Manager’s Corner

Expansion Update
by Glenn Bergman, General Manager

Getting tired of hearing about this? Well, I am not sure what we will be looking at by the time I write this column and it gets to you. Today is Sept. 9, and you might not be reading this until the middle of October, by that time anything could happen. Quick history background for those of you who are new (those who know this section can skip to the next paragraph). As most of you know, we had a market feasibility study performed in January 2007 and updated again this summer. The study said to expand to the Chestnut Hill section first and then look to other areas. In the spring of that year we began searching for sites in CH. After negotiating on a few locations we pinpointed the Kurtz Roofing building at Moreland and Winston Road. It was bigger than we could afford (CH prices are high), so we tried to settle with the owners at Moreland and Winston Road. It was big-ger than we could afford (CH prices are high), so we tried to settle with the owners at Moreland and Winston Road.

Negotiating the rental or purchase of the building has taken a year. As of today (remember, this is September), we have se-

(continued on page 8)

General Membership Meeting
Sunday, Nov. 9, 6-8:30 p.m.
NEW VENUE: North by Northwest
7165 Germantown Ave (Germantown & Mt. Airy Ave.)

AGENDA
• Approval of Spring GMM Minutes
• General Manager’s Report
• President’s Report
• Mark Alan Hughes
Director of Sustainability for the City of Philadelphia
• Questions and Answers

Co-op Harvest Festival Oct. 11
by Jonathan McGoran
Come celebrate another wonderful harvest at the Weavers Way Farm with our First Harvest Festival, sponsored by Weavers Way and Archbury Arboromet. We invite everyone to spend an afternoon at our beautiful farm in the city: Take tours, learn about urban farming, take a chance on interesting raffle items, enjoy the music, and bring the children for some fun activities.

The Festival will take place from 1 to 3 p.m., Saturday, Oct. 11, at the Weavers Way Co-op’s Mort Brooks Memorial Farm, 1103 Washington Lane, between Chew Avenue and Ardleigh Street. For more information, contact Raisa Williams at 215-482-0677 or via e-mail at raisawms@yahoo.com.

Learning and Growing at WW Ogontz
by Joaz Erat, Weavers Way Ogontz Store Manager
“To boldly go where no [co-op] has gone before…” This familiar phrase, recited by Capt. James T. Kirk in the original Star Trek series, might be ungra-
ciously corny, but it does well to capture the spirit of what has been taking place since the S.S. Weavers Way Ogontz set sail into “unknown space;” away from the comfy ‘crunchi-
ess’ of Mt. Airy and into the new-
erness of West Oak Lane.

This remarkable journey began months before the much publicized ribbon-cutting ceremony of July 1. As a manager-in-train-
ing, I was fortunate to be part of the con-
struction process. The amount of thought and careful consideration that took place was impressive—from what type of shelving should display products; the angle of the p.o.s. system (or registers); using bright lighting or diffused lighting; how to create a comfortable traffic flow, how to make products easy to reach; even the colors on

(continued on page 21)

Produce from WW Farm a Big Hit at Greene & Carpenter Farmers Market

by Joanna X. Prenck
It’s time for many to go back to school, but summer vegetables and fruit are still abundantly in season! A convenient way to find fresh, local food—and support the Weavers Way Farm—is to shop at the Market on Thurs-
days from 3 to 7 p.m., in front of High Point Cafe. The market is operated by Farm

to City and sponsored locally by Weavers Way.

This is the second summer that the Weavers Way Farm is at the market, and the tables look beautiful piled high with a riot of different colors of vegetables. Brilliant Swiss chard, many-hued heirloom toma-
toes, deep purple eggplant, golden cherry

(continued on page 2)

Learning and Growing at WW Ogontz
by Joaz Erat, Weavers Way Ogontz Store Manager
“To boldly go where no [co-op] has gone before…” This familiar phrase, recited by Capt. James T. Kirk in the original Star Trek series, might be ungra-
ciously corny, but it does well to capture the spirit of what has been taking place since the S.S. Weavers Way Ogontz set sail into “unknown space;” away from the comfy ‘crunchi-
ess’ of Mt. Airy and into the new-
erness of West Oak Lane.

This remarkable journey began months before the much publicized ribbon-cutting ceremony of July 1. As a manager-in-train-
ing, I was fortunate to be part of the con-
struction process. The amount of thought and careful consideration that took place was impressive—from what type of shelving should display products; the angle of the p.o.s. system (or registers); using bright lighting or diffused lighting; how to create a comfortable traffic flow, how to make products easy to reach; even the colors on

(continued on page 6)

Inside:
Product News 3
Upcoming Workshops 11
Letter 23
Suggestions 24
And of course... scads more

OCTOBER IS CO-OP MONTH!!

Manager’s Corner

Expansion Update
by Glenn Bergman, General Manager

Getting tired of hearing about this? Well, I am not sure what we will be looking at by the time I write this column and it gets to you. Today is Sept. 9, and you might not be reading this until the middle of October, by that time anything could happen. Quick history background for those of you who are new (those who know this section can skip to the next paragraph). As most of you know, we had a market feasibility study performed in January 2007 and updated again this summer. The study said to expand to the Chestnut Hill section first and then look to other areas. In the spring of that year we began searching for sites in CH. After negotiating on a few locations we pinpointed the Kurtz Roofing building at Moreland and Winston Road. It was bigger than we could afford (CH prices are high), so we tried to settle with the owners at Moreland and Winston Road.

Negotiating the rental or purchase of the building has taken a year. As of today (remember, this is September), we have se-

(continued on page 8)

General Membership Meeting
Sunday, Nov. 9, 6-8:30 p.m.
NEW VENUE: North by Northwest
7165 Germantown Ave (Germantown & Mt. Airy Ave.)

AGENDA
• Approval of Spring GMM Minutes
• General Manager’s Report
• President’s Report
• Mark Alan Hughes
Director of Sustainability for the City of Philadelphia
• Questions and Answers

Co-op Harvest Festival Oct. 11
by Jonathan McGoran
Come celebrate another wonderful harvest at the Weavers Way Farm with our First Harvest Festival, sponsored by Weavers Way and Archbury Arboromet. We invite everyone to spend an afternoon at our beautiful farm in the city: Take tours, learn about urban farming, take a chance on interesting raffle items, enjoy the music, and bring the children for some fun activities.

The Festival will take place from 1 to 3 p.m., Saturday, Oct. 11, at the Weavers Way Co-op’s Mort Brooks Memorial Farm, 1103 Washington Lane, between Chew Avenue and Ardleigh Street. For more information, contact Raisa Williams at 215-482-0677 or via e-mail at raisawms@yahoo.com.

Learning and Growing at WW Ogontz
by Joaz Erat, Weavers Way Ogontz Store Manager
“To boldly go where no [co-op] has gone before…” This familiar phrase, recited by Capt. James T. Kirk in the original Star Trek series, might be ungra-
ciously corny, but it does well to capture the spirit of what has been taking place since the S.S. Weavers Way Ogontz set sail into “unknown space;” away from the comfy ‘crunchiness’ of Mt. Airy and into the new-
erness of West Oak Lane.

This remarkable journey began months before the much publicized ribbon-cutting ceremony of July 1. As a manager-in-training, I was fortunate to be part of the construction process. The amount of thought and careful consideration that took place was impressive—from what type of shelving should display products; the angle of the p.o.s. system (or registers); using bright lighting or diffused lighting; how to create a comfortable traffic flow, how to make products easy to reach; even the colors on

(continued on page 2)

Produce from WW Farm a Big Hit at Greene & Carpenter Farmers Market

by Joanna X. Prenck
It’s time for many to go back to school, but summer vegetables and fruit are still abundantly in season! A convenient way to find fresh, local food—and support the Weavers Way Farm—is to shop at the Market on Thursdays from 3 to 7 p.m., in front of High Point Cafe. The market is operated by Farm

to City and sponsored locally by Weavers Way.

This is the second summer that the Weavers Way Farm is at the market, and the tables look beautiful piled high with a riot of different colors of vegetables. Brilliant Swiss chard, many-hued heirloom toma-
toes, deep purple eggplant, golden cherry

(continued on page 2)

Learning and Growing at WW Ogontz
by Joaz Erat, Weavers Way Ogontz Store Manager
“To boldly go where no [co-op] has gone before…” This familiar phrase, recited by Capt. James T. Kirk in the original Star Trek series, might be ungra-
ciously corny, but it does well to capture the spirit of what has been taking place since the S.S. Weavers Way Ogontz set sail into “unknown space;” away from the comfy ‘crunchiness’ of Mt. Airy and into the new-
erness of West Oak Lane.

This remarkable journey began months before the much publicized ribbon-cutting ceremony of July 1. As a manager-in-training, I was fortunate to be part of the construction process. The amount of thought and careful consideration that took place was impressive—from what type of shelving should display products; the angle of the p.o.s. system (or registers); using bright lighting or diffused lighting; how to create a comfortable traffic flow, how to make products easy to reach; even the colors on

(continued on page 6)

Inside:
Product News 3
Upcoming Workshops 11
Letter 23
Suggestions 24
And of course... scads more

OCTOBER IS CO-OP MONTH!!
**Editor’s Note**

by Jessica Nicol

Each issue of the Shuttle has something new to offer. This month, for instance, Norman Weiss makes a good point. That’s a first. Norman says food policy is being neglected in this presidential campaign. Oddly enough, he’s right.

I did some digging and found that Obama has addressed some food issues. He is on the record as supporting “a national farm-to-school program”; “more meaningful local control over these factory farms”; “efforts to improve federal food safety surveillance,” “the Country of Origin labeling law”; and “the USDA’s recent decision to ban all non-ambulatory cattle from slaughter.”

McCain has said even less, but from his actions and other statements, we can infer a three-pronged policy centered around the Early Bird special at Shoney’s, the abolition of expiration dates, and a staunch opposition to that new-fangled, pre-sliced bread. (My friends, the instruments in Washington want to tell you your bread should be sliced. I say the American people want the freedom to have their personal chefs and kitchen staffs slice their bread the way they want it sliced.)

So food is not high on Obama’s list of priorities. McCain has said less even, but from his actions and other statements, we can infer he supports the Early Bird special at Shoney’s, the abolition of expiration dates, and a staunch opposition to that new-fangled, pre-sliced bread. (My friends, the instruments in Washington want to tell you your bread should be sliced. I say the American people want the freedom to have their personal chefs and kitchen staffs slice their bread the way they want it sliced.)

The Shuttle is published by Weavers Way Co-op.

**Deadlines for each issue are the first of the preceding month, e.g. November 1 for the December issue.**

**Statement of Policy**

Articles, editorials, and ads under 100 words can be submitted neatly typed, on disk, or e-mailed to editor@weaversway.coop. Be sure to include your name, phone number, and membership number. Drop them off by mail to editor@weaversway.coop. Articles express only the views of the writers. All copy submitted will be held until publication or destroyed at the discretion of the editor. Subject to change without notice. The editorial staff reserves the right to edit all copy. Ad rates are available upon request, in the advertising mailbox on the first 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, comments, criticisms, and suggestions are welcome and should be directed to the editor. Space limitations require that the editor has the right to edit all articles. Ad rates are available upon request, in the advertising mailbox on the first 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, comments, criticisms, and suggestions are welcome and should be directed to the editor. Space limitations require that the editor has the right to edit all articles. Ad rates are available upon request, in the advertising mailbox on the first 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.

**Correction**

In the September issue of the Shuttle, the article entitled “New Fund to Assist Home Delivery Recipients” should have been credited to Carol Kraisler.

Apologies for the error. I blame myself.
The Weleda Company, a German-based organic cosmetics company, has announced a new product line that includes a range of face and body care products. The line is called "Natura Dusch", which translates to "Nature Shower". The products are said to be free from synthetic fragrances, dyes, and preservatives, and are made with ingredients such as jojoba oil, shea butter, and chamomile. The line is aimed at consumers who are interested in natural and organic beauty products. For more information, visit www.naturadusch.com.
The Scoop on Cat Litter

New Info on Cat Litter

First, I’d like to follow up on last month’s article about cat litter. I have since set out to sample various earth-friendly products. I am thrilled to report that I have discovered a product that is remarkable!

