gardens all over the city, who in turn donate the produce to those in need in the community. They are in need of additional space to do this (they currently raise them in a greenhouse at a prison, and they will continue to do so) and we will be assisting them with care and maintenance of these seedlings throughout the spring. But we cannot build this thing alone, especially while maintaining some semblance of order on the farm. If you have experience with this sort of thing, or are interested in learning by being a part of the whole project, please let me know. We will also be posting cooperative slots to assist with this, so keep an eye out on the basement door.

We have one more wonderful bit of (continued on page 10)

The Shuttle is published by Weavers Way Co-op
Deadline for each issue are the first of the preceding month. e.g. September 1 for the October issue

Statement of Policy
Articles must be under 100 words and can be submitted neatly typed, on disk, or e-mailed to editor@weaverswaycoop.com.
Be sure to include your name, phone number, and membership number. Drop them off by the deadline to the Shuttle mailbox on the second floor of the Co-op. The purpose of the Shuttle is to provide members with information as well as education about co-ops, health food practices, and other matters of interest to the members as consumers and citizens of the community.
Articles express only the views of the writers and not those of the Co-op or the board of directors, unless identified as such. Articles, letters, editorials, comments, criticisms, and suggestions are welcome and should be directed to the editor. Space limitations require that the editor has the right to edit or reject copy. All correspondence is subject to publication, in the editor’s discretion, in the advertising mailbox on the second floor, or at www.weaverswaycoop.com. All ads must be submitted electronically, or care-
ready with prior arrangement, and should be submitted with payment. Products or services advertised are subject to approval by the editor. This paper should not in any way be construed to be endorsed by Weavers Way Co-op.

The Shuttle is printed on 100% recycled paper

PHOTO BY SOLLEVY
PHOTO BY JOSH GIBLIN

Producing from the Seeds for Learning Farm at Martin Luther King Jr. Was a Big Hit at the Weavers Way Ogontz Grand Opening.

STUDENTS, TEACHERS, AND OTHER WEAVERS WAY STAFFER AT THE HENRY SCHOOL MARKETPLACE.
Easy Summer Dinners from the Weavers Way Deli

Firing up the grill in the summer is fun, firing up the stove is not. Here are some summer food ideas that don’t require heating up the house.

**Turkey Burgers With Brie and Chutney**

(Adapted from a recipe in Organic Style Magazine June 2005)

- 1 lb ground turkey
- ¼ cup finely sliced scallions
- ½ tsp salt
- ¼ tsp black pepper
- 4 oz Brie cheese
- 8 slices of sourdough bread
- 1 jar Patak’s hot or sweet mango chutney, or Major Grey’s chutney
- ¼ cup olive oil
- 1 Mix ground turkey, scallions, salt, and pepper.
- 2 Form into four patties. Grill six to eight minutes on each side.
- 3 Top with Brie slices.
- 4 Brush bread slices with olive oil, grill on each side.
- 5 Serve turkey burgers on grilled bread and top with chutney.

**Grilled Pizza**

Pizza is delicious grilled and the topping choices are endless.
- 1 Bring Caciap pizza dough to room temperature.
- 2 Roll out dough on a floured surface as thin as possible.
- 3 Grill until light brown, flip, cover with toppings, close lid and cook until bottom is brown or toppings are warm.

Be careful: the dough browns very fast on the grill!! Have all the toppings ready before you start grilling the dough. Some of my favorite toppings include:
- Grilled shrimp with pesto and oil-cured olives
- BBQ chicken, BBQ sauce, grilled onions, and smoked Gouda
- Tomato sauce, fresh mozzarella, parmesan, and fresh basil leaves
- Chipotle, feta cheese, sundried tomatoes, calamata olives
- Curry’s wing sauce, Buffalo chicken, and crumbled bleu cheese
- Grilled veggies with fresh oregano and basil (vegan) add Pepea goat cheese (not vegan)

**August’s Hidden Treasures in the Deli**

We are now carrying a variety of products from Betty’s Tasty Buttons, one of Philadelphia’s newest and best confectioners. In addition to the delicious Supreme fudge sauce (with orange and Gran Marnier), marshmallow Phluff (even better than you remember), and lemon curd, we also carry Hot Lava (dark chocolate sauce livened with cinnamon and smoky chipotle) and their newest product, Cajeta (ca-HAY-tah), a slow-cooked Mexican caramel similar to dulce de leche, but made with goats’ milk. Great over ice cream, as a dip for cookies and fruit, or mixed into coffee!

**Second Floor News**

By Martha Fuller, Second Floor Manager

We all kid Jon McGowan, right? We’re all fair game for him and so he is for us, right? Maybe I should just speak for myself, you say?

Promise—I’m leading to something good about Jon, I really am. Every month Jon sends an e-mail to the department managers and “generally reminds” us that our health articles are due—truth be told, they are generally overdue. He treats us with kindness over our tardy articles. (See, I told you that I would be writing something good about Jon!) In his most recent e-mail about our articles, he gave suggested topics. One was “Too Hot To Cook.” Of course, we have lots of housewares items on the second floor that are help with your BBQ needs so that you can cook outside, keeping the kitchen heat in the yard, and of course, we always have ice cream scoops.

How could I mention the new pressure cookers we have if Jon tells us to write with the idea that it is “Too Hot to Cook”? Sorry, Jon, you may think that I am ignoring you on this topic, but give me a moment and you will realize that I am writing about the topic “Too Hot To Cook.”
Weavers Way is a sustainable cooperative enterprise benefiting both a growing membership and the wider community.

E1. The diversity of our community is reflected in our membership, staff, and all our cooperative.
E2. Members own, operate, govern, contribute to, and participate in a democratically controlled enterprise.
E3. Products and services provide high quality, are fairly priced, and meet our members’ needs.
E4. The local economy, community groups, and institutions are strengthened.
E5. Members of our co-op and the wider community are informed about cooperative principles and values, consumer issues, and environmental concerns.
E6. Our operations balance economic, social and environmental responsibilities.

Manager’s Corner (continued from page 1)

our services to a wider community and would grow our membership.
Our Ends policies also say that the Co-op has to be “sustainable” while balancing economic, social and environmental responsibilities. So I had to make sure that we did not sign a lease that made it difficult for us to transfer the site if it was not sustainable. I signed a short term lease with options to extend the lease for a longer period if we are successful.
The first specific End, E.1, states: “The diversity of our community is reflected in our membership, staff, and all aspects of our cooperative.”
Ogontz could increase the diversity of our membership and staff if we work on our membership information correctly and our public relations target this community. Our Membership Director and Communications Director are working together to target this market and increase our diversity.
Looking down at E.3, I see “Products and services provide high quality, and fairly priced, and meet our members’ needs.”
OARC said that among the reasons they wanted Weavers Way was the quality of produce and our pricing. They were also interested in our community spirit. Further, they were mindful that the health of a community is directly related to the quality of food available in the neighborhood. A produce store with fruits and vegetables—and no high-fructose beverages—would be an improvement in food choices for their community.

