Manager’s Corner
by Glenn Bergman, General Manager

I wish I could speak to each of you and explain what is going on with our operations, expansion, and community programs. There is always plenty to talk about, but this month, I am going to focus on two things that I see as particularly important.

Operations: Health Insurance
(also see Jon Roesser’s article in this issue)

Health insurance for our current staff is running about $419 a month.

Financing, Grant from City to Help Weavers Way Expansion
by Jonathan McGoran

“It’s tough to be in business right now,” Philadelphia Mayor Michael Nutter observed on Tuesday, April 28 at a presentation announcing a series of grants and loan guarantees to several local businesses, including Weavers Way, to support their efforts at business creation and job growth within the City of Philadelphia.  Weavers Way received a $50,000 grant to improve the façade at our new Chestnut Hill location, in addition to $670,000 in loan guarantees to several local businesses, including Weavers Way, to support their efforts at business creation and job growth within the City.

Meetings
Explore Expansion, Work Hours
by Jay Winston

On April 15, 2009, Weavers Way held a special membership meeting at Summit Presbyterian Church. About twenty-five members attended the meeting, which focused on three interconnected points: updates on expansion, the Weavers Way Member Loan Program, and proposed changes in the Co-op work requirement/option.

What’s the Board Thinking?
by Nancy Weinman, Weavers Way Board President

Wondering what the board you elected is thinking about? Wonder no more. The Shuttle is now featuring a regular series of columns, written by members of the board. The series began last month with an article written by Board vice-president David Woo that called on Co-op members to get more involved in the work of the board. The series began last month with an article written by Board vice-president David Woo that called on Co-op members to get more involved in the work of the board. The series began last month with an article written by Board vice-president David Woo that called on Co-op members to get more involved in the work of the board.

What do you need to do to participate in this expansion? What programs would you like to see offered? What do you want to see happen in our service area on our board. Candidates need not be a WW member. Please contact Board Bob Noble, bob@weaverswaycoop.com. For more information about WWCP, visit www.weaverswaycoop and click on Weavers Way Community Programs.
The 2009 Farm Team
by David Zelov, Weavers Way Farmer

I am hoping that May showers will bring many June flow- ers. As I write this, we are entering our ninth straight day of rain—though it seems like forever since I’ve seen the sun. “But rain is good for the plants, right?” you might say. Yes, all of the plants that are currently in the ground, cool season crops like broccoli, cabbage, kale, lettuce, chard, etc. are all very hap- py with the rain and cooler weather. In fact, if it stayed this way all summer long, they might actually live through it; which would make all you greens lovers out there quite happy but the tomato lovers would be quite disappointed. When the soil is so wet, it’s not advis- able to till or even to walk in the field, as it damages the structure of the soil. Nine days of rain also makes for some smelly and very dirty farmers.

Speaking of dirty farmers, I would like to extend a warm wel- come to all those that have joined our team in the last month or two: Lauren, Megan, Danielle, Faye, Adam, and Eve, welcome to the craziness that is Weavers Way Farm. (Yes, we have Adam and Eve in the garden.) We are going to have a wonderful, productive season together full of learning and delicious vegetables. We’ll also be joined by 10 or so high school inter- nships throughout the year, making our numbers quite large at the height of the summer. Hard to believe that we’ll have a crew of 20 at some point! I would also like to welcome our new rototiller attachment, Berta. Berta is a rotary plow, which looks a bit like an auger and makes the soil nice and fluffy. The wonderful thing about Berta is that it throws the soil to the side of the tiller. This sounds insignificant at first but consider that we farm on raised beds (though we are thinking of calling them mesas and patenting the term “mesa farming”), 105 raised beds just at Awbury, and that we dig them all by hand. Now consider that by using a til- ler that throws soil to the side, one can make a raised bed by simply tilling up and back, always turning clockwise and piling the soil in the same direction. This is extremely exciting! Especially in a year when we are more than dou- bling the size of our farm, and therefore the number of raised beds we grow on.

Speaking of dou- bling the size of our farm, we have sold out of shares for the season of the Henry Got Crops! CSA at Saul High School and have put most of the two acres into pro- duction. We are grow- ing many of the same crops plus the exception of corn and potatoes (which we don’t have room for at Awbury) and have the good fortune of access to a real tractor, which has made the tilling through sod that much easier. Ideally, we would have filled in the sod and sown a cover crop at that time, but since plans were not finalized un- til midwinter, here we are, weeding out perennial grasses from the kale. But the first CSA pick up is occurring and we are exciting to be partnering with Saul and Fairmount Park in this project. Notice that I said “CSA pick ups” and not “CSA drop offs”. Thought there are many CSAs avail- able to city dwellers, we are excited that people can actu- ally come to our CSA and pick up their shares right there on site, as well as take advantage of the pick-your- own herbs, flowers, and other hard-to-pick crops (we are in the process of engineering a giant-thorned raspberry).

Farm Heats Up as School Year Ends
by David Siller, Weavers Way Farm Educator

We’ve had such an amazing spring and I know that summer will bring its own blasts of beauty. With each week and month, it really feels like we are paving new ground. The mystery of farming is really its biggest lure. I wonder all the time whether that va- riety of pepper will really be as juicy as the catalog tells me, or customers will be attracted to it at the market, and if the seed I saved will really turn into the plant I wanted. I wonder all the time about myself, my co-workers and student farmers. I am glad that this uncertainty exists as it exists in every profession and direction each of us takes in life.

With all the uncertainty in farm- ing it just feels like this wonder and mystery stares us in the face a little bit more.

WWCP Update
by Rachel Milenbach, WWCP Executive Director

The past few months have contin- ued to be very busy and exciting. The WWCP farm at Stanton Family Manor is getting off to a great start despite the seasons’ snow, rain, and mud. We have received a generous grant from Chil- dren Can Shape the Future (CCSF) that allowed us to hire additional staff to help with this project. CCSF is a philanthropic organization that pro- motes community-building programs in Camden and Philadelphia. Thanks to CCSF’s grant program, which gives a quicker-than-normal response, we were able to bring on Gina Giazzoni as our fifth employee (along with myself, farm educator David Siller, Market- place coordinator Carly Chelder and Weavers Way staffer David Schect- man, who is part time bookkeeper for the Marketplace Program). With a background in farming, community activism, and nursing, Gina is a fantas- tic fit for this project. As a volun- teer at Stanton, since our first day out, she was able to hit the ground running. Please join us in welcoming Gina to our farm education team.
**Grocery News**

by Chris Switky, Grocery Manager

**HEWWS, SHOPPERS.** Many changes on the Co-op’s grocery shelves lately; here’s the news, “fit to print”...

Say “goodbye” to two flavors of Choice organic teas which are, sadly, no longer available to us: Rooibus Red, Vanilla, and Northwest Blackberry. We’ve replaced them with other Choice teas: Moroccan Green Mint and Celtic Breakfast. We’ve also started carrying Nasoya Egg Roll Wrappers due to shoppers’ requests. These are in the new cold case near the onion bins. For hot sauce fans, we’ve added Cholula chili garlic hot sauce, displayed above the salads and salad dressings.

New on the canned beans shelf is Eden organic black-eyed peas; this is an item that was first stocked at our Ogontz store. It has been successful there, and we thought to try it at Carpenter Lane. In the bulk spice section, we have Frontier garlic salt (4 oz. jars), and we’ve added organic dried banana chips to our bulk dried fruits shelf. Find them just below the bulk raisins.

In the dairy case, please note the addition of Eggology egg whites; these are a replacement item for the Eggbeaters that we once sold in the freezer. Also, we’ve added Wholey’s plain yogurt in the 24 oz. size, and one-percent buttermilk in quarts, brought in due to shoppers’ requests.

Lastly, please note that I have taken note of several complaints about the aluminum foil that we’ve been stocking, and have replaced it with a “heavy duty” foil that I hope will serve shoppers better. If You Care is the only company I’ve found that makes their foil out of 100% recycled aluminum, and we’ve switched to their heavier stock option, as complaints have come in that the regular stock rips too easily. If you use aluminum foil, please give this product a try and let us know how it works for you. Producing foil from recycled aluminum uses much less energy than production from raw materials, and of course helps to keep the foil out of the landfills, incinerators, etc. And as long as it’s clean, recycled foil can be recycled repeatedly.

Of course, reusing aluminum foil is an even better practice, both practically and environmentally. I have one (1) piece of aluminum foil at my house; it’s folded and lives in my freezer. I don’t use it very often, but when I do, I take out my piece of foil and unfold it. And then, when I no longer need it, I wipe or scrape it clean, fold it up and put it back in the freezer. I’ve been doing this for years. I do have a roll of new aluminum foil at my house, but it’s been so long since I’ve needed it that I’ve forgotten where it is. If I do find it, I plan to start an aluminum foil rental business. It will be advertised in the Shuttle, so keep an eye out, and thanks for reading.