For any of you who have struggled recently with Premium Choice scoopable litter or a similar product, you will want to heed this advice. It may seem strange to express such exuberance about kitty litter but I confidently claim that I have been liberated!

Feline Pine Scoopable litter has changed my entire relationship with scooping the litter box. Again, if you have ever used scoopable clay litter, you may relate to the dread that arises as you approach that box. After a few days you find yourself shuffling away at a sticky, stinky mess. Or you can relate to hefting that forty pound bag that feels more like eighty. You, too, can be freed from the literary trauma of Feline Pine Scoopable is new on the market. It is basically the consistency of pine saw dust that is rendered scoopable by the addition of Guar and is completely earth-friendly. It is lightweight, effortless to shovel, and virtually odor-free. I have also found it to be long lasting. As I no longer dread the scooping chore, I am much more likely to use it and found the walls lined with bags and quarters of a bag. The odor control of the Feline Pine is far superior to clay. Best of all, Feline Pine appears to contain a very high percentage of clay that will never break down. This product offers so much more for your money. Right now, the best selling litter at the pet store is the 40-pound Premium Choice.

No doubt you have come to shop a similar product, you will want to heed this advice. For any of you who have struggled recently with Premium Choice scoopable litter or a similar product, you will want to heed this advice.

Hairballs

Next, I wanted to address a question I have encountered since dropping Science Diet from our inventory. Some members have been looking for an alternative to the Science Diet Hairball Formula. We have begun to stock Purina One Hairball Formula in a seven-pound bag and Eagle Pack Hairball Relief Formula in a 6.6-pound bag.

These are good alternatives and comparably priced if you were using the Science Diet Hairball Formula. They may be pre-ordered in larger sizes and light/hairball, though I don’t believe they are the best nutritionally. Recently, my oldest cat began having pretty intense hairball issues. Not only was it uncomfortable for her, it was pretty gross, too, as she always seemed to be in the most inconvenient place when it happened. I started using one of the hairball supplements we carry and grooming her often. Happily, the problem was resolved. I used my favorite grooming tool, the Kong Zoom Groom. I would recommend the Zoom Groom to any pet owner because it is incredibly effective for removing excess hair and very enjoyable for the pet. My litters always feel like they’re getting special treatment!

New Eco-Friendly Pet Products

Lastly, I wanted to introduce a new line that I am very excited about. West Paw Design is a great company in Bozeman, Montana that is truly committed to the “R.” They are responsibly producing non-toxic, eco-friendly pet products. They are dedicated to reducing waste during the manufacturing process by reusing and recycling materials. The eco-friendly components include IntelliLoft, fiber derived from recycled bottles, that they use in pet beds and toys. Organic cotton makes West Paw Designs pet beds “greener.” For their dog sweaters, they use reclaimed cotton, an existing resource that reduces waste, uses no new chemicals, and saves water. Their Zoogloves toys are 100 percent recyclable and carry a lifetime guarantee. They are “super durable” and come in terrific designs and great colors. The packaging is made from PLA corn-based, petroleum-free plastic and their catalogues are 100 percent post-consumer recycled paper printed in the U.S. with soy-based ink. They try to minimize their impact on the planet in every aspect of their operation. For West Paw Design, “going green is not a fad.” Their products are fun and innovative and as pet owners, we can feel good about using them. I look forward to member input on this line and anticipate that members will just love it.

Ask to see samples of their various special-made pet beds that can be pre-ordered.

Chinese Toys

As I have said before, choosing toys and supplies is one of the more enjoyable aspects of purchasing for the pet store. There are a few companies, like Kitty Hoofs and Ethical Pet Products, that have creative and fun toys. The conflict arises in that they are manufacturing in China. Are these toys safe? Currently, there is truly no way of confirming this, but my inclination is to move away from products that leave us doubting. As fun as the Chuck-a-Duck, Heave-a-beaver, and Garbage Guy may be, our pets’ interaction with them leaves them open to harm, since they chew and mouth them. Fortunately, there has been increased scrutiny for pet products stemming from the pet food recall. I think it makes perfect sense to seek out better products and I believe this is the beginning of a great partnership with West Paw design. I feel really great about streamlining our products to suit a greater purpose of responsibility for the pets we love and the planet that loves us.

alternative Healthcare

Alternative Healthcare For Women

Holistic Gynecology
Natural Menopause Counseling
Fertility/Pregnancy Consultations
Energy / Sound Healing Arts
Therapeutic touch
Tibetan bowls
Shamanic drums and Journeying
Iris S. Wolfson, CNN, CRNP
133 W. Phil-Ellena Street
Philadelphia, PA 19139
(215) 842-1657

Call for Tours and Open House Information
Greene Street Friends School
315 Greene Street
Philadelphia, PA 19144
Ph: (215) 438-7665
Email: info@greenestreetfriends.org
Website: www.greenestreetfriends.org

redbud native plant nursery

GREAT native plants
trees, shrubs, wildflowers, vines, ferns and grasses.
1214 n. middletown road
nem mii, pa 19342
(610) 358-4300
(610) 358-3330
redbudwetlandnursery.com
open apr through november
wednesday through saturday 9 to 5
tuesday through saturday 9 to 5
call for toll hours

Cresheim Cottage Cafe
american eclectic cuisine in a beautiful and relaxed atmosphere

FOUR REASONS TO SUPPORT CRESHEIM COTTAGE DURING THE AVENUE CONSTRUCTION:
1. New fantastic seasonal menu
2. Reduced recession-friendly pricing
3. Award-winning outdoor dining
4. You can help save a Mt. Airy woman-owned and operated small business and it will make you feel good.

www.cresheimcottage.com
www.redbudwetlandnursery.com
www.dmrsgardens.com
www.chinese-toys.com

 tradition meets innovation at CRESHEIM COTTAGE

Dinner Menu
Tuesday, Thursday and Saturday
5:30 to 9:00
Reservations recommended

ORDER BY 3:00
LOBSTERS
Marinated or broiled
STEAKS
28-ounce porterhouse
CHICKEN
Boneless breast, lightly breaded
VEGETABLES
Sautéed seasonal vegetables
SALADS
Caesar, chef's special
DESSERTS
Classic apple nut tart
https://www.chinese-toys.com
In 1971, a group of anti-war Catholics broke into a federal draft board office in Camden, N.J., to destroy draft records. What they didn't know was that a fellow plotter had become an FBI informant and the break-in was an elaborate sting operation. Among those arrested that day were four Catholic priests and several Protestant ministers. All were acquitted in a landmark trial that looked deeply into the American conscience during a tumultuous time at the height of the Vietnam War.

The participants in the break-in became known as “The Camden 28,” and a documentary film of the same name will be screened Wednesday, Oct. 15, at the Video Library on Germantown Ave. at 7 p.m., as part of the Weavers Way Co-op Film Series. Speaking after the movie will be Joan M. Reilly, one of the original “28” and still a committed advocate for social justice in Philadelphia.

Reilly serves as a senior director of the Pennsylvania Horticultural Society, overseeing its nationally recognized urban greening program, Philadelphia Green. The Philadelphia Green program utilizes horticulture to build community and improve the quality of life in Philadelphia's neighborhoods and downtown public spaces. Reilly leads key urban greening strategies such as parks re-vitalization, public landscapes, community gardens, urban tree canopy restoration, and vacant land management.

One program of note, City Harvest, makes use of more than 100 community gardens. Through a series of strategic partnerships (Reilly's forte), City Harvest, in two years, has given away more than 9,000 pounds of fresh produce to over 10,000 low-income Philadelphians. It starts with prison inmates who grow seeds into seedlings, which are then transplanted into the Philadelphia Prison System's Roots to Reentry garden and into scores of community gardens throughout Philadelphia. Prison inmates and volunteer gardeners grow the vegetables from the transplants. The fresh produce is then distributed to families through SHARE (Self Help and Resource Exchange), a food cupboard distribution network.

Reilly couldn't have known 13 years ago when he started working on the film that it would resonate so markedly in today's political climate. He began the project in 1995, finishing it 10 years later. In that span of time, the Sept. 11 attacks occurred, the U.S. invaded Iraq, and many basic American rights as stipulated by the Constitution have been eviscerated.

The film took so long to make for two reasons: Giacchino worked full time as a producer for the History Channel and funding for the project was piecemeal and difficult. The effort has paid off as the film was nominated for the 2007 Writers Guild of America Best Documentary Feature.
Recipe from the City Harvest Program

**Sautéed Greens with Onions and Peppers**

- 2 bunches of collard greens, kale or chard cut into small pieces
- 1 medium sized onion
- 1/4-cup olive oil
- 2-3 cloves of garlic
- 1 large sweet pepper
- Ginger (optional)
- Soy sauce or salt to taste
- Lemon juice or vinegar (1/8 cup or to taste)
- 1/4 to 1/2 cup toasted sunflower seeds, pumpkin seeds, or small wal- nut pieces (optional)

Wash greens thoroughly. Cut into small pieces. Dice onions and garlic, sauté in medium heat in oil, add sweet pepper, ginger and nuts with a little soy sauce or salt. Allow to cook for a few minutes before adding greens. Turn down heat and cover allowing greens to cook in their own steam. Add lemon juice and soy sauce as needed. Serve with rice and beans (or alone).

**As stated by Giacchino**

"Even though the war in Iraq is not in the headlines as much as the Vietnam War was in those days, there is still a war going on and there are still questions about the government's responsibility in time of war. He hopes that people who watch the film might wonder if the government has changed all that much in three decades. After the screening of the film, you might just want to ask Joan Reilly what she thinks."
Tea with F.W. De Klerk

As the food we eat becomes more and more political, we begin to hear the story it tells. In too many cases, it is a story of environmental destruction and human despair.

The story of rooibos tea is no exception. The Apartheid era in South Africa was a direct extension of colonial policies designed to extract resources and profits from the land and local populations. The native ethnic groups of South Africa were pushed off their ancestral homelands to make room for large-scale, colonial plantations. European magistrates and foreign businesses seized the now-famous gold and diamond deposits near Johannesburg, enslaving local populations to mine the shiny deposits near Johannesburg, enslaving local populations to mine the shiny mineral wealth. The regime relocated millions of farmers, creating impoverished and unproductive landscape.

The Homelands were transformed into separate black South Africans from the most profitable sectors of the economy. If there is a silver lining to this story of poverty and despair, slaves on the land they once owned. As Apartheid came to end, the Afrikaans President, F.W. DeKlerk, won the Nobel Peace Prize, while the farmers that survived were left with miniscule plots of land in the least productive areas of a generally arid and unproductive landscape.

The History of Rooibos

The story of rooibos is just one more chapter in the tragedy of Apartheid. For thousands of years, indigenous Khoi and San farming communities, perhaps the oldest inhabitants of South Africa, survived in the arid and unforgiving bush, eking out a living from the Kalahari through subsistence agriculture and rooibos cultivation. The Khoisan language was replaced by the Dutch-hybrid Afrikaans. Their stunted culture, the product of 2,000 years in the land, was now largely a memory. The medicinal bush became another cash-crop for European invaders. By the 1940s, wild rooibos was the most precious in the world, but the growers sank deeper into poverty and despair, slaves on the land they once owned.

The Medicinal Bush

If there is a silver lining to this story of Apartheid, it is the miracle of rooibos. This herb, one of the only crops that thrive in the dry and unwelcoming bush, grows nowhere else in the world. Its seeds were among the most precious in the world, but the growers sank deeper into poverty and despair, slaves on the land they once owned. The medicinal bush became another cash-crop for European invaders. By the 1940s and the rise of Apartheid, rooibos seeds were among the most precious in the world, but the growers sank deeper into poverty and despair, slaves on the land they once owned.

The Rise of Fair Trade Rooibos

In the village of Wupperthal, located in the Cederberg Mountains, the Afrikaans-speaking descendants of the Khoisan formed a rooibos cooperative, the Wupperthal Tea Association, in 1998 with 16 founding members. North of the Cederberg Mountains, approximately 60 farmers and their families live scattered throughout the rocky terrain. They received assistance from the Environmental Monitoring Group (EMG) and the Heiveld Cooperative: "The community’s fortunes are changing. All the cooperative members have their first bank accounts. One person had a set of dentures made; another took a family member to hospital for treatment—both healthcare ‘luxuries.’ These are quiet signals that a community, whose education often does not extend beyond grade four, is dipping its toe into a viable mainstream market.” Fair Trade represents the first opportunity for black South Africans to benefit from their labor and invest in their own development.

