Manager's Corner
by Glenn Bergman, General Manager

Since April, Weavers Way has been sending out the Shuttle to almost every household in the 19119 zip code. Before then we only sent out our newspaper by bulk mail through the US Postal Service to members, inactive members, some of our local officials (to keep abreast of news in this industry), and, of course, my mother in New York (she gets a free copy so she can keep me in line). Circulation increased from 5,000 to 21,000 copies. Last month we printed the front pages in color and the insert for Mt. Airy USA. I have been hearing very positive responses from people who are not members right now, but have thought about joining the Co-op.

The mission and overall purpose of the Shuttle is to inform our members and community about our business, cooperative economics, and most importantly our education mission around local purchasing, local urban health care costs hitting hard

Health Care Costs Hitting Hard
by Cheryl Bettiglione

The Institute of Medicine estimates that at least 18,000 Americans die each year due to lack of health insurance. Many of these deaths are here in Philadelphia, in the shadow of some of the country’s greatest medical centers. In Washington and across the country, advocacy groups are arguing for the urgent need for health care reform. Many of us feel this need personally in the form of skyrocketing insurance costs or unaffordable co-pays for ourselves and our families. As members of a vibrant, interconnected community, we need to understand what this crisis means for our neighbors and for Weavers Way itself.

A few weeks ago, I had the opportunity to testify at a congressional briefing on health care reform. One of the other speakers was a gentleman from Florida who had come to Washington to tell his story. For 30 years, he had worked to build a family business into a thriving restaurant that employed many members of the family. Unfortunately, he then developed a series of medical problems, including diabetes, hypertension, and...
During Busy Season, Farmers Need a Break
by David Zelov, Weavers Way Farmer

SOMEBODY got to be July again. It always sneaks up on me. It seems like just recently that we were harvesting radishes in the snow for one of the last Headhouse Markets of 2008. Then I remember planning for our upcoming season, particularly the Henry Got Crops! CSA at Saul High School, the evaluation of 2008, the seed order, the official hiring of Nina and Nicole as farm employees, the buying of many supplies. I think I may have gone on vacation once or twice. There might have been some snow. Then we started farming again—first inside the greenhouses and hoophouses (January and February), then outside (March). Things are kind of a blur from there—tilling, planting, weeding, harvesting, etc. Many new apprentices started during the spring.

Now all of a sudden we have a crew of ten full-time farmers and many part-time interns and we are about to start picking outdoor tomatoes. The squash and cucumbers have already been producing for a couple weeks and I smell pesto in the air. Ah, farming.

In addition to tomatoes, squash, cukes, and basil, keep your eyes open for eggplant (five types), peppers (many colors), okra, beets, dandelion greens, fennel, some greens (while they last), lettuce, onions, scallions, garlic, green (and purple) beans, carrots and corn.

Hope to see you all out at one of the farm sites soon.

No Summer Break for Farm Education Programs
by David Siller, Farm Educator

I am so happy for July. At this time of year the rewards of the all the hard work of the spring begin to show their pieces—whether it’s beneath the winter squash or watermelon leaves or the flowers that appear around the field. It’s so nice to be able to share it with so many this year at the farm. It’s been the most beautiful of years. I am so proud of all the people who make our farm happen. I love the conversation, like today when we all stopped for a break and sat in the middle of a patch of mint! Or after work on Friday, when the adult farm staff has been gathering in Mt. Airy for a “mixer,” as we call it. We’re all so engrossed in our plants, plantings, and harvests during the week, that Friday evening is our only chance to catch up!

But the produce is amazing. Not only in taste, but also in looks. I get so excited to present it at the Chestnut Hill Farmer’s market or at Headhouse market or outside the Co-op at the market there. It’s nice to have our high school staff along for the ride. I know they love to show off their produce. I see ownership and pride in what they do when I watch them sell the market. It’s very cool.

WWCP Approves Strategic Plan
Adina Abramowitz, WWCP Board Member

THE BOARDS of Directors of Weavers Way Community Programs (WWCP) have developed a strategic plan for the organization. The process included getting input from all components of the Weavers Way family, community leaders, research into similar programs and other program possibilities. In addition to our regular board meetings, the board held two weekend strategy sessions facilitated by Rebecca Subar, a Co-op member and organizational consultant.

The Board approved the following vision, mission, and goals for the organization:

Vision Statement
We envision a community where people have access to healthy food and lifestyles, and live in a healthful and sustainable environment; available land is used productively and recycling is a way of life; and the cooperative business model is valued and practiced.

Mission Statement
Weavers Way Community Programs builds the Northwest Philadelphia community by fostering cooperative activities that support local food production, economic literacy, a sustainable environment, and healthy lifestyles.

Strategic Goals for the Next Three Years

Marketplace
Increase children’s knowledge and experience of good healthy nutrition, basic retail finance skills, and cooperative principles.

Farm Education
Improve participants’ knowledge of organic, urban, sustainable food production and marketing, nutrition, math, and science through a multisensory experience. Play an integral role in Northwest Philadelphia’s urban farm community by creating replicable models and partnering with other organizations with similar goals.
**July 2009  THE SHUTTLE** 3

**July Hidden Treasure**

**Chipotle Chilies in Adobo Sauce**

by Margie Felton, Deli Manager

_Hoagie Bar. Have your family and friends create their own hoagies. You can go the traditional route—with sliced ham, salami, and provolone—or bump it up a notch and add prosciutto and fresh mozzarella. For a local version, use Kummer added ham and Lebanon bologna. Don’t forget to include everyone’s favorite extras, like lettuce, tomatoes, pickles, onions, and for a special touch add pepapawads, hoagie spread, and hoagie oil, or your favorite olive oil and a sprinkle of oregano.

Vegetarian options could include grilled vegetables, roasted red and yellow peppers, pesto, or roasted tomatoes. The deli also sells a large selection of soy lunch “meats.”

How much stuff to buy? I usually serve three to four ounces of lunchmeat per person plus one or two ounces of cheese. Four ounces makes a large sandwich, so I judge according to how hungry everyone is and how big their appetites are.

The variety of sandwiches that can be made is endless but here are a few of my favorites. All the recipes are for one sandwich.

Be creative and have fun. If you have a favorite sandwich or invent something great, send me the recipe and it may end up in a future edition of the Shuttle.

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**Spicy Buffalo Chicken** (on sale in the deli in July) with Blue Cheese Dressing

**INGREDIENTS**

- 3-oz spicy Buffalo chicken, sliced
- medium thick
- 3 tbs blue cheese dressing
- 2 tbs Bean’s Wing Sauce (optional but highly recommended)
- 1 leaf Romaine lettuce

Mix the sliced chicken with the wing sauce. This makes a very spicy sandwich, which I love, but you may skip this step if you want less heat.

Spread the blue cheese dressing on both sides of the roll. (I use the blue cheese dip made by the Weavers Way prepared foods staff, sold in the refrigerated case next to the canned soup shelf.)

Add the chicken sauce and the roll to the top with the lettuce leaf. Enjoy with a cold beverage.

**Grilled Portabella Mushrooms with Smoked Gouda, Roasted Peppers and Chipotle Mayonnaise**

**INGREDIENTS**

- 1 large Portabella Mushroom, stem removed and washed.
- ½ tbs olive oil
- Salt and Pepper to taste
- 2 slices Smoked Gouda-
- ½ lg. roasted pepper
- 2 tablespoons Chipotle Mayonnaise (recipe to follow)
- Roll (my favorite for this sandwich is an onion roll)

Toss the portabella mushroom with olive oil, salt, and pepper.

Grill until it starts to soften. Turn over and top with spinach, roasted pepper and Gouda.

Grill until cheese melts.

Cut roll in half and grill slightly. Spread the chipotle mayonnaise on both sides of the roll. Add mushroom with toppings.

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**Fresh Foods Department: Smoked Fish From Maine**

**by Dale Kinley, Fresh Foods Manager**

In the Fresh Foods department, we carry smoked fish from two distinctive companies: Trap River and Grinstone Neck, both of Maine.

Ducktrap River is currently located in Belfast, Maine. I have visited their facility and it is state of the art. The company was started by Des Fitzgerald. In the 70s, he bought land on the Ducktrap River and built a cabin for himself and his dog.

In 1978, he built several fish runs and started a rainbow trout farm. For several years, he sold his fish to local markets and restaurants. The wildlife in Maine—otters, raccoons and such—created a lot of problems for Des, so he decided to try smoking his fish.

He built a smokehouse on the property and had great success with traditional European smoking methods. In 1991, he moved the company to Belfast. Their products are all-natural with no preservatives or artificial ingredients. Their smoked salmon is one of the best.

Their peppered mackerel and rainbow trout are also delicious. If you are serving a crowd, they have ½ lb. smoked salmon sides that I can get for you with 24-hour notice at a great savings.

Grinstone Neck of Maine is located on a beautiful peninsula between Mt. Desert Island and Blue Hill.

I visited there last summer. They take their natural smoking process one step further. They use wild Alaskan sockeye salmon for their smoked salmon. They also make a gravlax out of wild sockeye. It is partially smoked and marinated. Their smoked mussels are to die for!

Check out our May smoked fish special on these products and our in-store demo.

dale@weaversway.coop
Health Care Reform

continued from page 1

a slowly progressive form of cancer that required expensive chemotherapy treatments. As his medical problems grew, his health insurance premiums grew exponentially, eventually reaching a point where the costs of his pre-miums combined with the co-pays for his medications and doctor visits had reached $50,000 per year. He is now facing a choice between bankruptcy and dropping his health insurance, realizing that this latter choice will mean stopping his life-saving medications.

