Weavers Way Signs Agreement to Purchase Former Caruso’s Market Location for Co-op Expansion

by Gina Burgwax, General Manager

“We’re in CIU and would like to support any effort to get a WW in this community. When we lived in Germantown, we were part of WWF and would like to join again.” — e-mail received from K.G. on October 5, 2008.

“Although the concept of a member-owned store is new to many in West Oak Lane, Jason Price wasn’t afraid to be the first to bring it to the neighborhood. Weavers Way would be a great addition to the community and I feel that it would receive great support. Thank you for your consideration. Sincerely, J.T.” — e-mail received October 1, 2008.

When the grocery store at 8418 Germantown Avenue, (known as Caruso’s Market for many years) closed in 2008, I received countless e-mails, telephone calls, and personal pleas urging me to consider purchasing the site as part of Weavers Way’s expansion. I replied with thanks and assurances that we would look at it, but in truth we already were.

After several years of exploration and negotiations involving several different sites, I am pleased to announce that we have signed an agreement of sale on the building that once housed Caruso’s Market. Settlement will occur in mid-February. This site had been a market for over 100 years, and a center of the community, and we are delighted that it will once again be just that. In addition to a great location right on Germantown Avenue, the site contains 6,700 sq ft on the first floor, with another 5,000 sq ft that can be developed in the back, and six apartments that will help to reduce our payments. There is also easy access to ample parking in the rear.

Weavers Way has been seeking to expand almost since the completion of our last major expansion in 1996, the latest phase in these efforts dates back to the completion of a market feasibility study for the Northwest area we conducted in January 2006. That study clearly showed that we should open a medium-size community co-op store in Chestnut Hill of between 5,000 sq ft and 8,000 sq ft.

The former Caruso’s Market, 8418 Germantown Ave.

Jason Price Takes Helm at Ogontz Store

by Liz Wynas

Jason Price says that a community store is about more than low-cost food. It’s about community.

As the new manager of the Ogontz store, Jason is no stranger to cooperative business, organic produce, or retail. Raised in Germantown, Jason’s father owned a small community store, and, over the past few years, Jason produced and sold organic produce in Vermont. Although the concept of a member-owned store is new to many in West Oak Lane, Jason is excited about what he already sees as the Co-op’s community impact in less than a year.

Jason hadn’t planned to become a store manager. He had just joined Weavers Way and had decided to be hired to work at the Mt. Airy store. “I had no particular plans. I just wanted to work at Weavers Way because it was the best of both worlds: a small neighborhood store with a collaborative element in the community.”

Jon Rosser told him about the management position at Ogontz, and Jason was attracted to the challenge of helping to bring cooperative ownership and fresh, local produce to the community.

“There’s a lot of important learning going on that addresses education, food, and community building all at the same time,” says Jason. “Students are learning to make healthy food choices, and they are also...”

CreekSide Co-op Announces Location

by Jonathan McGoran

The excitement is mounting in Elkins Park and across the area as CreekSide Co-op moves closer to becoming a reality. At the CreekSide Co-op’s December 18 Public Meeting, members of the Board of Directors announced that developer Brinnton Housing Partners had secured an agreement of sale on the former home of Ashbourne Market, to be the future home of CreekSide Co-op. They also announced that in order to sign the lease that will allow the purchase to be finalized, CreekSide had to raise $130,000 by January 31, 2009. The membership and fundraising drives had begun in earnest, and before the night was over, 89 households had joined, investing $22,000 in member equity. As of January 14, another 204 households had joined, for a grand total of $10,121 surpasses our goal of $10,000. Of course, thank you to the Weavers Way cashiers for processing all of these rebates and perhaps encouraging some of us to donate our rebates.

Last October, the Weavers Way Board of Directors approved a rebate of $175,000 to be paid back to members. In his General Manager’s report in the November Newsletter, Glenn Bergman described the rebate options open to members for the cash portion. Clearly, Glenn has a way with the written word, as 27.7 percent of the $36,595 in rebates claimed so far was donated to Weavers Way Community Programs. The grand total of $10,121 surpasses our goal of $10,000. Of course, thank you to the Weavers Way cashiers for processing all of these rebates and perhaps encouraging some of us to donate our rebates.

In addition to the rebates, we received a generous donation of $10,000 from the Narara Foundation in December for general operating expenses. As a relatively young...
Editor's Note
by Jonathan McGeen

As part of its “Don’t ask, don’t tell” food policy, the FDA has announced it will not require labels on genetically modified animal products. Granted, some labels are unnecessary: If your steak glows like a glow worm, it’s probably GMO. But it’s not always so obvious. You can’t always ask your food, and when you can, you can’t always trust it. Say you ask your tomato, “Are you genetically modified?” and your tomato says, “No.” The tomato is probably lying. Although labels will be allowed for “GMO-free” foods, there are ways around that, too. You ask the tomato, “Okay, then, where’s your label?” Then it says, “It fell off.” See? Still lying! Fortunately, this was one of the last food stories before the Bush team rode off into the sunset. (Don’t be surprised by sudden problems with the sunset... “Hokkaido,ucky!”)

Now, onto the big news. At 36 or 37 years old it’s hard to keep track after a certain age. Weavers Way is finally entering the next stage of life. As is not uncommon at this age, Weavers Way has been spreading out a bit around the middle. Things are a little more snug than a few years back. A tight fit isn’t so bad in your twenties, but it’s just not flattering anymore.

But while we’re older, we’re wiser. We’ve learned from some of the mistakes of our youth. Now, Weavers Way is ready to take the plunge. We’ve started a family. Where once there was just Weavers Way’s Mt. Airy store, now there’s brand new co-op stores sprouting up all over the place, a Mt. Airy store, now there’s brand new co-op stores sprouting up all over the place, a Mt. Airy store, now there’s brand new co-op stores sprouting up all over the place, a Mt. Airy store, now there’s brand new co-op stores sprouting up all over the place...

CreekSide Co-op in Elkins Park, Chestnut Hill. And let’s not forget our Weavers Way website for more visuals and attracting even more new members. More than twenty house parties have been scheduled for January and early February, where interested neighbors can get together and talk to each other and to members of the CreekSide Co-op board, find out more about CreekSide Co-op, and, of course, become members. Although there is plenty of work ahead, and it is by no means a done deal, CreekSide Co-op appears well on its way to reaching its goal and moving on to the next phase. To find out more about CreekSide Co-op, visit www.creekside.coop. Since Weavers Way reciprocates with other co-ops, don’t be surprised if you see members of CreekSide Co-op in the aisles at Weavers Way, and be sure to welcome them to the co-op family!

Nina Berryman prepares the new hoophouse for planting
By David Zdan, Weavers Way Farmer

February and love is in the air – and in the greenhouses. After all, it’s good for the plants, and helps to coax out your seedlings out of the potting soil. Many of our nurseries have already been started back in January. As our planned onion crop increased exponentially this year, so did the space needed to grow it. Last year there were four flats, which I started under lights in my basement. This year, with the addition of the MLK farm and the CSA at Saul High School, we have a lot more to start, approximately 15 flats. Onions were a great crop for us and sold out at most farmers markets, leaving precious few available inside the Co-op. This year, we will try to meet the demand.

Now that the days are a bit longer, its time to do the first seeding of all of our cold-hardy spring crops, as well. During the second week in February, we’ll sow seeds for broccoli, kohlrabi, leeks, lettuce, endive, radicchio, scallions, dandelion greens, baby bok choy, our beloved Tokyo bokaka, tobacco, collards, kale, and swiss chard. Now that we have a 21’ x 48’ hoophouse on site, we may also sow some seeds for a few extra early tomatoes.

Beyond inter, we are also trying something new in the greenhouse. Many of you have probably seen the bags of pea shoots we offer for sale in the Co-op. During the spring and fall, we plant peas close together in outside beds at the farm with the intent of just cutting the young stems for bagging. Another method for producing pea shoots is in the greenhouse, soon to be sown in shallow flats filled with potting soil. A couple weeks ago, we did the first seeding, and if all goes well, they will be showing up on Co-op shelves shortly. Also in the greenhouse this winter, we plan on growing many more seedlings for sale in six-packs to Co-op members. This season, we will be

Co-op Farm Education Programs Touch Many Lives in 2008
by David Siller, Farm Educator

With the 2008 growing season over, farm education programs have slowed until the spring. The Winter season is giving me time to recoup with a little R & R, but also time for reflection on our activities of the last year. We are also actively working “behind the scenes” on the 2009 growing season. In addition to all our usual weeding, fixing and beds needed, mulching, amongst our winter projects we are getting the engine rolling for a CSA on new land at the Saul High School. It’s an exciting move for us because the potential program there would meld well with our farm’s dual mission of production and education. There is so much potential at Saul High School that it’s difficult to keep every possibility of what we would like to do there from rolling off onto this page right now. But please wait for this to unfold in the coming months or get actively involved (which you can do by contacting us right now!).

CreekSide Co-op
(continued from page 1)

a total of 293 households, and member equity in excess of $61,000. Several grant applications have also been submitted, and CreekSide is awaiting the responses.

While the early response has been tremendous, there was also substantial relief when the deadline for the lease was extended to March 15, 2009, both to allow more time for fundraising, and to allow the developer and the current owner more time for due diligence. The target still remains to open doors in the fourth quarter of 2009.

Meanwhile, CreekSide Co-op’s members have been actively spreading the word and attracting even more new members.

Board Election Notice
We are seeking nominations for candidates for the Weavers Way Board of Directors. Elections will be held at the Weavers Way Co-op Spring General Membership Meeting Sunday, May 17, 2009.

See page 24 for more information

Co-op Farm Education Programs Touch Many Lives in 2008

A student from a class at Martin Luther King High School plants a blackberry bush as part of a fruit bush and vine planting there including blueberries, cranberries, raspberries, kiwi berries, figs and goji berries (left). Students from the Asian Americans United Camp deliver vegetables they helped harvest via train to the Fair Food Farm Stand at the Reading Terminal Market.

Our other move in 2009 is to create a garden at the Stenton Family Manor. Stenton is a homeless shelter near Awbury Arboretum and MLK high school with whom we have been working over the last season and to whom we donate some of our over abundant vegetables. Hosting a garden there is great opportunity to expand this partnership and create something really special for the residents of the Manor. My reflection of the last year is so grand, it won’t fit in this article. Please look closely at all the pictures in this article. It’s told in the words “otherwise wise” and to my way 3,000 words, but I say, “Pictures of gardening are worth 5,000.” Check out the Weavers Way website for more visuals and

(continued on page 7)
February on the Second Floor

by Martha Fuller, Wellness, Personal Care & General Merchandise Manager

February, as what a month it is. February is a pretty month of the year: a week colleague pointed out, many years ago, that February brings us lots of sunshine. It also contains Valentine’s Day. Now, if you are a 36th reader and you have a memory of what is written in these pages, you know that I believe this day to be one that moves us to remember and that is the most special one of the year. They may be your pet care sitter, your friends here in Philadelphia, your sister in Illinois, your good pal in Arizona, a favorite teacher, or a member of your family, or a special colleague. You have your own list, I’m sure. We have beautiful cards, some that are greeted (or a message already written on them) and some that give you the space for writing your own Valentine’s Day message.