E6. Our operations balance economic, social and environmental responsibilities.

The Weavers Way Film Series
Shut Up and Sing!

by Larry Schrdr

Shut Up and Sing! is a documentary about the adventures of one of country music’s top groups that ran into trouble in 2003 for telling a London audience that they were ashamed that the President of the United States came from Texas. The Weavers Way audience loved the film, tapping their feet to the music and applauding at the end.
The political scene behind the film is one of a polarized country, one where country stars are supposed to support the right wing and the military, while only some Hollywood types are expected to back more liberal causes.
The film is entertaining, but it does not try to make political points; it concentrates rather on the group reinventing itself after it was dropped by most country-and-western stations. Judging from what I had heard before seeing the film, I thought that they ran into some economic hard times, but that was hardly the case. In the “depths” of their problems, they were offered $26 million for a concert tour. Even when they were worried about death threats, they could take their private jet to Austin to give a concert.
The film was shown as the June presentation of the film series sponsored by the Weavers Way education committee.

The Weavers Way Film Series
August Hiatus
We will be on hiatus for the month of August, but will be back with more entertaining and thought-provoking films and discussions in September.

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Shut Up and Sing!

Weavers Way education committee.
soils. Composting these materials is critical as food scraps, paper products, and yard incinerating biodegradable materials such as wood, paper, yard debris, and food discards is far from “climate neutral”; rather, incinerating these and other materials such as wood, paper, yard debris, and food discards is far from “climate neutral”; rather, incinerating these and other materials such as wood, paper, yard debris, and food discards is far from “climate neutral”; rather, incinerating these and other materials such as wood, paper, yard debris, and food discards is far from “climate neutral”; rather, incinerating these and other materials such as wood, paper, yard debris, and food discards is far from “climate neutral”; rather, incinerating these and other materials such as wood, paper, yard debris, and food discards is far from “climate neutral”; rather, incinerating these and other including greenhouse gas emissions as are produced by 21 percent of the U.S. 417 coal-fired power plants. Note that most of the electricity in our region comes from coal-fired power plants. Wasting directly impacts climate change because it is directly linked to global gas emissions as are produced by 21 percent of the U.S. 417 coal-fired power plants. Note that most of the electricity in our region comes from coal-fired power plants. Wasting directly impacts climate change because it is directly linked to global resource extraction, transportation, processing, and manufacturing. Incinerators emit more CO2 per megawatt-hour than coal-fired, natural-gas-fired, or oil-fired power plants. Incinerating materials such as wood, paper, yard debris, and food discards is far from “climate neutral”; rather, incinerating these and other materials is detrimental to the climate. The city has also made electronics recycling easier, the Domino Lane transfer station in Roxborough accepts computer monitors, television sets and other electronics all week, from Monday thru Saturday, 8 a.m. till 6 p.m. In addition, the Green House Detectives offer complementary neighborhood recycling of compact fluorescent light bulbs, as do all Home Depot and Ike stores. The summertime heat makes for speedy decomposition in the compost heap. If you’d like to start composting, find a sunny space for a covered container with holes drilled into the bottom. Alternate layers of brown material (dried leaves or shredded paper) with green material (kitchen scraps) and water during dry spells. Add soil on occasion to add microbes to the mix. Turn on occasion and in a few weeks, you’ll have black, crumbly compost. Pet Store News (continued from page 3) can be of an even greater risk to our pets, particularly puppies and dogs. Although vinyl is ceaselessly releasing phthalates into the environment, there are ways to increase the length. Dr. Santilli, a senior scientist with the Greenpeace Research Laboratories, has termed this “mechanical pressure,” which can include chewing, saliva, body heat, digestion, inhalation of airborne chemicals, and skin contact. This obviously puts young children and pets at significant risk. This knowledge has led to legislation to protect children, but has not been extended to the other members of our family—our pets. Pet owners can take this up by refusing to purchase products like these that are potentially poisoning us, our pets, and our planet. Fortunately, there are great alternatives and we are always featuring these options at the Co-op pet store. For example, we have toys made of canvas, fleece, and natural rubber. Wubba Pets is one great company making durable, safe pet toys. Ethical products has a line of recycled natural rubber toys called pup treads. We’ve recently added Ruff Dog natural rubber flyers and tools. Doodle Hostos makes fun canvas toys of all sizes. They have the Strapping Yankers (fleece), Heave-a-Beaver or Chuck-a-Duck, our favorite political animal, George W., Bass, and Really Mad Cow, to name a few. They guarantee durability, “flippability,” and lots of laughs. Tuffles also offer unique strong toys for dogs. These are just some of the great toys you can always find at the pet store. As always, I continue to search for the very best products for our members and our best friends.
nesses if we are to grow the co-op economic principles.

For the Ogontz, store we decided to allow people to shop at the store as temporary members. If people want to join and support the Co-op, we welcome that. Our Membership Director has been directed to educate the community about ownership and the importance of membership. Working with our Marketing/Merchandising Manager and Communication Director, we need to get the message out about ownership.

Currently, we expect that starting September 1 the temporary membership will become defunct and we will begin charging a 10% visitor’s fee to people who shop who are not members. This is similar to what we used to say, “I am sorry, but you are supposed to be member to shop here. We can let you shop today, but you need to be a member in the future.”

It is time for change….. After traveling around the country and listening to a number of different consultants who know more than me, I think it is time we changed the “mandatory work requirement.”

It is time for me to speak to you directly about an important issue that I hope to present to the board for a vote and to the membership this fall for discussion and a vote.

I would like to see Weavers Way have a volunteer work program, not a mandatory teaching. Children and adults.

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Great Gardeners of Mt. Airy: Syd Carpenter

by The Neighborhood Gardener, Mark Goodman

Whenever I shop at the Co-op, the frozen foods melt on the way to my car parked on Sedgwick Street. Not because it’s particularly hot (or because I am parked too far away), but because I stop to admire the garden on the eastern corner of Greene and Sedgwick. This colorful and inviting garden, which is an amalgam of formality, creativity, and fun, has become a landmark in the neighborhood. The person responsible for this masterpiece is Co-op member Syd Carpenter. She and her husband, Steve Donegan, have lived at this home for 16 years.