As a family doctor working at an inner-city clinic, I hear stories like this again and again. Most people without health insurance work, and many are self-employed or work for small businesses that don’t have the negotiating power of larger firms. As a result, small businesses end up being forced to accept plans that cost more and cover less than those available to bigger firms and often end up passing more of the cost on to their employees. Their employees often see the plans offered to them as unaffordable, particularly since most have risen steeply over the past few years. Health insurance may seem like an unnecessary expense, especially to those who are young and healthy. Sadly, over the years, I’ve seen many people who made this choice or had it made for them by their financial circumstances.

If it’s hard to afford health insurance as a healthy adult, it’s much harder with a diagnosis of early breast cancer or heart disease.

I am working with the National Physicians Alliance in support of the creation of a public health insurance option as a choice that would be available to all of us. Such a public plan would not eliminate private health insurance, but could provide a lower cost choice without the dangers of experience rating, the current system by which insurers rate groups based on previous health care costs. It would also force competition into a market in which a very limited number of private companies have previously had virtual monopolies.

So what does this mean for Weavers Way and what can we do about this mess of an insurance system? Weavers Way is many things: it is a central community institution; a warm, welcoming place to chat with friends; a place to buy all sorts of delicious local produce and baked goods; and it is also a small business endangered by the same forces that affect other small businesses. Health insurance costs have risen astonishingly rapidly in the last few years and will continue to do so unless major changes occur. To cover these costs, we will eventually need to increase prices, change to lower cost plans that likely will offer less coverage, or increase the proportion of health insurance costs paid by employees. As we all know, these are lousy choices.

Beyond these choices lie the real decisions and opportunities. Will we sit back passively and wait to see what happens in Washington, in hopes of changes that will help our neighbors and our community? Or will we choose to speak out by calling on our senators and members of Congress to write legislation that can provide high quality, affordable health care to all? In the next few months, we face our best chance in many years for a real fix to this chronic problem. In hopes that many of you will choose to speak out, I am including a list of resources both for information and for opportunities to advocate for health care reform. One of the clearest lessons that I have learned from taking care of uninsured patients is that it can happen to any of us. I hope that you will join with many members of our Weavers Way & Mount Airy community to work for change we so desperately need.

To learn more about these issues, the following resources may be useful:

Families USA: www.familiesusa.org/
A national, non-partisan advocacy organization working for quality health care for all. Site gives information on related issues as well as opportunities for advocacy.

Health Care for America Now: www.healthcareforamericanow.org/
National grassroots coalition of more than 1000 organizations working for quality, affordable health care for all. See site for many ways to get involved.

Kaiser Family Foundation: www.kff.org
A nonprofit foundation focusing on the major health issues affecting the U.S. KFF is a great source of information on many issues related to the health care reform debate.

National Physicians Alliance: www.npalliance.org
A multispecialty physician organization of more than 30,000 doctors dedicated to service, integrity, and advocacy. NPA is a member of the HCAN coalition.

To find your elected officials: www.congress.org/congressorg/dbq/officials/

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What the Board Is Thinking...
The True Meaning of Weavers Way

Yes, we're weavers, but the threads are food and community.

by Chris Hill, Board Member, Treasurer

For the last four years, I’ve organized an urban farm bike ride that starts at the Weavers Way Co-op Farm and weaves its way through the city: Mill Creek Farm at 49th and Brown, in a poor neighborhood of West Philadelphia; a new orchard project in Strawberry Mansion; a teen-run pocket farm at 8th and Poplar; and Greensgrow, the grandmother of all urban farms in Philadelphia, in the heart of Kensington. (This year, the ride takes place on July 18, starting at 8:30 a.m. at Weavers Way Farm at Asbury Arboretum. See the article on page 6 for more information.)

I love this bike ride, as do the folks who’ve taken part in it the last several years. So I decided I’d use the opportunity of this board column to reflect on what it is about the ride that’s so special, and how it connects to Weavers Way Co-op and its mission.

There are two things about this bike ride that get raves: The opportunity to meet creative people who’ve committed themselves to growing good food in the city; and the chance to cruise through neighborhoods in the city you’d never roll through on your own.

The New Urban Food Frontier

Every year, the bike ride’s schedule gets shot to hell when we stand on the funky half-acre of ground at 49th and Brown where Johanna Rosen and Jade Walker, with the help of friends and supporters, have created a small urban paradise that encapsulates all that we imagine might be possible in terms of sustainable farming in the city. Nobody wants to leave once they arrive. They want to bask in the creative complexity of this small educational farm: the living roof on the farm shed, which is itself made of cob (thick walls of hay and mud); the bee hives, which yield lots of honey; the small constructed wetlands, which filter grey water; the composting toilet; the fruit trees around the property’s perimeter; the bat caves; etc.

And nobody wants to leave Greensgrow when founder Mary Seton Carbey starts talking about the constant tinkering and experimentation she and her staff are engaged in each year: trying out new crops; new above-ground growing methods (the soil in Kensington is too polluted to use); their bio-diesel operation; their homemade, energy-efficient walk-in refrigerator with living roof …

And of course, our own co-op farm has inspired us all. People are clamoring to volunteer and work there. It has become a model to which people in other cities aspire.

Urban farming is the new frontier, and Weavers Way Co-op is in the creative heart of it. All of the urban farms and gardens we visit on our ride are experimenting with a new way of organizing how we feed and sustain ourselves. The creativity and commitment of the folks who are engaged in this grand new experiment are astonishing. I think we all love brushing up against this new breed of farmers because, finally, someone is doing something concrete and immediate to provide an alternative to a system of food production and distribution that is wasteful and destructive and beyond our control.

Feeling the Fabric of the City

We love our corner, at Greene and Carpenter. People throughout the city love their corners. The urban farm bike ride allows us to pass by other lovers. The urban farm has inspired us all. People are experimenting with a new way of organizing how we feed and sustain ourselves. The creativity and commitment of the folks who are engaged in this grand new experiment are astonishing. I think we all love brushing up against this new breed of farmers because, finally, someone is doing something concrete and immediate to provide an alternative to a system of food production and distribution that is wasteful and destructive and beyond our control.

So what’s the connection to Weavers Way? We at the Co-op are all about strengthening the fabric of community life in our part of the city, of joining together cooperatively to weave a stronger, subtler fabric with a complex and joyful pattern. We weave it through our voluntary labors and formal projects: starting urban farms, starting a bike co-op, planning an urban farm bike ride, creating a community nonprofit, helping neighbors start their own co-ops.

In fact, the Co-op board recently rewrote our Ends Policy, which outlines the Co-op’s long-term vision and goals, and two of the six goals have to do with participation in the life of the broader community.

The Co-op is as much about weaving and reweaving the fabric of community as it is about providing good food at fair prices. And as it turns out, community and food are the warp and woof of the fabric we’re weaving.
LAST JULY, 75 bikers of all ages and abilities saddled up for a tour of urban farms in Philadelphia. As usual, they were amazed and delighted by the diversity and ingenuity of the farmers they met... and got a kick out of rolling through neighborhoods they’d never visited on their own.

This year, we expect an even larger group to join up when the ride kicks off at Weavers Way Co-op Farm, 8:30 a.m., Sat., July 18.

We’re requesting a donation of $15 per rider, payable on the day of the ride, to cover the cost of snacks, drinks, and pizza— with some left over to support the community outreach activities of Weavers Way Farm ...and to help get a new bike co-op in Mt. Airy up and running.

A Google map of the route, more details about the ride, descriptions of the farms, and information about public transportation options are available at www.weaversway.coop (just click the link under “Bike Tour”).

This year we’ve added a new stop, the Orchard at Woodford Mansion in the Strawberry Mansion neighborhood—a site developed by the Philadelphia Orchard Project on the grounds of this historic mansion.

We will be organzing groups at the end of the ride for return trips to West Philadelphia and Germantown/Mt. Airy.
farming, food safety, farming practices, building community, and local news (and of course as an outlet for Norman to crack a few jokes).

**Member Work Option: Special Membership Meeting**

Another important role the paper plays is to inform the membership about board decisions. Presently, to be a member in good standing of the Co-op, you have to invest both money and “sweat equity” (volunteer labor) in the operation. Recently, after years of research headed up by Committee Chair Sylvia Carter at the request of Weavers Way management, the Membership Committee presented to the board a proposal to make the work requirement optional. The board has approved the decision to recommend that the membership vote to approve this change.

For over 35 years, Weavers Way followed the principals of membership built on equity investment in the business (an annual investment with a lifetime cap for fully vested members) plus a work requirement of six hours each year per adult in a household (and to shop at the Co-op as often as possible). Over the years, we have watched as members left who wanted to be owners and part of this community, but could not or did not want to do the work hours. Since I started here five years ago, we have been debating the validity of our system and the pressure and need to be more inclusive. What is being voted on by the membership between now and the July 8 Special Membership Meeting is allowing nonmembers and members to shop together, and giving management room to provide for the development of a volunteer work option program. It is my hope that you will vote in favor of this change. We are working to provide a store that will be inviting to all of our neighbors, while allowing people the possibility of earning discounts for volunteering.

So, let’s say that this passes on July 8, what then? As soon as management knows the measure has been passed, we will begin to implement a system that has new pricing for nonmembers and members versus working members who have stayed on the volunteer work option. It is management’s goal to see that the discount for working members is enough to bring the prices in line with current pricing in the store, so as to entice most members to continue to work.

If you are a member today, after the vote you will be considered a working member unless you decide to opt out of the program. We will ask you soon if you want to be a working member (so we know how to plan for staffing the store). If you opt out, when your cycle comes up you will be moved over to a nonworking member status (as long as you have paid your member investment), and will pay the higher shelf price.

Our plan is to make this simple and easy. We will be working with a few members on a steering committee to assist management with the change. We hope to have the changes in place by October 1, November by the latest.

If you have any questions, join us at the July 8 Special Meeting or call me at 215-843-2350 x 131.