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**June Hidden Treasure**

by Margie Felton, Deli Manager

Ingredients  
1-10 oz package of Primo Naturale Chorizo cut into 1/4 inch slices.  
1 lb. boneless chicken thighs  
1T. olive oil  
1 medium onion small diced  
3 plum tomatoes chopped  
½ t. paprika  
½ t. turmeric  
½ t. dried thyme  
2 c. white rice  
4 c. chicken stock or water  
3 plum tomatoes chopped  
1 c. frozen peas  
1 c. Spanish green olives (optional)  
Salt and pepper to taste

1. Heat oven to 350 degrees.  
2. In a large oven-proof pan, (I used a deep cast iron skillet), heat olive oil over medium heat and add the chicken. Brown on both sides then remove from pan and cool slightly.  
3. Add Chorizo, onion, and pepper to pan, stirring until it starts to brown. Add garlic, paprika, tumeric, and thyme. Stir. Dice cooked chicken and add to pot.  
4. Season with salt and pepper.  
5. Add rice stir to coat rice well with oil and seasonings.  
6. Add water, tomatoes, peas, and olives.  
7. Cover well and bake in the oven for 45 minutes.

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**June Deli Sales**

Soignon French Goat logs plain and 5.0z on sale for $3.75 each (regularly $4.19).

Hieni’s Yoga Cheese (all flavors) on sale for $5.99/lb. (regularly $6.60/lb).

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**Dogs, Dogs, Dogs**

by Dale Kinley, Fresh Foods Manager

With summer here, bringing out the grill is the best. Hot dogs are still a favorite for a barbecue. For these backyard parties, we offer a selection of dogs.

Dietz and Watson makes a deli beef dog. Started in 1930, the business is located in Philadelphia. They use only the “freshest ingredients” and no fillers. They use regular lean beef lot beef and do use nitrates.

We have two kosher dogs. Hebrew National makes a good beef dog; Glenn loves them. Sadly, they are often out of stock from the company. So, if you don’t see them, that is why. Empire kosher has a turkey dog. Both of these contain nitrates.

Garrett County (Wellsire—see last month’s Shuttle) provides us with two good choices, beef and turkey. They are re-vamping their chicken dog, which we will have later in the summer. Both their beef and turkey are naturally raised on Pennsylvania farms. They use small producers to process the meat. They use no nitrates and of course no fillers.

Natural Acres always takes it one step further. Their beef is all natural and pasture-raised in Pennsylvania. Whatever your choice, topped with mustard (I love Westbrae’s yellow organic) and relish (Cascadian Farms organic sweet), it can’t be beat—bring on the Phillies.

Don’t forget our Martins sausages, also great on the grill with grilled onions and peppers in a Cacia roll!

Yea Summer! ~dale@weaversway.coop

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**Lactose-Free Cheese**

by Margie Felton, Deli Manager

A Shopper recently brought to my attention that the label for the Hieni’s Yogurt cheese we sell said it was lactose-free. I called the company and they confirmed that this is true. I then noticed that a Cabot’s cheddar cheese label made the same claim. Their web site stated that all Cabot cheeses contain 0 grams of lactose.

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**rBGH Free Cheeses at Weavers Way**

by Margie Felton, Deli Manager

There is a growing interest and concern among our shoppers about what goes into the foods they eat, and how that food is produced. This month, I have started doing research on growth hormones given to cows. These hormones end up in the milk the cows produce and therefore the cheese. We then consume the hormones through milk, cheese, and other dairy products we eat and drink.

Some basic facts to begin with are that the growth hormone Recombinant Bovine Growth Hormone (rBGH) is only given to cows; it is not given to goats or sheep. Therefore only cow’s milk products are affected. rBGH is banned by all European Union countries as well as Canada, New Zealand, and Australia. This narrows things down at Weavers Way to only being concerned about USA, Mexican, and Argentinean produced cow milk cheeses. The use of rBGH is legal in all three countries.

The following USA cows-milk cheeses available at Weavers Way are produced without growth hormones. (not all varieties are available at all times but can be special-requested at the deli):

- Roth Kase; Tillamook; Grafton Cheese Co.; BelGioioso; Butter and Cheese Co.; Hieni’s Bunker Hill Cheese Co.; Roque Creamery; Vermont Butter and Cheese Co.; BelGioioso; Roth Kase; Tillamook; Grafton Village; Old Chatham Sheep Herding.

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**LOCAL BEER AND CHEESE TASTING**

at the Weavers Way Farm  
Saturday June 6, 2009  
6 p.m.

<table>
<thead>
<tr>
<th>Name</th>
<th>Phone #</th>
<th>Co-Op</th>
<th># of People Attending</th>
<th>Amount Enclosed</th>
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Pennsylvania Cheeses—Andrew and Everett (available primarily at the Ogontz store); Birchrun Farm; Calcins Creamery; Lerayville Cheese; and Lancaster Farm Fresh (Friendly Farm).

Other States—Humbolt Creamery; Organic Valley Cheeses; Horizon; Pleasant Ridge Reserve; Point Reyes Farmstead Cheese Co. Berkshire Cheese Co.; Hieni’s Bunker Hill Cheese Co.; Roque Creamery; Vermont Butter and Cheese Co.; BelGioioso; Roth Kase; Tillamook; Grafton Village; Old Chatham Sheep Herding.
Meeting on Expansion

continued from pg. 1

store, that has never been a part of cur-
rent plans. The Weavers Way Ogontz
store in West Oak Lane was not a part of
that expansion plan. In addition to ex-
panding the Co-op’s business mod-
el, current goals for expansion include
drawing away 10-15% of the business
and traffic from the Mt. Airey store, and
allowing for a renovation of that store.

While a fourth store is still little
more than a glimmer in the coopera-
tive eye, Weavers Way has purchased
a site for a new store in Chestnut Hill,
made up of what are now the two Ca-
ruso’s Market buildings on German-
town Avenue. This includes a 6,400
sq. ft. first floor, which will allow
for actual aisles. Glenn stressed, however,
that they won’t be too big, “so mem-
bers will still enjoy bumping into one
another.” The purchase price for the
site was $2.8 million, though full costs
for the purchase/removal/fit-out will
be around $5.5 million. As the current
priority is to get the store up as soon
as possible, plans for a cafe/restaurant
will wait until later. The new store will
be around $5.3 million. As the current
store, that has never been a part of cur-
rent plans.

The store in West Oak Lane was not a part of
that expansion plan. In addition to ex-
panding the Co-op’s business mod-
el, current goals for expansion include
drawing away 10-15% of the business
and traffic from the Mt. Airey store, and
allowing for a renovation of that store.

Chestnut Hill is home to 450 current
Co-op members, and thus will reduce
pressure on Carpenter and Greene, as
well as having the benefits from brand
recognition. The site has great visibil-
ity, is walkable, is a known site on a
main street in an area where there is
a current lack of natural food stores,
and it has parking in the rear, as well
as potential for expansion on the 5,000
sq. ft. in the back. At the same time,
Glenn pointed out a number of “oppor-
tunities” (which, this reporter suspects,
means “downsides”): layout complica-
tions inherent in having two buildings,
little space for a members’ area, and
little staff space, as well as less than
ideal conditions for loading in and out.
Dick Winston has been hired as archi-
tect, Bob Kaufman as project director,
Hillary McAndrews as member loan
manager.

To provide customers for the new
store, Weavers Way has begun a mem-
bership campaign in Chestnut Hill. On
May 13, a meeting was held in Chest-
nut Hill with 60 attendees, resulting in
15 new members (which would have been
20 if there had been receipts for
cash). More than a dozen more house
meetings are planned in Chestnut Hill
in the next few months. The current
goal is 1,500 Weavers Way members
in Chestnut Hill by the time the store
opens.

Glenn also point out that the
planned renovation of the store at Car-
penter and Greene will not happen until
the Chestnut Hill Store is “up and solid
in terms of making money,” which,
most likely, will be some years in the
future. During the renovation, when it
happens, the garage and possibly the
roofing business building might be
used as temporary stores.

To replace the mortgage for the
new store, as well as to pay down bank
liens on the Carpenter and Greene
store, Weavers Way has instituted the
member loan campaign, which board
member Stu Katz presented to those
assembled. Loans will be based on
variable rates of 0-4%, with payback in
5-10 years, and simple/not com-
pounded interest. The current goal is
140 loans, for a total of $1 million,
possibly more. Stu stressed that mem-
bers may also help by paying up to
their equity.

Another expansion issue is the
Ogontz store which is currently not
 bringing in desired revenue. The store
is still in its first year of lease, and
has changed management, and Na-
tional Cooperative Grocers’ Associa-
tion is coming to look at it and assess
the situation. At this point, there have
been changes in product line in favor
of less expensive products—which
means fewer organic products. Input
of less expensive products—which
means fewer organic products. Input
was taken from the neighborhood,
and a new farmer’s market is being
started, as well as a garden next door.
The store may be revamped, as well.
Another possible plan is to make it a
nonprofit, possibly run by kids from
MLK. Glenn emphasized, however,
that “from a sales standpoint, Ogontz
is a disaster. From a community stand-
point, it isn’t.”

Finally, the meeting turned to the
membership work requirement. Board
member Sylvia Carter presented the
recommendations of the membership
committee, which, she stressed, must
be voted on by members. The commit-
tee has recommended that the work
requirement be changed to a work op-
tion, and that the visitor’s fee for non-
members be eliminated and replaced
with a patronage rebate and other ben-
etfits for members. The goal is to have
a tiered shopper classification:

- Non-member—no patronage
rebate.
- Member—patronage rebate
and coupons and buyers’ specials.
- Working member—discount on
shelf price plus patronage rebate
and coupons and buyers’ specials.