Sy has no formal training in horticulture. Her mentor was her mother, Ernestine Carpenter. As a girl in her native Pittsburgh, Syd was her mother’s gardening assistant. Her mother used to take her to nurseries and teach her about the world of plants. Syd remembers vividly her mother pointing out a vibrant hillside of daylilies and encouraging her to plant nasturtiums in their own garden. When they moved to Philadelphia in the early 1960s, they continued gardening wherever they lived, including the 600 block of Sedgwick Street.

Syd pursued a career in art and is a ceramics instructor at Swarthmore College. The artist’s touch is obvious to anyone who observes the tactile beauty in her garden.

Earth and plants are media as valid as clay when it comes to Syd’s creativity: “The sensibilities are transferable,” she says, and she points out that both activities depend on light, form, surfaces, and texture. Syd takes pride in gardening in those “difficult sites” - under maples, on slopes, and in the shade. Although she is not into the “science and scholarship of gardening,” she does use the Internet to seek information. One of her secrets of success is that she has no qualms about removing and replacing plants if they don’t work. Her garden is not static, as any long-time observers can attest. Syd says that she is constantly “changing, editing, and tweaking” her garden, which she sees as a process, a constant work in progress.

She uses no magic elixirs, only leaf mold, mushroom soil, and compost from her 3x3x3-foot Gardener’s Supply Company composter. The term “organic gardener” fits on several levels here. Like the Rodale family, who repopularized organic gardening in the 1960s, Syd believes that all good gardens begin with good soil.

There are several plants that serve as basic structural elements of the garden, or should I say gardens, since there is a lush patio garden as well as the slope and top beds. These structural elements, or “bones,” include a cluster of the perennial amsonia, large blue and variegated-leaf hostas, a variegated-leaf lace-cap hydrangea, and a pair of six-foot-tall, stately “Silver King” euonymus shrubs which seem to be the sentinels for the garden.

Luckily for Syd, she prefers planting in dappled sunlight and shade, which abound in Mt. Airy. She also has an eye for the unique, as witnessed by the flowering cardoon, an ornamental perennial in the artichoke family. Another eye-catcher is the pineapple lily (eucomis) with deep purple leaves and a small pineapple shaped flower.

Bedrocking the patio are persicarias, or mountain fleece, a five-foot tall perennial with red flower spikes. Small is beautiful too, especially the tiny starburst sedges (acorus minimus aureus), a gold ornamental grass. One more unusual specimen is the double-flowering Siberian iris, with larger, lighter colored flowers than the standard variety.

Syd also has a warm place in her heart—and garden—for some old standards. In particular, she is fond of black groundcover and grasses, such as the variegated-leaved aubuchon and the small ornamental grass, acorus minimus aureus.

(continued on page 10)
the last five years. They said the White House Office of Management and Budget frequently changed their findings. According to the Union of Concerned Scientists, the highest number of complaints came from those directly involved in writing regulations and those conducting risk assessments such as the cancer risk for humans from chemicals.

If politics are more important than public safety, the EPA’s decisions are more easily understood.

After the National Cancer Institute found in 1986 that farmers in Kansas who used the herbicide 2,4-D more than 20 times a year were eight times more likely to get non-Hodgkin’s lymphoma, a cancer of the lymph system, the EPA said it would not conduct other studies because they didn’t believe there was enough research.

Through the EPA found that farmers who apply the pesticide alachlor face a relatively high risk of cancer, the agency has decided that the chemical does not pose an “unreasonable” risk of cancer in others. In 1984, the EPA allowed the continued use of alachlor with the change of labeling, “this product contains alachlor, which has been determined to cause tumors in laboratory animals.” Their decision was praised by the manufacturer, Monsanto.

Another popular herbicide, Atrazine, was found to have a potential link to prostate cancer because employees of the manufacturer, Syngenta, had a rate more than three and a half times higher than statewide average. A Syngenta endocrinologist, Dr. Hayes found sex changes in frogs.

Come and Sit a While

Workshop
Introduction to Ayurveda
Saturday, Aug 16, 2008 1 p.m. – 3 p.m.
Antonio Aragona’s Studio
643 W Carpenter Lane, 1st floor

Introduction to Ayurveda: its origin, its purpose, its practical application to our daily lives (dietary/lifestyle) and its global contribution (environmental effects). Ayurveda, known as the Science of Life, is making its way into this country and onto local store shelves more and more. This workshop is designed to help individuals understand what Ayurveda is, where it came from, and where it is headed. By attending this workshop individuals will come away with a more in-depth comprehension of how to apply Ayurveda to their lives and learn how it can benefit not only the individuals state of health but also the environment, supporting the balance of the planet.

By Sandra Felix, Environment Committee Chair

You wouldn’t take your child to a park where bears and wolves roamed freely. But you are willing to take them places where they can be bathed in chemicals that cause respiratory and neurological problems, even cancer. If you don’t believe me, ask what chemicals are being sprayed in your local parks. Then, look at the “Material Safety Data Sheet” on each chemical. It’s not a pretty picture.

You might tell me, the EPA allows it, so it must be okay. This is where my story gets really depressing.

A January 2006 report issued by the EPA said studies demonstrate certain pesticides easily enter the brain of young children and fetuses and can destroy cells. However, because they lack “evaluation protocols” for measuring this toxicity, the EPA will not say with certainty how a fetus, infant, or child will be adversely affected. The EPA’s position invariably is that any pesticide is safe until absolutely proven dangerous.

What are parents to do? Can we actually not trust a reputable institution like the EPA? Here is a hint. A May 24, 2006, letter from three unions, representing 9,000 EPA workers, said, “political pressure exerted by agency officials are perceived to be too closely aligned with pesticide industry...” An April, 2008 survey of 1,600 EPA scientists found that 60 percent—889 scientists—reported personally experiencing political interference in their work over scientists—reported personally experiencing political interference in their work over scientists—reported personally experiencing political interference in their work over scientists—reported personally experiencing political interference in their work over scientists—reported personally experiencing political interference in their work over scientists—reported personally experiencing political interference in their work.