As for gifts, there are many items, some for every range of what you would and pocketbook will allow. Many of us like jewelry—you’ll find necklaces, bracelets and earrings. Earring holders, beautifully created by our own Susan Mac, make great gifts. For the writer in your midst, we have journals and Rhodia pads. There are teas and tea accessories to delight the tea drinkers you know. And as for coffee, we have great organic and Fair Trade coffees, mugs, French presses, and scoops.

Ringing It In Right

February on the Second Floor

by Martha Fuller, Wellness, Personal Care & General Merchandise Manager

February, as what a month it is. February is a pretty month of the year: a week colleague pointed out, many years ago, that February brings us lots of sunshine. It also contains Valentine’s Day. Now, if you are a 36th reader and you have a memory of what is written in these pages, you know that I believe this day to be one that moves us to remember and that is the most special one of the year. They may be your pet care sitter, your friends here in Philadelphia, your sister in Illinois, your good pal in Arizona, a favorite teacher, or a member of your family, or a special colleague. You have your own list, I’m sure. We have beautiful cards, some that are greeted (or a message already written on them) and some that give you the space for writing your own Valentine’s Day message.

As for gifts, there are many items, some for every range of what you would and pocketbook will allow. Many of us like jewelry—you’ll find necklaces, bracelets and earrings. Earring holders, beautifully created by our own Susan Mac, make great gifts. For the writer in your midst, we have journals and Rhodia pads. There are teas and tea accessories to delight the tea drinkers you know. And as for coffee, we have great organic and Fair Trade coffees, mugs, French presses, and scoops.

If you are bagging coffees and teas as gifts, look for the gift bag tags that Josh Gilbin, our talented Merchandising Manager, made for just this purpose: it’s a gift tag that has space for a “To” name, a space for a “From” name and what is in the bag. You can find these in a basket under the coffee/tea scale.

The February Organic and Fair Trade Love Buzz is on the deep discount CAP sale for February—at $7.99 a pound, so you can buy lots and feel good about it.

Audrey Organics makes many excellent personal care products. The Trillium Organics company products have been selling very well in the body polishes and roll-on scent products we have been hitting with our shoppers. There are also bath and shower products, hand and body lotions, cool kitchen tools, candles. Please let us know your ideas so we can share them with our other shoppers.

We are still in Winter, and thus we need to heed the signals that tell us we are freezing with a cold or blustery day. Remember that we have many excellent immune boosters and wellness products to help you ward off the ills of winter.

Weavers Way Return Policy

Although Weavers Way’s return policy has not changed any time recently, we feel it is important to print it occasionally in the 36th so members are familiar with it. Weavers Way Co-op strives to balance the needs of shoppers with the needs of the business. We try to be as accommodating as possible without adversely affecting our Co-op.

As a member-owner Co-op, we have slightly different policies for our member/owners and our nonmember shoppers. We believe that the policies described below are fair, reasonable and practicable. If you have any questions about Weavers Way’s return policy, please e-mail contact@weaverswaycoop.org, or speak to the shift manager on duty.

Members:

• Weavers Way accepts returns for up to 30 days from date of purchase, with or without a receipt.
• Credit card purchases are refunded as charge-backs to the credit card.
• If the member doesn’t have the credit card with them, they must come back with the card.
• Cash and debit purchases are refunded in cash.
• A duplicate receipt is printed and put in the drawer.

Non-members:

• Weavers Way accepts returns for up to 30 days from date of purchase, ONLY with a receipt, unless the reason for the return is spoilage or out-of-date status.
• Credit card purchases are refunded as charge-backs to the credit card.
• If the shopper doesn’t have the credit card with them, they need to come back with the card.
• Cash and debit purchases are refunded in cash.
• A duplicate receipt is printed and signed by the shopper including a telephone number and reason for the return.

February’s Hidden Treasure

Holy Orders Fudge

Just in time for Valentine’s Day, Local Fudge made right here in Mt. Airy!

Holy Orders Fudge (pray for a piece) is a collaborative project between local caterers Frank Krafchik and Tony Mele. They have started with three delicious flavors: chocolate, chocolate peanut butter, and honey favorite) Maple Walnut. This fudge makes a great local Valentine’s Day gift. And it is available in the deli.

~ Margie Felton

Natural Acres Farm

by Dale Koby, Fresh Foods Manager

In November, “Oprah” did a feature on our naturally raised farmers, Natural Acres. The focus was on our pasture raised eggs. If you go to the company website, NaturalAcles.com, you can see film footage from the TV show. You can find these eggs in our fish, chicken and meat case.

I like to especially acknowledge this local farm for its pasture and humanely raised animals as well as their ability to handle the business end of the process. Natural Acres consistently and consistently produces high quality meats and eggs every week. They are rare to be found in stock and every product is packaged and labeled well. Over the holidays, I bought some beautifully trimmed and fairly priced tenderloins for special orders.

Natural Acres Featured on “Oprah”
**Film Series Shows Spirited Away in Dec.**

Spirited Away, an acclaimed Japanese animated film, was the featured December film in the monthly film series sponsored by the education committee of Weavers Way.

The crowd was not large, but it was spellbound by the fabulous animation of the story of a young Japanese girl separated from her parents and taken into a strange world of monsters, witches, and many scary experiences.

The education committee is pondering whether it should continue to present family films for small turnouts (under 10 people). If you have an opinion, please write to education@weaversway.coop.


**Binging it in Right (continued from page 3)**

for sending Chilean sea bass to Dale and myself as a compliment to ring in the new year, and also, for a few non-fish-eaters, a garlic herb-crusted rack of lamb.

We enjoyed all these courses paired with some lovely wines, and we topped it off with dessert: a fresh fruit tart, and a lovely bottle of Champagne. From there we retired.

“*I am happy to report that for the most part, I got all my food at the Co-op. If you are interested, pre-orders for Chilean sea bass and escargots are available from Dale’s department. I also want to recommend D’Artagnan’s saucisse d’armagnac (pork, duck and duck liver sausage), which we served as an hors d’oeuvre. This is a relatively new product we carry that you can also find in Dale’s case.*

Please come see me if I can share any recipes from this meal with you, and may you find yourself as blessed as I in the year ahead.

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...enthusiastic students, involved parents

**“PLS is like 3-D learning!”**

- Chris, Centeris HS '11

“*I know how to make strong connections with teachers. Some college friends are just learning to speak up.*”

- Emily, Smith College '11

**Recounting the Forgotten Struggle for Civil Rights in the North**

On the evening of January 14, over forty people braved the cold to hear Weavers Way member and University of Pennsylvania professor Thomas Sugrue speak about his book Sweet Land of Liberty: The Forgotten Struggle for Civil Rights in the North (Random House, 2008). The winner of numerous history awards, Sugrue challenged the conventional wisdom that both segregation and the struggle against it mainly took place in the South. In fact, he noted, Northern schools, neighborhoods, workplaces, pools, and restaurants were all segregated during the first half of the twentieth century, by custom if not by law.

Our tendency to memorialize the Southern civil rights struggle, he argued, has enabled Northern whites to avoid their own history and its ramifications. “How we remember the past has real consequences for the present,” he asserted, pointing out that twenty-three of the twenty-five most segregated American cities today are in the North.

Sweet Land of Liberty chronicles not just the story of Northern discrimination, but also the many ways ordinary people contested it, starting long before Brown vs. the Board of Education or the Montgomery Bus Boycott. In his talk, Sugrue recounted African American mothers in New Jersey who boycotted segregated schools and activists who cut their teeth in the North only to go on to become leaders in the Southern civil rights struggle a few years later. A seventeen-year resident of Mt. Airy, Sugrue noted that while civil rights marchers were being fire-hosed in Birmingham, African Americans in Philadelphia were protesting their exclusion from decent jobs, particular government construction contracts.

Gaining entry to those jobs was a major victory, he noted, pointing out that 40 percent of middle class African Americans today work for the government. “Affirmative Action grew out of the Philadelphia protest,” he explained.

Sugrue also hailed Philadelphia Ron-anne Jones, who was known to several members of the audience. A welfare rights organizer who went on to become a state senator, Jones exemplified the move from protest to electoral politics that took place in the North and that helped lay the foundation for Barack Obama’s election. “Change does not come solely or primarily from the top,” Sugrue concluded. “This is the lesson of the Northern civil rights movement. Don’t get complacent.”

A lively question and answer period followed Sugrue’s talk, which was sponsored by the Weavers Way Education Committee. Although the author sold all his copies of Sweet Land of Liberty that night, the book can still be purchased at Big Blue Marble Bookstore (551 Carpenter Lane, 215-844-1870), and bookstores everywhere.
Although Summit Presbyterian Church includes both black and white congregants, the theology there—as in the denomination as a whole—is anything but black and white. That doesn’t stop the congregation, however, from working together to address the pressing needs of the community.

“We are fairly diverse in terms of political and faith questions,” says Rev. Cheryl Pyrch, Summit’s new pastor. “We have Democrats and Republicans and everyone across the spectrum. But we are by and large progressive, concerned with issues of poverty and justice.”

On the controversial issue of sexuality, Summit has also taken a progressive, if not aggressive, stand.

“There’s a broad range of understanding of what should be Christian conduct in sexuality,” says Pyrch. “One of the issues that’s dividing the Presbyterian Church these days is whether or not gay and lesbian people should be ordained. Summit has not really thrown itself into the fray that way, nor has it been a focus of ministry. But I’m an open lesbian, and although that was not the reason they called me, it also did not get in their way, and that’s a testament to their unassuming, quietly welcoming, and courageous essence.”

That “broad range of understanding” extends to many aspects of Summit Church. In addition to questions of sexuality, the church welcomes diverse racial, social, and theological attitudes and circumstances.

“One of the things that interested me about this church, and that Summit values very much,” Pyrch says, “is that it has been for decades a congregation where African Americans and whites have worshipped together and led the church together.” Summit’s congregation is between one-third and one-half African American, Pyrch estimates.

“We’re hoping to make it even more diverse,” Pyrch says, “and that diversity is something the congregation has really valued and worked to maintain.”