(continued on page 8)

Local Roots

After growing up in Chestnut Hill and going to school in Mt. Airy, John and Michael Finella started Finella Woodworking in 1987. The Finellas specialize in architectural millwork and custom cabinetry that they produce in an old mill building they refurbished in Germantown. The brothers work new general contractors, architects and individual homeowners and are firm believers in supporting local business.

Valley Green Bank

You count with us.

Plenty of on-site parking
7226 Germantown Ave • 215-362-2900
23 W Highland Ave • 215-362-9150
www.valleygreenbank.com

Boys & Girls Clubs of Greater Philadelphia and Southern New Jersey

35th Anniversary

Tea With DeKlerk
(continued from page 7)

The (Uncertain) Future of Rooibos

Today the progress of the Heiveld and Wupperthal cooperatives is threatened once again by white land-owners, and this time, by the very people who champion “Fair Trade.” The system has abandoned small farmers and began incorporating plantations into its model. The same landowners whose ancestors destroyed the native cultures and stole their land are currently the primary beneficiaries of rooibos’ inclusion in the Fair Trade register. While granting workers a slight increase in wages, Fair Trade serves to strengthen the plantation economy, to the detriment of small farming communities.

Not only does plantation-based Fair Trade serve as an investment in the communities of Heiveld and Wupperthal—never the plantation model upon which colonialism and Apartheid were founded. In the 1980s, millions of citizens around the world stood up to Apartheid and demanded that their colleagues, employers, and mutual funds divest from South Africa to end our subsidization of structured racism, inequality, and exploitation. Purchasing rooibos tea from large plantations diverts premium from the small farmers that need it most, it serves as an investment in justice and equality.

More Efficient, Expanding Production, their share of rooibos exports (already 98 percent of total production), and the prosperity of white landowners.

The story of rooibos is not over, and the ending has yet to be determined. Equal Exchange is proud to work exclusively with small farmer organizations, to strive for an empowering conclusion. Our rooibos tea is an investment in the communities of Heiveld and Wupperthal—never the plantation model upon which colonialism and Apartheid were founded. In the 1980s, millions of citizens around the world stood up to Apartheid and demanded that their colleagues, employers, and mutual funds divest from South Africa to end our subsidization of structured racism, inequality, and exploitation. Purchasing rooibos tea from small farmers is the next step—not just an investment in the communities of Heiveld and Wupperthal—never the plantation model upon which colonialism and Apartheid were founded. In the 1980s, millions of citizens around the world stood up to Apartheid and demanded that their colleagues, employers, and mutual funds divest from South Africa to end our subsidization of structured racism, inequality, and exploitation. Purchasing rooibos tea from small farmers is the next step—not just an investment in justice and equality.

Manager’s Corner
(continued from page 1)

cured a state grant to assist with the construction of this building, but we are still trying to get a deal done that works for both parties. It may be that we have to report, after all of this time, that the expansion will not take place on this site (I am told this happens all the time even after a few years of negotiating).

There are other opportunities out there and we will continue to look, and if this is the case, I will keep you informed through the e-mail newsletter and future articles.

Ogontz Store is open but slow

When we opened the Ogontz store, we knew that this would be a small store and a new location that would have its challenges. The challenge of opening in an underserved fresh produce area is big, but one that the board, the management team at WW, and the community (OARC) wanted to attempt. Our sales have been very low. In fact, our weekly sales have been about what we had expected to do in one or two days. Now that is slow. We have only been open for three months, and summer months at that, which is known to be a slow period. But until we are breaking even, we will need to find a way to increase sales.

We are not used to having to advertise and seek out members, but here we stand needing to do just that. We are developing an outreach program through membership and Robin will be spearheading this. With the Membership and Diversity Outreach Committee. Jon is working on ads and mailers over the next few months. It is important to get the word out in the community and to have our members try out the store and tell us what we need to do to improve it and better meet their needs.

If you are able to shop at Ogontz, please do. Your feedback is important and your involvement is too.

Mark Allen Hughes to Speak

I am very excited that Mark Allen Hughes has agreed to speak at our Fall General Membership Meeting in November. Mr. Hughes is the City’s Director of Sustainability. I had the opportunity to meet him in the summer. I am looking forward to his presentation and plans for the City.

A tenant at 8939 Germantown Avenue, the Ogontz Store is open but slow. We have only been open for three months, and summer months at that, which is known to be a slow period. But until we are breaking even, we will need to find a way to increase sales. We are not used to having to advertise and seek out members, but here we stand needing to do just that. We are developing an outreach program through membership and Robin will be spearheading this with the Membership and Diversity Outreach Committee. Jon is working on ads and mailers over the next few months. It is important to get the word out in the community and to have our members try out the store and tell us what we need to do to improve it and better meet their needs. If you are able to shop at Ogontz, please do. Your feedback is important and your involvement is too.

Mark Allen Hughes to Speak

I am very excited that Mark Allen Hughes has agreed to speak at our Fall General Membership Meeting in November. Mr. Hughes is the City’s Director of Sustainability. I had the opportunity to meet him in the summer. I am looking forward to his presentation and plans for the City.

Check out our newly renovated cafe with a bamboo floor!

Drink some hot tea, attend a book reading, read some cookbooks, and more!
Celebrate the Season at the Morris Arboretum’s Fall Festival

by Susan Crane

Weavers Way will be joining Morris Arboretum for the Fall Festival, an afternoon of fun and activity held the first Sunday in October. Celebrating its tenth year, the Morris Arboretum will host this year’s annual Fall Festival on Sunday, Oct. 5 from 11 a.m. to 3 p.m. The Arboretum’s glorious landscape provides the perfect backdrop for this lively event. Colorful trees burst forth with hues of orange and red as families gather to make a scarecrow or paint a pumpkin. Fall Festival is a highlight of the Arboretum’s fall calendar, last year drawing over 1700 visitors. What makes the event so unique is that almost all the activities are geared toward both children and adults, allowing families and friends to spend a wonderful afternoon together.

Among the favorite activities is the scarecrow making. For a small fee ($10 members, $12 non-members), the Arboretum supplies all the materials, including the scarecrow frames, hay and a vast selection of clothing. This is serious business for many folks who are intent on having the “best-dressed” scarecrow around. Visitors are encouraged to come early for scarecrow-making, as many visitors head right to that area, to ensure their pick of the best outfit.

New this fall: Don’t miss the Scarecrow Walk! From Saturday, Sept. 27, through Sunday, Oct. 5, entries from our Scarecrow Design contest will be on display for nine days before and during Fall Festival. Visitors can purchase raffle tickets at the Arboretum to win one of the scarecrows.

Kids also enjoy choosing and creating a pumpkin “masterpiece.” Pumpkins can be purchased and painted in a variety of colors and decorated with glitter, yarn, pompons, and doilies.

Weavers Way Co-op will be on hand once again, with a selection of organic, locally-grown produce and other Co-op products. Visitors can delight in sampling the tasty apple varieties and choosing an assortment to take home.

Other attractions include master falconer Mike Dupuy, who will be on hand to show off his wonderful birds of prey and demonstrate the 4,000-year-old art and sport of falconry, and “bee master” Jim Bobb, who was featured on Channel 6 news for his bees’ honey and its medicinal benefits. Visitors will also have the opportunity to craft a scarecrow, paint a pumpkin, or see some of the Arboretum’s live birds of prey.

PUMPKIN PAINTING IS A FAVORITE AT THE MORRIS ARBORETUM FALL FEST

PHOTO COURTESY OF MORRIS ARBORETUM

Small Farmers + Your Co-op Big Change

Veils geluk!

(Congratulations)

The Mill Artists’ Studios

16th Open Studios
Saturday & Sunday
Nov. 1 – 2, 2008
Noon to 5 pm
Manayunk
123 & 128 Leverington Ave.
Philadelphia, PA
www.millstudios.org

DIVERSIFIED SERVICES
SOMETHING FOR EVERYONE
Anything Organized
Packaging and Setting Up
Party Help
Cat-Sitting w/TLC
Companion Care
Senior Services
references available/25 years experience
Debbie Ansell
215-844-2280

Celebrate the Season at the Morris Arboretum’s Fall Festival

by Susan Crane

Weavers Way will be joining Morris Arboretum for the Fall Festival, an afternoon of fun and activity held the first Sunday in October. Celebrating its tenth year, the Morris Arboretum will host this year’s annual Fall Festival on Sunday, Oct. 5 from 11 a.m. to 3 p.m. The Arboretum’s glorious landscape provides the perfect backdrop for this lively event. Colorful trees burst forth with hues of orange and red as families gather to make a scarecrow or paint a pumpkin. Fall Festival is a highlight of the Arboretum’s fall calendar, last year drawing over 1700 visitors. What makes the event so unique is that almost all the activities are geared toward both children and adults, allowing families and friends to spend a wonderful afternoon together.

Among the favorite activities is the scarecrow making. For a small fee ($10 members, $12 non-members), the Arboretum supplies all the materials, including the scarecrow frames, hay and a vast selection of clothing. This is serious business for many folks who are intent on having the “best-dressed” scarecrow around. Visitors are encouraged to come early for scarecrow-making, as many visitors head right to that area, to ensure their pick of the best outfit.

New this fall: Don’t miss the Scarecrow Walk! From Saturday, Sept. 27, through Sunday, Oct. 5, entries from our Scarecrow Design contest will be on display for nine days before and during Fall Festival. Visitors can purchase raffle tickets at the Arboretum to win one of the scarecrows.

Kids also enjoy choosing and creating a pumpkin “masterpiece.” Pumpkins can be purchased and painted in a variety of colors and decorated with glitter, yarn, pompons, and doilies.

Weavers Way Co-op will be on hand once again, with a selection of organic, locally-grown produce and other Co-op products. Visitors can delight in sampling the tasty apple varieties and choosing an assortment to take home.

Other attractions include master falconer Mike Dupuy, who will be on hand to show off his wonderful birds of prey and demonstrate the 4,000-year-old art and sport of falconry, and “bee master” Jim Bobb, who was featured on Channel 6 news for his bees’ honey and its medicinal benefits. There will also be face painting, craft making from the Wild Bird Center, Wissahickon Chicken Shack will keep the crowds hopping and stomping with their unique blend of music capturing the folk of New Orleans, the honky-tonk of Texas, the high lonesome sounds of Appalachia, and the West Coast sound of the Bay Area. They are back by popular demand following their performance at the Arboretum’s 75th Anniversary celebration in April.

No visit to the Arboretum at this time of year would be complete without a stop at the Garden Railway Display. This year’s theme, Architectural Wonders of the World, treats visitors to a virtual trip around the globe with extraordinary replicas of wonders of the world, surrounded by a quarter-mile track out in the Arboretum garden. Be sure to see the display before it closes for the season on Oct. 13.

Finally, visitors should take a few moments to look around and enjoy the spectacular fall colors. In the Philadelphia area, there is truly no better place to see beautiful autumn trees than at the Morris Arboretum. The Arboretum is home to some of the area’s oldest and largest trees, as well as many trees known for their particularly superb color—including red and sugar maples, scarlet oaks, and black gums.

The Fall Festival is the perfect way to enjoy an afternoon of fun in a glorious autumn setting. Make plans to visit the Arboretum and it will become an annual event for your family, too.

The Morris Arboretum of the University of Pennsylvania is located at 100 East Northwestern Avenue in the Chestnut Hill section of Philadelphia. The 92-acre horticulture display garden includes a spectacular collection of mature trees in a Victorian landscape. The Arboretum features numerous picturesque spots such as a formal rose garden, Japanese gardens, a swan pond, meadows, and the elegant Fernery. The Morris Arboretum is listed on the National Register of Historic Places and is the official arboretum of the Commonwealth of Pennsylvania. For more information, please visit www.morrisarboretum.org.
Feds OK Irradiating Fresh Spinach, Lettuce
by Sustainable Food News

The use of ionizing radiation on fresh iceberg lettuce and fresh spinach to control food-borne pathogens and extend shelf-life has been approved by the U.S. Food and Drug Administration.