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What are parents to do? Can we actually not trust a reputable institution like the EPA? Here is a hint. A May 24, 2006, letter from three unions, representing 9,000 EPA workers, said, “political pressure exerted by agency officials are perceived to be too closely aligned with pesticide industry...” An April, 2008 survey of 1,600 EPA scientists found that 60 percent—889 scientists—reported personally experiencing political interference in their work over scientists—reported personally experiencing political interference in their work over scientists—reported personally experiencing political interference in their work over scientists—reported personally experiencing political interference in their work over scientists—reported personally experiencing political interference in their work.
CatalogChoice was launched in Fall 2007, so after nearly nine months, my household is a good test case of whether their free mail-order catalog opt-out service works. My conclusion: it’s fabulous! Founded by the Ecology Center (ecologycenter.org) in Berkeley with backing from the World Wildlife Foundation and the Natural Resources Defense Council, and funded by several foundations, it started out with serious cred. Their system is somewhat labor intensive, in that you must set up an account and opt out of each company separately, but once it’s a habit, it doesn’t take more than a minute or two per request. CatalogChoice keeps a record of customer opt-outs, so it’s easy to check that your requests are processed and honored. One thing that I’ve learned is that while some companies have embraced CatalogChoice—realizing that antagonizing customers by sending them unsolicited catalogs is a bad idea—others have resisted. In fact, you can see the foot draggers on your account record; those requests are flagged by a red REJECTED label. Since it takes about 10 weeks for catalog mailings to stop, another nice feature of CC is that you can check when you requested a cease-mailing and assess whether you need to request another or if it’s just that the normal wait hasn’t yet elapsed. By now hundreds of catalog companies are in their database, so the odds are any store you want to cancel will be in the system already, speeding up the process. Some companies just aren’t getting it, though: I have requested that Dell stop sending catalogs; my father died two years ago and we’re still getting their mailings to him, on top of the rest of us. My five requests to Dell are all labeled “unconfirmed” and those Dell circulars just keep coming….

My husband likes to receive a few catalogs. They still come, so they definitely go by name, not by address. We called these stores directly and arranged for seasonal mailing only, rather than the previous nearly weekly deluge. We receive about three catalogs a week now, max. Before this service, even with my e-mailing and calling companies directly to opt out, we received more like two dozen per week. One challenge is that buying online generates a new trail of catalogs, and it’s easy to determine that stores sell your name to other lists. If I remember, I request on my order that they not add my name to their mailing list. A few stores from which I opted out have contacted me directly. The Vermont Country Store sent me a letter (kind of dumb since opt-outers obviously don’t like junk mail) and threatened to start sending me catalogs again if I didn’t confirm that I had meant to opt out. Perhaps I missed receiving their catalog? Pottery Barn took a better approach, e-mailing me a confirmation and thanking me for communicating my preference and including a link for me to resume receiving catalogs should I prefer that. (Big surprise, I deleted it.) Most catalog companies just comply and that’s it.

Nearly a million accounts have been opened at www.CatalogChoice.org just in their first nine months, which the organization reports has meant 12 million fewer pieces of junk mail. My records show I have opted out of 47 catalogs! Let’s have a competition. Who can top that?! You can read Betsy Teutsch’s blog at www.MoneyChangesThings.blogspot.com.

The Simplicity Dividend
CatalogChoice: A Report from My Mailbox
by Betsy Teutsch

Weavers Way Seeks Economist
What is the economic impact of the co-op?

This is an important question that was recently asked in the New England area, where there are many more co-ops.

What type of impact do we have due to our mission and Ends?
We pay a living wage. So what does that mean?
We provide health benefits at 90% of the costs before co-pays while other retail operations do not provide health benefits and have many of their staff use the state supported health care system.

We buy locally and keep funds in the community; what does that mean to our region and economy? If we expand to many other stores in the next few years, what impact could we make in neighborhoods with our farm program and local purchasing?

How do we compare to other retail food operations?

The questions asked by the New England co-ops are excellent and ones that I would like to answer here. So, if you are an economist or are involved with an MBA program that might want to take this on for us, please let me know. Glenn Bergman 215-843-2350 or e-mail gbergman@weaversway.coop.

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Capital at the point of impact.

Syd Carpenter
(continued from page 7)
eyed Susans because of their ability to grow in sun and shade, and for their seed heads, which offer winter interest and food for birds.

Hostas are a favorite too, especially the blue leaf varieties. As an artist, Syd appreciates the range of colors, shapes, and textures in the hosta family. She likes the sheer "physicality" of these big-leaf plants, "like large quiet animals in the garden." Bap- tistia, with their interesting shapes and colors, and spireas, with their solid massing forms, are two of her other common fa- vorites.

Syd has some advice for new — and veteran — gardeners. "Take care of your soil. Prepare the soil before planting." She also recommends visiting public as well as backyard gardens. Philadelphia, notes Syd, is rich in both. When we visit other gar- dens, she encourages us to take notes on plants that resonate. As a sculpture teacher once told her, "Notice what you notice." Finally, our Mt. Airy gardener extraordinai- re tells us not to be afraid to make mis- takes; trial and error is a wonderful way to learn.

Syd views gardening as a primary source of exercise and "a great way of being outdoors." In addition, she states that "to make a garden is one of the most satis- fying things you can engage in. The return

Molly Kellogg, RD, LCSW
Psychotherapist and Nutritionist
Individual and Couples Counseling

100 East Sedgwick St.
Mt. Airy

135 South 19th Street
Center City

The Shuttle
AUGUST 2008
in the presence of Atrazine. Syngenta repeatedly asked him to redo his research and did not submit his findings to the EPA. Finally, Dr. Hayes, quit Syngenta and did independent research, finding the same damaging effects.

The EPA decided not to limit atrazine. They said atrazine was not likely to cause cancer in humans though it couldn’t be ruled out. When the National Resources Defense Council (NRDC) requested documents under the Freedom of Information Act, they were refused. In November 2003, when the NRDC changed the White House and EPA with violations, they released 22 documents with most of their content blacked out, including a memo from former senator Bob Dole to White House officials not to restrict Atrazine despite its environmental risks. The White House continues to withhold more than 80 documents possibly showing a link between industry and the EPA.

Epidemiological studies have consistently found an increased likelihood of certain types of childhood cancer following parental and childhood exposure to pesticides and combustion by-products, such as dioxins, which may increase the likelihood of childhood leukemia and cancers of the brain and central nervous system. One byproduct of 2,4-D is dioxin. A 2004 study found that young infants and toddlers exposed to herbicides within their first year of life are four and a half times more likely to develop asthma by the age of five.

On August 8, 2007 the EPA stated 2,4-D is safe, though the EPA’s material safety data sheets for herbicides like 2,4-D (e.g., Roundup®) list them as respiratory irritants that can cause irritation to skin and mucus membranes, chest burning, coughing, nausea, and vomiting.