The road to racial diversity has not been an easy one. According to the book *Mission on the Hill: A Centennial Tribute to Summit Presbyterian Church*, Summit’s membership dwindled from a high of 1,174 congregants in 1945 to 203 in 1976. (There are currently about 150 members.) While there were many factors involved in this attrition, including demographic changes such as the increased Jewish presence in the neighborhood, the book’s author, Mercer Tate, lays the bulk of the blame on the doorstep of racism. As more African Americans moved into the neighborhood in the postwar years, Summit, according to Tate, found itself a victim of “white flight.”

“From the mid-1950s onward, there were a steady parade of members transferring their membership letters to other churches, often in close-by neighborhoods, such as Chestnut Hill and Flourtown,” Tate wrote. “For Summit,” Pyrch says, “which was a largely white church in the ’40s, they had to be intentional about making sure the church was welcoming to African Americans, and I’m sure there were ups and downs in that process, and that it didn’t happen overnight. Racism is such a deep and embedded evil force in our world that it requires us to be constantly vigilant and open to making sure that we’re combating it.” Summit is also open to Mt. Airy’s Jewish presence, sharing their building with the Jewish Renewal Congregation Pray Or. Other groups sharing space at Summit include a child care program and the Mount Airy Learning Tree.

Summit also participates in the food cupboard program of the Germantown Avenue Crisis Ministry, which is based at the First Presbyterian Church. This commitment to social service goes back a long way; in the 50s, Summit was “among the top ten churches in benevolence in the denomination for churches of its size,” according to Tate.

Diverse religious outlooks are also important at Summit, which was the original host of the Northwest Neighborhood Interfaith Movement.

“Certainly people using our space for contra dancing or karate might be curious about the church and visit us on Sunday morning,” says Pyrch, “but we understand that people may have other church homes or other belief systems, so that’s not a criterion for renting. Regardless of our religious beliefs, we can work together on issues of the common good and common interest, such as environmental justice.”

Many members of Weavers Way, which is also committed to environmental justice, may already know that the Co-op began in the basement of Summit Church. Pyrch, who began her ministry at Summit on September 15, joined the Co-op earlier this year.

It is not only outside groups that bring religious diversity to Summit—there is a broad range of theological perspectives within the congregation as well.

“One of the wonderful things about Summit is that it’s really quite diverse theologically,” Pyrch says. “There are people, myself among them, who are basically orthodox Presbyterians. There are also people who would characterize themselves more as Unitarians, and who really are exploring Christian traditions, and have made their peace with certain things and not with others, and we really try to accommodate where people are on their journey.”

“God works both inside and outside the church, and people both inside and outside the church work just as faithfully for a better world. The evidence is all around us that people outside the church certainly lead lives of ethical service and justice. But all of us who are in this church now come because it has helped us think more deeply about our lives, given us community and sustenance, and awakened us to the needs of our neighbors in a way that we didn’t know before.”

*Summit Presbyterian Church: A History of Progressivism* (continued on page 19)
Farm Education
(continued from page 2)

updated information about the farm and education programs. There are some things that are hard to put a number on and farm education is one of them. How can you quantify the experience of a child at a farm? It is so invaluable. However, in the interest of reviewing the last year, I have calculated some statistics of our farm education programs for 2008. This will give you an idea of the scope of what is going on in our neighborhood—and it can only increase from here!

The accompanying sidebars reflect the preliminary totals of visitors and volunteers for the farm education programs in 2008. It was a wildly successful year, and the list of groups below account for it. The total number of individuals who visited the farm during the past year is roughly 2,100. This number does not include multiple visits from students like the one from Crefeld who comes to the farm weekly for volunteer and education service or Brandon Ritter, our resident neighbor of Awbury and Saul High School, who is there almost like a staff member.

Visitors to the Farm in 2008

12 Regular groups
Crefeld School - 13 visits
Central High Environmental Club - 2 visits
City Harvest - 8 groups
City Year - 10 visits
Intercommunity Action - 3 visits
Penn School for Deaf - 3 visits
Saul Agricultural High School
Wyncote Academy - 2 visits to farm
Wyndmoor Academy - 18 visits to greenhouse
Springside Academy 5th grade - 3 visits
West Oak Lane Charter - 3 visits
Scotton Family Planar - 2 visits
Awbury Apprentices - 2 visits

Talks, events and walks
Urban Farm Bike Tour
Plant walk - Frank Cook
Community Food Security Coalition tour
Weeding Bonanza - Children’s Garden
Mt. Airy Village Fair

Farm Events and dates:
Propagation Party - March 9
Planning Day - May 10
Weavers Way Farm Fall Festival - October 11

28 One time only groups
AB Day School
Abington Friends School
Asian American Universalist Summer Camp
Grace Methodist Church Camp
Chesnut Hill Academy
Cook Wissahickon
Drexel University
Francisville CDC
Fulton Elementary
Germantown Friends School
Hansberry 4 H Club
Henry School
Houston Elementary School
Jenks Elementary School
LaSalle University
Living Learning Partners Charter School
MLK Orchard Planting
Neighborhood Bike Works
Penn Charter
Philadelphia University
Powell School
Smith Playground
Springside Academy and CHA upper classes
University of Pennsylvania Environmental Group
Waldorf School of Philadelphia
West Philadelphia Home School group
White Dog Cafe apprentice program
Wissahickon Charter School - spring & fall classes

Farm Volunteers
One reason we believe a CSA is a great next step for the farm is the amount of support for local and urban farming there has been over the last two growing seasons of our increased production. Every day, we are very thankful for all the Co-op members who complete their hours at the farm and all the school groups who come out to lend a hand! Volunteer labor is so valuable to us and I want to take a moment to recognize the following people for their regular volunteer service. Apologies to those whose last names are not included. Thank you!

Sean Jacobs: regular volunteer in the spring, general help
Jenny Love: blog, farm committee, flowers, Urban Farm Bike Tour
Julia Jackson: education volunteer and a little production, spring and summer
Chris Hill: Organized Urban Farm Bike Tour, Farm Committee
Tash Kassell: education volunteer and production assistant
Magie Simon: regular volunteer, general help
Bob Pasquale: regular volunteer summer and fall, general help
Tori Beedle: regular volunteer in the fall, general help
Cornelia Mueller: regular volunteer in the fall, general help
Jeremy: regular volunteer in the summer and fall, general help
Stephanie: weekly summer general help from Infusion Coffee House
Tamar Weiss: education program assistance
Sam Bidde: volunteered very regularly in the summer, general help
Adam Schofer: helped build hoop house with Zelov
Raisa Williams: Farm Committee, instrumental in the Harvest Festival
Howard Field: Farm Committee, visiting volunteer group assistance
Josh Brooks: Farm Committee, instrumental in the hoop house construction
Monika: volunteer harvest help, summer and fall
Brandon Ritter: Saul High School freshman, neighbor of the farm
Margaret: regular volunteer in the spring
Mark Klemper: Farm Committee, mushrooms
Hannah Stipakoff: greenhouse help in the spring
Kate Warcho: Children’s Garden Weeding Bonanza

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Powerful and gentle work to assist with:

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Farm Report
(continued from page 2) taking special requests—tunec for an availability list of vegetable varieties.

You should also start to see some other farm items in the store. As we are now operating in two hoop houses—one at Saul and one at Ashbury—we’ll have even more to share with you this spring. Planted in there now are arugula, spinach, mesclun mix, lettuce, kale, chard, mustard, scallions and baby kale every day.

Not too much happening outside at the farm just yet—it’s still a little early. Last year, the first crops went in on the first day of spring, March 20. That is the goal for this year as well, but as always, it’s weather-dependent. But on mild days in January and February we’ve been continuing to mulch the beds and manage our compost pathways with leaves to prevent erosion and weed growth. This year, we had a higher quantity of late-season crops that lasted almost until winter, things like Brussels sprouts, kale, collards, turnips, rutabagas, turnips, celery, and carrots that went well beyond the first frost and also beyond the time when you can plant cover crops and still get some growth in the fall. So, instead of leaving the soil bare over the winter, we are slowly mulching entire beds with leaves.

This will have multiple benefits: protecting the soil, adding precious organic matter, preventing early spring weeds, and hopefully allowing us to simply push the leaves aside in spring and plant directly into the bed without having to till the soil.

In other news, we continue to work on the Community Supported Agriculture (CSA) farm at Saul High School and hope to offer shares this season. After many meetings, documents are now being drafted and final details are being discussed. More details to come in the next issue of the Shuttle.

Hayden School, staff, enter from stage left:

Henry School to WWCP:

Marketplace, Marketplace, Marketplace, Marketplace, How much did we make? And where will we send the money? Marketplace, Marketplace, We’ll give to the homeless, the cats and the dogs, Marketplace, Marketplace, The rebates sure help.

Students to WWCP:

Marketplace, Marketplace, We’ll make our loans throughout KIV A.

WWCP to Supporters:

Marketplace, Marketplace, Please give me my change I’ll buy an apple.

Students, Supporters:

Marketplace, Marketplace, We couldn’t do without your money and might.

Co-op staff talking: sometime around 1999...

Stephanie: Well, somebody has to do this project, Young people can’t decide these things themselves. Margie: We could bring healthy snacks from the Co-op to the school.

Stephanie: We could start at Hayden School. Margie: We could get the kids in the west of the work.

Stephanie and Margie: And then we could go to other schools...

Fast Forward to 2008:

Cady to the Advisors: Marketplace, Marketplace, I’ll bring the food.

Students to Cady:

For Henry, Bring us some popcorn.

For Houston, We’ll take all the bagels.

Wiznathow, We wouldn’t bother Except if you forgot our edamame.

Cady to the Advisors: Marketplace, Marketplace, I’ll bring the kids, Clever and strong. Bring us a group for we’re buging to add, Your school to our Marketplace team.

Students:

For Henry, Bring us some popcorn.

For Houston, We’ll take all the bagels.

Wiznathow, We wouldn’t bother Except if you forgot our edamame.

Cady to the Advisors: Marketplace, Marketplace, I’ll bring the food, You bring the kids, Clever and strong. Week after week I’ll pack up the food So find me some kids to unload.

Students to WWCP:

Marketplace, Marketplace, We’ll tell the students, You bring the change, Fines and some such... Week after week our friends want to buy a snack that’s not full of dye.