**Expansion Update**

Planning for the Chestnut Hill expansion is going very well. We have a drawing of the store, which will soon be posted on the website. Right now, we are looking at a November/December opening. Nothing else to report right now. Dick Winston, our architect on the project, has done a wonderful job fitting all of our desires into a small space (what else is new with the Co-op?). We are working on the details of the traffic flow and how to get people through the store and out again to the parking lot. This will be a little tricky.

In May and June we continued to work on the design and value-engineering the work. At this time, we are still planning to do the following green endeavors: low-flow toilets, solar tubes to bring light from the roof into the building, dimming light capability, rain water catchment system, solar panels on the roof, reuse of heat generated by the compressors, geothermal ground water cooling and heating system, and full insulation of the walls and ceiling areas. All of this costs money up front, but in the long run we see it as important, both to our mission and to our operating expenses.

Keep an eye on the window panels of the new store as we add more information.

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**Check our website for summer events, special sidewalk sales, discounts, and more!**

Check out Big Blue Marble’s bargain sidewalk sales throughout the summer! Great fiction, ecology, kids’ books, and more for prices as low as $5.00!

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**Health Care**

Last month I spoke about the high costs of health care benefits and the quick increase in the expense line from 10% to 14% of personnel costs in two years. We need to keep our health care benefits at or below 10% of personnel costs as a retail operation trying to stay competitive. Allowing it to increase beyond that would eliminate any profit from the bottom line, requiring us to increase prices or work hours. We have no other choice but to offer three plans this year which are good for different levels of need. In the past we only offered one program; now the staff have a choice. We were able to get a line item for 100% payment for all Preventive Health Care coverage, with no co-pay.

As we move forward, I ask you to fight for a single payer system or a combined system that allows small employers and individuals to purchase inexpensive health care coverage that does not eat up our net income. It is not fair for the workers, the society, or the businesses to have the entire burden of making decisions for people’s coverage in the hands of the employer. Just as basic education is provided by our government representing our interests, and libraries are funded by our tax dollars, there should be a health care option for all that is funded by the government, spreading the risk across a broad spectrum of the population and taking the profit margin out of the insurance equation for health care. If we are going to change the system, the time to get involved is now.
Staff
Provide appropriate ongoing professional education for staff.
- Ensure there is appropriate staffing for the organization.
- Encourage volunteer-based programs.
- During the strategic planning process, the board affirmed that we want to remain focused on the two existing programs of the organization, Marketplace and Farm Education. In both of these programs young people learn about healthy food options, basic financial concepts, and cooperative principles. We explored several other program options that would complement these programs but decided to expand and improve each of the existing programs over the next three years by formalizing and implementing a curriculum while developing an evaluation process for each program.
- As you can see, one of our goals is to expand the board and to increase the knowledge base on the board, especially in the areas of youth education, nutrition, urban farming, fundraising, and legal skills. If you are interested, please contact WWCP Board President Bob Noble at bnbobnol@msn.com. For more information about WWCP, please visit www.weaversway.coop and click on Weavers Way Community Programs.

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Marketplace Trivia Quiz
1. Number of Schools that participated in 2008-9.
3. This school held weekly sales.
4. The only school that sold soft pretzels at their sale.
5. Haverford College Intern working on Marketplace Curriculum.
6. Amount available to contribute to local, national, and international groups.
7. The only school that sells edamame at their sale.
8. A group that allows you to offer micro-loans around the world.
9. This co-op member volunteered all year at Houston School.
10. Co-op staff that does accounting for the marketplace.
11. This school went wild for strawberries.

Answers on page 22.

Development and implement outcome measures for Marketplace and Farm Education programs, making them more ambitious each year. Coordinate with Pennsylvania educational standards to the extent possible. Board and staff will use evaluation findings to improve program impact on at least an annual basis.

Recruit four new board members by October 30, 2009.

WWCP revenues will exceed expenses on a fiscal year basis every year.

Increase the level of earned income as a percentage of total expenses each year to make the organization more sustainable.

Finances

Environment Grants
continued from page 1
available. Weavers Way awarded small grants to 11 of the 26 applicants. Grants totaling $4,669 were awarded to the following programs: Neighborhood Interfaith Movement; Hill Freedman Middle School; East Mr. Airy Community Garden; Henry Got Crops! CSA; Weavers Way Community Program at Stenton; Dignity Housing; Crefeld School; Winston/Willow Grove Park; Wissahickon Charter School; Cherokee Community Garden; and Mt. Airy Revitalization.

The majority of the grants will be used to purchase garden-related supplies. One project funded will distribute Healthy Homes toolkits. The Weavers Way Environment Committee commends these programs, which are doing such good work in the community to improve the environment. Weavers Way Environment Committee is investigating ways to continue this small grant program in the future.

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Answers on page 22.
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Still a Few Kinks in Online Work Calendar
by Robin Cannicle, Membership Manager

Switching from the paper work system to the online work calendar has been a long and at times confusing process. We are still working on creating a simple method for adding special hours (committee, special events, etc.) to the system. We are currently logging all special and committee hours and they will eventually be added to the online work calendar.

Since cards are no longer being used to calculate or to reflect work hours, there is sometimes confusion as whether work hours have been credited or not. Rest assured they will be no adverse actions regarding hours that have been worked and that are not reflecting on the online work calendar. You may continue to shop as usual.

We are asking our committee chairs to please relay this information to your members, and also to be sure to submit proper documentation of hours worked for your committees.

We thank you for your continued patience as we navigate this transition.

Bike Co-op Picking Up Speed
by Nicole Sugerman, Weavers Way Farm Staffer

Come to open hours at the bike co-op! The Weavers Way garage (542 Carpenter Lane), will be open 6-8 p.m. every Thursday and Friday. Drop in to get advice or tips on fixing or using your bicycle, or to use a bike maintenance space, a bike stand, and some (currently limited, but growing!) bike tools and supplies.

Speaking of tools and supplies, we are still eagerly accepting donations! If you have something you think the bike co-op could use, bring it over during open hours and we’ll check it out.

Of particular desire:
• Wrenches/ratchets of different sizes
• Spoke wrenches
• Degreaser and chain lubricant
• A good bike pump
• Screwdrivers of many sizes and types
• Allen wrenches/hex keys
• Bike parts in new or good condition (brake cables, nuts, bolts, etc.)
• Sandpaper
• More bike stands

If you would like to find out more about the bike co-op, you can join the mailing list by subscribing to: mtagirybicyclecoop@googlegroups.com

Weavers Way Film Series
New Cops
by Weavers Way Filmmaker

What is it like to be a police office in Philadelphia? Who likes the cops? Filmmaker Ron Kanter followed a whole class at the Philadelphia Police Academy— their stresses and strains, the teaching and hectoring by the police teaching staff, and their emergence into the real world. Five years later, he came back to see how they had made out.

The result was “New Cops,” an hour long film that gives a fascinating picture of a controversial group in our society. Ron, a member of Weavers Way, provided some interesting commentary after the May showing of the film, part of the film series of the Education Committee. The crowd was very interested both in the story as it developed and how Ron was able to make such a film.

While not complimentary enough for the Police Department higher-ups to use it for bragging, the film is realistic enough for some colleges to use it for education about cops. What emerges is great sympathy for police officers as people who have chosen what is, in the end, a lonely profession. Shunned in society, they choose to socialize primarily with each other. In the meantime, the street cop in particular faces danger and harassment, and in turn can develop an “atty-tude.” Some officers deal with the stress by choosing less exposed duties, such as jail-room attendant or courtroom work, while others thrive on the pressure and move on to the Highway Patrol. They are all there in the film, speaking about their police lives.

The film has been shown several times on public television, and is still available for purchase at newcops.com.

The schedule for films for the summer is uncertain, but watch for a big outdoor event in August.

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The schedule for films for the summer is uncertain, but watch for a big outdoor event in August.
The following bylaw amendments and ballot are proposed by the Weavers Way Co-op Board of Directors to replace the member work requirement with an optional work program and to make shopping completely open to non-members. Following much thought and research, we are proposing these changes in order to give our co-op the best chance for success in this time of expansion, and to bring the benefits of the cooperative movement to a larger community.

Technically, the bylaws do not specify that there must be a member work requirement. Instead they say (in Article III, Section 5) that members may impose a work requirement. Many years ago, the members voted to impose an annual work requirement. We are proposing now that the members vote to reverse this and establish instead an optional work program.

The establishment of the optional work program does not, by itself, require any bylaw change. Actually, it does not even require a vote of the members. However, in the interests of democracy, we are asking members to vote on this. The details of this new optional work program will be left to the board and management to work out.

Originaliy, the right to shop at our co-op was limited to members only. Over the years, this has had both positive and negative consequences. On the positive side, this restriction has helped to alleviate crowding in our small store. On the negative side, it has fostered the impression that Weavers Way is not a welcoming, open organization. A few years ago, we took a step away from our members-only past by instituting a visitor’s fee. With the opening of our new store in Chestnut Hill, we are proposing a complete break on this issue. While the bylaws do not explicitly say only members may shop, there are a number of places in Article III that this is implied.

**PROPOSAL**

Replace the Work Requirement with an Optional Work Program and Amend the Bylaws

2009 Ballot
To Replace the Work Requirement with an Optional Work Program and Amend the Bylaws

This information is mandatory for vote to be counted. **One vote per member household.** If multiple votes are cast from the same member household, only the most recent will be counted.

Name (print clearly) ___________________________ Member # ____________

Signature ___________________________ Date ____________

Replace the member work requirement with an optional work program

- [ ] Yes
- [ ] No

Amend the Bylaws as proposed

- [ ] Yes
- [ ] No

Fold in half for confidential vote. Every effort will be made to maintain the privacy of each member’s ballot.