This proposed system is expected
to increase shopper base and sales
revenue, which will be particularly
important for the Chestnut Hill store.
Additionally, it should help to both ex-
pand and retain membership by giving
members a choice whether they want
to work or not. Other advantages will
be that this will be easier to administer
and more efficient, and will reduce ad-
ministrative costs. Currently keeping
track of hours costs $40-50 thousand
dollars per year. It is also hoped that,
with its added benefits, working co-op
hours will be something that people
want to do, and that this will lead to
improved quality/productivity of co-
operators and improved quality of ser-
vice. Finally, it is expected to increase
goodwill both among co-op members
and in the larger community, as there
will be no penalties or shame attached
to not doing work, and no one in the
community will be excluded from the
Co-op.
Update on #5 Plastics Collection Pilot Project
by Priscilla Becroft, Weavers Way Environment Committee

A huge thank-you to the more than 100 of you who brought in your recyclable #5 plastics to our April 18 Gimme 5 Plastics Collection! (Gimme 5 is the project created by Re-cyclene to recycle #5 plastics and re-use them in their Pre-serve line of products, some of which are on sale upstairs at WW.) The front room and sidewalk at 610 Carpenter Lane were crammed with bags and boxes of #5s up to the curb. The collection was scheduled for 10 a.m. – 1 p.m., but by noon, our little committee of three was overwhelmed. Several percep-tive and generous-hearted recyc-lers quickly assessed the situ-ation and stayed on—some for several hours—to help with the massive sorting job that is still not finished. They are the he-roes of the day! (We can’t report on the May 16 collection here because, as of this writing, we have not yet reached that date.)

Donations are requested to help defray the cost of shipping the #5 plastics to Cort-land, NY. The numerous large and small cash donations received on April 18 have kept the project breaking even so far. We hope we’ll be in a position to report the same result at the pilot’s completion.

The final collection of the three-month pilot is scheduled for Saturday June 20, from 10 a.m. to 1 p.m., at 610 Carpenter Lane (next door to the pet store). Mark your calendar! We’ve double-checked with Gimme 5 about those food containers that come with a protective film over the contents. Peel the film off the rim as best you can but don’t worry about any little bits that stay stubbornly stuck. In our household we want to get our #5s clean without wasting water and soap. We think we accomplish this by letting them air dry for several days to make sure they are completely dry. Items stacked when wet tend to stay wet, so allow washed items to dry fully before stacking or packing. (Brita filters are wel-come. Let them air dry for sev-eral days to make sure they are completely dry.)

Pure #5. The #5 stamp needs to be visible on each item. (Lids are separate items. Don’t assume lids are the same number plastic as the container; sometimes they are but usually they are not.) Check to make sure there are no other materials (labels, paper, other number plastics, metal) on the items you bring in. We’ve double-checked with Gimme 5 about those food containers that come with a protective film over the contents. Peel the film off the rim as best you can but don’t worry about any little bits that stay stubbornly stuck. In our household we want to get our #5s clean without wasting water and soap. We think we accomplish this by just washing the dirty ones along with our daily dishes. This also keeps them from accumulating into a daunting project.

Clean and Dry. If they contained food or any oily or dirty product, make sure they have been washed, not just rinsed. Rinsing does not get rid of grease. A little bit of dust on washed items that have been stored in your basement or ga-rage is generally acceptable. Items stacked when wet tend to stay wet, so allow washed items to dry fully before stacking or packing. (Brita filters are welcome. Let them air dry for several days to make sure they are completely dry.)

Items stacked when wet tend to stay wet, so allow washed items to dry fully before stacking or packing. (Brita filters are welcome. Let them air dry for several days to make sure they are completely dry.)

In our household we want to get our #5s clean without wasting water and soap. We think we accomplish this by just washing the dirty ones along with our daily dishes. This also keeps them from accumulating into a daunting project.

Please make sure the #5s you bring to the collection meet the requirements for Gimme 5, which are more par-ticular than the requirements for the City’s single-stream recycling. Items that don’t meet the standard have to be discarded, and that’s a frustrating outcome for conscien-tious recyclers who have gone to the trouble of saving and bringing in their #5s. We hope we’ll be in a position to report the same result at the pilot’s completion.

Parents browsing the Co-op these days will be happy to see the second floor shelves newly stocked with products from the popular Motherlove Herbal Company. Specially crafted for the unique needs of pregnant women and new moms, these natural products are designed to soothe and heal the normal and oftentimes uncomfortable physi-cal changes that occur prenatally, dur-ing labor, and throughout the months following birth.

Motherlove Herbal Company is a trusted and much-loved leader of herbal holistic body care. Since its inception in 1990, Motherlove has been making high-quality organic products designed for pregnant and breastfeeding women. Their reasonably priced, reliable products provide a safe, non-toxic alternative to over-the-counter and prescription medication. All of Motherlove’s products are certified organic and do not contain any preser-vatives, artificial fragrances, parabens, or food dyes. Their supplements are always tested for bacteria, yeast, mold, and heavy metals. They even retain samples from every batch of supple-ments and have a computerized track-ing system to follow every bottle sold.

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What's the Board Thinking?

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proposal to change the work requirement.

Each board member who writes a column will not be speaking for the board, but instead, will be sharing his or her individual thoughts and ideas. Although I know our column will never be as widely read as Norman’s, I hope you look for our column and give us your feedback. The phone number and e-mail address of each board member is listed in the Shuttle and on our website.

Make Member Work Requirement Optional

By Bob Noble, Weavers Way Board Secretary

The time has come for Weavers Way to eliminate its member work requirement and to establish in its place an optional work program. This feature of our 36-year-old co-op—much loved by some and much hated by others—has finally outlived its usefulness. On the positive side of this social balance sheet, the requirement that each adult member work six hours per year in the store or on a committee has helped to make Co-op membership a more meaningful experience. It has also, some argue, helped to keep prices below what they might otherwise be. But this price-lowering aspect has been challenged recently by some who argue that the “free” labor benefits are outweighed or mitigated by negative attributes, such as relatively poor productivity not only for cooperators, but also for staff required to supervise member workers. Also, there is the cost of administrative overhead.

But these are minor compared to the real cost of our work requirement—lost members. Member participation in the life of our co-op is vital to our success; but it must not be forced. If we draw a chart of member involvement, it would look like a pyramid. The few on the board and committees who work hundreds of hours a year would be at the top. The next, larger layer would consist of those who come to membership meetings and social events. At the base of the pyramid are the greatest number of members—those who work only their 6 hours. But when we look at other co-ops, there is a still larger number of members at the bottom of their pyramids; members who shop only and do not work. We should not cut off the bottom of our pyramid! We should allow non-working members.

Throughout the history of the cooperative movement, the success of individual cooperatives has depended on their ability to adapt. In 1844, the establishment of the first modern consumer cooperative, in Rochdale, England, benefitted from the lessons learned from failed attempts of Owenite socialist societies of the previous two decades. Here in the U.S., retail food co-ops were started in two waves: old wave co-ops during the great depression of the 1930s, and new wave co-ops of the late 60s and early 70s. But beginning with the difficult economic conditions of the late 70s new wave co-op failures began to outpace new startups. The main reason for the failures was a refusal or inability to adapt, which in many cases meant tempering ideals with some basic business practices. Indeed Weavers Way’s financial meltdown in 2002-2003 was in part due to not realizing the need for audits and other important monetary controls. Fortunately, we adapted and instituted necessary controls and other remedial measures.

Sustainable co-ops are a wonderful combination of idealism and realism. Our present economic situation provides great opportunity for the cooperative movement to contribute to a solution by expanding the cooperative sector of our economy. If we are to give our expansion into Chestnut Hill the greatest chance for success, if we are to increase the portion of our local economy that is under democratic ownership and control, then Weavers Way needs to adapt by replacing our member work requirement with an optional work program.
for a single person. We do not pay for spouses or family, though coverage is available through the Aetna policy, if they choose to pay for it. The Co-op picks up 90% of staff premiums, as well as a few other expenses for hospital stays. In 2007, we paid around $219 a month per person. In 2009, that went up to over $419/month per person. The level of coverage also improved to address staff dissatisfaction with high co-pays, but the bulk of the difference was cost increases. Between 2008 and 2009, we have seen this expense increase by $100,000—in one year!

One reason for this increase is just the basic cost increasing and the other reason is that we went up by almost 20 people joining the program (about an $8,000 monthly increase due to more staff joining the plan).

It difficult enough for the Co-op to sustain this level of coverage for our employees while still paying livable wages, bonus, purchasing discounts, 401K match, and other benefits, but now we have been hit again—a 26 percent increase to take effect in July.

President Obama, speaking as a manager for a small business, please do not forget us out here. I do not trust the recent concessions from industry. There are many things that can be done to the system to improve efficiency, but structural changes to the system must be made. It is hard to face the staff and tell them that we have to change the coverage, knowing that the industry is taking us for a bath. Change is needed to the system, we all know it, and we know that we must take out the added administrative waste and over-utilization. I do not know the answer, and I know it will not be easy for the institutions, the professionals, or the patients, but something has to be done.