The agency said in a Federal Register notice that it was amending the food additive regulations to allow the radiation at a dose up to four kiloGray, which is about five million times more irradiation than a single chest x-ray. The Center for Disease Control said it can take about 4.5 kiloGray to kill the salmonella in poultry.

The Center for Food Safety (CFS) requesting individual petitions.

The FDA was petitioned by the National Food Processors Association on behalf of The Food Irradiation Coalition in January 2000 to allow ionizing radiation on this produce and several other food products. The petition was scaled back to just spinach and iceberg lettuce as December.

“The FDA said the use of ionizing radiation on the other foods included in the original petition remains under review. Americans have been eating irradiated meat for years, and spices can also be irradiated.”

The FDA said it received several comments from Public Citizen (PC) and the Center for Food Safety (CFS) requesting a producer referendum to garner public input—neither of which were undertaken by the USDA.”

“The fact that almond growers were not permitted to fully participate in developing and approving this rule undermines its legitimacy,” said Ryan Miltner, the attorney representing the almond growers. “Rather than raising the level of income for farmers and providing handlers with orderly marketing conditions, this particular regulation creates classes of economic winners and losers. That type of discriminatory economic segregation is anathema to the intended purpose of the federal marketing order system.”

Organic Almond Growers File Lawsuit Over USDA Fumigant Mandate
by Sustainable Almond News

A group of 15 American organic and conventional almond growers and sellers recently filed a lawsuit in federal court in a bid to overturn a government-mandated treatment program for California-grown raw almonds.

“This rule is killing the California Organic Almond business,” said Steve Koretz, a plaintiff in the lawsuit and owner of Purely Organics located in Kerman, Calif., according to a statement, “because foreign almonds do not have to be pasteurized, their price is going up while our price is going down because of the rule. It makes no sense.”

Convinced that a new rule was necessary to ensure the safety of California-grown almonds, federal regulators rolled out a requirement late last year mandating that raw almonds produced in California be treated with propylene oxide or steam-heated prior to sale.

“Rather than raising the level of income for farmers and providing handlers with orderly marketing conditions,” added Miltner, “this particular regulation creates classes of economic winners and losers. That type of discriminatory economic segregation is anathema to the intended purpose of the federal marketing order system.”

Save that Date!
Weavers Way’s Fall General Membership Meeting is Sunday, Nov. 9, 2008
Clone Offspring Entering Food Supply; Companies Sign Clone-Free Pledge

by Jonathan McGoran, adapted from Sustainable Food News

It has been barely nine months since the the U.S. Food and Drug Administration announced the decision to end a voluntary ban on the sale of meat and milk products from cloned livestock, although only eight companies have pledged not to sell food from cloned animals. However, just eight of the 20 companies have committed to not using ingredients from clones or their offspring. They are Ben & Jerry's, Amy's Kitchen, PCC Natural Markets, Hain Celestial, Clover-Stornetta, as well as Obeviers Dairy, Prairie Farms Diary, and Plainview Dairy. With clones costing up to $20,000 a copy, they are too expensive to be slaughtered for food, but reports that some ranchers are selling clones' offspring for food is cause for concern.

In May, the Center for Food Safety (CFS) began reaching out to companies involved in the production, use, and side of meat and milk products, regarding their position on the use of food from clones. Ben & Jerry's Social Mission Director Rob Michalak told the CFS that the "decision to approve clones for food use was rushed through, under the radar, without a proper, comprehensive review." Michalak is calling for the establishment of a national registry and tracking program to keep people informed where clones and their offspring are at all times. "This rejection of food from clones sends a strong message to biotech firms that their products may not find a market," said Lisa Bunin, of the Center for Food Safety. "American consumers don't want to eat food from clones or their offspring, and these companies have realistically anticipated low market acceptance for this new and untested technology."

Building a Great Home and School Relationship
Thursday, October 16, 7-9 p.m., Mindy Flexer Studio, 525 Greene St.
Have you always wanted to learn to draw? Well, you can! In this workshop, we will experiment with a series of fun drawing exercises that will get you started on learning to draw what you see. Beginners to advanced students are welcome. If you have a sketchbook, bring it; if not, I will provide paper.

Weavers Way’s new Online Work Calendar is Here!
Sign up for work hours, edit your household info, check on your investment and more, all from the comfort of home, or anywhere else you can get online!

Gavin's Electric
Think Gavin Because Gavin Thinks of You
High quality work done by certified professionals, with pride, and your interests in mind
215-407-9473

Kenny's Imprintables
"the mark of quality"
custom imprinted t-shirts, tees and more
267.918.8307
Printers for Weavers' Way, The White Dog, Habitat For Humanity and more!
Call or email today! sharon@KennyImprintables.com
2131 N. American St. Philadelphia, PA 19122
Neighborhood Reclaims Park at Allens Lane and Lincoln Drive

by Damaris E. South

Have you recently pedaled, driven, or walked past the "T" where Lincoln Drive meets Allens Lane? You might have noticed its transformation and wondered about the small blue marker flags scattered among the plants. Enthusiasm, planning, collaboration, cooperation, and a small band of hard-working near-neighbors have made this change possible.

Early in the 1900s a link connecting the Chestnut Hill and Mount Airy segments of Lincoln Drive was planned, to begin at the "T." The Streets Department ultimately abandoned that idea and the land reverted to Fairmount Park. In more recent times you might remember the area mainly for its landmark, the dilapidated white picket fence. Those venturing into the "woods" behind the fence would have been dismayed by the dumping ground it had become: mounds of asphalt, concrete, cobbles, and yard waste overgrown with invasive trees and shrubs—vines—not a pretty sight and certainly nothing the community could be proud of.

In the spring of 2007, the newly formed West Mt. Airy Neighbors Streetscapes Committee, in search of a kick-off project, decided to take on replacing the picket fence and rehabilitating the surrounding area. Over the next 11 months, committee members worked on a plan of action. Resources were explored and plants and plant lists were drawn up. Establishing cooperation, and a small band of hard-working near-neighbors have made this change possible.

In December 2007, the Committee felt prepared to meet with near-neighbors to gather their comments and enlist their support. Neighborhood reaction was enthusiastic and promises of participation—all it takes to make a difference—were very enthusiastic.

By February 2008, near neighbors, committee members, and community residents were ready to begin work. Sunday, Feb 24, was "Move the Picket Fence" day. Despite the snow on the ground, 20-plus hardy souls endured cold, wet feet as they worked to remove the fence (portions of which have been recycled at Ned Wolfe Park) and to fill a planter with shrubbery. Enthusiasm was high. We could have used two more dumpsters.

After the initial clean up, Fairmount Park Commission (FPC) District #3 staff, at the direction of District Manager Pat Crossan and District Supervisor Gerry White, came in with heavy equipment. Crews removed invasive trees, pruned what remained, and carted away truckloads of rubble, setting the stage for the installation of a new fence and gate. This was designed, built, and installed by the Friends of the Wissahickon Structures and Trail Maintenance Subcommittee crew, under the leadership of Ed Stanion with assistance and coordination by David Dannenberg, fellow Friend of the Wissahickon and Streetscapes Committee member. Two red reflector signs were erected by the Streets Department in June as a warning to motorists.

Volunteers began planting in April and continued intermittently until June as plants became available through donations from the FPC and direct purchases. District #3 brought in several truckloads of compost and mulch to give the plants the best possible start. FPC Natural Resources Specialist and local resident Sarah Low was instrumental in obtaining donations through the FPC Environment, Stewardship, and Restoration Division. Additional trees and groundcover will be planted in the fall. The planting plan features species native to the Wissahickon. Blue marker flags help volunteers identify plants, learn more about what is native, and avoid weeding when weeding and overwatering when watering. Continue to watch for a plant list with photos, so you, too, can learn about what is indigenous to the area. Perhaps you will be inspired to add Rudbeckia fulgida (Brown Eyed Susan), Rhododendron ponticum, Pipturus floribundus, Carex pensylvanica (Pennsylvania sedge) to your garden.

The dramatic improvements in the lot's appearance brought on by clearing, building, and planting this spring have been followed by quieter but nonetheless intense efforts centered on maintenance. Neighbors divided the summer weeks and took responsibility for watering, weeding, and more watering. A very near neighbor generously allowed us to use his garden hose on our appointed watering rounds. Weeds have disappeared like magic, and the grass has remained mysteriously well manicured. Efforts to identify the 'turf crew’ have so far been unsuccessful. Thanks to the blue flags, only weeds have been eliminated. We are very proud that regular watering has kept the plant mortality rate low during this critical "establishment period."

September will bring a celebration of our accomplishments. Neighbors and friends will join together on Sunday, Sept. 21, for a communal pat on the back and to plan for what lies ahead. More watering, weeding, and planting of course, but perhaps we can persuade the Streets Department to build a new sidewalk and curb.

Watch for activities and join us on our next work day. It will be announced on the board atop the gate as well as on the WMAN newsletter, and via e-mail. Often when we convene on a weekend morning, there are doughnuts, apple cake, and coffee. Bring your gloves and a willingness to work, and be prepared to improve your knowledge of indigenous plants and trees, and to hone your gardening skills.

For more information contact the WMAN Streetscapes Committee at 215-438-6622 or wman@wmnanet.net.
Ned Wolf Park
From the many positive comments made to our volunteers by dog-walkers, baby carriage-pushers, and bench-sitters, it seems that the neighborhood is pleased with the developments at Ned Wolf Park. We are all glad to have your positive encouragement and to know that the past two years of grueling work days in the park have made the impact we intended. The hard work is behind us, but the maintenance will go on forever. We are working to add new hands to solidify our core group of intrepid volunteers. We need to involve more people to help with the gardening maintenance in support of this local resource which, like all living things, needs to be nurtured. The spring yard clean-up with four gardening men showing up for two hours to work with you at your home! Among the new items this year was a “bulb planting” with 200 deer-resistant bulbs planted at your home with your help by our volunteers; a “spring yard clean-up” with four gardening men to show up at your home in April to help get your little piece of Eden off to a good start in 2009, with your assistance; “fall yard clean-up” with four gardeners showing up for two hours to work with you at your home! We are working to add new hands to solidify our core group of intrepid volunteers who regularly work in the park, contact Ronda Throne-Murray at: 215-848-4222 or via e-mail at rondazmail@verizon.net. We'll see you in the park.

Henry School Parents Group
by Nancy Peer
In October 2002, a group of parents began meeting monthly. Some were Henry School families and others were considering Henry for their children. This group continues to meet and helps families gather information and make informed decisions. The next three meetings will include guest speakers, opportunities to help out, and more:

Monday, October 27, 2008
Wednesday, November 19, 2008
Tuesday, December 16, 2008

Meetings are held at the Peters’ home: 526 Arbutus St., starting at 7 p.m. sharp, and ending at 8:30. Please bring a small snack or beverage to share. Childcare is not provided, but we can recommend sitters.

To RSVP, contact the Peters at 215-713-2650 or wissahickon@earthlink.net. For further information visit http://knowinghenry.blogspot.com.

Therapy for Individuals and Couples
Stress Management
Coping with Life Changes,
Fear, Anxiety, Depression, Grief
Increase Serenity in Your Life
Gloria D. Rohlfis, L.S.W.
Sliding Fee Scale, Insurance
215.248.6287
CoachGDR@juno.com

Traditional Acupuncture
Susan Bloch, M.Ac., R.N.
Board Certified in Acupuncture
Now in 2 Locations!
548 W. Sedgwick St., Mt. Airy
750 South 15th St., Center City
215-844-7675 susiebloch@earthlink.net

The Crefeld School
We welcome students and families seeking a progressive education. We pursue high academic standards in a relaxed, intimate, and collaborative atmosphere. Our nurturing and supportive environment includes emotional and learning support. We are a safe haven for students.

- College Preparatory Curriculum
- Graduation by Exhibition
- Strong Creative Arts offerings, including glassblowing
- Co-Ed, Grades 7-12 (separate Middle School program)

Next Open House: Friday, October 10, 2008 from 8:45—10:15 am
Call (215) 242-5545 to R.S.V.P. or for more information

836 Crefeld Street, Philadelphia PA 19118 www.crefeld.org


Therapy for Individuals and Couples
Therapy for Individuals and Couples
Stress Management
Coping with Life Changes,
Fear, Anxiety, Depression, Grief
Increase Serenity in Your Life
Gloria D. Rohlfis, L.S.W.
Sliding Fee Scale, Insurance
215.248.6287
CoachGDR@juno.com

To grow a local economy, we need to improve the way people live.