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**Fold in half for confidential vote. Every effort will be made to maintain the privacy of each member’s ballot.**
1. Classes of Membership

a. Regular Membership - A household may apply for a single, regular membership to be held in the names of all persons in the household who are at least eighteen (18) years old or are legally emancipated minors. As used in these By-laws, regular membership shall mean a household unit of one or more persons who are eighteen (18) years or older or are legally emancipated minors. Households shall mean a group of persons residing at the same address who live together as a unit. As used in these By-laws, "Members" shall refer to households who are regular members of the Co-op.

b. Associate Membership - A household may apply for an associate membership to be held in the names of all persons of the household who are at least eighteen (18) years of age. Associate members shall be eligible for all non-shopping services available to Members, and shall receive all Co-op publications. Persons in the household of an associate member shall not be entitled to serve on the Board of Directors of the Co-op, vote at membership meetings or on any matters submitted to the Members for a vote, shop in the Co-op or as a Member and contribute capital to the Co-op. Further, persons in the household of an associate member shall have no orientation obligation and no work obligation. Associate members shall be charged an annual fee in an amount determined by the Board.

2. Membership Requirements - The Members shall consist only of those households which have met the following requirements: payment in full of the minimum annual regular membership capital contribution established by the Co-op; completion of, or being in the process of completing, the work requirement established by the Co-op; and satisfaction of any other requirements established by the Members from time to time. Any household that meets these requirements shall be considered a Member in good standing for purposes of these By-laws.

3. Orientation - Applicant members shall be required to attend orientation programs under such rules, procedures and policies as the Board of Directors may, from time to time, determine.

4. Records - The Co-op shall maintain records showing the names, addresses, phone numbers and date of membership for each Member and associate member, including all persons in a household.

5. Work Requirement - The Co-op, by vote of the Members present and voting at a regular or special meeting of Members may impose an annual work requirement.

6. Voluntary Termination of Membership - A Member may, at any time, terminate membership in the Co-op by submitting to a person designated by the Board of Directors a written statement stating that the Member wishes to terminate its membership. Such statement shall be signed by any person in the household of the Member. Voluntary termination shall not affect the terminating Member’s existing liabilities to the Co-op. The Member’s regular capital shall, upon written request, be returned to any person in the household of the Member in cash subject to deductions for debts owed by the Member to the Co-op.

7. Leaves of Absence - Leaves of absence may be granted to Members for periods not to exceed one year. During the leave of absence the Member shall be relieved from any annual work requirement, but shall not be relieved of any requirements related to payment of capital. The Member shall retain its right to vote during the leave, but no person in the household of the Member shall have the right to shop as a Member in the Co-op.

We are proposing the elimination of associate membership because it has become obsolete. This is tangentially related to the work requirement and opening up shopping to non-members because there are multiple references in Section 1b to these issues. No new associate members have been admitted for several years. Only seven associate members remain. Although historically they received benefits, such as the right to join group medical insurance and a fuel oil buying club, now their only benefit is getting the Shuttle, which they will continue to receive even after this bylaw section is removed. With the elimination of associate membership, there is no need for the notion of "Classes of Membership" and there is no need for the last sentence of Section 1a.

One word change: Section 5 stipulates that the membership may impose a work requirement. But the use of the word "the" implies that there is a work requirement. By changing "the work requirement" to "any work requirement", we make it consistent with Section 5.

Eliminate the words "and associate member" to make this section consistent with the proposed change to Section 1 above.

This language specifies only the right to have a work requirement, not the requirement itself. Therefore, it does not need to change.

Eliminate the last part of the last sentence beginning with "but no person" because we are proposing that shopping be open to all including non-members.
In April, Weavers Way conducted a Customer Satisfaction Survey and it is my pleasure to be able to report back to you on our results and how we plan to use them. The following is an overview of some of the key findings. I want to wholeheartedly thank all of you who participated in the survey. You took a good chunk of time to respond to a somewhat impersonal survey that seemed redundant at times. I appreciate your contribution and hope you will continue to give us your feedback in the future. I also want to thank WW member-owned Reed Group for their support on this project.

Background

One of the reasons we initiated this survey was to support a national co-op survey model that was recently developed by the National Cooperative Grocers Association (NCGA). NCGA’s standardized co-op member/shopper customer satisfaction survey is intended to serve two critically important functions. First, it will provide individual co-ops with data to help them better understand their customers and inform the Co-ops’ strategic decisions. Secondly, it will aid in the development of a national database of customer opinions about food co-ops that will benefit the sector as a whole.

The survey was sent out to a random sampling of Co-op members. All responses were completely anonymous, and were processed by a survey consultant firm. To save money and resources, electronic delivery was favored. Roughly 1,000 members were solicited via e-mail to participate in an online version. We sent out over 200 paper surveys by mail to members that did not have an e-mail address on file. Finally, paper copies of the survey were available in stores, and nonmembers (and interested members) were invited to participate. The survey was active until we had the target goal of 400 participants, which was a statistically significant number of responses.

Results

Products

Respondents ranked the product categories that mattered most to them. They also ranked how Weavers Way was performing in those same categories. Produce (Conventional, Organic and Local Farm), Bakery were the categories that mattered most to shoppers. These were the same categories that ranked highest in customer satisfaction. Produce is clearly a core element of our business and many felt our Produce department was performing in those same categories.

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The categories with the highest amount of poor satisfaction were Grocery, Bulk, and Frozen, though specific reasons for that are hard to tease out. I think variety or availability of favored brands were probably the key factors.

Store Characteristics

Survey-takers also rated store characteristics that factored into their decision on where to shop and how we are doing along those lines. The top five areas where we are meeting shoppers’ needs well or very well were not necessarily the topics that mattered most. The accompanying chart shows the factors for shopping in order of importance, along with shoppers’ satisfaction. In terms of store characteristics that ranked high in poor customer satisfaction, two categories stood out: Atmosphere/ambience and Location/convenience.

Values

Member/owners place a high value on member/owner prices and the membership/ownership of the Co-op. Community benefits of Weavers Way were rated highly by shoppers and members, including Weavers Way’s positive influence on the community, promotion of environmental stewardship, and how Weavers Way works to create a sense of community. Local and sustainable agriculture and environmental issues are considered important for the Co-op to champion.

Communication

Co-op members still rely on traditional communication vehicles for their information on the Co-op. Mailings and in-store postings were rated as the most important sources of information for Weavers Way shoppers/members. E-mail and the Co-op web site were considered only moderately important information sources. Formal meetings were reported to be the least important source of information.

Members and shoppers gave high importance to information relating to food/products and were generally satisfied with the communications that they receive. Locally produced products, food production practices, health and nutrition information and food safety were considered the most important types of food/product information to receive. Moderate importance was given to information provided to them about the Co-op and they were generally satisfied with the communications that they receive.

Shopping Experience

Many people expressed their love of the Co-op, especially because of the sense of community it fosters and that is encountered. Not surprisingly, issues of convenience and ease of shopping were concerns that came up a lot. The store is too crowded, parking is bad, the store is not close enough to where they live. The next biggest topic of concern was poor customer service by staff, expressed in a variety of ways. Connected to that, but also separate, is the feeling of not being welcomed, not just by staff but also by other customers because of physical encounters or lack of courtesy with respect to aisles clogged by conversation or insensitivity around the challenges of shopping with children.

Products

With regards to products, many desired a better Meat selection, specifically beef and pork. High prices were noted, across the board. Dairy selection, specifically milk and soy milk varieties and sizes, could be better. Variety/abundance and the freshness/quality of Produce was discussed to a lesser extent. Several comments expressed appreciation at the work the Co-op buyers do vetting products on their behalf. Local products and Second Floor items were also cited often as particularly dear to shoppers.

Diversity

One question the Board included in the survey related to how Weavers Way is perceived by shoppers.
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Elizabeth Varon
H. G. "Buzz" Bissinger
John Dixon Hunt
Gerald Kolpan
John McWhorter
Daniel Pipes
Witold Rybczynski
Tom Warburton
ers Way is achieving diversity in our Co-op. There was broad, if unspecific support for our progress along these lines. When diversity was defined in the comments, it was overwhelmingly defined in terms of skin color, particularly noting the low numbers of African Americans in our membership and staff. Also mentioned was a sense of Mt. Airy “clubbiness,” which added to feelings of not being welcome.

What else?
In an open-ended section, many comments focused on issues of the values of our organization and concerns about how they will fare going forward, including work requirement, community involvement, and democracy. Most of the comments concerning our expansion in Chestnut Hill were supportive; for many, the Chestnut Hill store will hopefully allow them to take advantage of the Co-op more than they currently do.

What Now?
Some of what was reported was not surprising, and it is likely we will have more focused and Weavers Way-specific surveys in the future for them to be effective. What I appreciate most about this survey is how it highlighted areas where we can improve. It is not always easy to change, but I will do my part to address the key concerns in Mt. Airy and Ogontz and create a more ideal experience when we open in Chestnut Hill. Our Chestnut Hill location will allow us to respond to many of your requests for different products and broader selections within categories. A group of Co-op staff are beginning to meet to address issues of diversity within our operations. Also coming up is a big vote about the work requirement; this is a chance for you to turn your opinion into a vote, and I hope you take that opportunity.

Thanks again, survey-takers. If you missed your chance to take the survey and would like to give me feedback of any sort, please feel free to contact me. I will also make the survey results available in a binder in the store if you are interested in seeing them in detail.
Now to tango and curious about this sensual Argentinian dance? Look no further than just one block down from Weavers Way to give it a try. For over a year, Co-op members Marie-Jose Dilisizan and Afshin Kaighobady have been organizing U2 Tango milonga, basically a tango dance party, at Summit Presbyterian Church. Both are active in the tango community in Philadelphia but wanted to offer a place for people to dance tango in their own neighborhood.

Though a few locals do hit the floor, many of the dancers are regulars from the greater Philadelphia area—some coming as far as Bethlehem.