Member Loan Campaign

Two months ago, we sent out a request asking every member household to invest in the Co-op by providing a $286 “Equal Share” loan. But what we really need is for you to invest $2,500 or more at 0-4% over five or ten years—you choose the rate and the term! Our goal is to raise $1 million by early summer, and we can do it. So far, we have received pledges of over $350,000 towards our goal.

Many people have been giving between $2,500-$20,000 so far, and we have over $350,000 in pledges for the loan program. So, if you can not loan the Co-op money then I urge you to pay up your equity, to $400 or more. Remember, we will not pay any interest on these funds, but you get it all back when you leave the Co-op. You can do it right at the register—it is easy.

We have enough financing for this expansion, from TRF, the City of Philadelphia, PIDC, and Valley Green Bank, but the goal of this loan campaign is to pay off these higher-rate bank loans, between 6.75 and 7.0 percent interest, and replace them with lower-rate member loans. This will save us plenty of interest and will give you an opportunity to make a large or small investment that you can watch while it works. If you have any questions, please call me at 215-843-2350 x131 or e-mail: expansion@weaversway.coop.

Manager’s Corner

continued from pg. 1

This will bring the costs of our current plan to $319 per person per month. We would have to raise prices 1.5 percent just to keep up with our health insurance increases.

If we accept this increase, it will mean that our insurance rates have increased by over $300 a person per month, or over $4500 per month, in just three years. We could see a $400,000 insurance bill next year... just three years ago it was $90,000.

We have two options: increase prices or cut back on the Co-op’s health coverage. What would you do?

Jim Morton
Home Repair
267-432-3550

It’s Finally Farmers’ Market Season!

Now Open

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Opening Soon

West Oak Lane Farmers’ Market
Ogontz & 72nd Ave.
Tuesday, 2 p.m. to 6 p.m.
Opening June 23rd

Cliveden Park Farmers’ Market
Chew Ave. & Johnson St.
Wednesday, 2 p.m. to 6 p.m.
Opening June 24th

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The Awbury Arboretum Association is proud to announce that this year’s co-recipients of the 2009 Thomas Pim Cope Award for Environmental Stewardship will be the Ogontz Avenue Revitalization Corporation (OARC) represented by President and CEO Jack Kitchen and Weavers Way Cooperative represented by General Manager Glenn Bergman.
Farm Heats Up
continued from pg. 2

June is on tap to be a great month. We have a few more school groups coming out before the end of year, including Cook Wissahickon Elementary School, Simon Gratz High School, and FS Edmunds Elementary School, as well as other volunteer service days with Crefeld, Central High School, and Global Citizen 365. We’ve also been joined by two wonderful high school students during the late spring and early summer. Ben Staples is from Abington Friends School and worked with us for three weeks during the month of May. Izzy Jansen is from Germantown Friends School and is joining us for the month of June.

This, in addition to six students at MLK, plus volunteers, several more at Saul, and Brandon Ritter at Awbury, makes our team quite youthful.

The Shu

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WWCP Update
continued from pg. 2

The Stenton Family Manor farm is also richer as a result of a grant from the Weavers Way Environment Committee. Money earned by the committee from a recycling partnership with the Philadelphia Streets Department is converted into small community grants. Thank you to the environment committee for supporting the Stenton Family project. Their support allows us to purchase a much-needed picnic table, as well as biodegradable mulch film that is corn-based and environmentally fantastic. In addition to holding off the weeds, the mulch is an educational tool in its own right. Lastly, special thanks to the Pennsylvania Horticultural Society for its generous donations of top soil, compost, and kid-sized gloves.

Next door at the Martin Luther King Farm, much is happening as well. In the farm’s second growing season, the crops got off to a much quicker start than at Stenton. With generous funding from OARC, the MLK greenhouse is completed and seedlings have been growing for months. It was an amazing experience to look at the field this past April and know that one year before we were just breaking ground for the first time. This spring and summer, six MLK students will be working with David. This year’s crop of farm apprentices rotates between Awbury, Saul, and WWCP sites, so they are frequently assisting at MLK. Teddy Moynihan, an English teacher at MLK and our farm-school liaison, rounds out the MLK farming crew.

On April 17, we were the proud hosts, along with our many partners, of a tour of West Oak Lane urban farming hotspots that started at the Weavers Way farm at Awbury Arboretum, traveled to MLK and Stenton farms, and ended at the Ogontz store. Organized by State Representative Dwight Evans, the Harrisburg contingency of the tour group included State Representatives Michael K. Hanna, David R. Kessler, and John Myers and PA Department of Agriculture leadership, including Russell Redding (Executive Deputy Secretary) and Jean Lonie (Executive Assistant to the Executive Deputy Secretary), as well as Fran Coleman (Budget Analyst, House Appropriations Committee). In addition to showing off just part of Philadelphia’s growing urban farm movement, the tour highlighted the potential economic development that comes as well.

Other things happening at the farm these days include a new partnership with the Philadelphia Orchard Project (POP). During the spring, I joined Phil Forsyth, the orchard director for the orchard project, for a visit to the Backyard Fruit Growers Association workshops in Lancaster County.

There, we grafted apple and pear trees and rooted cuttings of grape and currants. We also attended workshops on how to propagate figs and kiwi berries. All this talk of fruit bushes, vines and trees inspired us to create a partnership between the farm and the orchard project. POP has decided to locate their nursery at Weavers Way Farms’ Awbury site. We’ve created a nursery area where the potted fruit bushes will stay for the summer while awaiting transplanting. POP has also seeded understory perennial edible and medicinal plants in our greenhouse for use with their projects. In exchange, we will use this nursery area with our educational tours and it will benefit us in general by having more of a presence at the farm (and by the fact that partnership with an organization like POP makes us really cool!).

Hope to see you out at the farm. The farms are bound to be such beautiful places this summer and harvest season!

Stenton Farm Stand
6100 Stenton Avenue, 19138
Mondays, 3:30 – 6:00 pm

Weavers Way Ogontz Farmers Market
2129 72nd Avenue (at Ogontz Avenue), 19138
Tuesdays, 2:00 – 6:00 pm

Chestnut Hill Growers Market
Winston Road between Germantown Avenue and Mermaid Lane, 19118
Sat., 9:30 am – 1:30 pm

Weavers Way Ogontz Farmers Market
2129 72nd Avenue
(at Ogontz Avenue), 19138
Tuesdays, 2:00 – 6:00 pm

Chestnut Hill Growers Market
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Chestnut Hill Growers Market
Winston Road between Germantown Avenue and Mermaid Lane, 19118
Sat., 9:30 am – 1:30 pm
That's the Ticket!
by Stu Katz

IMAGINE going to a concert of the Philadelphia Orchestra playing Beethoven’s Fifth Symphony and sitting in the 10th row of the orchestra, or attending a Phillies game sitting right behind the plate, or watching the Eagles while sitting on the 40-yard line. A few years ago, I had an idea of how Weavers Way could provide a benefit to members by offering tickets to some of the major cultural, sporting and entertainment events in Philadelphia. I have discovered that the best seats for most events are only available to those who buy expensive season or subscription tickets. While many of us may not want or can’t afford a full-season ticket to the orchestra or the Sixers, I’m sure many would love a great seat for a single event or concert.

My idea is that the Co-op would buy season tickets to many of these events and then make seats for individual events available to our members. Of course, this idea only works if all members have equal access to the tickets and if the entire process is cost-neutral to the Co-op. I can envision tickets and if the entire process is cost-neutral to the Co-op. I can envision that there may be some type of web-based information technology that could assist with this process as well. But the key to making this idea work is finding a way to make the best of these events more available to our members is a win for the building and sustaining of community. We'll see.

Philadelphia is blessed with multiple first-rate theatre, music, dance, sports, and arts organizations. Finding a way to make the best of these events more available to our members is important. Finding opportunities that reward and reinforce the building and sustaining of community are critical. Philadelphia is blessed with multiple first-rate theatre, music, dance, sports, and arts organizations. Finding a way to make the best of these events more available to our members is a win for the building and sustaining of community. We'll see.

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Finding opportunities that reward and reinforce the building and sustaining of community are critical.

Healthcare Costs Hit Co-op Hard
by Jon Roesser, Human Resources Manager

MAY is my favorite month. The warming air and chirping birds and blooming flowers all put steam in my stride.

But this May, on May 1, we received our renewal quote from Aetna, our health insurance carrier. Our premiums, having gone up 45% last year, are scheduled to go up again July 1, by another 26%.

For an employer our size, health insurance is a great differentiator, lifting us above employers who choose not to offer it, allowing us to attract (and keep) a higher caliber of employee. Our co-op is better off because we offer our employees health benefits.

But: the (ridiculous) amount of money we pay Aetna each month is money not spent on... fill in the blank: more staff; building improvements; equipment upgrades; community outreach; a thousand other things.

How much money are we talking about? Last month’s Aetna bill was $27,000. That’s for 30 days of health insurance for 53 staff members. If we sit back and take Aetna’s renewal, by July insuring those 53 staff members will cost us $34,000. Over $400,000 a year to insure a group of people many of whom will only need to see their doctor for little more than a winter sniffle.