Traditional Acupuncture
Susan Bloch, M.Ac., R.N.
Board Certified in Acupuncture
Now in 2 Locations!
548 W. Sedgwick St., Mt. Airy
750 South 15th St., Center City
215-844-7675 susiebloch@earthlink.net

The Crefeld School
We welcome students and families seeking a progressive education. We pursue high academic standards in a relaxed, intimate, and collaborative atmosphere. Our nurturing and supportive environment includes emotional and learning support. We are a safe haven for students.

- College Preparatory Curriculum
- Graduation by Exhibition
- Strong Creative Arts offerings, including glassblowing
- Co-Ed, Grades 7-12 (separate Middle School program)

Next Open House: Friday, October 10, 2008 from 8:45—10:15 am
Call (215) 242-5545 to R.S.V.P. or for more information

836 Crefeld Street, Philadelphia PA 19118 www.crefeld.org


Therapy for Individuals and Couples
Therapy for Individuals and Couples
Stress Management
Coping with Life Changes,
Fear, Anxiety, Depression, Grief
Increase Serenity in Your Life
Gloria D. Rohlfis, L.S.W.
Sliding Fee Scale, Insurance
215.248.6287
CoachGDR@juno.com

To grow a local economy, we need to improve the way people live.

Traditional Acupuncture
Susan Bloch, M.Ac., R.N.
Board Certified in Acupuncture
Now in 2 Locations!
548 W. Sedgwick St., Mt. Airy
750 South 15th St., Center City
215-844-7675 susiebloch@earthlink.net

The Crefeld School
We welcome students and families seeking a progressive education. We pursue high academic standards in a relaxed, intimate, and collaborative atmosphere. Our nurturing and supportive environment includes emotional and learning support. We are a safe haven for students.

- College Preparatory Curriculum
- Graduation by Exhibition
- Strong Creative Arts offerings, including glassblowing
- Co-Ed, Grades 7-12 (separate Middle School program)

Next Open House: Friday, October 10, 2008 from 8:45—10:15 am
Call (215) 242-5545 to R.S.V.P. or for more information

836 Crefeld Street, Philadelphia PA 19118 www.crefeld.org

State Senator LeAnna Washington Announces New “Mt. Airy Teacher’s Fund”
by John Gutter Howard

Have you been meaning to learn Spanish? Did you take it for years, but barely use it? If this sounds like you, I hope that there is an amazing barrio of Latino culture right here in our city: Music, art, food, dance. There is an abundance of offerings and I want to make sure that people from other parts of the city become a part of these rich experiences.

As Latin Language Lounge grows, I also hope to connect Spanish learners to opportunities for immersion in Spanish speaking countries. Language is a tool for learning about other cultures. Ultimately, as people travel to other parts of the world, they become more empathetic and embracing of differences. Inevitably, they get a hunger to explore more parts of the world and the better they Spanish get, the more they can do that!

Latin Language Lounge is currently offering its classes at the Maternal Wellness Center’s new location at 16 E. Springer Street, Philadelphia, PA 19119. If you are interested in signing up or learning about upcoming classes or if you want to share any ideas you may have for the Latin Language Lounge, I would love to hear from you. You can reach me at sylvie@latinlanugelounge.com or 215.478.3286.

Now More Than Ever, Cresheim Cottage Needs Your Support
by Kim Raker

With construction in full swing at their doorstep, the Cresheim Cottage is in dire need of support from the community. All of the businesses impacted by this construction need your support, now more than ever. Without it, they will not survive. Though the approach is intimidating due to detours and construction equipment, the Cottage is open, and free parking is available.

“We support the Cottage and others in the Mt. Airy community, I hope that we can continue to give out these grants to teachers for years to come.”

Members of the committee include, Pat Harles, Pauline Henry, Marilyn Lanthier, Richard Raisman, and Leslie Winder. To find out more information about the Mt. Airy Teacher’s Fund, call 215-848-1133 x 208 or e-mail pkhoward@gmail.com.

Chestnut Hill Academy & Springside School
8000 Cherokee Street, Philadelphia, PA 19115 | 215-247-7007

Open Houses
Thursday, Oct 23 | 7 PM
Sunday, Nov 9 | 2 PM
www.chass.org

State Senator LeAnna Washington Announces New “Mt. Airy Teacher’s Fund”
by John Gutter Howard

Have you been meaning to learn Spanish? Did you take it for years, but barely use it? If this sounds like you, I hope that there is an amazing barrio of Latino culture right here in our city: Music, art, food, dance. There is an abundance of offerings and I want to make sure that people from other parts of the city become a part of these rich experiences.

As Latin Language Lounge grows, I also hope to connect Spanish learners to opportunities for immersion in Spanish speaking countries. Language is a tool for learning about other cultures. Ultimately, as people travel to other parts of the world, they become more empathetic and embracing of differences. Inevitably, they get a hunger to explore more parts of the world and the better their Spanish gets, the more they can do that!

Latin Language Lounge is currently offering its classes at the Maternal Wellness Center’s new location at 16 E. Springer Street, Philadelphia, PA 19119. If you are interested in signing up or learning about upcoming classes or if you want to share any ideas you may have for the Latin Language Lounge, I would love to hear from you. You can reach me at sylvie@latinlanugelounge.com or 215.478.3286.

Now More Than Ever, Cresheim Cottage Needs Your Support
by Kim Raker

With construction in full swing at their doorstep, the Cresheim Cottage is in dire need of support from the community. All of the businesses impacted by this construction need your support, now more than ever. Without it, they will not survive. Though the approach is intimidating due to detours and construction equipment, the Cottage is open, and free parking is available.

“We support the Cottage and others in the Mt. Airy community, I hope that we can continue to give out these grants to teachers for years to come.”

Members of the committee include, Pat Harles, Pauline Henry, Marilyn Lanthier, Richard Raisman, and Leslie Winder. To find out more information about the Mt. Airy Teacher’s Fund, call 215-848-1133 x 208 or e-mail pkhoward@gmail.com.
Mt Airy: Third Places Revisited

By Betsy Teutsch

My Simplicity Dividend column is now more years old than I can recall. It’s still great fun to plan each issue’s topic, but this column is a milestone of sorts: revisiting an earlier topic and celebrating how well we’ve done in creating Third Places. Back in the day I reviewed Ray Oldenburg’s urban sociology classic, *The Great Good Place*, a study of gathering places which are neither home nor work, hence the term Third Place.

They are the locations where community happens—people drop in, partly looking for connection, not just food or drink. Mt. Airy has moved up significantly in the Third Place meter by adding a diner and at least two independent coffee shops in the last five years. Weavers Way’s location, just diagonally across the intersection from The High Point, has created a synergy between the two that is so successful it’s hard to get to a seat at Meg’s. Greene and Carpentier, which also features our independent bookstore, mothering center, yoga studio, terrace, which also features our independent bookstore, mothering center, yoga studio, and green home center, has become a micro-Berkeley, California, efficiently compressed into one half-block.

At Germantown Avenue’s Infusion, whole dissertations are written. Meals, benefits, and get-togethers at The Trolley Car are standard fare of Mt. Airy life; TCC added Fair Trade coffee in response to customer demand. My observation is that these places haven’t just met pent-up demand for coffee; rather, they’ve created demand for coffee combined with conversation and community. Another factor fueling Third Places is the internet crowd. When I first heard the term Third Place, it was super exciting, because working at home had always been so isolating. I loved the idea that there could be a place to take a break and socialize at the same time, without making a specific plan with anyone. Think of how communications have changed in the intervening few years—laptops, cell phones, and social networking have spawned a whole new type of work life, dubbed nomadic, no longer dependent on a specific location or office. Millions of people now are at work as soon as they turn on their computers. Technomads also use cafes, not for socializing, instead, they use them as free office space if the establishment provides internet access. (The High Point doesn’t provide internet service, which contributes to its social vibe. It does provide water for doggies, though. Infusion provides internet, but is less dog-friendly.)

Looking over the past few months, I chuckle when I think of how frequent my High Point visits have been, since—dirty secret here—I don’t really care about lattes and work hard to resist pastries. But I love conversation and community, so I figure two out of three is pretty good. I adore showing off our hip ‘hood; friends and colleagues are happy to travel from afar to our scene here. We are that cool!

So hats off to all the proprietors of our vital Third Places—and let the coffee, conversation, and community flow. You can read Betsy’s blogs at www.LowerChampiThings.blogspot.com.

Mt. Airy

Germantown Friends School

Open House Saturday, October 4
1-3 p.m. (Registration ends at 2)
K-12 • Established 1845
314-851-2345

GFS kids care about the Earth!

YOUR LOCAL ONE-STOP SHOP FOR ALL YOUR BEVERAGE NEEDS

BREWERS OUTLET

Health Drinks
Softs
Juices
H2O
Teas
Sodas
Organics
Craft Beers
Imported
Ciders
Lambics
Sangrias
Soup Broths
Ginger Beers

7401 Germ. Ave (215) 242-3110 mybrewersoutlet.com

PLYMOUTH MEETING FRIENDS SCHOOL

Pre-Kindergarten - 6th Grade

2008-2009 • Admission Open Houses
Saturday, November 8 2-4pm
Wednesday, January 21 9:30-11:30am

A big world in a small Quaker school.

www.pmfks780.org 610-308-2288 2150 Butler Pike, Plymouth Meeting

Cuts-Colors-Highlights
Makeup-Lipstick-Massage
We Now Offer Massage Therapy

215-242-2888

Where Your Hair Is Our Art

Now Carrying Jane Iredale Cosmetics
Authorized Redken Dealer

90 Bethlehem Pike, Chestnut Hill
Between Borders & the RT Train
Wed, Fri & Sat 9-4 • Tues & Thurs 9-7
Easy Parking

Tuscan-Inspired Interior
The Bee Crisis
by Pat Piro

It is no secret that the honey bee is in serious trouble. For those of us who are interested in the organic scene, this crisis is very alarming. The honey bee is the pollinator of many of the fruits and vegetables we eat on a regular basis. Without them, the agricultural world would be terribly at risk. In late 2006, beekeepers first recognized a deadly ailment that was decimating their hives. Colony Collapse Disorder (CCD) literally turns a beehive into a ghost town. Thus far, CCD has claimed bees in 35 states, affecting commercial beekeepers, who truck thousands of hives long distances to pollinate crops, as well as the smaller and less experienced beekeeper. Especially in light of the dramatic decline of commercially managed honey bees, it is important that we remember what important pollinators our native bees are and always have been for many favorite garden vegetables and fruits. In many cases, they are doing 100 percent of the work. In research done on small farms in New Jersey, it was discovered that native bees have been responsible for many of the pollinations now taking place in some crops (melon, peppers, and tomato), even when farmers are renting honeybee colonies for pollination.

Native bees have been in America almost forever, while the honeybees are relatively newcomers who first arrived in the 1600s with English and Dutch settlers, and then later with Spanish priests in Mexico and the Southwest. Honeybees are preferred by farmers for pollinating big fields of a single crop because their hives are portable and come packed with thousands of eager workers. The under-appreciated local talent are the native bees. They can't pollinate huge, single crop farm fields and almost none of them make honey. However, as more research is done, scientists are appreciating the power and potential of native pollinators.

Home organic gardeners can nurture significant numbers of native pollinators. Right now this is really important because it appears the numbers of native pollinators are falling and we need them more than ever. There are several ways we can make a difference and attract and nurture pollinators wherever we live: Plant a flower leafflet with a variety of flower types and colors—blue, purple, violet, white, and yellow. Plant annuals and perennials. If you have mostly shade, bees like nasturtium and dandelion. Bees and butterflies dandilion and clover so this can give you a break on weeding. Add a birdbath to give them clean water, which will keep them in your garden instead of going elsewhere for water. And don't forget to support local beekeepers, who are greatly affected by this crisis; try to buy local honey. Let's all try and make a difference and help in this crisis—it really doesn't seem that difficult to do.
This is the time of year that I get calls almost every day about bats in homes. This is also the time of year that bat pups (young bats) are learning to fly and getting into trouble; much the same way that teenagers do when they are learning to drive a car. Yes, even bats need to perfect their coordination and build their cardio and muscle strength. Weighing only 12 grams (less than half an ounce), a bat is one of the most feared creatures on the planet. 