If you’ve never done tango before and would like a few lessons before hitting this milonga, Jackie Stahl offers private and small-group lessons in Mt. Airy on Tuesday nights. Contact: 215-880-1289. Also check out www.tangophilia-delphia.com for a listing of more classes and other milongas.

You may not realize it, but Philadelphia is full of “tango junkies,” people who just can’t get enough of this dance once they’ve started, and who find somewhere to dance it all weekend long, every weekend. But be warned—if you’re a fan of your own “dance space,” tango may not be for you! For three hours, in this place of sanctity, couples glide across the floor in close embrace. Giant stained glass windows tower over the room, filtering in the golden light of the setting sun, and adding to the drama that unfolds on the floor. As women enter, they head straight for a chair, where they change from their everyday shoes to dazzling, high-heeled tango shoes. They wear flowing skirts and scarves, while the men generally wear smart dress shirts. The care taken to appearance is reminiscent of the “olden” days, and it is so nice to see people dancing together, instead of by themselves, as is usually done in today’s club scene. The sound of traditional Argentinian music, as well, can transport you back in time.

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If you’ve never done tango before and would like a few lessons before hitting this milonga, Jackie Stahl offers private and small-group lessons in Mt. Airy on Tuesday nights. It is hoped that in the coming year, Marie and Afshin will also be able to offer classes before their monthly milonga.

Held in an old auditorium in Summit Church from 4 to 7 p.m. on the second Sunday of each month, this milonga is the Argentine style of dance—not the flashy stuff you might see on Dancing with the Stars. Once you get the hang of this tango, which is largely based on improvisation, it can be an incredibly satisfying experience.

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Socially Responsible Investing Opportunity in Our Own Back Yard!

by Betsy Teutsch

Socially responsible investing (SRI) is the practice of aligning one’s values with one’s resources: simply put, putting your money where your mouth is. Or the more elegant version, “be the change you want in the world.” The jury is out as to whether SRI returns beat the market. However, for socially responsible investors, there is a so-called Double Bottom Line: people AND profits. Some add a third environmental measure, making for a Triple Bottom Line of planet, people, and profit. Socially responsible investors want to sleep well at night, knowing that their money is helping to nurture good in the world, so while they want their investments to serve them well, they don’t consider financial results the sole measure of investment success.

We members of Weavers Way have an exciting SRI opportunity in the Co-op’s expansion, which beautifully meets all three criteria. Weavers Way “Bonds” will create profit (0-4% annual interest, investor-choice); social benefit for all of us, like good jobs and a neighborhood gathering place; and environmental benefit as well. Think of all the local, organic farmers we support, plus solar panels on the new building, and that we have promoted bag-reuse since the 1970s! A quick calculation: at an average of 2,000 active households over 30 years, diverting about 200 bags a year = 12,000,000 unconsumed grocery bags!

SRI techniques vary. Original socially responsible investors developed screening tools to avoid investments such as defense contractors, tobacco, and alcohol, eschewing profits from objectionable products. Other screens pay attention to business practices, like labor policies, treatment of women and minorities, and environmental record. However, even if a product passes through numerous screens, it still might not be something you feel aligned with, since it is difficult to accurately measure positive social impact.

A second approach is to seek investments that avoid the negatives, but actually produce a product or service that embodies positive triple-line benefit. This generally involves investing directly in a company through purchasing stock, financing social initiatives by investing in bonds, or finding a specific investment note that supports a cause that you support. I have written columns about some of these opportunities, such as three-percent return Equal Exchange CDs, which are used as credit for organic coffee farmers, or investing directly in microfinance through Microplace. Omg. My husband and I have invested in Pennsylvania Municipal Bonds, which typically are used to build and upgrade schools, a very nice sleep-inducer.

Another strategy employed by socially responsible investors is community investing. The Reinvestment Fund (which is loaning Weavers Way money for our expansion) is a dynam- ic local example. TRF lends funds to underserved communities for business and housing, helping to improve local opportunity by creating jobs and the means to wealth creation, along with improving quality of life in low-income neighborhoods.

Socially responsible investors generally are willing to accept below-market returns on investment in order to accomplish their social goals. However, since our economy’s Great Meltdown, a surprising irony is upon us. Low-return socially responsible investments generally held their value, while all other investments plummeted to levels not seen since the 1930s. A two percent return for 2008 suddenly is a superstar!

Weavers Way is offering what is essentially a bond issue, though technically, it is a loan offering. Investments begin at a minimum of $2,500, maxing at $500,000. A promissory note will be issued with your choice of terms, 0-4% return, for four to seven years. This will enable us to pay off higher interest loans.

What does it offer you, the socially responsible investor? You will see, and benefit from, your investment as Weavers Way expands and thrives. The value of our Co-op will increase as a bigger, jazzier store in Chestnut Hill will allow us to expand our offerings, programs, and impact. Not only will you be helping that to happen, you will be earning interest. No bombs, polluting products, or addictive cigarettes for your portfolio—you’ll be the change you want in the world! Such an ideal socially responsible investment opportunity comes along rarely, and here it is. Right in our own back yard.

Betsy blogs at www.moneychangeshings.blogspot.com
I have taken worms for granted all my life. I was always happy to see them in my garden. And when I could, I would save those who struggled on the side-walk during a rain storm. Otherwise, I didn’t think about them much. Now, I’m thinking I should.

Aristotle called earthworms the “intestines of the earth,” which is an understatement, because without earthworms, the world could not support life. Earthworms turn all waste matter into soil. Without them, trees wouldn’t grow; there would be no vegetation; and we would have no food.

No wonder Charles Darwin’s last book in 1881 was The Formation of Vegetable Mould through the Action of Earthworms, with Observations on Their Habits. He once said “Worms have played a more important part in the history of the world than most persons would at first suppose.”

Earthworms create soil from nearly anything, including clay or sandy soil, because they are able to digest dead vegetation and excrete fine particles from which new vegetation may grow. They are most active in spring and fall because with extreme temperatures vegetation may grow. They cast or excrete fine particles from which new vegetation may grow. Every part of its body is designed to burrow and eat. Tiny clusters of erectile bristles, along with viscous effluence, allow it to burrow through the heaviest soil down to 12 or 14 feet. If you accidentally cut a worm in two, the head will grow a new tail, but the tail half will die. Worms are blind but also sensitive to light, feeding mostly at night. All worms are hermaphrodite, producing both eggs and sperm. While they may not self fertilize, together they fertilize each other’s eggs. These are cast off in a cocoon with 20 eggs which hatch in about 10 days.

In one study, two plots of impoverished clay soil were compared. One had earthworms added and the other did not. Both had lime, manure and fertilizers added along with barley and bluegrass. The plot containing worms did not. Both had lime, manure and fertilizers added along with barley and bluegrass. These tunnels also allow surplus rain water to drain into the subsoil. Their tunnels deliver water to the roots of plants efficiently, so the roots can absorb the nutrients from the worms’ “cast” or converted material. They increase the capacity of the soil to hold moisture by as much as 400%.

Earthworms, who weigh less than one-thirtieth of an ounce, can move 60 times their weight. The worm is a digestive organism basically. Every part of its body is designed to burrow and eat. Tiny clusters of erectile bristles, along with viscous effluence, allow it to burrow through the heaviest soil down to 12 or 14 feet. If you accidentally cut a worm in two, the head will grow a new tail, but the tail half will die. Worms are blind but also sensitive to light, feeding mostly at night. All worms are hermaphrodite, producing both eggs and sperm. While they may not self fertilize, together they fertilize each other’s eggs. These are cast off in a cocoon with 20 eggs which hatch in about 10 days.

In one study, two plots of impoverished clay soil were compared. One had earthworms added and the other did not. Both had lime, manure and fertilizers added along with barley and bluegrass. The plot containing worms had five times more vegetation and algae than most no weeds while the plot without worms was nearly all weeds. Water entered the worm plot four times faster.

Worms are not given enough attention since they don’t benefit some corporation. Advertisements can mislead farmers to believe that fertilizers and pesticides are more important than worms. However, nitrogenous fertilizers, which create acid conditions, tend to wipe out earthworms, and the application of chemical fertilizers was the quickest way to repel the worms. This can be disastrous. One golf course deliberately tried to destroy the worms because their cast and excrement are not self fertilize, together they fertilize each other’s eggs. These are cast off in a cocoon with 20 eggs which hatch in about 10 days.

Worms may also be predators of harmful insects. Yet, earthworms have become “non-target” recipients of many chemicals. Pest control may inadvertently harm earthworms and other beneficial soil organisms.

Unfortunately, our profit-oriented society focuses more on costly fertilizers and pesticides rather than the benefit of earthworms. Earthworms avoid soil treated with pesticides. If the pesticides don’t harm them directly by causing long-lasting immobility and rigidity or paralysis, pesticides result in a reduction in available nutrients in the root zone, decreased porosity and aerating ability of soil, decreased water-holding capacity, and poor drainage.

Many nitrogenous fertilizers drastically decrease earthworm numbers and biomass and lower the pH level. Land with earthworms contains more nutrients than land with fertilizers. The soil pH is balanced with worms, whereas fertilizers tend to create alkalinity. This imbalance of nutrients with fertilizers affects the assimilation of nutrients by the plants. Fertilizers reduce moisture retention while worms increase it. Fertilizers damage soil texture and reduce aeration while worms improve it.

The use of vermiculture in agriculture resulted in better taste of food, bigger size of produce, less irrigation required, more cultivation possible in saline-alkaline conditions, and fewer insects and weeds.

Worms may also be used for sewage treatment, for they can remove heavy metals and pesticides from soil. It’s called vermiremediation.