That our system for providing Americans healthcare is in bad need of an overhaul is nothing new. But what is new is that employers like Weavers Way that are sure we also pay attention to the small details: how much we charge you for milk and eggs are the business of the Northwest to worthy causes of the Northwest. May is no exception.

For the future, there’s reason for some optimism. The Obama administration acknowledges the current system’s shortcomings—a welcome step in the right direction. Much of the focus, though, is on the uninsured—important, yes, but we must make sure we also pay attention to the small employers like Weavers Way that are scrumming for relief.

I guess that’s what this article is all about—the little figurative scream. Starting next year, I want my Mayys back.
PROPOSAL
Replace the Work Requirement with an Optional Work Program and Amend the Bylaws

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.

Originally, 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.

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 ☐ ☐

A mend 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.

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!

To vote by mail: Ballots will be accepted by mail if received by Wednesday, July 8, 2009. Mail to: Leadership Committee, Weavers Way Co-op, 559 Carpenter Lane, Philadelphia PA 19119.

To vote at a store: Place ballots in the box provided at a WW Co-op store by 5:00 pm, July 8.

To vote at the Membership Meeting: Place ballots in the box provided at the Membership Meeting July 8, by the time the end of voting has been announced following discussion of this issue.

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<td><strong>Article III – Membership</strong></td>
<td><strong>New or modified text is bold and underlined</strong></td>
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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 as a Member or 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.

**Explanation**

1. **Definition**

   A household may apply for a single 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, membership shall mean a household unit of one or more persons who are eighteen (18) years or older or are legally emancipated minors. House–hold shall mean a group of persons residing at the same address who live together as a unit.

   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.

2. **Membership Requirements** - The Members shall consist only of those households which have met the following requirements: payment in full of the minimum annual 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.

   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.

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.

   No change.

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.

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

   No change.

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.

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

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.

   No change.

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.

   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.
Sometimes the best things happen when a few good people put their heads (and their resources) together. At State Senator Leanna Washington’s invitation, in March, Bob Pierson (Farm to City and Penn State Extension), John Ungar (Mt. Airy Revitalization Corporation) and I met with Paulette Bailey and Denise Savage from Senator Washington’s office to discuss the possibility of starting a new farmers market on Wadsworth Avenue. According to Senator Washington, “It is key for the community to have access to fresh grown vegetables and to know the quality of what they are eating.”

For those of you who haven’t been there, Wadsworth Avenue is a bustling business strip just south of Cheltenham Avenue. It is home to about 70 businesses, including the wonderful Wadsworth branch of the Free Library, and Senator Washington and Representative Parker’s offices.

Thanks to Bob Pierson’s contacts with Lancaster County farmers, Amish farmer John King from Paradise, PA, has agreed to set up the Wadsworth Avenue farm stand every Friday. Farmer King, who is a certified organic vegetable grower, will bring in many other local items from his neighbors and the Leola Auction. His product line will include yogurt, cider, eggs, cheese, plants, flowers, and baked goods in addition to delicious fruits and vegetables. Last year, he was the top-selling farmer per market day at Farm to City’s markets, according to Bob. Thanks to Farm to City for bringing such an asset to Northwest Philadelphia.

The market opened on May 8, in the large parking lot behind the stores on the 1500 block of Wadsworth Avenue (enter from Pickering Street). Thanks to Senator Washington, who took time out of her busy schedule to greet the farmers and shoppers attending the opening day of the new market. As soon as possible, the farmer hopes to receive permission to set up directly on the sidewalk on Wadsworth Avenue.

Bringing locally grown, organic produce to Wadsworth Avenue is exactly the type of outcome that interests John Ungar, Executive Director of Mt. Airy Revitalization Corporation (MARC). “It is important that we make it easy for people to get access to good, healthy food so we can encourage healthy eating habits. I am sure that this is going to be very popular with the neighbors, and will also draw additional people to Wadsworth Avenue,” said Ungar. “Thanks to Weavers Way Community Programs and Farm to City for their tremendous efforts in helping us bring fresh, locally grown food to this neighborhood.”

MARC is a nonprofit community development organization located at 2001 Tulpehocken Street (near the intersection of Ogontz Avenue). The mission of MARC is to stimulate economic development in Northwest Philadelphia through business capacity building and assistance, as well as neighborhood beautification and outreach efforts. Although most of their work focuses on the neighborhoods surrounding Stenton and Wadsworth Avenues, they also work in other 19119 neighborhoods as well.

The Wadsworth Avenue Farm Stand is open every Friday from 10 a.m. to 2 p.m. in the large parking lot behind the stores on the 1500 block of Wadsworth Avenue (enter from Pickering Street).

Standing at the new Wadsworth Ave. Farm Stand are Mark Reinhart, Farm Stand staff; Carla Johnson, Chief Legislative Aide for Representative Parker, who came to shop during her lunch hour; Farmer John King, and Senator Leanna Washington

New Farm Stand in Northwest Philadelphia
by Rachel Milenbach, Weavers Way Community Programs Executive Director
A recent supplement in the Sunday Inquirer carried an ad that really stuck with me, so much so that a few days later, I went back to my recycled newspapers to confirm my recollection: Wal-Mart is selling spiffy, stainless-steel backyard BBQ gas grills for $298. Such grills have long been a suburban status symbol of macho domesticity, much evolved from the little kettle-style charcoal burning versions of my childhood. My first shock was that they’re so cheap (thank you, China) that all elite symbolism has passed. Now average people with backyards who shop at discount stores can afford this luxury, and fuel it with a tank of propane gas, advertised for $17.82.

My second reaction is looking at this snazzy item through the lens of third world cooking; in my role as Director of Communications for Green Microfinance, I have learned a great deal about life without the infrastructures we in North America take for granted. GMF’s mission is to bring clean energy, environmental benefit, and poverty alleviation to the world’s two billion people without access to modern energy systems. Most of these households cook over foraged wood and dung in open fires; given population expansion, this requires ever more time to gather, since close-by supplies are exhausted. This is not exactly Martha Stewart’s domain. Not only is the direct burning of wood, dung, and crop residue extremely inefficient, it is highly polluting, resulting in respiratory disease as well as black carbon emission. It’s exactly the kind of outdoor “campfire” that in the affluent world has been replaced first by kettle barbeques and as we all became more affluent, gas grills.

Slightly better off families in the developing world can afford LP, liquid petroleum – generally all imported and way beyond the means of a Bottom of the Pyramid family. So the type of grill Wal-Mart is selling is actually a high-end third world stove. The irony, of course, is that for Wal-Mart’s customers, this is not a primary cookstove. It is just for recreational warm weather backyard barbeques. The indoor range, gas or electric, serves that duty.

One breakthrough for perpetually impoverished developing world households is improved cookstoves, paired with gas produced by a family’s biodigester. A slightly higher tech version of composting, these systems have a seal, so the waste which is dumped into them is processed anaerobically. Within a month or so, the biodigester yields methane gas along with very rich fertilizer. There are hundreds of different types of stoves being designed and marketed in the developing world. While very simple, they accomplish a great many improvements. They consume less fuel, making them less expensive to run. They utilize locally produced gas (ideally the “house” product!), eliminating the time required foraging for wood and dung. And since they are more efficient, they produce less pollution, resulting in improved health for both users and the planet.

The cost of a typical improved cookstove which can provide so many beneficial health, environmental and economic impacts? About $20—beyond the budget of most “Bottom of the Pyramid” households…. Betsy’s blog: www.MoneyChangesThings.blogspot.com.
Wind Energy May Not Be Safe for All

By Brenda Malinics

It would seem a cause to celebrate, cleaner/cheaper wind energy, that is, of course, unless you are a bat or a bird. In recent years, scientists have begun studying why, in addition to migrating birds, so many dead bats are being found under the fast-spinning blades of these turbines. Unlike birds, who are smashed to the ground by the strong blades, the dead bats are showing no external injuries. Biologists could not understand why bats that have echolocation so superb that they could detect objects as small as a hair were not able to avoid the huge blades (some 200 feet long) on 300-foot-tall turbines that spin as quickly as 160 miles per hour.

Bat kills had been practically nonexistent on wind farms since they first appeared, but in the past few years, taller, bigger, stronger turbines that produce more energy have been introduced. There has been a direct connection with bat deaths and larger turbines. Necropsies have shown that most dead bats had experienced burst blood vessels in their lungs. Scientists and biologists were initially baffled by this finding, but recently, according to recent findings suggest. At this time it is unclear what measures can be taken to stop bat kills and/or eliminate this pressure problem. Some have suggested that the turbines be stopped at night when bats are flying and wind is light, but of course, that would curtail electricity production as well.

Bat conservationists suggest that wind farms should be built away from bat migration routes. But since wind farms should be built away from practical option. And not many wind-farm owners are going to lose money by yet another mysterious disease, White Nose Syndrome (WNS). WNS has killed up to a million bats along the Northeastern Corridor and is spreading throughout the country with unprecedented speed and mortality.