Students:

At Parkway, We still have no lunch here.
Valley Green Bank Exhibits Photos from Friends of the Wissahickon Contest

Friends of the Wissahickon 2008 Photo Contest Winners

Grand Prize: Melvin Chappell “Indian Statue”
First Prize Structures: Ronald Rothman “Thomas Mill Road Covered Bridge”
Second Prize Structures: Diane Diffenderfer “Walnut Lane Bridge”
First Prize Landscape: Berenice Linck for “Wissahickon Creek”
Second Prize Landscape: Darius Mager “Tree and the Rock III/Wissahickon Valley Park”
First Prize Wildlife: Kate Patsch “Feeding Frenzy”
Second Prize Wildlife: Kate Patsch for “Delicate”
First Prize People in the Park: Berenice Linck for “Nick in Front of Kelpius Cave”
Second Prize People in the Park: James Sherman “Walkers in the Snow”
Junior Photo Prize: Joseph Rilling “Wissahickon Creek”

People’s Choice Awards:
Berenice Linck, “Wissahickon Creek”
Kate Patsch, “Feeding Frenzy”

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You may know Infusion Coffee and Tea at 7133 Germantown Ave. in Mt. Airy as a place to meet a friend for some Fair Trade brew or the spot to pick up a Nuts and Berries Recovery Shake after yoga at Fit Life. Or you may be one of those who brings a laptop and stays for hours (author disclosure here). Whatever your pleasure, you can feel good about the fact that owners Jocie Dye and Jason Huber are trying to make your purchase as sustainable as possible.

Jocie explains that from the time they opened in December of 2002, they have measured success by a triple bottom line: “People, planet, and profits.” That means a comfortable place for customers and a living wage for employees, who are paid more than the area average and receive medical benefits if they work full time. “Buying fair-trade products is also a people piece,” notes Jocie. “We’re part of this global economy, and people all over the world are providing our coffees and teas. We want to make sure they receive a living wage for their work. The planet piece means buying organic and buying locally whenever possible.” In addition to reducing the environmental impact of transporting food, she adds that buying locally keeps money in the community: “42 cents of every dollar, as opposed to 13 cents per dollar when you buy from a big company.” She notes that quality is another value that influences their purchasing decisions. “If you have a product that is local and organic, but it doesn’t taste good, obviously that’s not going to work.” They feel they have struck a good balance with coffee that tastes good, is fair-trade, mostly organic, and locally roasted.

Figuring out how to be as sustainable as possible is an ongoing effort. Last summer a college student did an unpaid internship, auditing paper products and recycling practices and giving the owners recommendations to reduce waste (hence the new hand driers in the bathroom instead of paper towels). The intern also helped improve their system for distributing coffee grounds to gardeners who want to add them to their compost. (Just bring in a bucket with a lid and your name on it, and you can pick it up a few days later full of goodies for your garden.) “We produce so many coffee grounds that even in the height of summer we can’t give them all away,” says Jocie, noting that it would be ideal if they could give them to the cooperative of Lancaster farmers who deliver their milk. “We haven’t quite figured that one out,” she admits.

Energy use is another ongoing challenge. The machines behind the counter produce so much heat that Infusion runs air conditioning 300 days per year, though Jocie hopes that the new operable transoms above the doors (paid for by a grant from the Merchant’s Fund) will help regulate the temperature, so they can cut their energy bills and environmental impact.

For customers wanting to participate in their sustainability efforts, they offer a few incentives: If you bring in your own mug or reuse your plastic shake cup, you get a five-percent discount on your purchase. If you buy a sandwich in the new plastic containers they started using to keep the food fresher, you can bring it back and get 50 cents off your next sandwich.
Under the Oak Café Branches Out to Weavers Way

by Lauren Kahn

Perhaps you have seen, sampled, or purchased some of the delicious baked goods now being delivered fresh to Weavers Way from Under the Oak Café, located just across Broad Street at 404 Oak Lane. Co-owner and head chef Robert Tyree uses only fresh and mainly organic ingredients to make their artisan quiches, scones, cinnamon knots, soups, sandwiches, salads and delicious desserts, some of which are available at the Co-op (and others can be special-ordered). Or, if you’d prefer, you can visit the beautifully decorated, cozy café with seating for 24, and a lovely outdoor garden, open during the warmer months, which seats 18-20 guests.

Another option is their corporate catering, when you want quality food for your early morning business meetings.

The collaboration between Under the Oak and Weavers Way began when Robert’s wife and business partner Kelly McShain Tyree recognized the common goal of sustainability and the “Buy Fresh, Buy Local” ideal.

In addition to supplying Weavers Way with goodies like their incomparable cinnamon knots, Under the Oak Café is also supplied by Weavers Way Co-op. A native of East Oak Lane, Kelley makes frequent visits to the Weavers Way Ogontz store in nearby West Oak Lane to stock up on locally grown produce from the Weavers Way Farm in Awbury Arboretum and the Under the Oak Café

“Seeds for Learning” farm at Martin Luther King High School.

Robert and Kelly left the film and theater life in New York to help with the revitalization of the historic neighborhood. Kelly’s family had owned the 1883 building for 35 years and, together with her brother, Devitt McShain, they purchased it from the family, renovated it and opened the café about a year ago. The neighborhood response has been overwhelming and the couple is now expanding to include a full chef’s kitchen where they plan to offer cooking classes and other events for the community.

We encourage you to support the collaboration between Weavers Way and Under the Oak. Sample their delicious treats, visit the café or call them when you want more of what the Co-op offers: good, fresh food with a conscience! Hours: Tues-Saturday 7 a.m. to 5 p.m. and Sunday 10 a.m. to 3 p.m. For more info, call 215-924-1410.

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The Ghost of Chew’s Wall

by Richard Fink

Prepare to be spooked on Friday, Feb. 13 from 9:00 p.m. to 11:00 p.m. when Cliveden of the National Trust hosts “The Ghost of Chew’s Wall.” Join Education Director Richard Fink as he takes the audience on a journey into the spiritual world throughout history and examines the origins of Cliveden’s alleged haunted past. Learn the evolution of ghosts from the quiet and playful spirits of Classical Greece to the scary and evil specters we see in the movies today.

The presentation on ghosts will last approximately one hour and will feature spooky images and commentary from across the world. The lecture will conclude with a discussion of the origins and evolution of Historic Germantown’s supposed haunted history.

After the presentation, guests will be treated to a candlelight ghost tour of the Chew house where they will encounter live actors portraying the restless spirits of Benjamin Chew, Anne Sophia Penn Chew and others. This will be the first time Cliveden will allow visitors into the basement where British soldiers were stationed during the Battle of Germantown.

An original performance scheduled from 7:00 p.m. to 9:00 p.m. has been sold out. Space is now available for the 9:00 p.m. to 11:00 p.m. performance by RSVP only.

For further information about this program and to RSVP, please contact by email at rfink@cliveden.org or by calling 215-848-1777. Event details can be found at www.cliveden.org.

Admission is $10 for adults, $5 for kids ages 12 and under, $5 for Cliveden members. No children under the age of 7 will be admitted.

Cliveden, located in Historic Germantown (Freedom’s Backyard), was the site of the 1777 Battle of Germantown. During the war for American independence, 57 American soldiers died valiantly charging the Chew house. Some say spirits from the Battle of Germantown still roam Cliveden. Others who have stayed at Cliveden insist there are no ghosts in the Chew house. Decide for yourself on Friday the 13th at Cliveden of the National Trust.

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Ad 1D15 02/09
Is MSG Poisoning America?

By Larry W. Nusky

I have been shopping at the Co-op for 10 years now and feel I am quite responsible in my food purchasing habits for my family. For the most part we don’t eat processed foods, we eat organic foods and always serve fresh vegetables. But occasionally, for convenience, I shop at Superfresh and “load up” on school lunch extras or feed my kids a “Hamburger Helper” easy meal. little did I realize how dangerous these food choices are.

According to John Erb in his book, “MSG Silently Poisoning America”, consumers today really need to pay attention to MSG in processed foods. Everyone seems to know that MSG is bad for you and to avoid it in Chinese restaurants, but apparently it is in everything we eat these days and very hard to avoid.

Here are some examples of the foods in which MSG is found: Progresso soup, Campbell’s soup, canned tuna, Coca-cola, Doritos, Lays potato chips, Heme gravy, Swanson broth, meat salad dressing, and many more. Many of these foods hide MSG under different names in order to fool the more savvy consumers. The most popular pseudonym being hydrolyzed vegetable protein.

Common Hiding Places for MSG

Hydrolyzed Vegetable Protein
Hydrolyzed Protein
Hydrolyzed Plant Protein
Plant Protein Extract
Sodium Caseinate
Yeast Extract
Sodium Caseinate
Calcium Caseinate
Yeast Extract
Textured Protein
Autolyzed Yeast
Hydrolyzed Oat Flour
Corn Oil

Go to the national library of medicine at www.pubmed.com under msg obesity and read the medical studies that appear.

From Battling the MSG Myth, by Debbie Anglesey

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Sodium Caseinate
Yeast Extract
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“Livestock production is at the heart of most of the world’s environmental catastrophes—rain forest destruction, global warming, air pollution, spreading deserts, loss of soil fertility, soil erosion, ozone depletion and the collapse of the world’s oceans.”

That is a very strong statement and it is difficult to believe at first. Yet, it is true that the Amazon rain forest is being cut down at alarming rates in order to provide for grazing cattle or to grow their feed. Here in the U.S., much of our farmland is used to grow corn for animal feed or fuel. This much is common knowledge. Less well known is how air pollution, global warming, water contamination, and disease relate to livestock production.