I believe the morale of the story is that you can’t improve on Nature, no matter how much money you spend. Instead of harmful pesticides and questionable chemical fertilizers, we should encourage earthworms in our gardens and lawns. If you practice vermiculture, that’s even better.
If you don’t already have a compost heap, it’s not too late to start one. Compost heaps are a good way to recycle garden debris and some kitchen waste.

I use an adjustable compost frame called “Geobin.” It’s made out of strong pliable plastic and uses a simple system of poly nuts and bolts, along with four stakes for stability. It can be shaped into a three-foot high, three-foot diameter bin, the optimal dimensions for a compost pile. For rectangular, or cubic, bins, 3 cubic feet (3 feet long, wide, and high) is ideal.

One drawback to the Geobin is that there is no open side or sliding door to get at the final composted product. So why did I buy this model?

First, it costs less than $40, a good price for a compost bin. Second, the bin is easy enough to lift in order to get at the usable compost. Or, at three feet high, I can use a long-handled spade to get at the organic material. Third, with four stakes for stability, it can be used as a support, or concrete surface, and are easy to use. The drawback is that they hold less compost than other popular containers. They cost between $80 and $180.

One well-designed compost bin looks like a big four-sided barrel and has a sliding door at the bottom for easy access to the usable stuff. The drawback is that this type is more expensive, with sturdy ones costing between $80 for smaller units and $200 for larger models.

There is an easy-to-assemble sturdy bin that measures 30 x 30 x 36 inches, with one side that opens. This model, called Bonmmer, costs $60.

Of course, you can get free wood chips from the lumberyard or nursery and set them vertically to form a squared-off “M” shape. Use some string stakes to keep the pallets upright, and—if low and behold—you have an effective and inexpensive two-bin compost system. The only problem with this model is that the pallets can be unwieldy and heavy, and you may need a van or truck to haul them.

A simple, light option is to use turkey wire to make a three-sided bin using green metal stakes for support. The open side assures easy access. The main disadvantage is that the contents are highly visible, which is fine if you have a spacious yard, but not always a good idea if, like me, your back yard is open to your neighbors’ view.

However, you have two receptacles, the contents of one can be “working” (decomposing) while you add new materials to the second. When the contents of bin #1 are ready to use, you put the rich organic compost around your shrubs, flowers, trees, and/or vegetables. Then you can start over putting garden waste in bin #1 while the material in bin #2 is “working.”

Some gardeners use three or more compost heaps. When I visited the “back-to-the-land” pioneers Scott and Helen Nearing in Maine in the 1970’s, they had a dozen compost piles. They built their frames by harvesting and arranging them alternatively into rectangular bins the way children build structures using Lincoln Logs.

More practical for city dwellers are composting tumblers, which take up little space, can be stored on a deck or concrete surface, and are easy to turn. Turning is essential for accelerating the decomposition process, and if you don’t have a tumbler, you should turn the heap every week or so with a spade fork. A tumbler’s disadvantage is that it holds less compost than other popular containers. They cost between $80 and $180.

The open side assures easy access. The main disadvantage is that the contents are highly visible, which is fine if you have a spacious yard, but not always a good idea if, like me, your back yard is open to your neighbors’ view.

Choose the model you like and feel sure that your children will be able to build compost piles in your yard. Use the standards they have to become gardeners and share their materials with you. Share your compost with them, too. It’s a great way to learn and practice sharing with others. July 2009  THE SHUTTLE  19

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Do not put in meat scraps or other food cooked in oil. They will attract pests and will not break down readily. Be careful with grains as well. Rats and mice love grains and can smell them from long distances.

E. Use a layer of horticultural lime occasionally, especially after adding food. It will not only help to keep down the smell, but it also adds calcium and alkalinity to your compost.

Composting, paradoxically, is creative decomposition. Take some time to experiment, and you will be rewarded with rich, organic, recycled fertilizer for your flowers, vegetables, trees, and shrubs.

If you have composting questions, contact The Neighborhood Gardener at earthcraft@comcast.net or at 215-248-1676.

Do not treat your compost pile like a garbage dump. In urban areas, decomposing garbage is a nuisance like a garbage dump. In urban areas, decomposing garbage is a nuisance like a garbage dump. In urban areas, decomposing garbage is a nuisance like a garbage dump. In urban areas, decomposing garbage is a nuisance like a garbage dump. In urban areas, decomposing garbage is a nuisance like a garbage dump. In urban areas, decomposing garbage is a nuisance like a garbage dump. In urban areas, decomposing garbage is a nuisance like a garbage dump. In urban areas, decomposing garbage is a nuisance like a garbage dump. In urban areas, decomposing garbage is a nuisance like a garbage dump. In urban areas, decomposing garbage is a nuisance like a garbage dump. In urban areas, decomposing garbage is a nuisance like a garbage dump. In urban areas, decomposing garbage is a nuisance like a garbage dump. In urban areas, decomposing garbage is a nuisance like a garbage dump. In urban areas, decomposing garbage is a nuisance like a garbage dump. In urban areas, decomposing garbage is a nuisance like a garbage dump. In urban areas, decomposing garbage is a nuisance like a garbage dump. In urban areas, decomposing garbage is a nuisance like a garbage dump. In urban areas, decomposing garbage is a nuisance like a garbage dump. In urban areas, decomposing garbage is a nuisance like a garbage dump. In urban areas, decomposing garbage is a nuisance like a garbage dump. In urban areas, decomposing garbage is a nuisance like a garbage dump. In urban areas, decomposing garbage is a nuisance like a garbage dump. In urban areas, decomposing garbage is a nuisance like a garbage dump. In urban areas, decomposing garbage is a nuisance like a garbage dump. In urban areas, decomposing garbage is a nuisance like a garbage dump. In urban areas, decomposing garbage is a nuisance like a garbage dump. In urban areas, decomposing garbage is a nuisance like a garbage dump. In urban areas, decomposing garbage is a nuisance like a garbage dump. In urban areas, decomposing garbage is a nuisance like a garbage dump. In urban areas, decomposing garbage is a nuisance like a garbage dump. In urban areas, decomposing garbage is a nuisance like a garbage dump. In urban areas, decomposing garbage is a nuisance like a garbage dump. In urban areas, decomposing garbage is a nuisance like a garbage dump. In urban areas, decomposing garbage is a nuisance like a garbage dump. In urban areas, decomposing garbage is a nuisance like a garbage dump. In urban areas, decomposing garbage is a nuisance like a garbage dump. In urban areas, decomposing garbage is a nuisance like a garbage dump. In urban areas, decomposing garbage is a nuisance like a garbage dump. In urban areas, decomposing garbage is a nuisance like a garbage dump. In urban areas, decomposing garbage is a nuisance like a garbage dump.
Summer Reading: Poetry Beats the Heat
by Mark Goodman

You’re by the pool or at the beach or in your backyard or at the park or on the screened in porch in the cabin in the woods. You’re sitting on a folding chair or reclining on a lounge chair or swaying gently in a hammock or lying on a blanket or on the grass. Maybe there’s a cool refreshing beverage by your side. But wait... there’s something in your hand. It’s a...it looks like...yes, it’s a book. Not only a book, but a book of poetry.

Poetry—part of the great Four Souses of Omar Khayyam when he wrote in his Rubaiyat, “...a loaf of bread, a flask of wine, a book of verse—and thou beside me...” Any one of these four will make your day (or night), but this time it’s the book of verse.

Poetry has been called the last uncorrupted art, most likely because not too many people are getting rich from it. Like all art, poetry is a labor of love and spirit and imagination made real. It’s the “word magic” that makes poetry—part of the great foursome of the masters of world poetry, including American to win the Nobel Prize for Poetry: The Poetry of Our World. An International Anthology of Contemporary Poetry (2000), edited by Jeffery Payne, devotes many pages to poetry from Latin America, Europe, Africa, and Asia.

On the other hand, The Vintage Book of Contemporary World Poetry (1996), edited by J. D. McClatchy, devotes very little of its 600 pages to English language poetry and the other 400 pages to poetry from Latin America, Europe, Africa, and Asia.

Whether you’re a poetry aficionado or a novice, the range of poets—Cesar Vallejo (Peru), Jorge Luis Borges (Argentina), Nicaragu Parra (Chile), and dozens of others—makes for adventuresome and inspiring reading. Readers with some knowledge of Spanish will appreciate the bilingual texts on the same page.

The range of translators is equally wide and impressive, and includes Samuel Beckett, Lysander Kemp, Davis Dana, James Wright, Thomas Merton, Isabel Nettl, Ben Belitt, Margaret Sayers Peden, William Carlos Williams, Robert Bly, Galway Kinnell, Carolyn Forche, W.S. Merwin, Philip Levine, and Jerome Rothenberg, all of whom are excellent translators and some accomplished poets.

If you like your poetry closer to home, delve into one of home girl Sonia Sanchez’s numerous poetry books. Sonia, a resident of Germantown who has been known to shop at Weavers for many years, has written about motherhood, her beloved land of Chile, the sorrow of broken dreams, and the heroism of “ordinary” people.

The newest (2003) translation of her work is by Ursula K. Le Guin, best known for her Wizard of Earthsea fantasy. As she explains in her introduction, she uses her literary skills, appreciation of Misrall, working knowledge of Spanish, and intuition to capture Misrall’s human vignettes and geographical panoramas.

While we’re in South America, let’s visit Twentieth Century Latin American Poetry (1996), edited by Stephen Tapscott. Here we see some of the masters of world poetry, including the other two Latin American Nobel Prize winning poets: Chile’s Pablo Neruda and Octavio Paz of Mexico.
No More Masks: An Anthology of Poems by Women (1973), edited by Florence Howe and Ellen Bass, contains many of the same poets as Rising Tides. However, it is a more consciously feminist book, with more political subject matter.