White Nose Syndrome (WNS) is a new, cold-loving fungus that was discovered three years ago in Albany, New York. International researchers and scientists have called WNS, "the gravest threat to bats ever seen in recorded history." They report that they have never seen any new disease spread as quickly and kill so intensely as WNS.

Birds are the cornerstone of a healthy environment and they play a critical role in our agricultural industry as well. Without bats, there will be more insects damaging our crops, more mosquitoes, and more use of pesticides. Food prices will go up, and some products which are pollinated by bats will become scare.

Some experts even believe that WNS may cause some bats species to go extinct in our lifetime. So if you see a bat flying in the night sky this summer, feel privileged and take a long look, because it may be one of your last chances to see this important and misunderstood mammal.

Check out the following web sites for more information about bats and about WNS: www.batworldsanctuary.org, www.batcon.org, and www.fws.gov/northeast/whitenoisemessage.

If you find an injured bat, call me at 215-482-4356 or 215-707-7652. To add insult to injury, the PA Game Commission recently put a ban on bat rehabilitation, in response to WNS.
Expertise and Communication Key to Addressing Global Water Crisis

by Alan Biehn

Most Americans flush their toilets with water that is clean enough to drink. Conversely, nearly one billion people in the world lack access to clean water, and many must drink water that is contaminated with human and animal waste. In addition, 2.5 billion people (about 40 percent of the world’s population) lack access to toilets or latrines. The upshot? According to the United Nations (UN), nearly 5,000 children die every day from diarrhea and other preventable water-related diseases.

Conference on Water and Sanitation

On April 4, the Philadelphia Global Water Initiative (PGWI) held its third annual conference, entitled “Exploring the Public Health and Water/Sanitation Connection in Low-Income Regions,” at The College of Physicians of Philadelphia. At the event, a panel of experts from various disciplines described some of the obstacles to implementing viable solutions.

Surprisingly, many researchers and donors have agendas that perpetuate ineffective practices. According to Kellogg Schwab, Director of Johns Hopkins Center for Water and Health, researchers fear that publishing information about failed projects will harm their careers, so the causes of failure remain undisclosed and mistakes are repeated. And donors often take a “results-oriented” approach, restricting funding for project materials and installation.

Lack of access to clean water and sanitation impacts productivity, education, and gender equality. Water-related illnesses keep adults out of work and children out of school. Many in developing countries (mostly women and children) cannot earn money or attend school because they must spend hours every day carrying water from distant sources. The lack of private sanitary facilities at schools causes many girls to quit when they reach puberty, thus perpetuating gender inequalities in education.

Agriculture and Chemical Pollutants

Citizens of developed nations are accustomed to the unlimited availability of cheap, clean water for agricultural, industrial, and home use. Many take it for granted, even as their activities pollute and deplete the sources of that water. Many are unaware that the global water crisis is likely to impact their own countries in the near future.

There have been warning signs. In 2002, The Independent reported that “Thirty percent of Italians do not have a regular or sufficient water supply in their homes, and 20 percent use water that fails to meet standards required in the UN Millennium Development Goals for water/sanitation throughout the world.” Laskowski’s ultimate aim? “To save as many lives as possible.”

UN Millennium Development Goals

The UN Millennium Development Goals, or MDGs, set targets for reducing hunger, poverty, gender inequalities in education, and gender equality. Water and sanitation throughout the world. Lack of access to clean water and sanitation impacts productivity, education, and gender equality. Water-related illnesses keep adults out of work and children out of school. Many in developing countries (mostly women and children) cannot earn money or attend school because they must spend hours every day carrying water from distant sources. The lack of private sanitary facilities at schools causes many girls to quit when they reach puberty, thus perpetuating gender inequalities in education.

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Sustainable Product Design – An Oxymoron?

by Rob Tannen

Design is the Problem

“Designers are bought to make ‘new’ when it isn’t really better or when ‘old’ doesn’t need replacing.”—Ethan Shireldoff, Design is the Problem (2009)

As someone directly involved in the design of new products for a range of industries, I am well aware of the environmental impact of product development. According to the Story of Stuff (StoryOfStuff.org), a highly recommended sort of “An Inconvenient Truth” for kids, “99 percent of the stuff we run through this system [extraction, production, distribution] is trashed within six months.”

Moreover, the product design industry has been driven by goals of obsolescence and replacement. Wired magazine (April, 2009) recently discussed the science of designing products to fail just beyond their warranty period — “manufacturers engineer their hardware to last just long enough for consumers to feel like they got their money’s worth. They guarantee the gear for that period of time—and not a second longer.” While engineers work on planned obsolescence, marketing experts work on perceived obsolescence—aesthetic changes or insignificant features that can make a conceivable consumer feel like his or her product is no longer useful.

But in many parts of society, there has been a sea change, driven by a fortuitous and necessary convergence of factors—the re-surgence of the environmental movement, the need for more economical resource utilization, and growing, and informed consumer demand. As a result, many product designers are focusing significant attention and effort on sustainability.

Design is the Solution

Largely driven by a new generation of designers, the product design industry is, in many respects, a leader in the sustainability movement. The most direct example of this is The Designers Accord (DesignersAccord.org), a set of principles voluntarily adopted by over 150,000 product designers and manufacturers. These principles request adopters to:

- Provide strategic and material alternatives for sustainable design of products and services, and pledge to help customers reduce their negative impact.
- Consider your ethical footprint. Begin by measuring the carbon greenhouse gas footprint of your firm, and pledge to reduce your footprint annually.
- Advance the understanding of environmental and social issues from a design perspective by actively contributing to the communal knowledge base for sustainable design.

Note that these recommendations are both inward and outward facing. For example, an organization can aim to reduce its own carbon footprint by replacing travel with online meetings, and at the same time implement the use of biodegradable materials in manufactured products.

Another exciting occurrence is the Greener Gadgets Conference (GreenGadgets.org). Held in New York City for the past two years, the event includes leading speakers on sustainable product development, but its highlight is a competition among student and professional designers/firms to design concepts that promote sustainability and environmental responsibility. Concepts are sketches and prototypes of new product ideas that are not yet manufactured products.

As a student of product design, these events promote responsible behavior. But as in many parts of society, the design industry is, in many respects, a leader in the sustainability movement. The most direct example of that is The Designers Accord (DesignersAccord.org), a set of principles voluntarily adopted by over 150,000 product designers and manufacturers. These principles request adopters to:

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Sustainable Design
continued from pg. 16

consumers for their waste products, providing incentive necessary to sus-
tain the business.

The Problem is the Solution

While there are promising move-
ments and ideas for sustainable prod-
uct development, they represent only a small percentage of what is actually produced and consumed. It’s impor-
tant to recognize that product design, like any human endeavor, is an activity whose outcomes are driven by inten-
tions. It can continue to produce nega-
tive effects, or it can influence positive changes. I am hopeful that there is a mind-shift occurring that will cause a fundamental change in product develop-
ment in the near future, but it will take the concerted effort of individual designers and consumers.

Bob Tannen, a Co-op member, is
Director of Research at Bressler-
Rob Tannen, a Co-op member, is
designers and consumers.
take the concerted effort of individual
proprietor at Bressler, a Philadelphia-based product
design and development firm.

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Book Review

Tomorrow’s Table:
Organic Farming, Genetics, and the Future of Food

Reviewed by Stephen Takats

Here is a small book which should pro-
vide good reading and useful informa-
tion for the many Co-op members who are committed to using products from
organic farming. The authors are a
husband-and-wife team from Califor-
nia: Adamchak runs the organic farm
at University of California-Davis, and
Ronald, his wife, is a molecular ge-
eticist and successful rice breeder at
the same institution. She is the major
contributor to this pleasantly unortho-
dox book, which addresses the current
conflict between organic agriculture and
genetic engineering of crop plants. We
are led through daily events at their
work and at home, and science is brought in painlessly—we share
bits of lectures to students, discussions with their friends and relatives on food
shopping and home gardening, on food
costs and meal preparation (recipes are
even provided!). The environmental
benefits of organic farming are pointed
out, while its difficulties and limits are
not minimized. The increasing world
population cannot be fed through or-
ganic farming as it is now practiced.

The utility of genetic engineering to
the enterprise is argued forcefully.

I found chapters five and seven to be
particularly interesting. Chapter five
covers specific cases of successful ge-
etic engineering, e.g., the incorpora-
tion of the bacterial gene Bt to provide
resistance to insect pests, including the
corn ear worm, thus avoiding the use
of chemical pesticides. Another ex-
ample is chemical weed control with
the relatively benign herbicide glypho-
sate (Monsanto’s “Roundup”). This is
now widely practiced, following the
incorporation of the bacterial gene for
phosystase (Monsanto’s “Roundup”). This is
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In looking to the future, many
people think that the widespread use
of GE crops will lead to the control
of agriculture by supranational biotech
companies, like Monsanto. They al-
ready have the resources to do the re-
search and testing, they will patent the
genes and develop the GE crops, and
force profit for their business. They
can neglect people in poorer parts
of the world who need GE crops the
most. This prospect is considered seri-
ously—but is not resolved—in chap-
ter 11, using Ronald’s experience at
UC-Davis. One of the rice genes she
isolate and uses in breeding for dis-
ease resistance has now been patented
by the University. By licensing agree-
ments with large U.S. biotech compa-
nies, she and the University have been
assured that non-commercial breeders
in developing countries will have free
and exclusive use of the gene, provid-
ed that they also distribute seed of any
GE plants they develop. Much needs
to be done yet in this direction.