While the EPA asserts that dangerous herbicides include 2,4-D, 2,4,5-T, alachlor, and atrazine, their official position is that “with few exceptions (e.g., DMS, dioxin, DDT/DDT), a causal relationship between exposure to a specific environmental agent and an adverse effect on human health operating via an endocrine disruption mechanism has not been established.” (EPA Special Report, February 1997)

My hope is that not only will parents take care around parks and neighbors’ lawns which are treated, but they will also speak up about avoiding chemicals altogether. Remember, herbicides and pesticides were devised to kill living things, and EPA with violations, they released 22 documents under the Freedom of Information Act, they were refused. In November 2003, when the NRDC charged the White House with violations, they released 22 documents with most of their content blacked out, including a memo from former senator Bob Dole to White House officials not to restrict Atrazine despite its environmental risks. The White House continues to withhold more than 80 documents possibly showing a link between industry and the EPA.

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My hope is that not only will parents take care around parks and neighbors’ lawns which are treated, but they will also speak up about avoiding chemicals altogether. Remember, herbicides and pesticides were devised to kill living things, and do that very well. Some researchers have shown that children’s hormones are affected by exposure to herbicides. See the Children’s Environmental Health Network’s excellent site for information and research, finding the same damaging effects.

(http://www.beyondpesticides.org/lawn/flowersheets/ChildrensEnvironmentalHealthNetworkBAPA.pdf)

Grocery News

(continued from page 3)

bara’s Grainshop cereal, dropped due to slow sales, but still available as a full case preorder.

“Hello” to Lakeswood Pina Colada (pineapple coconut) juice, and to Martinelli’s Cranberry-Apple sparkling cider, and to Santa Cruz Raspberry Lemonade, all on the juice shelves across from the deli case. “Good-bye” to the Fall 2004 carrot juice, and to Santa Cruz spuddling lemonade, both of which are no longer available.

New in the canned soup section, two flavors of Muir Glen soups: Beef Vegetable, and Chicken Wild Rice, both $3.49 for 19 oz. In the nut butter selection, we’ve added Once Again organic sunflower butter, $3.94 for 15 oz. This, brought in due to shoppers’ requests. This replaces the Arrowhead Mills honey-sweetened peanut butters, which are (sadly) no longer available.

For general sale, we have the usual variety of sparkling waters, and to Santa Cruz Raspberry Lemonade, all on the beverage shelves across from the deli case. “Hello” to Lakewood Pina Colada (pineapple coconut) juice, and to Martinelli’s Cranberry-Apple sparkling cider, and to Santa Cruz Raspberry Lemonade, all on the juice shelves across from the deli case. “Good-bye” to the Fall 2004 carrot juice, and to Santa Cruz spuddling lemonade, both of which are no longer available.

Say “good-bye” to frozen Eggbeaters, no longer available from any of our suppliers, but we do have a shelf-stable egg replacer product for baking, called Egg Replacer. It’s totally vegan, gluten-free, and wheat-free, and is found on the top shelf of the flour and sugar shelf. It comes with detailed instructions, and no less than eleven (11) eggless recipes printed on the box.

Most important, don’t forget to say “hello” to me, or Norman, or anyone else you might run into in the grocery aisles. And we will, of course, say “hello” back. That’s what makes our co-op special, and makes Co-op shopping rather enjoyable, as contact sports go.

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Nature Writing: A Paradox

by Mari Socolar

I’ve always had mixed feelings about reading books on nature. On one hand, I’ve found them profoundly inspiring and energizing. From the naturalist-philosophical writings of Henry David Thoreau, Annie Dillard, and Scott and Helen Nearing to the ecological essays by Aldo Leopold and Barry Lopez, to the vibrant poetry of Gary Snyder, Marge Piercy, and the Japanese haiku masters, to the chants and songs of wordsmiths—a lightning storm over the where I witnessed one of nature’s operatic actioning along the North Carolina coast round in a cottage in the Maine woods, ca-grain did indeed wave (1960s), living year-mountains were majestic and the amber Cod, hitchhiking 6,000 miles from coast to ex-periences working as a gardener in Cape in balance, to make sure that I actually live-ness when I read nature literature, as if I’m-ly I’ve always felt a sense of vicarious-ness to my heart: John Kieran and Hal Borland. Both were acute observers of nature and although most popular in mid-20th century, their works still resonate today. Kieran’s In-troduction to Nature was one of my first guides to identifying birds, wild flowers, and trees. Unlike most contemporary field guides, the book relies on illustrations rather than photographs, but the pictures are lively and accurate. Footnotes to Nature is a rich combination of informal observation of his native Duchess County, New York, and scientific nomenclature, as Kieran uses his naturalist’s eye and poetic sensibility to inform and enthrall his readers. Each of the chapters be-gins with a nature quote from Shakespeare, and his keen attention to the natural world is laced with quotations from English and American poets. In John Kieran’s Treasury of Great Na-"The Life" (Animals, Birds, Insects, and Plants and Trees), and “The Life” (Animals, Birds, Insects, and Plants and Trees). He too in-cludes biographical sketches as well as in-troductory commentary for each chapter. He includes many of the same authors as does Kieran, plus John Muir, Roger Tory Peterson, John Burroughs, Loren Eiseley, and Elizabeth Madoc Roberts.

Two nature writers are especially close to my heart: John Kieran and Hal Borland. Their works still resonate today. Kieran’s Introduction to Nature was one of my first guides to identifying birds, wild flowers, and trees. Unlike most contemporary field guides, the book relies on illustrations rather than photographs, but the pictures are lively and accurate. Footnotes to Nature is a rich combination of informal observation of his native Duchess County, New York, and scientific nomenclature, as Kieran uses his naturalist’s eye and poetic sensibility to inform and entertain his readers. Each of the chapters begins with a nature quote from Shakespeare, and his keen attention to the natural world is laced with quotations from English and American poets. In John Kieran’s Treasury of Great Nature, Borland, although best known for his novel Where the Legend Dies—about a young native American who becomes a champion rodeo rider but ultimately decides to live in a more natural environment—was a keen observer of nature. Like Kieran, he has edited a 800+ pages anthology of outdoor America entitled Our Natural World. He arranges the dozens of essays into two main parts: “The Scene” (Woodlands, Wa-ter Tneys, Plains and Deserts, and Mount-tains) and “The Life” (Animals, Birds, Insects, and Plants and Trees). He too in-cludes biographical sketches as well as in-troductory commentary for each chapter. He includes many of the same authors as does Kieran, plus John Muir, Roger Tory Peterson, John Burroughs, Loren Eiseley, and Elizabeth Madoc Roberts.