Fearing and Flight Are Not the Solution to Removing a Bat From Your House

When I go on a bat search inside someone’s home, I always start by looking at the interior of the family’s home. As I search the house, I look for telltale signs that a bat has disappeared in the house, and the family is unsure whether it is still in residence. Because bats have flexible bones and can fly through a hole the size of a nickel (most callers hate when I tell them this), bats can disappear quickly and into the tiny crevices of a roof or on tree bark. Do not put the bat on flat ground. It will be landlocked. Bats need air under their wings in order to fly, much like the dynamics of an airplane, and must drop down in order to take flight upward. 

You can also capture a bat that has landed by using a flannel pillowcase; simply scoop the bat into the fabric. Again, be sure that you are wearing leather gloves because any frightened wild animal will try to bite if it feels threatened. You can then take the bat outside, and launch the bat into flight from the pillow case with a gentle shake of the pillowcase held at arms’ length. 

The hardest calls are the ones where the bat has disappeared in the house, and the family is unsure whether it is still in residence. Because bats have flexible bones and can fit through a hole the size of a nickel (most callers hate when I tell them this), bats can disappear quickly and into the tiny crevice. That’s why it is important not to lose sight of the bat when it is first discovered. Although most people’s inclination is to flee, you can help avoid the possibility of a reappearance later, if you provide an exit or assistance to the outdoors when it first appears.

When I go on a bat search inside someone’s home, I always start by looking at high surfaces, behind curtains and picture frames, etc. Remember that bats fly high, so looking under the furniture is an exercise in futility. Our local bats are mostly crevice dwellers who like tight, dark, small spaces. Sometimes errant bats seen inside someone’s home will find their way out, while others will not and must be removed; otherwise they die of starvation inside. It is impossible to know for sure whether a bat has left a dwelling once it disappears. You cannot contract rabies from being in a room with a bat. Rabies is transferred through saliva. Less than half of one percent of bats carry rabies. Many publications state that one might not know they have been bitten by a bat because they have such small sharp teeth. This is a misleading statement because being bitten by a bat is similar to being pricked by a pin or needle. Yes, I have been bitten by bats, having handled hundreds over the past 20 years, and it hurts. 

Although bats are one of the most feared creatures on the planet, they are the cornerstone of a healthy environment. They are very gentle, extremely intelligent, and very clean. Bats eat their weight in mosquitoes (which carry the deadly West Nile Disease) as well as other nocturnal pests that damage agricultural crops. (Organic farmers often use bats to control insects.) 

Bats have been maligned throughout time simply because of myths and misconceptions. They are disappearing from the planet faster than any mammal of their size due to habitat loss, intentional destruction caused by fear, pesticides, and White Nose Syndrome, a fungus discovered in the last two years on the East Coast that has wiped out 90 percent of bats in New York state alone. Bats need our help and our tolerance.

Please remember that a bat found on the ground outside is often injured or sick and should be brought to a rehabilitation center for help. If you encounter an injured wild animal, call our closest rehabilitation clinic, the Schuylkill Center Wildlife Rehabilitation Clinic in Andorra, at 215-482-8217. Care is free and financial donations are always needed, along with volunteers. 

Carol Pomplun, B. D. , B.F.A.
Wholistic Therapies
• Energy Healing • Acupuncture
Powerful and gentle work to assist with:
• Life transitions • Mental/emotional balance • Trauma
• Pain relief • Pre & Post surgery care • Terminal Illness • Stress
• Counseling • Wholistic lifestyle coaching
• Group & Private Meditation Classes
Wholistic Pioneer — 30 years experience
By appt. 215-242-0904 Chestnut Hill

Anita Lam
REALTOR®
7112 Germantown Ave.
Philadelphia, PA 19119
215-247-3000 Ext. 245 / Fax 215-242-5262
alame@ellantwissahickon.com / www.ellantwissahickon.com

Zeta Cross
215-487-3300 x454
cell 215/689-3460

“An EcoBroker—a real estate agent with training in green remodeling and energy efficiency—I am delighted to have Green House Detectives to help my clients save energy and cut down on their utility bills.”

“Ashen your vision.
Call me and I’ll show you Philadelphia’s first solar housing development.”

---

**Fare and Flight Are Not the Solution to Removing a Bat From Your House**

By Brenda Fabris

---

**Wholistic Therapies**

Carol Pomplun, B. D., B.F.A.

- Energy Healing • Acupuncture

**Powerful and gentle work to assist with:**

- Life transitions • Mental/emotional balance • Trauma
- Pain relief • Pre & Post surgery care • Terminal Illness • Stress
- Counseling • Wholistic lifestyle coaching • Group & Private Meditation Classes

Wholistic Pioneer — 30 years experience
By appt. 215-242-0904 Chestnut Hill

**Avenue Art & Framing**

Your neighborhood shop for quality custom framing

Open Tuesday through Friday 10 to 5:30 and Saturday from 10 to 4.

6837 Germantown Ave.
Philadelphia, PA, 19119
215.848.4420

---

**House at Pooh Corner**

where learning comes naturally
Teri DiCesare, M.Ed.

INFANTS • TODDLERS • PRE-K

25 years of quality care
215-843-0815

---

**2008 • 09 SEASON**

**Aliens Lane Theater**

- Subscribe now! • Just $50 for 5 months

**Aliens Lane Gallery**

- Beautiful exhibits by local artists
- Classes for Children and Adults
- Dance, Theater, and The Visual Arts

Visit our website www.findcarenow.com/go/houseatpoohcorner

---

**��色建筑——绿色生活**

“绿”色生活是一种环保的生活方式。它不仅注重建筑的节能和减排，同时也强调人与自然和谐共处的理念。在绿色建筑中，我们使用环保材料，减少能源消耗，同时提倡绿色出行和绿色消费。让我们一起加入绿色生活，为地球做一份贡献！”

---

**Zeta Cross**

215-487-3300 x454
cell 215/689-3460

---

**“As an EcoBroker—a real estate agent with training in green remodeling and energy efficiency—I am delighted to have Green House Detectives to help my clients save energy and cut down on their utility bills.”**
Guess Who’s Coming to Dinner, Fundraiser for Mt. Airy USA

by Tracia Collichio

Mt. Airy USA’s annual signature fundraiser, Guess Who’s Coming to Dinner, is back! On Oct 11, tables will be host-ed by 35 Philadelphia-area celebrities for a festive evening of food, drink, and conver-sation with some of the region’s most in-triguing personalities at the Commodore Barry Club, 6815 Emlen Street, off Car-penter Lane. The event starts at 6:30 p.m. and tickets are available at www.mtairyusa.org or by calling 215-844-6021. Dinner will feature a flavorful fusion of Asian family-style food and the chance for attendees to choose which celebrity’s table they’d like to join.

Among the local luminaries are:

Among the local luminaries are:

Howie Rose, host of New York City’s WOR-AM, and author of The Shame of a City

Authors

Buzz Bissinger, author of three highly ac-knowledged non-fiction books—A Prayer for the City, Friday Night, Three Nights in August, and coming for Girls (and the forth-seller of the forensic crime thriller Body Trace, Thrillers

One of Last Year’s Winning Bidders

Tigre Hill, filmmaker

Other celebrities, like Horticulturalist David Zelov, who manages Weavers Way expanding urban organic farm at Aubury Arboretum; and filmmaker Tigre Hill, whose documentary, The Shame of a City is credited for helping elect reform candidate Michael Nutter as Mayor of Philadelphia. Mt. Airy, USA is a non-profit organiza-tion located at 6793 Germantown Avenue that is spurring the revitalization of Mt. Airy’s business and residential communities. The organization’s mission is to preserve, empower, and advance a vibrant and di-versity Mt. Airy by stimulating development responsive to the community. In line with its mission, Mt. Airy, USA seeks to improve the quality of life for Mt. Airy through three program areas: Real Estate Develop-ment, Commercial Corridor Revitalization, and Neighborhood Programs. For more in-for-mation, call 215-844-6021 or visit www.mtairyusa.org

Sunday Brunch & Dinner are Back!

"Greet the Grower" Dinner featuring Dave Zelov of Weavers Way Farm and Landon Jefferies of Wyck’s Arboretum. Special meal featuring local produce. Sunday, October 19. Call for reservations.

"Greet the Grower" Dinner featuring Dave Zelov of Weavers Way Farm and Landon Jefferies of Wyck’s Arboretum. Special meal featuring local produce. Sunday, October 19. Call for reservations.

Helping people to change in deep and wonderful ways. Experienced and caring therapist....

I offer all clients - individuals, couples, children and families - a welcoming place to process difficult, confusing, problematic and/or painful life experiences. I help people to develop a better sense of themselves, improve their self-confidence and gain social and emotional well-being, enabling them to live their lives in personally meaningful ways.

Just 20 minutes from the Co-op

Claudia Apfelbaum, LCSW
c_apfelbaum@hotmail.com
3000 City Line Avenue, Philadelphia, PA 19131
215-317-8855

Geechee Girl Rice Café

6825 Germantown Avenue
Philadelphia, PA 19119
215-843-8113
www.geecheegirl.com
Stay tuned for our new website!

S H I A T S U

therapeutic acupuncture massage promoting ease in body, mind, emotions

Leo McElroy
215-843-9718
Mt Airy - Cresheim Road
Manayunk - Main Street

Wissahickon Trice & Landscape Services, LLC
Brian Ames
Certified Arborist
Custom Pruning
Plant Health Care Design & Installation
215-681-2436
22 W. Douglas St., Philadelphia, PA 19119

DINNER • BRUNCH • CATERING • TAKE-OUT

Geechee Girl Rice Café

Sunday Brunch & Dinner are Back!

"Greet the Grower" Dinner featuring Dave Zelov of Weavers Way Farm and Landon Jefferies of Wyck’s Home Farm. Special meal featuring local produce. Sunday, October 19. Call for reservations.

"Greet the Grower" Dinner featuring Dave Zelov of Weavers Way Farm and Landon Jefferies of Wyck’s Home Farm. Special meal featuring local produce. Sunday, October 19. Call for reservations.

PAGE 18 OCTOBER 2008
THE SHUTTLE

Geechee Girl Rice Café

6825 Germantown Avenue
Philadelphia, PA 19119
215-843-8113
www.geecheegirl.com
Stay tuned for our new website!

S H I A T S U

therapeutic acupuncture massage promoting ease in body, mind, emotions

Leo McElroy
215-843-9718
Mt Airy - Cresheim Road
Manayunk - Main Street

Wissahickon Trice & Landscape Services, LLC
Brian Ames
Certified Arborist
Custom Pruning
Plant Health Care Design & Installation
215-681-2436
22 W. Douglas St., Philadelphia, PA 19119

DINNER • BRUNCH • CATERING • TAKE-OUT

Geechee Girl Rice Café

Sunday Brunch & Dinner are Back!

"Greet the Grower" Dinner featuring Dave Zelov of Weavers Way Farm and Landon Jefferies of Wyck’s Home Farm. Special meal featuring local produce. Sunday, October 19. Call for reservations.

"Greet the Grower" Dinner featuring Dave Zelov of Weavers Way Farm and Landon Jefferies of Wyck’s Home Farm. Special meal featuring local produce. Sunday, October 19. Call for reservations.
By Mark Goodman, The Neighborhood Gardener

Bulbs. October is a good time to plant spring bulbs. Most of us plant tulips, daffodils, hyacinths, and crocuses, but how about something a little more exotic for the spring?

If you like showy plants, start with Fritillaria imperialis, commonly called “Crown Imperial.” The plant grows three to five feet tall and produces pendulous yellow, red, or orange flowers in April. The bulb itself is as large as a plump avocado and has an unpleasant odor. It is sometimes called “mole plant,” since its smell is thought to discourage moles.

If fritillarias aren’t tall enough for you, try the giant allium (Allium giganteum), which can grow to six feet and sports a cluster of purple flowers that form a four-inch diameter head. To me, they have an other-worldly appearance, like purple space ships. They attract a lot of attention in the spring and are sure-fire conversation starters. Alliums are in the onion/garlic family, but these bulbs are not edible.