Reviewed by Stephen Takats,
Co-op member and Emeritus
Professor of Biology at Temple
University. He obtained his Ph.D.
in plant genetics from the
University of Wisconsin.

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June 2009
THE SHUTTLE

Reviewed by Stephen Takats,
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The June Garden
by Mark Goodman, The Neighborhood Gardener

June is a good time to plant summer-blooming perennials. Nurseries will have a larger selection of perennials on hand in June than they will in July or August. Furthermore, the weather in early June is still tolerable for those gardeners who don’t like to work in midsummer heat and humidity.

If your garden has some empty spaces, and you prefer perennials to annuals, here are some choices that will add color and pizzazz to your garden. Yellow is a popular color for summer perennials, and the most popular hot weather bloomer is the black-eyed (or brown-eyed) Susan. A good variety for our climate is rudbeckia “Goldsturm,” which will stay at around 18-24 inches and will not need staking. The good news is that it will stay in bloom from late June to early September. The bad news is that they spread very quickly, so you must give them room to proliferate or be prepared to continually thin them out.

Another yellow favorite is the “Moonbeam” coreopsis, with threadlike leaves and small golden flower sparks that grow in a bushy mound. If you like your flowers tall, plant a “Rocket” ligularia, which will grow to five feet. It prefers partial shade with only a few hours of morning sun. Its elongated cluster of yellow blooms makes it a good candidate for a rear or center position in the garden.

Is five feet still not tall enough for you? Then consider the helianthus, which grows to six feet with yellow daisy-like flowers. This plant is also known as “perennial sunflower,” although the flowers are smaller than the classical annual varieties. Don’t confuse the helianthus with heliopsis, helenium, or helichrysum, all of which flower yellow and take their names from the Greek “helios,” which means sun.

For sunny or partly shaded areas where you want low (12-inch) plants, try corydalis lutea, which has small trumpet-like yellow flowers and attractively lobed ears.

If your garden cries for red, try the pyrethrum daisy called “Brenda,” or traditional bee balm (monarda). Note that bee balm multiples quickly, and some varieties get powdery mildew. Perennial lobelia, also known as ‘cardinal flower,’ will make a notable carmine splash in your flower bed and will attract hummingbirds. For red and low, plant “Drag-on’s Blood” sedum in a sunny spot. Not only are the flowers red, but the stems and leaf fringes also have red highlights.

Another summer favorite is scabiosa, or pincushion flower, with the pink and blue varieties most popular. Summer phlox (paniculata) is a good perennial for Mt. Airy, because it does well in partial shade and the long-lasting flowers come in many colors, including white, pink, red, lavender, and purple. When buying summer phlox, ask for resistant varieties since the plant is susceptible to powdery mildew.

A great two-toned summer perennial is the red-with-yellow-rims gaillardia. Shorter varieties, such as “Goblin,” will eliminate flopping or staking. These are just some of the summer perennials that grow well in Northwest Philadelphia. If you want to learn more about them, read the perennial guide books in the Taylor’s and Garden Handbooks series.

June Tips:
Keep pinching back your chrysanthemums so they won’t be so leggy in the fall. Continue pinching the perimeter stems until mid-July.
Prune your azaleas, now that the blooms have stopped. If you wait too long, you’ll cut the new flower buds, which contain next year’s flowers.
When your weigelas and pink flowering spires finish their first bloom, cut them back right away, and you’ll get another bloom.
Still time to plant hot weather crops: string and soy beans, Swiss chard, New Zealand spinach, squash, and corn.
Correction: In the May garden column, the spinach alternative should have read “New Zealand spinach.” Apologies to all who got funny looks when they asked for New England spinach.
Garden joke: What kind of summer perennial likes to nap in your garden? Black-eyed Snoozin’.
If you have questions about summer perennials, contact the Neighborhood Gardener at earthcraft@comcast.net or at 215-248-1676.
Environmental Sustainability the Hot Topic at GFS
by Michael Boorse

Germantown Friends School recently highlighted its commitment to environmental sustainability with an assembly talk by Wynn Calder, president of Sustainable Schools, LLC, and a 1979 graduate of GFS.

Calder described how society promotes consumption and waste, and he illustrated many steps that schools and communities can take in order to do their part in reducing the strain on the Earth’s limited resources. “I hope I was able to convey the message that we still have time to get it right,” said Calder. He then met with students in the upper school Environmental Action Committee and heard about their initiatives for reducing consumption and waste at the school. The students and Calder were then treated to a preview tour of the school’s new sustainable urban science center, under construction on Coulter Street. Beginning in September, the building will house the upper school science classrooms and serve as a working model for lower energy consumption through its use of solar power, geothermal heating, and recycled water systems.

Touring the recently ‘greened’ GFS Common are (l-r) Environmental Action students Bridget Feely of Chestnut Hill, Ben Finkel of Mt. Airy, Wynn Calder, head of science; Gen Nelson of Drexel Hill; teacher Ian Van Wert of Mount Airy.

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Chances are that if you grew up in Germantown, Mt. Airy, or Chestnut Hill, you or someone you know attended pre-K at the legendary House at Pooh Corner, run by Teri DiCesare since its inception in 1979.

A teacher with a Masters in Early Education, Teri was looking for quality daycare for her own daughter when she found herself facing the same impasse that confronts so many families—the Daycare Dilemma. How could she, an education professional, put her infant daughter into a daycare with an assembly line attitude at best? Did she feel comfortable knowing her baby would be spending eight-plus hour days in a dingy church basement, or storefront soaped-window establishment, which were—and for the most part still are—the only “options” for families requiring all day care for their young children.

To bridge her own gap, Teri began a nursery school-cum-daycare in her Civil War era Germantown home. In what seemed like no time at all, her business had grown to the extent that it took over her entire three-story manse, eventually driving her out of her own house and home. And it hasn’t stopped. Teri currently has a waiting list for her program, the length of which encourages women to show up at her door holding positive result pregnancy tests in order to reserve a spot for their yet-to-be progeny. With a future so bright, House at Pooh Corner has decided to go retro and will be celebrating its 30th year anniversary this June at Awbury Arboretum.

Teri and her staff, a number of whom have been at Pooh Corner for over half their lives, have spent the past few months reaching out to former students, the eldest of whom are now searching for quality daycare for their own children. The result has been remarkable, and gratifying. Using Facebook as their primary meeting place, Pooh Corner has reconnected with over 300 former students and their families, and has also served as a sort of re-matchmaker, connecting alums with each other. “Two best friends [recent Masterman High School grads] joined us as Facebook friends, independently of each other,” says DiCesare, “And neither remembered having been fast friends when they were two and three, until they saw a photo we posted of the two of them together in our play yard.”

Other grads began posting photos from their own collections, and the site took off as a cyber-touchstone, with current and former “Pooh Corner families” checking in several times a day, “tagging” (Facebook lingo for identifying) themselves and their former compatriots in pictures, adding their recollections, and commenting on their current status. Many co-opted old photos of themselves posted on Pooh’s Facebook Page and are now using them as their “profile pictures.”

The reunion is especially poignant for those going through transitions, whether it’s graduating from middle school, high school, or college, or getting married and having children of their own. As one alumna said, “Making a new friend from an old is an amazing experience. Through Pooh Corner I’ve reconnected with so many former classmates. These were—are—the people I spent the early days of my life with, and it’s a feeling I can’t begin to explain.”

If you or someone you know attended the House at Pooh Corner, we urge you to contact us, and invite you to take a quick jaunt down Memory Lane on our Facebook page, House-at-Poohcorner at www.facebook.com.

Our Anniversary Reunion celebration will be held at the Awbury Arboretum on Saturday, June 20, from 3 to 6 p.m., and will feature an afternoon of fun-filled activities for everyone including lots of food, games, prizes, live music (featuring parent Kevin Hanson, of Huffamoose fame), then-and-now photos and multi-media presentations as well as a moonbounce and plenty of House at Pooh Corner memorabilia. More information, tickets and 30-year commemorative tee shirts are available through our newly revamped website: www.HouseAtPoohCornerDaycare.com.

House at Pooh Corner Celebrates 30 Years
by Daphne Dennis
Art and Sustainability Collide with Gimme Shelter

by Lisa Sonnenborn

Gimme Shelter is a showcase of six temporary camping shelters designed and built on site at The Schuylkill Center for Environmental Education. The project is meant to build awareness of the applied possibilities and meaning of sustainability and its impact on our lives and our connection to the natural world. The competition encouraged collaboration between artists, designers and architects, in order to demonstrate and promote new, unique, and inspiring approaches to sustainable design and building techniques.

Twelve semi-finalist designs were recently chosen from over 80 designs submitted by 65 teams from across the country and internationally, including Spain, Lisbon, Korea, and the UK. The semi-finalists were chosen by a panel of six distinguished jurors, including Mark Alan Hughes, Philadelphia’s Director of Sustainability. “Sustainability can and should be fun, on the way to becoming practical and profitable,” said Hughes. “If that sounds like a contradiction, then witness Gimme Shelter. The six selected shelters provide examples that can be duplicated anywhere with materials that can be found locally and affordably. These designs also suggest that sustainable practices can be fun to experience, and interesting to look at.”