Today, most of our livestock are raised on factory farms, also known as Concentrated Animal Feeding Operations (CAFO), which the EPA describes as “facilities that confine and feed livestock, (where) the area is absent of grass and vegetation typical of natural conditions.” These are not farms in any sense of the word. The concentration of animals in very small spaces where they often have no room to move around, creates major problems. For example, “the 867 million chickens being raised in the Delaware/Eastern Maryland area emit over 20,000 tons of ammonia gas per year. This makes up 10 percent of the total nitrogen air pollution in the area.” One pig excretes three gallons of waste every day, which means a CAFO with 6,000 pigs produces 50 tons of waste every day. 2

Typically, animal waste is diverted to lagoons, which emit large quantities of greenhouse gases, such as methane, carbon dioxide, nitrous oxide, hydrogen sulfide, and ammonia. Some of these gases enter the atmosphere, causing global warming. 3 Unsafe levels of hydrogen sulfide, a gas that is toxic to humans, was found in the air almost five miles from its source, a factory farm. 4

At one factory farm in Minnesota, levels of hydrogen sulfide exceeded the safe level for human health 271 times in two years. 5

Along with the toxic emissions is the terrible stench. In North Carolina, people living within two miles of a 6,000 hog factory farm could not open their windows or go outside. Residents reported significantly more headaches, runny noses, sore throats, excessive coughing, diarrhea, and burning eyes than average. 6

In Iowa, similar health problems occurred among those within two miles of a hog factory farm. Common symptoms were bronchitis and hyperactive airways, shortness of breath, and chest tightness, as well as nausea, weakness, dizziness, and fainting. 7

In Minnesota, children had to be removed from a day care center because of diarrhea, nausea and headaches due to hydrogen sulfide poisoning caused by air emissions from a factory farm over a mile away. 8

Aside from air pollution, waste from factory farms often contaminates the water supply. Since there are no laws for factory farms to treat the waste, it is put into lagoons containing up to 25 million gallons of excrement. It is common for these lagoons to leak or burst. Runoff fouls water, and the nitrogen encourages algae, which depletes oxygen and kills fish. Each incident renders nearby water supplies uninhabitable for marine life. 9

From 1995 to 1998, there were over 3,000 spills on factory farms in ten states, and 200 manure-related spills that killed 13 million fish. 10

Even when the waste is applied to farmland, it enters the ground water because of excessive amounts. Applying animal manure to the ground near wells doubles the likelihood that nitrates levels in the well will be unhealthy. 11

The Centers for Disease Control linked the high nitrate levels in Indiana well water near feedlots to spontaneous abortions in humans. And nitrates above 10 milligrams per liter in drinking water can cause “blue baby” syndrome, which can cause developmental deficiencies or even death. Young children, the elderly and those with suppressed immune systems are especially vulnerable. 12

In Milwaukee, manure from large dairy farms was suspected of contaminating the drinking water, making 400,000 people sick and leading to the deaths of more than 100 people. 13

In Ontario, cattle manure was thought to contaminate drinking water, causing 1,300 people to become sick with gastrointestinal problems. Six people died from an outbreak of E. coli. 14

Factory farms also use enormous amounts of water. Each day a dairy farmer will use 150 gallons of water on each cow and 200 manure-related spills that killed 13 million fish. 10

As factory farms expand, less water and land are available to grow crops that use our natural resources more effectively. Yet, because of millions of dollars in subsidies to factory farms, traditional farmers can’t compete. 16

Factory farms only became possible with the introduction of ‘antibiotics in 1948. Antibiotics are given to crowded animals to prevent disease, curb disease or simply to get the animals to gain weight. In Great Britain, half of all antibiotics used are given to farm animals. Each year there, an estimated 30,000 people are infected by antibiotic resistant E. coli, causing an estimated 4,200 deaths. Such widespread use of antibiotics obviously affects humans use, for the bacteria mutate. Today, we have more virulent forms of Salmonella, E. coli and Campylobacter, which have turned food poisoning into an epidemic.

In the U.S., between 20,000 and 60,000 people are dying every year from uncontrollable, deadly infections they contract while in the hospital.

Animals raised in the unnatural setting of factory farms are developing newer diseases, which could be as devastating as BSE or mad cow disease.

The World Health Organization has called for a reduction in the use of antibiotics on farms and in human medicine. 17

Despite the air pollution, water contamination, and greater use of antibiotics, people spend $110 billion, eating four times the amount of chicken and three times the amount of beef and pork compared to previous decades, according to Eric Schlosser in Fast Food Nation. 18

In contrast, the average vegetarian saves the lives of approximately 95 to 100 animals every year and causes less damage to the environment. 19

It is tempting not to think of the effects of factory farms, since almost all the meat and poultry we purchase in the super market comes from these grim facilities. Often we assume we are paying less when we buy the standard fare. In reality, we are paying (continued on page 13)
Factory Farms

(continued from page 12)

far more when we consider the damage to the environment and our own health.

In the future, meat consumption may become an ethical question, not so much because of the wretched lives animals in factory farms are forced to live, but because of the damage we do to the earth.

“Almost everything that humans currently do is unsustainable. And while we send our pennies and pounds to Ethiopians and other famine appeals, no one makes the case that the West’s obsession with meat plays a direct role in starving the world’s poorest people.” 20

1. www.factoryfarming.org.uk/whatis.html
8. Personal communication in 1995 with Julie Jansen, operator of day care center, Clean Water Action Alliance of Minnesota, Olivia, Minnesota.
11. A Survey of the Quality of Water Drawn from Domestic Wells in Nine Midwestern States, National Center for Environmental Health (September, 1998).
19. www.usambpubs.com/articles/2008/04/06/take_life/lakelife64.txt
20. www.factoryfarming.org.uk/whatis.html

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The U.S. Food and Drug Administration (FDA) has announced that it will not require labeling of meat and fish products from genetically engineered animals.

The agency also said it will not require labeling of genetically engineered (GE) animals that the ethical and other issues surrounding GE foods, including animal welfare, were outside the scope of its review.

The FDA said the purpose of the guidance is to describe how existing regulations apply to GE animals.

Generic engineering generally refers to the use of recombinant DNA (rDNA) techniques to introduce new characteristics or traits into an organism.

When scientists splice together pieces of DNA and introduce a spliced DNA segment into an organism to give the organism new properties, it is called rDNA technology.

The spliced piece of DNA is called the rDNA construct. A GE animal is one that contains an rDNA construct intended to give the animal new characteristics or traits.

"Genetic engineering is a cutting edge technology that holds substantial promise for improving the health and well being of people as well as animals," said Randall Luttrell, FDA deputy commissioner for policy.

In response to the FDA's decision against mandatory labeling of GE foods, Consumers Union, publisher of Consumer Reports, said the guidance "blatantly ignored consumers' right to choose what they eat."

A recent Consumers Union poll found that 95 percent of consumers favor labeling of meat and milk from genetically engineered animals.

Indeed, the "vast majority" of the 28,000 comments received by the FDA in response to the draft guidance in September expressed opposition to the genetic engineering of animals.

Most of the comments were form letters or simply made general statements about GE animals or the guidance, the FDA said. That left just 797 comments containing "specific suggestions or criticisms," which was whittled down to 60 that were considered "substantive, because they provided detailed analyses, recommendations, or opinions."

A number of comments discussed a variety of environmental issues potentially posed by certain uses of some GE animals, and questioned whether the FDA had adequate legal authority or appropriate technical expertise to address such environmental concerns properly.

The risks described in the comments included the possibility that if certain GE animals were released or escaped into the environment, they could have a competitive advantage over a wild species, or could interbreed with and transfer their GE traits to wild or domestic non-GE counterparts.

The FDA said it will conduct environmental reviews on a case-by-case basis for each lineage of GE animals. The assessments will take into account the nature of the rDNA construct, the phenotype of the resulting GE animal, the containment conditions under which the sponsor proposes to operate, the potential environmental consequences of release or escape into the environment, and any other information that is relevant to the application.

The FDA said it intends to hold public advisory committee meetings prior to any GE animal approval.

New Report Details Urban Farming Potential In America

In a report issued in January, American Farmland Trust (AFT) detailed the long-term viability of agriculture in counties that are becoming increasingly urban.

The report, titled "Farming in Urbanizing Areas," explores which public policy efforts have been effective in retaining the spectrum of benefits provided by local agriculture.

"As agricultural counties transition to more urban land uses, it becomes increasingly important to plan for agriculture," said Anita Zurburg, assistant director, AFT's Center for Agriculture in the Environment, and one of the project researchers for the study.

Some of the key findings and recommendations to emerge from the report include:

- Farmers were more likely to be positive about agriculture's future in their counties if they regarded local government as sympathetic, or at least even-handed in resolving conflicts between farmers and non-farmers.
- State governments should enable, and in some cases mandate, the purchase of development rights for farmland, thereby either adding to the base that agricultural zoning supports or achieving what zoning fails to realize.
- Local governments should apply zoning policies (e.g., large minimum lot requirements, cluster zoning, urban growth boundaries) that help to preserve an adequate land base for farming.
- There are often insurmountable obstacles to young or beginning farmers purchasing and renting land, especially if they are not related to the current farm owners. Public and private agencies should encourage farm families to plan carefully for the transfer of ownership and management to successor generations.
GFS Students Track Environmental News
by Richard Burns

As part of their Environmental Science class, upper school students at Germantown Friends School are conducting a year-long tracking survey of how environmental issues are being covered in the news media. Each student is assembling a scrapbook composed of stories from newspapers, magazines, and journals and evaluating the quality of the news coverage.

“One of the important goals of science education is to help students learn how to make good decisions about public issues,” explains teacher Susan Robinson of Plymouth Meeting.

On December 16, Robinson asked students to present their scrapbooks-in-progress and to comment on the environmental issues that stood out in their research.

Students provided a variety of observations, including thoughts about ancient plantings in the Amazon rain forests, the merits of wind energy, the drawbacks of light pollution, how invasive species can actually increase biodiversity, and the kinetic energy potential of Earth’s oceans.

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“Each student is assembling a scrapbook of stories from newspapers, magazines, and journals and examining the issues presented, as well as evaluating the quality of the news coverage,” said Robinson.
We don’t question basic assumptions about how we use resources, and allow ourselves to be absurdly wasteful, spending time, money, and natural resources to do things that don’t need to be done to begin with! We could live a high quality of life much more resource-efficiently, and we will certainly need to do so if the planet is to survive the onslaught of the results of our over-consumption.

Suddenly we find ourselves in a world which looks very different: many Americans are in fact being forced to get by with less. It is interesting to watch Americans driving less, for example. Is this change due to:

* People coming to their senses, at long last?
* People being unemployed and not continuing to work?
* People going out less on discretionary buying expeditions, due to financial anxiety
* Or people actually having less income, and changing their spending behaviors?

Clearly, for many of us, the recent experience of economic contraction is unprecedented. The same behaviors being touted which save natural resources and decrease carbon emissions. Perhaps the new habits folks are acquiring can be reinforced by policy, incentivizing our consumption in ways which, while not eating into our quality of life, will make us wiser consumers and better world citizens. Better late than never.

You can read Betsy Teutsch’s blog at MoneyChangesThings.blogspot.com

## Eco-Epiphanies: Personal Wastefulness and Societal Stupidity

by Betsy Teutsch

For some, deep ecological truths are arduous to accept. For many, they may seem absurd and difficult to believe, especially when they are so contrary to our everyday actions. For me, looking back, two anecdotes stand out as clearly pivotal, changing my behaviors and thinking—hence, eco-epiphanies. The first was nearly twenty years ago, listening to Rabbi Arthur Green’s Yom Kippur sermon. I have no recollection what exactly his topic was, but his line: “American disposals are better nourished than many people with whom we share this earth” was so true and so jarring, that I vowed to start recycling that minute. Step by step, year-by-year, my consciousness about waste grew, until I became aware of the waste I contributed. The same behaviors being touted which save natural resources and decrease carbon emissions. Perhaps the new habits folks are acquiring can be reinforced by policy, incentivizing our consumption in ways which, while not eating into our quality of life, will make us wiser consumers and better world citizens. Better late than never...
An important cooking proverb that one should always keep in mind: Your lack of daring is worthy of mocking. When one suffers from gluten intolerance or celiac disease, the key is not to limit your food intake to the most bland and flavorless options. Well, actually, you probably should do that, but why add insult to injury?