If you want to be the first one on your block to have bulbs grow into flowers, plant snow drops (Galanthus). They are low (six inches), white-flowered barbingers of spring, usually blooming in February or March, but sometimes as early as December. I’ve seen them bloom even in late November after a cold spell.

Transplanting. Later October is a good time to transplant perennials, shrubs, and some trees. Why? Because at this time the plants are entering into their dormant period and are less likely to be shocked by the move or by too-warm weather. Furthermore, the ground is still soft enough to dig, compared to late November and the winter months. Finally, the temperature is still warm enough for us to work outside.

View from the Porch. When I get a hankering to experience the wonders of nature, I do not travel to Galapagos Island, Yellow stone Park, or the Appalachian Trail. Sometimes I don’t even go to the Schuylkill Center for Environmental Education or Valley Green. I like to go out to my front porch and watch the daily show that Mother Nature performs.

Goldfinches flit among my neighbor’s sunflowers, pecking out the dry seeds. These birds are like beams of light, and when they perch on a sunflower, their yellow and black hues mesh perfectly with the colors of the sunflower heads.

Speaking of sunflowers, in my backyard I planted seeds from a Burpee sunflower variety pack called “Fantasia Hybrid Mix.” I now have 7-foot tall sunflowers reaching over the garden. The seed package called “Tall Border Mix” also has these orange giants. Five-foot tall canary yellow sunflowers provide a colorful contrast.

Back to my front porch. I enjoy the shimmering red flowers of my 6-foot “Tropicana” canna lily. The leaves are not black but dark bronze. Last year I planted seeds from a Burpee sunflower variety pack called “Fantasia Hybrid Mix.” I now have 7-foot tall burnt orange sunflowers reaching over the garden. The seed package called “Tall Border Mix” also has these orange giants. Five-foot tall canary yellow sunflowers provide a colorful contrast.

To my front porch. I enjoy the shimmering red flowers of my 6-foot “Tropicana” canna lily. The leaves are not black but dark bronze. Last year I planted seeds from a Burpee sunflower variety pack called “Fantasia Hybrid Mix.” I now have 7-foot tall burnt orange sunflowers reaching over the garden. The seed package called “Tall Border Mix” also has these orange giants. Five-foot tall canary yellow sunflowers provide a colorful contrast.

Back to my front porch. I enjoy the shimmering red flowers of my 6-foot “Tropicana” canna lily. The leaves are not black but dark bronze. Last year I planted seeds from a Burpee sunflower variety pack called “Fantasia Hybrid Mix.” I now have 7-foot tall burnt orange sunflowers reaching over the garden. The seed package called “Tall Border Mix” also has these orange giants. Five-foot tall canary yellow sunflowers provide a colorful contrast.

Family Therapy
Lauren Kahn, LMFT,
Couples Counseling
Genie Ravital, LCSW,
Overcoming Depression & Anxiety
Catherine White, LCSW,
Mindfulness in Work and Parenting
Lauren Kahn, LMFT, Family Therapy
7149 Germantown Ave.
(Between Mt.Pleasant and Mt.Airy Aves.)
215-242-5004
This October marks the 516th anniversary of the landing of Columbus in the Western hemisphere, and the “Conquest of Paradise,” according to Knibbpatrick Sale. It is therefore an appropriate occasion to acknowledge the incredible importance and diversity of the foods developed by the original and brilliant agriculturists in North and South America.

The native people were decimated by killing and disease after the European conquest, yet the agricultural innovations of the people of the Americas saved the lives of untold Europeans and played a crucial role in world history and cuisine. About 60 percent of the foodstuffs eaten throughout the world today were developed in the Americas.

Agriculture dates as far back in Mexico as 10,000 years ago. Cultivation of crops began at least 4,000 years ago in the Andean highlands. The introduction of corn and beans provided a complete protein. Beans — black, red kidney, pink, white navy, and cranberry—all originated in Mexico about 7,000 years ago.

Additional familiar foods and flavorings that originated in the Americas have spread all over the world. The sweet potato has become a staple root crop in China. Peanuts—sweet, pungent, and hot—were first cultivated in Mexico 9,000 years ago.

The Mayas, Aztecs, and Incas depended on corn to provide an almost complete protein. They grew corn in a unique way on small hills of soil with beans and squash (also first cultivated in the Western Hemisphere) planted in the same hills around the corn. This growing method provided a high yield of complementary foods in a small space. The beans, with root nodules of nitrogen-fixing bacteria, provided nitrogen for the trio. The corn provided the support for the beans and the squash leaves conserved moisture. Present-day Mayas still use this method when they have their own land.

Rinse beans and put them into a pot with cold water to cover. Bring to a boil, then turn off the heat and let them soak overnight in the refrigerator. Sauté the onions in olive oil. Add the paprika and basil to the sautéed onions when they are almost tender. Add the fresh tomatoes. Stir for several minutes. If you use canned tomatoes, drain the tomatoes—save the tomato juice to add as the pot liquid later. Sauté the drained tomatoes with the onions. Add the beans and bean water, squash and corn. You probably need more water. Cook until the beans are tender. This can take up to two hours depending on how fresh the beans are. The squash disintegrates and thickens the beans. Add the amount of salt you want. I usually triple the recipe. Any extra freezes very well.

This recipe for a popular Chilean dish, Porotos Granados, illustrates its Indian origins since its main ingredients are all indigenous foods—beans, squash, corn, and tomatoes. Poroto is the Mapuche (Chilean Indian) name for cranberry bean.

Adapted from an article originally printed in The Shuttle in 1992.

Cranberry Beans with Corn and Squash
(Porotos Granados)

1 cup dried cranberry beans
(also called Romano beans. Pinto beans can be used)
3 tablespoons olive oil
2 large onions—chopped
4 medium tomatoes—chopped (or 1 can #2 tomatoes)
2 tablespoons chopped fresh basil (or chopped basil frozen in olive oil)
1 pound butternut squash—peeled and cut into one-inch cubes
1/2 cup corn kernels (1/2 box frozen corn kernels works fine)

Add the tomatoes, basil, and onions to a large saucepan. Sauté over medium heat until the onions are tender. This can take up to two hours depending on how fresh the beans are. The squash disintegrates and thickens the beans. Add the amount of salt you want. I usually triple the recipe. Any extra freezes very well.

Imagine Italian pasta without the tomatoes, which were developed in Peru. Add chocolate, vanilla, chile (chili, paprika), pineapples, papaya, pecans, cashews, Brazil nuts, avocados, and turkeys.

Corn and beans are still a staple food in many parts of the Americas.

Corn and beans are a major source of protein. They grew corn in a unique way on small hills of soil with beans and squash (also first cultivated in the Western Hemisphere) planted in the same hills around the corn. This growing method provided a high yield of complementary foods in a small space. The beans, with root nodules of nitrogen-fixing bacteria, provided nitrogen for the trio. The corn provided the support for the beans and the squash leaves conserved moisture. Present-day Mayas still use this method when they have their own land.

Rinse beans and put them into a pot with cold water to cover. Bring to a boil, then turn off the heat and let them soak overnight in the refrigerator. Sauté the onions in olive oil. Add the paprika and basil to the sautéed onions when they are almost tender. Add the fresh tomatoes. Stir for several minutes. If you use canned tomatoes, drain the tomatoes—save the tomato juice to add as the pot liquid later. Sauté the drained tomatoes with the onions. Add the beans and bean water, squash and corn. You probably need more water. Cook until the beans are tender. This can take up to two hours depending on how fresh the beans are. The squash disintegrates and thickens the beans. Add the amount of salt you want. I usually triple the recipe. Any extra freezes very well.

This recipe for a popular Chilean dish, Porotos Granados, illustrates its Indian origins since its main ingredients are all indigenous foods—beans, squash, corn, and tomatoes. Poroto is the Mapuche (Chilean Indian) name for cranberry bean.

Adapted from an article originally printed in The Shuttle in 1992.
Co-op Buys 542 Carpenter La.

(continued from page 1)

Weavers Way would go in as a partner on the building. I told him we would. He has since told us that another group was purchasing the building. We did not know who it was (they never contacted us) and there was concern on the neighbors’ part and my own, from a business standpoint, that we did not know the party.

Neighbors were concerned that this partnership would come into the neighborhood and start something up without meeting with the community to figure out a comparable business that everyone could live with going forward. The Munn family were excellent neighbors. The yard was clean, the traffic was very early in the morning, and there was no weekend activity. I had contacted the Munns family a few times to rent their parking lot for member parking, but insurance reasons kept them from doing this. I should have contacted them about office space, but I did not.

To make a long story shorter, the Munn property is now under agreement with a partner. I am sure that they will soon. I am concerned on the neighbors’ part and my own, from a business standpoint, that we did not know the party.

When the Munn property went to this other group, the Co-op’s management team decided to look at another property that has not approached the neighbors or other businesses in the area as a group. I am sure that they will soon. I am now aware of one of the partners.

The plan was to allow her to purchase the building and then to see later if we wanted to purchase the building. Then we learned that if we purchased the building later, there would be double transfer taxes on the property plus added expenses for title fees etc.—added costs of over $17,000. A subcommittee of the management team was formed and decided to purchase the building, but we now had only one day to act to get our name on the paperwork. Our neighbor was willing to assign the purchase over to us, so we moved forward and did just that.

This all happened over a four-day period. The purchase price was $275,000. The building will need work, including some structural items on the roof and back wall. So, what will we do with this building? We do not know yet, but we will be having some staff and community meetings to discuss our options. Some thoughts are building our production kitchen and large cheese counter. We will keep you informed.

If you have any questions or want to get involved in the planning, please speak to me or to Steve Helsham.

Musical Instrument Bank Benefit Concert

by Chris Kaiser

The idea is a simple one: Collect enough instruments so that people wanting to take music classes at Mt. Airy Learning Tree (MALT) can do so, even without owning their own musical instruments.

The idea came from Charlie Martin, a senior at Central High School. Charlie is working with MALT to host a benefit concert on Oct. 10, 7:30-9 p.m., at Chestnut Hill Presbyterian Church on Germantown Ave., just past Chestnut Hill Hospital. Proceeds from the concert will go toward the purchase of instruments for the library. People can also donate old or new instruments at the door, or donate money (MALT will take donations throughout the year).

The tentative lineup for the concert includes the group I’m Stuck in Time; jazz drummer Frankie Boot; Philly rapper Diz; Ken Ulansey of the Ken Ulansey Ensemble; and Richard Drueding, an instrumental guitarist who taught a young Charlie Martin. There will also be refreshments.

“The idea of an instrument bank is a good thing for this area,” Druecking said. “It could get people into a class who might otherwise not be ready to purchase an instrument.”

Jonna Naylor, executive director of MALT, encourages people to donate instruments “no matter what shape they are in.” She said that local music stores have indicated a willingness to take unusable instruments and give store credit in return.

MALT has already received a steel drum and an acoustic guitar.

Current music classes at MALT include harmonica, guitar, steel drum, and bagpipes (fall bagpipe class is sold out, Naylor said). If other types of instruments are donated and MALT can find the teachers, they will offer more classes, Naylor said.

The fee for the concert is $15 for an individual, $25 for a couple, $30 for a family, and free if you donate an instrument. To reach MALT, call 215-843-6333 or visit www.mtairylearningtree.org.

Looking for Leadership

Several of the Co-op’s most important committees have been inactive and are in need of dynamic leadership.

If you are interested in serving on a committee, contact Serena Pepito at boardadmin@weaversway.coop

Advertise in the Shuttle

5,200 circulation
5,200 circulation
Highly targeted
Highly targeted
Affordable and effective
Affordable and effective
Inserts available
Inserts available
$8 / column inch
$8 / column inch
$32 / business card
$32 / business card
Many sizes
Many sizes
Discounts available
Discounts available

Do you want to create your life?

Do you find yourself living in the past or future, wishing you could embrace the present?