One solution has been to keep my life in balance, to make sure that I actually live-ness when I read nature literature, as if I’m-ly I’ve always felt a sense of vicarious-ness to my heart: John Kieran and Hal Borland. Both were acute observers of nature and although most popular in mid-20th century, their works still resonate today. Kieran’s In-troduction to Nature was one of my first guides to identifying birds, wild flowers, and trees. Unlike most contemporary field guides, the book relies on illustrations rather than photographs, but the pictures are lively and accurate. Footnotes to Nature is a rich combination of informal observation of his native Duchess County, New York, and scientific nomenclature, as Kieran uses his naturalist’s eye and poetic sensibility to inform and entertain his readers. Each of the chapters begins with a nature quote from Shakespeare, and his keen attention to the natural world is laced with quotations from English and American poets. In John Kieran’s Treasury of Great Na-
Co-op Member Publishes Book on Flying

by Jonathan Núñez

Kenneth Ford of West Mt. Airy is a retired physicist who has published a number of books on physics. But recently he shifted gears and wrote, In Love with Flying—a book on his long-time avocation, flying.

In his 50 years of flying small planes and gliders, Ford logged 4,500 hours as “pilot in command” and has flown throughout the United States, with forays into Canada and Mexico. He calculates that he has carried nearly 700 different people as passengers and has landed in more than 450 different places, from New York’s La Guardia and Chicago’s O’Hare to dirt strips and a few pastures in the West.

Ford’s book is partly a memoir. It’s also a sort of handbook on the art of flying, and it contains profiles of nine aviators he admired for their skill and their style. Mostly he emphasizes the joy of flying, but he does deal candidly also with a couple of incidents where he made what he calls boneheaded mistakes—fortunately emerging unscathed from them.

“Ken Ford’s beautifully written new book could easily be subtitled ‘and the Wonderful People I’ve Met in the Air,’” writes Phil Klauder in Soaring Magazine. “Ken’s love for flying has brought him into the extended family of fascinating people who share his passion for the air. In this book, Ken has done a wonderful job of sharing his lifetime of adventures and friendships with the reader. If you are a pilot, an enthusiast, or if you’ve just always wondered why your loved one is so interested in flying, you will be grateful that Ken has invited you along to meet his friends, share his adventures, and learn his lessons. I hope you enjoy his book as much as I have.”

A former director of the American Institute of Physics, Ford was a member of the Philadelphia Glider Council and towed gliders at PGG’s airport in Bucks County. One thread running through the book is his quest for a diamond soaring badge, a quest conducted mostly in western states. Some of his pasture landings were part of that quest. Finally, at age 73, he earned his diamond badge, number 858 in the United States, for achievements that included covering 500 kilometers in a glider and soaring to an altitude of 20,000 feet.

Among Ford’s books on physics are: *The World of Elementary Particles* (1965, for the general reader, its Italian translation was recommended as essential reading by Esquire magazine); and *The Quantum World: Quantum Physics for Everyone* (2004, for the general reader, translated into five languages), which was recommended as essential reading by Esquire magazine.

In Love with Flying is available at bookstores, from online booksellers, and directly from Ford’s Web site, www.HBupress.com. Ford and his wife Joanne have been members of Weavers Way since 1984.
Midwest Floods Prompt NOP to Relax Organic Crop Rules

by Sustainable Food News

The U.S. Department of Agriculture’s National Organic Program (NOP) has accepted a request by the Iowa Department of Agriculture to relax crop rotation rules due to relentless rains and widespread flooding throughout the state.

Farmers have had no opportunity to complete field work in recent weeks as heavy rains saturated soils, now immersed in floodwaters.

A new study released Tuesday said the state’s flooding rivers will cost an estimated $2.7 billion in crop damage. Over three million acres of crops overall are said to be impacted.

Agrochemical giant Monsanto Company said Wednesday it is donating $1 million to the American Red Cross to assist in flood relief efforts in Iowa. “The tragedy is severe, and the need is tremendous,” said Hugh Grant, Monsanto CEO and chairman.

Without the help of NOP granting the temporary variance to the crop rotation requirement, organic farmers faced the challenge of either not planting a cash crop this year to comply with the rule or planting the same crop, such as soybeans, in a field where that crop was planted last year.

Organic certification requires longer crop rotations. Organic farmers, as well as other farmers, are faced with challenges planting crops this late in the season,” Iowa Secretary of Agriculture Bill Northey said. “This variance will give them much-needed flexibility when making decisions on planting this year.”

The NOP said the temporary variance allows the organic crops to be harvested without compromising the integrity of their organic certification.

Weavers Way Monthly Recycling Discontinued

With expanded single-stream recycling coming to Philadelphia, the Partnership Recycling Program is no longer distributing grant money, and there is no longer a need for monthly recycling, so Weavers Way has discontinued our monthly recycling program as of the July 19 collection.

Thank you to everyone who has participated all these years, diverting countless tons of landfill and raising thousands of dollars for many worthwhile projects and causes. Please do NOT bring recycling to the parking lot behind the firehouse at Germantown Ave and Carpenter Lane, but DO continue to recycle, and put it out for curbside pick up.
Playground Build at Wissahickon Charter is a Chance to Build Community
by Dee Dee Risher

AUGUST 2008 THE SHUTTLE PAGE 15

The playground construction itself has proceeded at an amazing speed. Though the K-8 school has more than 400 students, its outdoor play yard consists of bare asphalt and one small basketball hoop. School staff, parents, and kids have long dreamed of an exciting place to play that is safe and inviting.

And by 3:30 that afternoon, there will be a joy-filled ribbon-cutting to inaugurate the school's new Earthkeeper's playground! Though about 300 volunteers will be swarming over our corner of 4700 Wissahickon, as many fun projects, and lots of laughter and cool water. To volunteer and be part of the fun, contact Genie Ravital at 267-977-3008 or via e-mail at genieravital@gmail.com. For more information about Wissahickon Charter School, visit the school's website at www.wissahickoncharter.org.

A playground build on August 16 is itself designed to be an empowering experience. Volunteers will be all ages, children to elders. No particular construction skills are required, and there is a place for everyone. (If you do have construction skills to offer, though, we’d love you to help us on Thursday, August 14—the build-prep day.)

It’s a rain-or-shine event, and it’s going to be a blast! There will be food, music, many fun projects, and lots of laughter and cool water. To volunteer and be part of the fun, contact Genie Ravital at 267-977-3008 or via e-mail at genieravital@gmail.com. For more information about Wissahickon Charter School, visit the school's website at www.wissahickoncharter.org.

Contributions to the project are still needed and gratefully welcomed. If you can give money to this project, contact Genie Ravital at genieravital@gmail.com or call 267-977-3008.