Anyway, since discovering my gluten intolerance, as well as my acid reflux, I’ve had to experiment with various tastes, sauces, and creams. One of the simplest dishes to make is chicken tikka masala. Normally, this is the go-to dish in an Indian restaurant, what you should try first to see if the chef can manage the basics, much like a burger at a diner. Considering that many of us don’t cook, making something as simple as taking tikka masala at home would seem to be a daunting task. Luckily, Weavers Way carries a product that I’ve used for many years, Maya Kaimal’s Tikka Masala sauce. You can find it in the refrigerated prep food section, and that brings up a key distinction: it is kept fresh. There are other brands you can buy in a jar that are cheaper and would seem to be viable options, but the preservatives that they use tend to dull the flavor.

On the Tikka Masala label, cooking instructions suggest that you can make it with shrimp or cauliflower, but the important thing in this case is to stay as plump as possible. That way, when the apocalypse comes, you’ll have more fat to live on in case of a food shortage. Boneless, skinless chicken thighs are best (tearing off the fat will make it easier to cut up into smaller, chewable pieces. As you are doing this, put about one cup of basmati rice in the water and add a pinch of sea salt in the water for the rice. After about ten to twelve minutes, the sauce should have blended in the pan with the peppers. Add the tikka masala sauce and lower the heat to just above simmer. Stir every two minutes and tend to the rice in the same fashion. After ten to twelve minutes, the sauce should have blended in with the chicken and peppers and the rice should be done. Taste the sauce to check its level of spiciness. If it is too much for you, add a dollop of sour cream to cool it off.

This should feed up to seven fashion models, four hippie types, or two average people. Serve with apple cider or a fruity wine. Try not to feel guilty about your own unnecessarily enormous portions. The Fugees once said, “I play my enemies like a game of chess.” In this case, your enemy is a flat stomach, and rolls of fat your checkmate.

New Auditing Program Expedites Kosher/Organic Certification

In January, STAR-K Certification, Inc., and Quality Assurance International (QAI) announced a new joint auditing program for companies seeking dual certification. Sales of kosher-certified food products have been experiencing a high-growth trajectory similar to the organic foods market, the groups said.

“These two intersecting trends have given rise to a flourishing new specialty food category—kosher organic,” the groups said in a statement. These products meet both the strict requirements of Jewish dietary laws and the USDA’s National Organic Program specifications.

The joint auditing program, which became effective Jan. 1, streamlines the auditing process and reduces overall certification costs. To accomplish these goals, a number of STAR-K kosher inspectors are now trained organic inspectors, allowing them to complete both audits concurrently.

“Having realized that many companies with both certifications, we felt that the bundling of our certification efforts will add further efficiency and value on behalf of consumers throughout the world,” said STAR-K President Aron Pollak.
Marketplace program, which is currently in Nut Hill community. We will continue to express our gratitude to everyone who was been involved and contribute to this and other endeavors. And the development of Dina Schlossberg, a member and real estate lawyer who has helped us for the seller. Dina Schlossberg, a member and real estate lawyer who has helped us for the seller. Evans and State Senator LeAnna Washing-ton, and co-ops in general, aren't just about food, they are about community. We are proud of the leadership role Weavers Way has taken in urban agriculture. All of this will tie together the need for a neighbor- hood food store and community meeting place in Chestnut Hill with the direct involve-ment of the expanded community through membership equity and loans.

Long-term goals
Of course, we expect that we will be successful and supported. A successful expan-sion will also enable the Co-op to con-tinue our goal of opening up other small stores in underserved areas. Our first small store was the Ogunza store, but in future years, with good cash flow from the Mt. Airy and Chestnut Hill stores, we hope to open in East Falls or Germantown. There is a shortage in urban areas of small neigh-borhood stores that produce good and other healthy product choices. This is not only an economic issue but an important public health issue. We have opened up farms in Awbury and MLK High School, we are planning to expand the farm pro-gram to the Stenton Manor Family Home (a family homeless shelter), and to the Saul Agricultural High School. All of this will help bring fresh produce grown locally in the community. We are proud of the lead-ership role Weavers Way has taken in urban farming.

Please support us as we move forward with this endeavor. Weavers Way, and co-ops in general, aren't just about food, they are about community.
New Program Offers Resources for Older Adults

by Linda Brunn

Resources for Older Adult Living (ROAL) is a year-old program whose purpose is to provide help with the transitions and challenges of aging to those who are aging, as well as to their families and caregivers who live in Northwest Philadelphia. ROAL provides a central source of information about what resources are available in the Philadelphia area, but with an emphasis on services in our own Northwest neighborhoods. People who are 55+ or concerned about someone else, can call ROAL's consultation and referral phone line to discuss any problem or find many resources they may need related to staying in the community or improving the quality of their lives.

According to Emilia Xavier, Coordinator of ROAL, “The range of calls varies in both topics and intensity from older adults in crisis with no food, a homeowner needing help with home maintenance to a need for someone who would come into the home to do manicures and pedicures, or someone who wants help with living in the home. Many people need assistance understanding and getting public benefits and services to which they are entitled, such as tax rebates or Medicare D. We have found that many times the solution to a question needs to be found through detective work, and we tap into many individuals and organizations in the Northwest and the city.”

ROAL has compiled a Northwest Resource Directory for Older Adults (which can be viewed on-line), maintains a Resource Center with printed materials, and provides educational workshops on topics related to aging. ROAL also has many opportunities for people to volunteer in supporting the program and helping older adults.

ROAL is a program of Northwest Interfaith Movement (NIM), and it came about through the planning of eleven organizations serving older persons in the Northwest. Funding is provided by the Green Tree Community Healthcare Foundation and the Pennsylvania Department of Community Economic Development.

To reach the ROAL phone service, call 215-843-5602, Monday through Friday, 9 a.m. to 3 p.m. Go to www.nimphilly.org to access the Resource Directory.

A Community for All Ages

At a May 9, 2008 forum called A Community for All Ages, four areas were identified as priorities for follow-up:

1. Providing and getting out information about resources, events and services in our community. NIM is starting the second year of the Resources for Older Adult Living consultation and referral phone service and is launching an on-line Northwest Resource Directory. We need volunteers with a range of skills, interests and knowledge to make this program more effective.

2. The development of ways for volunteers to provide small, time-limited services for older adults to help them remain in the community. ROAL is looking for people interested in driving, visiting and providing respite, shopping, escorting people to medical appointments, and doing yard work and household tasks. We are also looking for people interested in working together to build a neighbor-to-neighbor volunteer network for our area.

3. Assuring that the physical environment will support older adults living in the community. We need people who are interested in conveying the message and watch-dogging issues related to Northwest community physical infrastructure with groups involved in housing, zoning, transportation, planning, and the environment.

4. Furthering the dialogue and education about an elder-friendly community, aging in place, and community for all ages by involving and providing respite, shopping, escorting people to medical appointments, and doing yard work and household tasks. We are also looking for people interested in working together to build a neighbor-to-neighbor volunteer network for our area.

Within these four areas there are opportunities for involvement all the way from taking on leadership, to taking on some small supportive task, to helping older people very directly. Interested in getting involved? Want to be kept informed as we continue to develop? Contact Linda Brun, Director of Adult Programs, at lbrunn@nim-philly.org.

Valentine Papermaking Workshop

by Ariel Wilson

On February 7, 2009, from noon-2 p.m. you can learn to make something special for someone special at Historic RittenhouseTown’s annual Valentine papermaking workshop! This workshop is great for the entire family.

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A Busy Winter as Morris Arboretum Moves Ahead On Two Major Projects

by Susan Crane

Even in the dead of winter, there is a lot going on at the Morris Arboretum. Construction will begin January 19 on the new Horticulture Center Complex at Bloomsfield Farm, across the street from the public gardens at the Morris Arboretum. The complex will be the first newly-constructed green building on the University of Pennsylvania's campus to be certified through the U.S. Green Building Council's LEED rating system. The Horticulture Center Complex is slated to achieve LEED Platinum certification, the greenest level available, representing the highest commitment to sustainability.

Another exciting project already underway at the Morris Arboretum is the construction of a new Arboretum-wide exhibit, called Tree Adventure, slated to open in late spring of 2009. The central message of this dynamic new 275-foot canopy walk entitled “Out on a Limb” that will soar over 40 feet into the air, providing a wonderful vantage point from which to understand the critical role that trees play in our environment. The messages incorporated into “Out on a Limb--A Tree Adventure Exhibit” will focus on the importance of trees in the environment, especially in cities, where trees require human help to survive. Out on a Limb will be a fully accessible, permanent, interactive installation at the Arboretum, one that will enhance both children’s and adults’ experience of, and appreciation for, nature and the environment.

Both of these projects highlight the Morris Arboretum’s commitment to sustainability. The new Horticulture Center project could operate as a national “green” model, inspiring and encouraging other organizations, both non-profit as well as for-profit, to consider environmentally sustainable and regenerative design in their construction planning. Some of the design features of the Horticulture Complex that will qualify it for Platinum Level LEED® Certification include the following:

- An efficient ground-source heat pump will provide heating and air conditioning for the building, using only about one-fourth the energy of a typical boiler/air conditioning system.
- A green roof on the equipment storage shed will capture and absorb rain, slowing the surging of stormwater to the site drainage system. A green roof also helps reduce the ambient summer temperature by providing a cool roof surface unlike the “heat island” associated with most asphalt or rubber roofs.
- Photovoltaic panels will provide on-site generation of renewable energy, with peak electricity production during the hot summer months when the demand for electrical power is highest.
- The building will be well insulated to eliminate infiltration of outside air and reduce the energy lost through the walls.
- The building’s lighting system is designed to take full advantage of natural daylight by using skylights and roof monitors to supplement artificial lighting. Photocell sensors will automatically dim the electric lights on in use on bright days to reduce energy use.
- The design team is investigating on-site micro-hydro power by using the existing historic mill race to generate electricity.
- A constructed wetland will provide treatment of wastewater on site, reducing the demand on the township wastewater system.

The Horticulture Center Complex’s

(continued on page 21)

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February Garden Notes: The Front Lawn
By Mark Goodman, The Neighborhood Gardener
The traditional landscape pattern for the front of a house includes evergreen shrubs at the foundation and a lawn. Full disclosure - I am not a lawn lover. Grass has its place as an area for kids to run around on or for people to walk, but I believe that lawns are overrated in the U.S. landscape.