A lesser-known, but equally interesting—and to me more intriguing—anthology of women’s poetry is Cameos: 12 Small Press Women Poets (1978), edited by Felice Newman. Included are two poets with local ties. Alexandra Grilikhes worked at the libraries of both Temple and Penn, and taught at the then Philadelphia College of Performing Arts. At Temple University, she was instrumental in bringing poets, psychologists, dancers, artists, and other creative people of cultural interest to speak to and/or perform for the students.

Kate Ellen Braverman lived in Philadelphia for a while, and in her poem “Tracks,” she writes, “I am big in the soft snow. / bundled and scarfed in the center / of blizzard sheeted Gowen Avenue.”

If I had to suggest one poetry book for children, it would be Hailstones and Halibut Bones (1962), by Mary O’Neill and illustrated by Leonard Weingard. Each poem is about a single color, accompanied by a drawing using that color. The poems are clever and fun, and kids from two to ten will appreciate the interaction of words and images.

Unsettling America: An Anthology of Contemporary Multicultural Poetry (1994), edited by Maria Mazziotti Gillan and Jennifer Gillan, is for readers who like to hear stories about the different ethnic groups, particularly immigrants, that comprise the United States. Poems by children and grandchildren of immigrants from Italy, Syria, Russia, China, Korea, Mexico, Greece, Egypt, Armenia, Ireland, Palestine, the Philippines, India, and Puerto Rico write about their ancestors’ and their own experiences in the U.S. African American and Native American poems are also included.

Even if you prefer modern and contemporary poetry, it doesn’t hurt to once in a while pick up a volume of the classical and early modern poets who built the foundation—and sometimes the walls and roof—of our poetic tradition. Whether your preference gravitates to the Elizabethans, Romans, Victorians, or to U.S. poets such as Walt Whitman, Emily Dickinson, Robert Frost, or Paul Laurence Dunbar, a visit to the old masters is like reconnecting with long-lost friends.

The next time you go to the library, bookstore, or your own bookshelves, pick some poems—modern or ancient, classical or contemporary—to keep you company this summer.
First Annual Chestnut Hill Book Festival, July 10 - 12

Featuring Over 50 Philadelphia Authors!

by Christi Guidi

This July 10-12, the Chestnut Hill Business Association will present the first annual Chestnut Hill Book Festival, a weekend-long event that will feature over 50 locally and nationally recognized authors. Among the authors slated for the event are: Buzz Bissinger, author of Friday Night Lights; A Prayer for the City; and Shooting Stars; his forthcoming book about LeBron James; L. A. Banks, author of numerous series including the Vampire Hunters series; Elijah Anderson; Elizabeth Varon; John Dixon Hunt; John McWhorter; Daniel Pipes; Witold Rybczynski; and Tom Warburton.

The Festival kicks off Friday, July 10, with Gerald Kolpan (formerly of FOX TV-29), author of Eita, and a panel discussion on Philly Mysteries moderated by “Philly Poe Guy” Ed Petrillo and featuring Jon McGregor, a.k.a. D.H. Dublin (Freezer Burn), Dennis Tafoya (Dope Thief), Merry Jones (The Borrowed and Blue Murders) and Kelly Simmons (Standing Dunders) and All members of the Liars’ Club, a local authors’ group.

The weekend will be filled with panel discussions, author readings and signings, workshops, open mikes for the public, poetry slam, literary trivia contests moderated by “Philly Poe Guy” Ed Petrillo and featuring Jon McGregor, a.k.a. D.H. Dublin (Freezer Burn), Dennis Tafoya (Dope Thief), Merry Jones (The Borrowed and Blue Murders) and Kelly Simmons (Standing Dunders) and All members of the Liars’ Club, a local authors’ group. The weekend will be filled with panel discussions, author readings and signings, workshops, open mikes for the public, poetry slam, literary trivia contests moderated by “Philly Poe Guy” Ed Petrillo and featuring Jon McGregor, a.k.a. D.H. Dublin (Freezer Burn), Dennis Tafoya (Dope Thief), Merry Jones (The Borrowed and Blue Murders) and Kelly Simmons (Standing Dunders) and All members of the Liars’ Club, a local authors’ group.

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Night Kitchen Bakery Earns Certified Green Status

by Colleen Oteri, Green Restaurant Association

Night Kitchen Bakery is proud to officially be a Certified Green Restaurant! The iconic bakery has been serving up cakes, brownies, and sinfully sticky buns for 25 years (and the delicious Challah and Dakota bread at Weavers Way), and recently sought certification from the Green Restaurant Association (GRA). The GRA is a nonprofit organization that specializes in helping restaurants become more environmentally sustainable through their certification program and consulting services.

“We’ve baked thousands of cakes and pastries for years, and now we can offer our customers peace of mind too,” says owner Amy Edelman. “When they see our Certified Green Restaurant® distinction on the window, they’ll know we’re doing our part to conserve energy and water, recycle, and source sustainable ingredients.”

Through their work with the GRA, the bakery has accomplished such environmental steps in accordance to the nonprofit’s guidelines as installing a programmable thermostat to ensure that heat and air conditioning is not wasted, using low flow faucet aerators and spray valves to conserve water, and sourcing recycled and chlorine-free napkins, office paper, and menu paper, as well as launching a full-scale recycling program and eliminating the use of Styrofoam, as well as plastic take-out bags. The Night Kitchen Bakery is known for moist cakes, “Best of Philly” brownies, and sinfully sticky buns. Night Kitchen Bakery can accommodate all of your dessert, celebration, retirement, and holidays needs. For more information, visit nightkitchenbakery.com, or call 215-248-9235.

GRA is a national nonprofit organization that helps the restaurant industry improve its environmental practices through research, environmental consulting, education, and certification. Founded in 1990, long before green was cool, the GRA utilizes a collaborative strategy that involves restaurants, manufacturers, vendors, community organizations, government, media, and restaurant customers. The GRA’s model provides a sustainable, and environmentally friendly, alternative for restaurants, manufacturers, vendors, and the community. The GRA’s model provides a sustainable, and environmentally friendly, alternative for restaurants, manufacturers, vendors, and the community.

The Night Kitchen Bakery can accommodate all of your dessert, celebration, retirement, and holidays needs. For more information, visit www.nightkitchenbakery.com.

GFS English Teacher to Head “Project FLOW”

by Michael Boorse

Weavers Way Co-op member and Germantown Friends School English teacher Chris Singler of Mt. Airy has been named the Director of “Project FLOW,” a summer program for rising ninth-grade students from area public and private schools. Taught by public and private school educators, students will focus on the study of water from three vantage points: science, social justice, and the arts.

The goal for this program is to develop teaching methodology to allow students from differing academic and cultural backgrounds to learn effectively together. “My vision for this project is for students to engage with the natural world, and to form connections to our city. The joining of public and private teachers and students will create a space for learning across boundaries,” Singler said. “It’s very exciting, new, and we hope for great ideas to come from the endeavor.”

Singler, who has taught at GFS since 2000, is also a ninth grade advisor at the school. In addition to his commitments to GFS, Singler teaches, mentors, and coaches private and public-school teachers at the University of Pennsylvania. He holds a bachelor of arts degree from Guilford College (NC), and a master of science degree from the University of Pennsylvania. “My graduate school training focused on diversity, action, and inquiry-based education,” said Singler, “all of which will be integral to the work of the Academy.

The program is sponsored by the Edward E. Ford Foundation, which awarded Germantown Friends School a $250,000 matching grant to lead the creation of a Summer Leadership Academy for students from local urban public and private schools.

Through the study of water, the Academy will demonstrate that students and faculty can work across race and class barriers when engaged in a common educational enterprise. GFS will host the Academy, which was recently named “Project FLOW.” Together with its partners, which include Project Learn, the Crefeld School, and Knowledge Is Power Program (KiPP), as well as Breakthrough of Greater Philadelphia, Temple University and the Philadelphia Water Department, GFS will plan the program in the summer of 2009 and enroll students in the summer of 2010.

Chris Singler

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A Rake’s Progress, Sculpture Installation at Schuylkill Center

by Lisa Sonneborn, Schuylkill Center Communications Manager

Schuylkill Center Artist-in-Residence Gary Miller presents an installation of eight large sculptures at The Schuylkill Center’s mid-19th century farm site, Brolo Hill Farm, along with ten graphic and didactic panels in the farmhouse window frames. The sculptures, constructed primarily from tree limbs and branches collected from The Schuylkill Center’s 340 acres, will visually reference and celebrate wooden farming tools commonly in use during the 1800s.

Simple, efficient, and beautiful, these tools were most often handmade by local tradesmen or the farm families themselves, and those few implements that remain today carry the patina and wear from years of service and care. In keeping with the location and theme, the artist relied mainly on woodworking tools similar to those used by the plowrights, wainwrights, and blacksmiths from that period in Brolo Hill Farm’s history and is constructing the eight pieces on site.

These rural contrivances no longer perform a task or carry their weight (mandatory of all things on a farm, living or inanimate). Their function, like their location and value to their community, has shifted. They have become teachers and storytellers and, to some, indecipherable codes. They have become allegorical.

The project also alludes, perhaps with a touch of ironic misdirection, to William Hogarth’s (1697-1764) print series, “A Rake’s Progress” — referring to a different type of rake from a different country and a different time. This will be one element in the installation of visual and historical references presented as “windows” in the Brolo Hill farmhouse.

Gary Miller has been creating sculpture in wood and other materials for more than 35 years. His work has been exhibited in colleges and universities, commercial galleries, museums, and other cultural venues. He is represented in corporate and private collections in North America, South America, and Europe.

Gary began working in wood while studying the tradition tools, musical instruments, and utensils made by the farmers, artisans, and tradespeople of the Piedmont area of North Georgia and Appalachian Mountains of North Carolina. Although his pieces vary from small personal statements to large temporary installations, Gary’s life-long study of the traditional arts and functional objects of southern America as well as Africa, Asia, and the island cultures of Oceania continue to remain a constant reference in much of his work.