August 16 is going to be quite the day at Wissahickon Charter School (WCS), located at 4700 Wissahickon Avenue. By 8 a.m., about 300 volunteers will be swarming over the play yard, erecting amazing pieces of playground equipment. They will be assembling slides, rope webs, and climbing walls. Kids and adults will be working together—shoveling mulch, working on murals and mosaics, assembling a shade canopy and benches, and planting garden boxes.

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be opening a store in Ogontz, I would have said ‘No way, that’s not our plan,’” began Co-op General Manager Glenn Bergman, announcing a beaming Pamela J. Rich-Wheeler, Executive Director of The Business Center for Entrepreneurship and Social Enterprise. “But this lady told us that a produce store was closing and asked us to consider it, and we did, and here we are.” Following the ceremony, Wheeler said she knew the partnership with Weavers Way would be a good fit.

“We knew that Weavers Way had the staff and the experience to do this. Once we involved the Ogontz Avenue Revitalization Enterprise, we would be opening a store in Ogontz, as well as at the City Hall Farmers’ Market, and several have summer jobs working at the new mini-store.”

As he spoke, Bergman proudly showed off a beautiful bunch of beets that had just been plucked from the Seeds for Learning Farm and garlic grown at the Weavers Way Farm in Awbury Arboretum. “This whole thing is coming full circle. Today, thanks to Stephanie Johnson, we have 20 children from the daycare from the nearby Grace United Methodist Church visiting the farm at Awbury Arboretum.” Johnson, a long-time staffer at Weavers Way in Mount Airy, chimed in when her church was named, “Where Grace is the Place.”

“And,” Bergman continued, “I’m pleased to tell you that we just signed a 10-year lease to continue the farm at Awbury.”

Charmagne Newman, Executive Assistant and Human Resources Director for OARC made remarks on behalf of OARC CEO Jack Kitchen, who was unable to attend the ceremony.

“This is pretty exciting. We have local produce in a community that is looking for healthy alternatives. I want to thank the community leaders and local residents for supporting this initiative,” said Newman.

Weavers Way Board President Sylvia Carter told the audience that she wants feedback.

“We want to hear from you the con-

(continued on page 17)
Ogontz Grand Opening (continued from page 16)

summers as to what is working and what isn’t. We will be having some community meetings because we want this to be your store too,” she added before officially cutting the ribbon.

At a casual reception, locally grown vegetables, homemade dips, cheeses, fresh fruit, chicken sausage kabobs, corn bread, and sweet treats were the main attraction.

Ruby Long has lived in the neighborhood for 40 years and can walk to the new location.

“I used to be a member of the Co-op in Mount Airy, but then my granddaughter became ill and I couldn’t commit to working the hours,” she said. “It really raised it. Now she is better and she and I want to join and put in our hours to make this work. Once people come in, they will come back. There are a lot of older people around here looking to walk to get fresh produce and live a healthier lifestyle.”

“Esther West echoed those sentiments. “It’s wonderful to come to a store in the neighborhood where I can get these fine products.”

Wanda Chang and Alex Chan, with the architectural firm Agosn Lovers, helped retrofit the store as part of the Community Design Collaborative, a community design center that provides nonprofit organizations access to pro bono preliminary design services.

“This is great. They have the support of the community and that’s an important first step,” said Chan.

Jonathan McGoran, Weavers Way Communications Director, noted that Weavers Way will continue to work with the Community Design Collaborative to develop a design template for small food stores, to make it easier for smaller stores to open up, especially in underserved areas.

“This means empowerment. This means caring about our own people. This means health and enrichment for our young people,” said Katie Ruth Myles, a retired schoolteacher who taught Wheeler when she was a young girl. Myles made her first purchase from Weavers Way Ogontz staffer Renee Champion, a resident of nearby Tulpehocken Street.

Store Manager Luis Cruz was all smiles.

“I never thought I’d be here managing this store. I started working at Weavers Way and Glenn saw some potential in me and here I am.”

Another familiar face from behind the cash register at Weavers Way Mount Airy has been promoted. Anton Goldschneider is the Assistant Manager, and was busy ringing up sales following the celebration.

“It’s been a lot of nine-hour days, but well worth it. I feel the people in this community are very welcoming and it’s a pleasure to be here.”

The store is located near the Ogontz Plaza and has a colorful mural on the side of the brick building. Hours are 10 a.m. to 6 p.m. Monday through Saturday. For more information, call 215-276-0706.

Barbara Shef is a former print and broadcast journalist who contributes to the Shuttle. You can reach her through her website at www.communicationstv.com.

Finally Indian food in Mount Airy

Look for TIFFIN Mount Airy to open on or about July 18, 2008.

Eat in, take out, and delivery from 7105 Emlen Street, Philadelphia PA

Charles & Christine Whitaker would like to welcome Munish Narula, Rahul Bhattachia and TIFFIN to Mount Airy. We are certain that their business will be welcomed and enthusiastically supported by our community

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Fagor Pressure Cookers
If you think about it, pressure cookers may have been one of the first “green” products—they are energy efficient and promote eco-friendly living and, because they can save up to 70 percent in cooking time, a cook spends less time in the kitchen.

In June, we began carrying two sizes of the Fagor Pressure Cookers Duo Line—a six-quart and an eight-quart. The Duo Line pressure cookers have sleek ergonomic (black) handles for easier opening and closing. Complete with two pressure settings, a low and a high, they provide the flexibility to cook all types of dishes, including the most delicate.

When you purchase an 18/10 stainless steel Fagor Pressure Cooker from us, you will also receive, in the box, a stainless steel steamer basket with a support trivet and a booklet with over 50 recipes. And of course, there’s an instruction booklet too.

The current prices as of this writing (it’s July 3—yep, this article is overdue!) for the six-quart is $80 plus tax. The suggested retail price is $99.99. The eight-quart price is $88 plus tax, with a suggested retail price of $109.99.

Please see a second floor staff member if you are interested in other Fagor products. Some of their items can be ordered singly and some require a case of two or six items to be ordered.

Sale items
Be on the alert for summer discounted products—we will have, at some point toward the end of the summer, the sun block and bug repellent products on sale. We place these items on sale while you still can use them—that is, there is summer left and you still may need them.

Thinking about safety?
Want to make a difference?