In general, a grass-high maintenance ground cover that requires frequent cutting, fertilizing, pest prevention, and receding. Feeding and pest control often include toxic chemicals that don't build soil health.

So why is grass so popular? Habit and conditioning. The grass products industry spends millions of dollars to convince us that a carpet-like lawn is a necessity for the landscape.

We believe that lawns are overrated in the U.S. around on or for people to walk on, but I believe that lawns are overrated in the U.S. landscape. It is too far too tall for your liking, a shrub and/or flower bed in the middle of a lawn can provide an interesting focal point. A round or kidney-shaped bed will offset the repeated angular shapes of buildings, doors, and windows.

This year, as you plan your garden activities, consider replacing your lawn space and beautifying your front landscape.

Morris Arboretum (continued from page 20)
prestigious design team consists of architects from Overland Partners of San Antonio, TX, Moshe Safdie of Philadelphia’s M2 Architecture; and Andropogon Associates, the Arboretum’s Philadelphia-based landscape planning partner since 1977.

The Horticulture Center Complex will be introduced in two phases. Phase One will focus on the provision of critically-needed and flexible work space for the Arboretum’s horticulture, education, maintenance, and facilities staff, providing important infrastructure for staff and equipment.

The 20,040-square-foot facility will provide space for staff to manage their extensive responsibilities for the Morris Arboretum’s 167-acre property in the most efficient and cost-effective manner possible.

The added space will enhance research opportunities, providing additional room for preserving and studying the Arboretum’s plant collection. It will also provide suitable storage and maintenance areas for the variety of equipment needed to care for the property.

Groundbreaking for Phase Two of the Horticulture Center Complex is projected for fall of 2010. Its focal point will be a new education Building, also targeted for LEED® Platinum, that will greatly increase the Arboretum’s capacity for offering on-site public programs. This new space is expected to strengthen the Arboretum’s finances by providing increased opportunities for earned income through educational program offerings and special event rentals.

“We’re very excited about this project and what it means to the Arboretum as well as the greater community,” says Morris Arboretum’s F. Otto Haus Director, Paul Meyers. “The complex will provide wonderful spaces for our educational programs as well as inspiring work spaces for our horticulture and program staff members. The building itself will be a model for sustainable development that will demonstrate the best in environmentally sensitive architectural design. It will be a celebration of the sense of place of the Wissahickon Valley, echoing the style of an existing nineteenth century barn.”

The Morris Arboretum of the University of Pennsylvania, located at 100 Westnorthern Avenue in Chestnut Hill, the Morris Arboretum is listed on the National Register of Historic Places and is the official arboretum of the Commonwealth of Pennsylvania.

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Chocolate Industry Details Long-term Sustainability Goals
By Jonathan Koeber
In January, the World Cocoa Founda- tion announced sustainability principles and goals, in order to “help the world’s cocoa farmers, guide industry efforts and priori- tize the Foundation’s development projects in West Africa, Southeast Asia and the Americas.”

The goals and principles in the an- nouncement are grouped into:

Profits: Improved and more equitable economic returns for farmers, built upon ex- panding entrepreneurial skills, stronger and more effective farmer associations, and more productive, profitable farming practices.

People: Healthy and thriving cocoa-farm- ing households and communities, where chil- dren can enjoy childhood and attend school, international labor standards are followed, and farming practices are safe.

Planet: Responsible, sound environ- mental stewardship in cocoa-farming com- munities where soil and water are con- served, Integrated Pest Management ap- proaches are followed to limit the use of agricultural chemicals, and the fragile tropi- cal ecosystem is protected.

More than 100 World Cocoa Foundation partner organizations from around the world provided input for the sustainability principles and goals. Finally, WCF said it will work towards responsible, sound envi- ronmental stewardship in cocoa-farming communities where soil and water are con- served, Integrated Pest Management ap- proaches are followed to limit the use of agricultural chemicals, and the fragile tropi- cal ecosystem is protected.

While this appears to be a positive de- velopment, some are concerned about the group’s motives. “The World Cocoa Foun- dation is an interesting collaboration of chocolate organizations, including several producer groups, but dominated by choco- late companies like Kraft Foods and Mars,” says Nicholas Reid of Equal Exchange “As such, the long-term sustainability goals” sound a little bit hollow to me. I definitely appreciate the nod to increasing economic returns and profitability of farmers, but it’s hard to imagine corporations like Kraft and Nestle are truly committed to transforming cocoa production in a way that empowers farmers and increases the farm-gate price of cocoa around the world. Very likely, the expansion of cocoa production and in- creased productivity (which would theoretically help farmers’ profitability) will serve only to increase supply while demand re- mains steady, decreasing the cost of cocoa globally and undermining farmers’ livelihoods (while increasing the profitability of Mars, Kraft and Nestle).”

Michael Nieman, the author of A Spa- tial Approach to Regionality in the Global Econ- omy, who is currently working on a book on the global cocoa and chocolate chain, agrees: “A quick review of the programs supported by the WCF shows that its main emphasis is on increasing quantity (and, to some extent, quality), while it is in the in- terest of an individual farmer to increase output, the collective impact, given the con- centration of cocoa production in West Africa, is not beneficial to farmers, as it will increase supply and thus exert downward pressure on cocoa prices.”

Still, Equal Exchange’s Reid does see at least one silver lining in that the announce- ment reflects a commitment by the WCF to stronger and more effective farmer organi- zations.

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# Interesting in Hosting a Farm Volunteer?

(There will be some free veggies in it for you!)  
Short or long term stays

Weavers Way Farm occasionally receives offers from people who want to help out at the farm for a week or two, but are in need of housing during their stay. We are also interested in exploring possibilities for longer term stays for college-age interns during the summer of 2009.

If you are interested, or for more details, please contact David at 267-319-2733 or educator@weaversway.coop

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### Produce Price Comparison  
January 4, 2009

<table>
<thead>
<tr>
<th>Produce</th>
<th>Weavers Way</th>
<th>Pathmark</th>
<th>Price Difference</th>
</tr>
</thead>
<tbody>
<tr>
<td>Organic</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Broccoli</td>
<td>1.76</td>
<td>2.99</td>
<td>1.23</td>
</tr>
<tr>
<td>Carrots, 1 lb bag</td>
<td>0.79</td>
<td>1.49</td>
<td>0.70</td>
</tr>
<tr>
<td>Celery</td>
<td>1.66</td>
<td>1.99</td>
<td>0.33</td>
</tr>
<tr>
<td>Grapes</td>
<td>0.70</td>
<td>1.00</td>
<td>0.30</td>
</tr>
<tr>
<td>Lemons</td>
<td>0.29</td>
<td>0.50</td>
<td>0.21</td>
</tr>
<tr>
<td>Oranges</td>
<td>0.60</td>
<td>0.42</td>
<td>(0.18)</td>
</tr>
<tr>
<td>Asparagus</td>
<td>2.56</td>
<td>3.99</td>
<td>1.03</td>
</tr>
<tr>
<td>Cucumbers</td>
<td>0.85</td>
<td>0.99</td>
<td>0.14</td>
</tr>
<tr>
<td>Eggplant</td>
<td>1.79</td>
<td>1.59</td>
<td>(0.20)</td>
</tr>
<tr>
<td>Garlic</td>
<td>2.92</td>
<td>2.99</td>
<td>0.07</td>
</tr>
<tr>
<td>Green Beans</td>
<td>1.96</td>
<td>1.99</td>
<td>0.03</td>
</tr>
<tr>
<td>Onions, Yellow</td>
<td>0.99</td>
<td>0.99</td>
<td>(0.00)</td>
</tr>
<tr>
<td>Potatoes, Assorted</td>
<td>0.85</td>
<td>0.99</td>
<td>0.14</td>
</tr>
<tr>
<td>Squash, Acorn</td>
<td>2.99</td>
<td>2.99</td>
<td>(0.00)</td>
</tr>
<tr>
<td>Squash, Butternut</td>
<td>1.29</td>
<td>1.49</td>
<td>0.20</td>
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<tr>
<td>Sweet Potatoes, Yams</td>
<td>0.85</td>
<td>0.88</td>
<td>0.03</td>
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<tr>
<td>Tomatoes, LG</td>
<td>1.56</td>
<td>2.99</td>
<td>1.03</td>
</tr>
<tr>
<td>Apples</td>
<td>1.35</td>
<td>2.00</td>
<td>0.65</td>
</tr>
<tr>
<td>Cranberries</td>
<td>2.86</td>
<td>2.99</td>
<td>0.13</td>
</tr>
<tr>
<td>Green/Red Grapes</td>
<td>2.36</td>
<td>2.49</td>
<td>0.13</td>
</tr>
<tr>
<td>Pears, Assorted</td>
<td>1.41</td>
<td>2.32</td>
<td>0.91</td>
</tr>
</tbody>
</table>

**Total Conventional Savings at Weavers Way**  
$4.08

**Total Organic Savings at Weavers Way**  
$0.52

Prices shown may not reflect current prices at these stores.

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**YOUR LOCAL ONE-STOP SHOP FOR ALL YOUR BEVERAGE NEEDS**

<table>
<thead>
<tr>
<th>Health Drinks</th>
<th>Seltzers</th>
<th>Juice</th>
<th>H2O</th>
<th>Teas</th>
<th>Organics</th>
<th>Ginger Beers</th>
</tr>
</thead>
</table>

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

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Susan Karol Matal

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**Pepperidge Farm**

**CRACKERS, COOKIES, SNACKS AND MORE...**

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Vice President
David Woo (2007 - 2009) woo3D@earthlink.net
Secretary
Bob Noble (2008 - 2010) bobnoble@msn.com
Treasurer
Chris Hill (2008 - 2009) chris@chrishillmedia.com
Immediate Past President
Sue Katz (2007 - 2009) katzstu@christmail.com
At-Large
Sylvia Carter (2007-2009) scfarter@verizon.net
Garvey Lundy (2007 - 2009) garvey@ssc.upenn.edu
Sue Wasserkug (2007 - 2010) zoya430@yahoo.com

Sponsored Positions
Candidates must have been pre-ordering cases on a regular basis so we know there is demand. In fact, there is so much demand that McDonald’s is offering ready-to-drink baby formula in their drive-thrus. Not only is it recycled because the fat in the formula comes from emptying their deep fryer.

s: “Can we please have vegetarian soup options every day? I’ve been here twice in the month so far with no vegetarian soups and I’m only here twice this month. Vegetarians want soup too.”
r: (Marge) We always try to have a vegetarian option. The only time we can’t is when we sell out of vegetarian, which is rare. We don’t always have vegan, but we try. You must have been here on Sunday, Monday, or early Tuesday before deliveries arrived.