Exhibit Details
A Rake’s Progress will open on June 20, reception from 4 to 6 p.m. The exhibit will be on display until December 2009 at The Schuylkill Center’s Second Site at Brolo Hill Farm (located at corner of Port Royal Ave and Hagy’s Mill Road). For directions, please visit our website at www.schuylkillcenter.org
Morris Arboretum Invites Visitors Out On A Limb
With Its New Tree Adventure Exhibit

by Susan Crane, Morris Arboretum Director of Marketing

COMING THIS summer to the Morris Arboretum is a dramatic new exhibit called Tree Adventure, which explores the relationship between plants and people with its central theme, “We need trees, and trees need us.” Armed with a Passport to Adventure, visitors will travel the expanse of the Arboretum’s 92-acre garden to learn the critical role trees play in our environment, while having fun engaging with trees. Designed by Metcalfe Architecture & Design, the exhibit will be a fully accessible, fascinating learning experience for both children and adults.

The iconic centerpiece of the Morris Arboretum’s Tree Adventure exhibit is Out on a Limb, a striking new 450-foot-long walkway that soars 50 feet above the ground, and gives visitors a bird’s-eye view of the forest. From Out on a Limb, visitors can cross a swaying suspension bridge to the Bird’s Nest, scamper onto the Squirrel Scramble’s rope netting skirting two towering trees, head to the top of the Wissahickon Vista platform for sweeping views, or just wander along the Canopy Walk rising high above the forest floor.

A Passport to Adventure guides visitors to stations throughout the Morris Arboretum, each of which illustrates interactive and experiential learning. In addition to Out on a Limb, the Passport stations will include:

The Dawn Redwood Grove… to meet living fossils
Here, visitors will learn about plant explorers and discover the story behind the magnificent dawn redwood “living fossils,” as well as how to measure the height of trees. Once common across North America, these trees were thought to have become extinct nearly two million years ago. Today, they exist because of the efforts of early plant explorers. This grove includes some of the oldest and largest dawn redwoods in the country. Visitors will discover for themselves just how large they’ve grown.

Oak Alley …to learn about trees’ root systems
Roots will be painted on the pavement to show how far out they can go. Visitors will be directed to pace off the roots and calculate their distance, and learn how roots work, how they grow, and what they do for trees.

Springhouse… to compare nature’s temperatures
The Springhouse was the best means of refrigeration in pre-Victorian and Colonial times. Though now obsolete, it remains a symbol of early America and might be thought of as the “coolest” place in the Arboretum.

“Just How Cool Is It?” features an interactive exercise where visitors analyze temperature changes using thermometers placed in the shade, in the sun, in the water, and even underground!

Log Cabin… to experience life in another era
All kinds of animals depend on trees to build their homes, keep warm, find and store food, and raise their families. The Log Cabin is a perfect example of how people rely on trees to provide these same things. Tucked away in a lush gully, a visit to the Log Cabin, complete with a fireplace, historic photos and stories, and porch from which to observe the forest is like a step back in time.

Tree Adventure is an experiential exhibit that will allow people to re-connect with the natural world in new ways. It is universally accessible, welcoming people of all ages and abilities into the wonder that can be found in the heart of the woods. It will offer visitors new opportunities for educational enrichment and increased ecological awareness. Visitors will be not only entertained, but also inspired, and will leave with increased insight about the importance of trees and a greater recognition of the critical need for environmental stewardship. For updated information about the Tree Adventure exhibit, visit www.morrisarboretum.org

The Morris Arboretum features a spectacular collection of rare and mature trees in a Victorian landscape. The Arboretum includes numerous picturesque spots such as a formal rose garden, Japanese gardens, swan pond, meadows, and the elegant Fernery. The Morris Arboretum is listed on the National Register of Historic Places and is the official arboretum of the Commonwealth of Pennsylvania.
Mt.Airy
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Monday-Friday 9-8
Saturday 9-6
Ogontz
2129 72nd Ave, 215-276-0706
Monday-Friday 10-6
Saturday 10-6
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Suggestions
continued from page 28
r: (Margie) The only soup to which we add water is the French Onion. All the other soups come in already made and I don’t know if the water is filtered but I can ask.
s: “Please consider replacing one of the two sardine items with a vegetarian burger with this one (Texas)—low fat, high protein, a much better food value — and I won’t have to worry about (gasp) Acme for it. Thanks!”
(r: Chris) I’m hesitant to drop either of the Amy’s burgers that we currently carry because: 1) The Bistro Burger is wheat-, dairy-, lactose-, and soy-free, which is important in the restrictive diets of some shoppers, and 2) The California Burger is dairy-, lactose-, and soy-free, same deal. You could pre-order a case, or split one with me (ext 113).
s: “Could we please get the following sardines back again? Bela’-” Portugal Lightly smoked sardines in olive oil.”
r: (Chris) Bala sardines were discontinued by our distributor, so we can no longer get them. We brought in a Roland sardine as a substitute item—they’re in water, not olive oil, but they are packaged with the skins and bones, like the Bala sardines.
s: For awhile we had the most wonderful chocolate-covered-ginger—just long enough for me to become addicted—then it disappeared.
HELP! I’m suffering withdrawal symptoms!!”
r: (Margie) The manufacturer stopped making the brand we carried (Woodstock). I found an expensive substitute, so I have to go through ordering it by the case if you wanted. When we can get it, we do get it.
s: Canada Dry tonic water is far superior to Sprite. Please resume stocking Canada Dry (or even Schweppes).
r: (Jean) Thanks for the feedback, we’ll bring back the Canada Dry brand. Vintage is cheaper; I guess now we know why!
s: “Brown Cow yogurt not shelved anywhere! I really cannot use a bag of them and other loose yogurt items are far more expensive.”
r: (Jean) When we can get it, we do get it.
s: “I am interested in getting microprotein (sic). I heard of a brand called Quorn. Do you know anything about it?”
r: (Norman) Microprotein is a fungus grown in fermentation tanks. It is made into food products by an English company using the brand name “Quorn.” It’s benefits are claimed to be that it’s high protein, high fiber, vegetarian, with a meat-like mouth feel. I think the criticism is not really a food product and (can and has) caused allergic and other negative reactions. Quorn is sold frozen, and like other “meat analogues” (as they are called in the trade), it is made up into the patties, nuggets, fake ground beef, etc. It is more expensive than some competitors like Lightlife, but equal to others like Ian’s. Frozen space is very tight, so we’ll have to hear many requests to consider stocking it. You could order it by the case if you wanted.
s: “I hate buying Dole products. Do you? Should I be thinking it is because of Bob Dole.”
r: (Chris) It’s probably not because of Bob Dole, but I bet it does have something to do with co-op staffers Bob Noble and Bob Maier. They’re roughly the same height and age as Bob Dole, and of course their names are similar. I think that our Bob has more of a sense of humor than his namesake. Bob Dole. But a sense of humor can be a tricky thing. It can be used for good, but also for evil. Try doing this—next time you are shopping and Bob Maier is on duty, show him a can of Dole pineapple and ask for his opinion. If he laughs at you, that will prove my point. Thanks for writing...
Suggestions
by Norman Weiss, Purchasing Manager

Greetings and thanks for writing. As usual, suggestions and responses may have been edited for clarity, brevity, and/or comedy. This month in natural food news, the hot topic is hexane. What is hexane doing in the natural foods industry, you ask? (Hexane is an extract of crude oil frequently used as a solvent.) Turns out it is a common way to extract oils from seeds. Why is using hexane bad? Ask your local solvent sniffer. Inhalation of hexane causes mild central nervous system effects, which might be fun or not depending on your definition of fun (dizziness, gidness, nausea, headache). Long-term exposure is associated with nerve damage leading to numbness and muscle weakness. You would think organic products would be processed without using solvents such as hexane; however there is some evidence that hexane is used in products including our beloved beloved cliff bars and some organic brands (read China and Brazil) do not adhere to USDA organic Standards. You can read more if you are interested at www.conmucopia.org. Meanwhile, brands we sell that seem to be all right include Eden soymilk, and Fresh Tofu, our regional producer of tofu (in Allentown, PA). Both companies buy ingredients from domestic farmers they know, as opposed to commodities on the world market, which is what companies like Westbrae, Pacific, Silk, Hain, and most large private brand processors do.

In some more personal news, in case you are a new reader or are an old reader that missed a few issues, once upon a time I was absolutely convinced I was going to leave Weavers Way to become a movie star. This was despite being over 45 and having no connections, or even willingness to try out for a part. A few years ago I abandoned that fantasy, as it became clear no casting agents were coming calling. However, lest people think I have totally left the fantasy of being in a spotlight, I now think I’m going to have a career as a keyboard player. Unlike the acting career, I actually did audition for a band a few Monday nights ago, and got a prompt rejection e-mail the following morning. “We’re looking for someone with more experience…” which was understandable since my experience playing with a band up to that point was that actual audition. I’ve decided to take the weightlifting approach to failure, meaning coming back stronger. So I started practicing at night more. Unfortunately, now a neighbor has complained about not being able to sleep. I’m hoping I can solve this latest bump in my road to the spotlight with the creation of another new music genre, the rock lullaby (check out “Heavy Hush”) at www.myspace.com/normanweisscompositions). And stay tuned…

suggestions and responses:
s: Where did the gluten-free basket of breads/cookies go? Specifically, there were some onion rolls so good we thought they were gluten-free.

Yum!
r: (Nancy) The Spice of Life gluten-free comes in Saturdays, but the onion rolls did not sell. You could pre-order some; we need two weeks’ lead time.

s: “Please have soup available at Deli that is not made from tap water! All tap water is unhealthy unless everything is removed with filters. I was told by your staff that it’s not totally filtered!”

(continued on page 27)