Carpenter’s Woods Town Watch
Join us and help keep us all safe!
cwtownwatch.org
or call 215-586-3987

Pepperidge Farm
ON SALE!!
40¢ OFF
regularly $3.39, now just $2.99!
offer good August 1 thru August 31, 2008
Eggs Are the Best

Natural Acres pasture-raise all of their eggs. When I visited Natural Acres last fall, they were in the process of expanding their egg operation. They built an expanded chicken coop and bought a “moving chicken mobile.” They now house 1,000 laying hens. At noon every day they are loaded into the chicken mobile, driven to a hayfield, and released. The hens spend the afternoon running and picking at the earth. They eat bugs, worms and lots of grass. The hens spend the afternoon running and picking at the earth. They eat bugs, worms and lots of grass. To avoid egg laying during evenings or on weekends with no notice, and delivering damaged products and insufficient quantities of what we ordered. The good vendor is thus far, much better, but unfortunately, they do not carry Eggbeaters. There’s no way that we’ll be switching back to this vendor. On the other hand, I am sorry that we can’t be a source for Eggbeaters any longer. We did look for another vendor for Eggbeaters to no avail, and we’ve also been looking to see if any of our vendors carry a similar product.

"Can we have Madie Djion mustard? Pretty universally agreed upon as the standard for French Dijon. Good to cook with. Tasty..."

r: (Margie) We used to sell Madie Djion but it contains potassium sorbate so when we found one that didn’t contain preservatives we switched. We don’t have a strict rule about preservatives but we try to avoid them when possible.

"I always bought Olivia’s spring mix in the smaller box and now it doesn’t seem to be available anymore. There’s a 16-oz box costing too much for one person in a reasonable amount of time. Thanks."

r: (Jean) Olivia’s is a nice winter substitute for Paradise Organics and Weavers Way Farm spring mix, now that we can get those, I no longer bring in Olivia’s smaller boxes. If you don’t see any Paradise or WW Farm spring mix, ask a Flavor staff to look for you.

s: “The walnut (halves and pieces) are overwhelmingly beautiful halves. I inevitably chop them for use in various recipes. Couldn’t we get less fancy walnuts at a lower price?”

r: (Chris) Fascinating Fact from the World of Walnuts: smaller pieces of walnuts are more expensive, not more likely, because walnuts occur naturally in “half-size pieces,” once removed from the shell. This is the less-expensive version of small walnuts that we have here at Weavers Way.

s: “While working one day recently, I noticed that Chis is a little happy-go-lucky with safety—especially with the cutting blades—while Keith was particularly cautious. Is the staff being given inconsistent training? Was Norman involved in Chis’s training and not Keith’s? Please explain. Thanks.”

r: (response from WW Safety Committee) Norman has been involved in safety training for all staff during his entire tenure here, which is quite a long time, as he was first hired the week before dirt was invent- ered. Keith did exceptionally well in Nor- man’s safety course, and has an exemplary safety record as a Co-op employee. Sadly, we can’t say the same for Chis. This is most likely due to Chis’s upbringing, as he was raised by a circus family. He actually learned “blade swallowing” from his brothers and cousins, as well as other questionable maneuverable such as dog walking while riding a unicycle, the head-first delivery chute dive, and many risky balancing acts that he continues to incorporate into his work habits. We continue to work with Chris on his safety practices and he attends group therapy twice a month.

Home Delivery

Delivering Mon. & Weds., 12-2 p.m.
other times available by arrangement
call 215-843-2350, ext. 309
E-MAIL: delivery@weaversway.coop
FAX: 215-843-6945

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

Main Store
559 Carpenter Lane
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Monday-Friday 9-8
Saturday-Sunday 9-6

Weavers Way Ogontz
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215-276-0706
Monday-Saturday 10-6

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Co-op Meetings
Education: 3rd Wed., 7:30 p.m.-Environment: 1st Wed., 7:30 p.m.
Finance: 3rd Thurs., 7:30 p.m.-Diversity: 3rd Tues., 7:15 p.m.
Operations, Membership, Merchandising and Leadership Committees
meet as needed. All meeting schedules are subject to change. Committee meetings are held at 610 and 559 Carpenter Lane and at members’ homes. Board meetings are held at Parish Room of Summit Presbyterian Church. For more information about committee meetings, a email board- info@weaversway.coop or call a later time.

Chair Managers/Department Heads
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and that is my new realization. Instead of negative effects of depending on oil? Yes, in violence and suffering, and all the other warming, excess profits, politics that result most days, I have recently started driving. For fuel use comes in. Although for the last 34 temporary. Here’s where my new theory of mystery to us. I guess suppliers thought it was a way to not raise product prices. Probably they also thought it would be strange to run a business, especially since it is not likely the price of fuel is ever going to come down and these surcharges would be eliminated. Why all of a sudden businesses are using fuel surcharge lines instead of simply incorporating fuel costs in with all their other operating costs (which is how things were done prior to about 2006) is a mystery to us. I guess suppliers thought it was a way to not raise product prices. Probably they also thought it would be temporary. Here’s where my new theory of fuel use comes in. Although for the last 34 years or so I have ridden my bike to work most days, I have recently started driving. Why? Don’t I care about pollution, global warming, excess profits, politics that result in violence and suffering, and all the other negative effects of depending on oil? Yes, and that is my new realization. Instead of conserving oil by insulating, driving high mpg cars, using mass transit and bikes, etc. I’ve realized the opposite is what is needed. We need to use up all the remaining oil as fast as possible. Once there is no oil, it will no longer be an issue. No drilling, no wars, no pesticides, no plastic, no Exxon ob-scene profits, no SUVs, no airplanes, etc. We’ll have only human-powered vehicles, like the car Fred Flintstone had. So I’m encour-aged everyone to squander as much oil as possible as soon as possible. Here are some ideas: drive everywhere and when you get there, leave your car idling, only turn it off to refuel; in summer, air-condi-tion buildings until you have to wear jack-ets inside; in winter, turn the heat up full blast and leave windows open; replace compact fluorescents with kerosene lamps; leave the oil drain plug in your car slightly open; at campfires and fireplaces replace wood with a bucket of gasoline; you get the idea. If you think this is wrong, consid-er that if Americans don’t squander the re-maining oil in the world, the Chinese or In-di ans will.

Suggestions and Responses:

s: “Bring back the grass-fed ground lamb. Grass-fed meat is richer in Omega-3 and Omega-6 fatty acids and lower choles-terol.”

r: (Dale) I am looking for a new source for lamb. The current supplier is often out of stock.

s: “Is the Bell & Evans chicken free range?”

r: (Dale) No, they are “free roam,” meaning they can roam around a barn. Sometimes they bump into each other, the polite ones say “pardon.”

s: “I really like the Goldberg’s Chal-lah—I love that it is sliced. Anyway, you order so few of them, they are never on the shelf. Can you order more? And when are they in the shop?”

r: (Nancy) I increased the Goldberg’s sliced challah—we will get them Monday, August 4.

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