s: “It would be so excellent if we could carry a vegan veggie burger. The Garden Burger variety that’s dairy-free, for instance. An occasional selection of vegan things such as large yogurts, tofu ravioli, the amazing Down to Earth frozen foods, etc. would bring delight. Thanks!”
r: (Chris) Please try the “Amy’s” veggie burgers that we sell in the freezer. They’re vegan.

s: “Please stock good bulk chocolate like Callebaut in broken pieces (1/2/8 - 1 lb pieces), bittersweet, white, etc. High fat count (72 percent).”
r: (Chris) Callebaut chocolate doesn’t seem to be available from any of our distributors. If there’s a different chocolate that we can get, please let us know. (Norman) Incidentally, Callebaut is one of the brands that is likely to contain chocolate sourced from Ivory Coast, which means it is probably child slavery was involved in its production. Quoting from John Robbins’ foodrevolution.org “...M&Ms Mars and Hershey Foods Corp. are not alone. Other companies whose chocolate is almost certainly tainted with child slavery include: ADM Cocoa, Ben & Jerry’s, Cadbury Ltd., Chocolates by Bernard Callebaut, Ecover’s Chocolate, Go- diga, Guittard Chocolate Company, Kraft, Nestle, See’s Candies, The Chocolate Vault, and Toblerone. While most of these companies have issued condemnations of slave- ery, and expressed a great deal of moral outrage that exists in the industry, each of them is trying to do all that they can to ensure consumers that their products are slave- free. There are many brands of choco- late that are slave-free, but it’s not always easy to determine. If you want to be ab- solutely, positively sure you are not sup- porting child slavery when you buy chococlate (or anything for that matter), look for Fair Trade certification.

s: “Dried pears and plums.”
r: (Chris) No plans to add dried pears or plums at this time, due to shelf-space con- straints. Both are available as five-pound precorne, organic, for about $30.

s: “Still stocking chicken pot pie soup? That stuff was a bomb! Perfect for cold winter nights.”
r: (Marge) This is not something we have on a regular basis, but I will order it again.

s: “Please continue to have the Field Roast Sage sausage style. It was so good, and with no soy! Great product! Thanks!”
r: (Marge) We will continue to carry this veg, meat-substitute product. We also have a Mexican Chipotle sausage from the same company.

s: “Feedback: Thank you for carrying Topricin and thank you, Martha, for recom- mending it. No smell, no stinging, no hot or cold sensation, just great stuff for almost any ailment. Started using it on my back and now have been using it on my knees, bruises, as an exercise/gardening warm up, for muscle sprains, night time leg cramps, that morning crick in the neck, etc. etc. Great stuff!”
r: (Martha) So glad you have found this product to be so helpful! Folks do seem to love it and we’re glad you thank you. Thank you for letting us know!

s: “Ranch flavor TLC Crackers have been missing for several weeks. Aren’t they the best seller? Please obtain that flavor. Thank you.”
r: (Chris) Sadly, this flavor is no longer available from our distributors. Sorry!

s: “A-A-Ah! Why did you stop carrying Nu- tro dog food? My dog can only eat lamb due to crazy allergies and the Eagle Peak brands all have some chicken/pork/beer in them, even the lamb one. The price of Nu- tro is also much more affordable. I really don’t want to buy Nutro at Petmart!”
r: (Kirstin) Nutro has undergone some ma- jor sourcing issues. We were unable to get the lamb & rice (among others) for a long time because they were unable to produce it. We went on for so long that we re- placed it with Eagle Peak because our ven- dor for Nutro was telling us it would be January be- fore they would have supply issues worked out. I would be happy to special order it for you. I would also suggest California Natur- al, which is a great product for pets with sensitivities and they make a lamb and rice formula. Its quality is better than Nutro and it’s comparably priced.
Welcome to Weavers Way Cooperative Association
Dear Neighbor,
If you are not already a member of Weavers Way Co-op, you are invited to join. Weavers Way is a member-owned, not-for-profit cooperative. Our bylaws require that in becoming a member, someone from your household attend an orientation meeting, where details of membership will be explained. Meetings are held at the Germantown Jewish Center (GJC), Lincoln Drive and Ellet Street, at Church of the Annunciation (CA), Carpenter Lane and Lincoln Drive, and at Grace United Methodist Church (GU), 7101 N. 20th St, in West Oak Lane. Upcoming Orientation Meetings are on the following dates:

<table>
<thead>
<tr>
<th>DAY</th>
<th>DATE</th>
<th>TIME</th>
<th>LOCATION</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wednesday</td>
<td>Feb. 4, 2008</td>
<td>6:45 p.m.</td>
<td>GJC</td>
</tr>
<tr>
<td>Saturday</td>
<td>Feb. 21, 2009</td>
<td>10:30 a.m.</td>
<td>GU</td>
</tr>
<tr>
<td>Wednesday</td>
<td>Mar. 4, 2008</td>
<td>6:45 p.m.</td>
<td>GJC</td>
</tr>
<tr>
<td>Saturday</td>
<td>Mar. 21, 2009</td>
<td>10:30 a.m.</td>
<td>GU</td>
</tr>
<tr>
<td>Wednesday</td>
<td>Apr. 1, 2009</td>
<td>6:45 p.m.</td>
<td>GJC</td>
</tr>
<tr>
<td>Saturday</td>
<td>Apr. 18, 2009</td>
<td>10:30 a.m.</td>
<td>GU</td>
</tr>
</tbody>
</table>

Meetings start promptly and last about 1½ hours. Latecomers cannot be admitted. Written reservations are required, so please fill out the tear-off sheet below and return it to the store. At the close of the orientation meeting, you will be expected to pay your initial $30 annual investment (cash or check). We look forward to seeing you and welcoming you into the Co-op.

Rabbi Carus, Membership Manager

Please return this portion to Weavers Way

Someone from my household will attend the orientation meeting on

Name (please print) ____________________________
Phone Number ____________________________
Address (including ZIP code) ____________________________

Suggestion by Norman Weiss

Greetings and thanks for writing. As usual, suggestions and responses may have been edited for clarity, brevity, and/or comedy. Today’s topic is butter-flavored Crisco. I came across a can of it at our Caruso’s clearance sale. Even before I knew about hydrogenated oils being harmful, some inner instinct told me to beware of fat that is solid at room temperature. Seemed like something more suited to greasing up garage doors than eating. Turns out rats don’t even recognize Crisco as food. Speaking of a so-called food ingredient, our Philadelphia City Council passed an ordinance requiring restaurants and retail food establishments to provide nutritional information on menus. The ordinance applies to chains with 15 or more stores, and requires listing total number of calories, saturated fat, trans fat, carbohydrates, and milligrams of sodium. I’m told it is the strongest nutrition labeling law in the country. It takes effect January 1, 2010.

Suggestions and Responses:

s: “Would it be possible for me to order Bob’s Red Mill Semolina Flour?”

r: (Norman) Yes, a case of four 24 oz packages is $11.40. Bob’s Red Mill is a brand still owned by its founder, Bob, and is very handy brand for members to know about, because Bob’s offers lots of products, including specialty products like many gluten-free items, in small cases, typically four packages of about a pound and a half. This is an easy way for people to order casings from a vendor they know and trust.

Correction for last month’s article: one calorie items like Starbucks “...cino” drinks and Dunkin Donuts will suffer, or people just won’t bother to look or care anymore than they do now. Anyway, too bad the ordinance didn’t include sugar, but kudos to our city council for passing what they did. Correction for last month’s article: one of the things I’ve elucidated Bill Quern about in the past was that he performs a dance style I erroneously referred to as “clogging.” Bill does not perform clogging, he performs “Morris” dancing. This was a stupid mistake on my part since “Morris” dancing is actually named for my grandfather, Morris Weiss. In the 1930s and 1960s, Morris had a clothing store in Kensington and whenever he sold an expensive coat he would do a little celebratory dance. His fellow shopkeepers were very entertained by this and would all come out of their shops to watch. I should edit the Wikipedia page on Morris dancing, which mistakenly describes it as an old English country folk dance instead of an American urban messiah thing: That’s the problem with Wikipedia: everybody’s an expert.

Organizations at Ogontz

Weavers Way now holds regular monthly meetings in West Oak Lane to discuss with members of the community how they can become owners and members of the Co-op. The meetings take place at 10:30 a.m. on the third Saturday of each month at Grace United Methodist Church, 7101 N. 20th St., in West Oak Lane, unless there is a conflict with church events. Weavers Way also looks forward to hosting workshops and cooking demonstrations at the church.

Equal Exchange

February Coffees of the Month

Organic Love Buzz
Created by a genius in Philadelphia, this secret recipe delivers a sweet, sultry and smooth coffee with an unexpected bite and lasting finish. A smorgasbord of roasts in a combination of Latin American beans so fine it will make your heart pound. Feel the love!

Organic Café Mexican Vienna
Not too dark, not too light, but just right for this particular bean. Always a large, plump bean when we take it from the roaster, this coffee consistently intoxicates us with its aroma. The coffee’s uniqueness is accentuated in our Vienna roast.

Lawn of NOMINATIONS for BOARD OF DIRECTORS
Elections will be held at the Weavers Way Co-op Spring General Membership Meeting, Sunday, May 17, 2009
Board Positions to be filled:
4 At-Large Directors for 3-year terms
4 At-Large Directors for 2-year terms
(The 4 winners with the most votes will serve 3-year terms. The next 4 winners will serve 2-year terms.)

Nomination Form

for Candidates for Election to
The Weavers Way Co-op Board of Directors

All Nomination Forms must be submitted no later than 5pm, Wednesday, February 25, 2009. Please email completed form with answers to the five questions (see below) and a photograph to Bob Noble, Leadership Committee Chair, bobnoble@msn.com. If email is unavailable, please in the Leadership Committee mailbox on the second floor of the store at Greene & Carpenter. Please call Bob at 267-973-6619 to confirm your nomination was received. A copy of this form is also available on our website, www.weaversway.coop.

Name: ____________________________
Member #: ____________________________
E-mail Address (optional): ____________________________
Phone: ____________________________
Address: ____________________________

Please answer the following five questions on a separate sheet of paper. Your entire response to all five questions must not exceed 250 words.

1. Why is Weavers Way Co-op important to you?
2. How will your experience, skills, or unique perspectives strengthen the Co-op Board?
3. What is your vision for the future of the Weavers Way and how does it address the important short-term and long-term challenges facing the Co-op?
4. What volunteer experiences have you had with other cooperatives or organizations?
5. Is there any other personal information you would like to share, i.e. family, hobbies, work experience, special talents, etc.?