Cindy Shapiro MSW, LCSW

Over 15 years experience and training in traditional and wholistic therapies assisting others in creating lasting change

(215) 886-8616 (V/TTY)

Open House for Parents

To Enroll Kindergarteners in Fall ’09

Oct. 17, 9:30 AM
Nov. 10, 6 PM

Wissahickon Charter School

· Progressive, tuition-free public school
· Integrating academic disciplines through environmental studies
· School wide emphasis on community building & social relations
· Strong parental involvement
· Located in Germantown, off Roosevelt Blvd., close to 76.
· Bus service provided by School District of Phila for Gr. 1-8.

The Gardener’s Resource

since 1943

At Primex we have but one goal . . .

to bring joy to your life through gardening.

Stop In and experience Primex Garden Center!

PRIMEX

435 West Glenwood Avenue
Glenside, PA 19038
www.primexgardencenter.com
(215) 887-7500

The Shuttle

OCTOBER 2008

PAGE 21
Ms. Airy Midwife

(continued from page 16)

ness when I leave, and I have moved off of some stuck places in a relatively short time through doing this work. It’s just a different way to healing and insight from talk-based therapies. I’ve recommended several friends give it a try.” Wolfson explains that blowing into the Peruvian whistling vessels creates a wavelength of sound that induces an altered state of consciousness which allows the transformative healing process to begin.

Because she accepts most insurances for her well-established holistic gynecology practice, Iris has enjoyed a steady flow of regular and new patients for many years, but there is currently no insurance that covers the less traditional, more spiritually-based modalities, so folks must pay out-of-pocket for a shamanic journey, therapeutic touch, or a sound-healing Tibetan bowls session. As more and more people have become disenchanted with the limitations and shortcomings of our current medical model, the number of consumers who seek out less traditional methods has grown steadily, and awareness continues to grow.

Undaunted and optimistic, Wolfson says the people who seek this sort of experience have been finding her through word of mouth, and she has enjoyed watching her practice grow with new faces and new connections. She now has clients who come just for the shamanic healing sessions, and has even seen a few men, something her gynecology practice, by design, has virtually excluded for years. “I’ve been finding my way to this work for many years and I feel blessed to be able to share these experiences of healing. People find me at just the right moment in their lives and I am happy to be a part of their healing journey.” To contact Iris for holistic gynecology services or energy/healing work, phone 215-842-1657. She is located near Lincoln Drive in Mt. Airy. The Pathways to Health interview can be downloaded online at www.pathways2healthradio.com.

Philadelphia School Superintendent Arlene Ackerman (center) visits Seeds for Learning Farm at MLK High School with farm educator David Siller (l) and WWCP executive director Rachel Milebach (r)

International Ballet Exchange and Wissahickon Dance Academy

Calling All Dancers!

Open Auditions!

Children’s Parts for The Nutcracker with Donetska Ballet of Ukraine

Wissahickon Dance Academy
38 E. Schoolhouse Lane
Philadelphia, PA 19144
215-849-7950
www.wissahickonde.com
Audition Fee $14

Fall classes begin September 8
Registration ongoing

PHILADELPHIA SCHOOL SUPERINTENDENT ARLENE ACKERMAN (CENTER) VISITS SEEDS FOR LEARNING FARM AT MLK HIGH SCHOOL WITH FARM EDUCATOR DAVID SILLER (L) AND WWCP EXECUTIVE DIRECTOR RACHEL MILEBACH (R)

Stop Wasting Time! Improve overall fitness the right way.

Call Wil Matson, Master Trainer at 267-533-0376

John O’Connell
Your reliable, confidential, Real Estate Advisor

“John provided great personal service. We were delighted with the outcome!”
Dina Schnosberg

“John will treat you as if you are his only client.”
Susan Karel Marks

Nearly 20 years of service to the northwest Real Estate Community

Pepperidge Farm Fruit & Distinctive Cookies

ON SALE!!!
40¢ OFF

regularly $3.39, now just $2.99!

offer good October 1 thru October 31, 2008
of housing in the store. To clean off after you check out, the cashier will squirt your face with a spray bottle, then you can wipe it off with your sleeve.

s: “Could we get Vegetaâ–a mayon- naise substitute that is vegan and much bet- ter than Nayonnaise. It does need to be re- frigerated. It is so good. The original ver- sion is best—not the grapeseed version.”

r: (Chris) Sorry, no room in our refrigerated cases for Vegeta at this time. We’ll keep it in mind if space opens up.

s: “It’s hard to find eye bread that’s not pumpernickel—I think I see it maybe one in five to six weeks—”

r: (Chris) No room to add this item to our line, sorry! You can preorder a case of six tubs of Fage two-percent, for $29.81. (They always come in a five- to six-week “sell-by” date).

s: “Let’s get rid of Fito-Lay big tobacco chips and replace them with Herc’s or some other smaller local brand!”

r: (Chris) No, Herc’s is a plum-like fruit from South America that many people think has all kinds of beneficial properties, kind of like Noni juice. The main benefit seems to be enrich- ing the people that have sold it, Amway style, in recent years. I wonder if the place- heads of other products like this is related to price, i.e., the more you pay for something you think will help you, the more it really does help you, regardless of what the in- gredients are. To test this theory: look for our new line of medicinal oils, called “Snake Oil,” which contains no snake or oil, just leftover soap scum deposits, but costs $150/Oz. Find it upstairs next to the homeopathies.

s: “Looks as though we’ve stopped stocking dry pepperment. Can I buy it in bulk?”

r: (Chris) You can find bulk peppermint on the second floor, in the bulk tea section.

s: “Could you please restock the large cans of Badalucco olive oil that you used to carry? If that’s not available, would it be possible to stock a larger size of the Claudio’s olive oil (extra virgin)? It would be great to have more options for olive oil from Italy.”

r: (Chris) We brought in the Liqhori olive oil due to complaints we received about the lards of Badalucco oil. The Liqhori olive oil, from Greece, is comparable price- wise per ounce, and has gotten fairly good reviews. We hope to bring back Badalucco once a new batch becomes available.

s: “Acai juice.”

r: (Chris) Look for Acai juice in the juice section by late September, we’ll try it for the fall and see how it sells. (Norman) If you never heard of acai juice, acii (ah-sah-ee) is a plum-like fruit from South America which many people think has all kinds of beneficial properties, kind of like Noni juice. The main benefit seems to be enrich- ing the people that have sold it, Amway style, in recent years. I wonder if the place- heads of other products like this is related to price, i.e., the more you pay for something you think will help you, the more it really does help you, regardless of what the in- gredients are. To test this theory: look for our new line of medicinal oils, called “Snake Oil,” which contains no snake or oil, just leftover soap scum deposits, but costs $150/Oz. Find it upstairs next to the homeopathies.

To the editor: The August issue of The Shuttle was full of good news, but it also included something that disturbed me very much.

A picture on page one showed a team of volunteers testing out the new online work calendar, but I wonder why we are even bothering with this when the lead story told some- thing else—the imminent end of the work requirement and the members-only shopping policy (the latter already a thing of the past). I don’t think with the arguments about the need to be open to the community and about the so-called burdens of the work requirement, but I feel— as I have argued in letters to the editor in the past—that we are getting the essence of Weavers Way by moving in this direction.

Doing work hours is a nuisance, but it is also a community building exercise. We should not be just about “cheap cheese,” as one of our now-deceased activists (Vince Perri) used to put it. We may live in a middle-class area with essentially middle-class values, but we also have stood for neighborhood and community consciousness, values that have been rein- forced by our experience at Weavers Way.

I don’t claim to be an expert on co-op functions, but I lived through the bubble and eventual bankruptcy of the large co-op in Berkeley, California. I have shopped in co- ops in Vermont and Minnesota that do not have a member or work requirement. I’ve seen great stores out there, but that’s all they were—great stores, but nothing more.

I feel that this new policy is being forced through with no large discussion, and it is a policy change that will profoundly affect our being. Our “policy governance” style of func- tioning turns over great powers to the manager, but I think that it is still the responsibility of the board and of the membership to define such basic issues.

From what Glenn Bergman writes in his article, we are steadily moving to a voluntary work requirement. Of course, some people will still participate, but it will be a different world. I predict that we will develop a small core of “insiders,” much smaller than this group now is, and a corps of “shoppers only,” who may or may not even join the Co-op. Many of our programs that function by giving work credit will fall by the wayside, as such our wonderful workshop series.

The stresses of growth and finding an additional store site are very great, but I don’t think we are choosing the right answers for some problems.

– Larry Schoen

Home Delivery
Available to all members
Delivering Mon. & Weds., 12-2 p.m. other times available by arrangement
call 215-843-2350, ext. 309 / fax: 215-843-6945 or e-mail: delivery@weaverswaycoop.com

Co-op Information

Main Store
559 Carpenter Lane
Monday-Saturday 10-6
Saturday-Sunday 9-6
2129 72nd Ave.
Monday-27th June-10-6
Monday-27th June-10-6
Monday-Saturday 10-6
Main Stor

Sylvie Carter: Chair
Leadership:
Finance:
Operations Support:

Finance: 3rd Thurs., 7:30 p.m
Diversity: 3rd Tues., 7:15 p.m
Committee Chairs
Finance
Leadership:
Membership:
Support:
Board members and committee chairs have mailboxes available to all members

Committee Chairs

Education & Diversity VACANT
Environment Sandy Folzer
Finch Chris Hill
Farm VACANT
Leadership Bob Noble
Membership Sylvia Berger
Merchandising Support VACANT
Operations Support David Baskin

Shuttle Staff

Editor & Advertising Manager
Advertising Billing
Advertising Assistant
Proofreaders/Editors
Contributors
Sue Hebden, ext. 304 sue@weaversway.coop
Steve Hebden, ext. 304 steve@weaversway.coop
Tanya Rotenberg, ext. 105 tanya@weaversway.coop
Pet Store Purchaser
Sue Hebden, ext. 304 sue@weaversway.coop

Available to all members

Sue Hebden, ext. 304 sue@weaversway.coop
Sue Hebden, ext. 304 sue@weaversway.coop
Sue Hebden, ext. 304 sue@weaversway.coop
Sue Hebden, ext. 304 sue@weaversway.coop
Sue Hebden, ext. 304 sue@weaversway.coop
Suggestions by Karen Weiss

Greetings and thanks for writing. As usual, suggestions and responses may have been edited for clarity, brevity, and/or comedy. Hopefully, by now many members know the on-line version of our work calendar is being phased in by cycle, and some of you have already received your usernames and passwords via postcard. Things may be a little awkward during this first year as we all get used to it and work out the bugs, but then we expect great things from it. It is set up to be very flexible, allowing us to add temporary or permanent work slots, change the basic calendar template, add locations, change credit amounts, change slot start- and end-times, and more. What may not be obvious is that our goal was not just making membership management and work sign up more convenient and efficient, but also to convert capitalist societies to Marxist ones, and thus world domination. We thought other co-ops and organizations might be interested in this scheduling application, both for their own member-work programs and also possibly for staff scheduling. We expect to adapt a version of it ourselves to produce, who they work with, and how much their work is worth, all part of the Marxist message. Once their workers begin scheduling themselves on-line, it is only a matter of time before they feel empowered enough to start deciding things like dress code and pay rates. Then they’ll schedule themselves for extra breaks during which they’ll attend Marxist education classes, and there you have it. Of course, since Weavers Way is behind the whole thing, once the application is ubiquitous, our Board will formulate governance policies regarding worker behavior and thus Weavers Way will control the world from our little corner.

On a political note, it is interesting to me that one issue no presidential candidate ever deals with is food and food policy. I would at least like to hear what their views are on food production and availability. Also what they themselves eat. I especially wonder about Sarah Palin. One question I would like her to answer is, after you shoot an elk with a shotgun, how do you get the shotgun pellets out? Or do you just swallow the pellets as a way of supplementing dietary iron and lead?

Suggestions and Responses:

s: “Could you carry a natural or organic product similar to Pepto-Bismol?”

r: (Martha) We do stock Pepto-Bismol, in the Wellness section near aspirin. Don’t know of an alternative natural product.

s: “My husband thinks a forehead stamp for remembering Deli orders would be useful, so the cashiers could remember us when they see it.”

r: (Norman) Good idea, we’ll have a stamp made. We’ll build a counter such that the stamp will remain stationary on the counter, and you bend over and press your forehead into the stamp. This way the stamp won’t get lost, plus we can start a tradition

(continued on page 23)