Each shelter utilizes the best in sustainable practices, such as use and reuse of locally sourced materials. Bamboozle!, a shelter by Rebecca Popowsky and Rigg Skepek of Philadelphia, was built using straw-bale construction, locally harvested bamboo, and recycled bottles, and the rain runoff from its roof will water a small rain garden. Firefly, by Rashida Ng and Nami Yamamoto, is a pod-like structure that is covered with a photo-luminescent fabric that will allow it to glow in the evening after being charged by the sun’s rays. These and other finalist shelters are available for sleepovers on select Friday and Saturday nights throughout the Summer of 2009. For information on sleepover fees, reserving a shelter, or to view photos of each shelter, please visit The Schuylkill Center’s website at www.schuylkillcenter.org/gimmeshelter/.

Gimme Shelter is being coordinated by the Schuylkill Center’s Art Program Director Mary Salvante, and Art Program Manager Zoë Cohen. Gimme Shelter is funded by the William Penn Foundation, with additional funding from The Dollinger-McMahon Foundation, and is presented in partnership with The Center for Architecture and the American Institute of Architects-Philadelphia, The Engineering and Design Institute at Philadelphia University, Habitat for Humanity Philadelphia, and The Delaware Valley Green Building Council.
Cooking with Nima at MALT
by Judy Weinstein

When Nima Koliwad, 32, first moved to the United States from Bombay, India, she was most nostalgic for the smells that emanated from her mother’s kitchen. To help with her homesickness and as a way to reach out to new friends, Nima began cooking in her own kitchen. She was living in Princeton at the time while attending Rutgers University. She held small dinner parties for friends. Invariably, her friends would say, “This is so delicious! I could never make this.” Or they would say, “These flavors are so exotic!”

Thus began Nima’s part-time teaching career and the birth of her business called “Cooking with Nima.”

Nima’s love of cooking began in her mother’s kitchen in Bombay as she used to play with the kitchen tools instead of playing with toys. Nima’s mother created a variety of dishes. She routinely used only the freshest ingredients and flavors from North Karnataka, where she was raised, a region 300 miles from Bombay.

As Nima grew, she became her mother’s assistant. By age 16 Nima, was cooking for her mother’s friends. During a popular Hindu holiday called the Diwali Festival, people go to different houses each night for dinner. Nima and her mother always challenged themselves to craft a meal that was better than the one they had prepared the year before. Along with striving for quality taste, Nima intuitively knew that beautiful presentation could make the meal even better. “I can make this taste better and I can teach others how to do the same for themselves.”

Cooking with Nima runs on a few guiding principles: keep it simple; use few ingredients; buy local fresh food; teach the traditional tastes then take the flavors and spin them into modern dishes.

The most powerful moments in Nima’s classes are when students are introduced to new spices. First she has them taste the spice raw. Then she has them toast and taste the spices. Finally she grinds them up and shows how the spices mix with other ingredients. This process demystifies the spices and helps students learn how much of that particular flavor they like in their own dish.

Nima, who currently lives in Oreland with her husband, three-year-old daughter and two-month-old son, has decided that for now, graphic design will be on hold. Instead, she is working on growing her teaching business, consulting and starting a catering business, New York Botanical Garden (NYBG) and celebrates the beauty and history of the American coastline. Opening to kick off the summer season on Memorial Day Weekend, Saturday, May 23, the Garden Railway exhibit runs through October 12.

Once again, the Arboretum’s Garden Railway display is the creation of famed garden railroad architect Paul Busse, who designs elaborate, three-dimensional structures made of natural materials. Amazingly accurate in detail, his creations look remarkably like they were constructed from actual building materials. Only upon further inspection can the natural materials be identified as bark, leaves, twigs, hollow logs, mosses, acorns, dried flower seeds, and stones.

These perfectly proportioned miniature landscapes, complete with rivers and waterfalls, are set within the beauty of the Arboretum’s summer gardens. They include a quarter mile track featuring seven loops and tunnels with 12 different rail lines, two cable cars, and nine bridges (including a trestle bridge you can walk under). Visitors of all ages cannot help but be delighted by the bustling G (for garden-scale) model trains running through a summer landscape. Each year, the Arboretum’s Garden Railway designer, Paul Busse, works with Arboretum horticulturists to design an ever-changing environment for visitors to enjoy. Busse has designed and created exhibits nationwide, from The New York Botanical Garden (NYBG) to the Bellagio Hotel and Casino in Las Vegas.

Some of this year’s highlights include Cape Hatteras Light, Sandy Hook Light, Race Rock Lighthouse. Special themed weekends for Garden Railway include: Pennsylvania Train Weekend, June 14 and 15; Thomas and Friends™ Weekend, July 18 and 19; and Circus Week, Saturday, August 30, through Sunday, September 8.

The Garden Railway display is open weekdays from 10:00 a.m. to 4:00 p.m. and 10:00 a.m. to 5:00 p.m. on weekends through October 12. Thursday evenings in June, July and August, the Arboretum is open until 8:30 p.m. The display is free with regular admission ($14 adults, $12 Seniors, $7 Students and Youth (3-18); under age 3 is free). For more information, please call (215) 247-5777, or visit www.morrisarboretum.org.
Maternal Wellness Center Benefit at Trolley Car Diner & Deli
by Erin Schmitt

From Monday, June 22 through Sunday, June 28, the Maternal Wellness Center is holding an important fund-raising event at Mt. Airy’s Trolley Car Diner & Deli, 7619 Germantown Avenue. As part of its Helping Hands Week fundraising program, from Monday through Friday 7 a.m. – 9 p.m. and Saturday and Sunday 3 – 9 p.m. the diner will donate 15% of the revenue from supporters towards the Maternal Wellness Center.

The Maternal Wellness Center (MWC) is designed to support, educate, and empower women and families during their transition to parenthood. From pre-conception through the early childbearing years, MWC is committed to providing holistic services to improve maternal and infant outcomes. Further, the Center diligently works to address specific problems facing the Philadelphia birthing community, specifically dwindling access to prenatal care and a lack of racial and ethnic diversity among practitioners.

The Maternal Wellness Center provides a network of perinatal support through pre-natal and post-partum yoga classes, massage therapy, support groups, psychotherapy, nutrition counseling, breastfeeding counseling, and holistic childbirth education classes. In addition to these support and education services, the MWC offers a free wellness package for women of low income through the Healthy Moms Initiative and has begun providing free teen services at Germantown High School. Programs and services have already seen remarkable outcomes, including successful breastfeeding initiation and duration, more positive birth experiences, and a decrease in pre- and post-partum anxiety and depression. Further, Philadelphia moms are finding a community of peer support during a time when most new mothers report increased feelings of isolation. Since its inception, MWC has served over 2000 women and has provided outreach to several area high schools and youth groups.

Show your support by bringing your friends and family for a delicious and fun dining experience at Trolley Car Diner & Deli. Hours for the special are Monday through Friday 7 a.m. – 9 p.m. and Saturday and Sunday 3 – 9 p.m. Contact Laura House-Kelly at laura@maternalwellness.org to request a coupon for this fundraiser be emailed to you, or stop by the Maternal Wellness Center at 606 Carpenter Lane and pick one up! For directions or more information about Trolley Car Diner & Deli, call 215-753-1500 or go to www.trolley-cardiner.com.

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Elections, Appearance by Mayor Nutter at WMAN Annual Meeting
by Alexandra Morigi

At its Annual Meeting on Tuesday, June 16, 2009, the West Mt. Airy Neighbors will elect new Officers and Directors for 2009/2010. The evening begins with a reception at 6:00 p.m. followed by the Annual Meeting at 6:45 p.m. at the Cliveden Carriage House, 6430 Germantown Avenue.

WMAN is pleased to welcome special guest The Honorable Michael A. Nutter, Mayor, City of Philadelphia, who will speak about the importance of volunteerism and community activism. Also on the agenda is the recognition of “Partners in Progress” which honors community activists whose work strengthens Mt. Airy. All are invited to attend the Annual Meeting, and current WMAN members are eligible to vote for the Officers and Directors.

West Mt. Airy Neighbors is the community association for the West Mt. Airy neighborhood of northwest Philadelphia, Pennsylvania. The mission of West Mt. Airy Neighbors is to serve as a community-based volunteer organization committed to preserving and enhancing the quality of life in its richly diverse urban neighborhood.

Center in the Park (CIP) invites the community to join us in celebrating positive aging at several special events. Activities are held at Center in the Park, located in historic Vernon Park, 5818 Germantown Avenue, Philadelphia, PA. Off-street parking is available on the lot at Rittenhouse & McCallum Streets. Unless otherwise noted, events are free although pre-registration may be required. Contact the Center’s Program Office, 215-848-7722, for additional information.

CIP’s Spring Bazaar
Wednesday, June 3, 2009 - 10:00 a.m. 3:00 p.m. Browse household items, records, books, jewelry, clothing, art work, snacks, and more that will be on sale for your shopping pleasure.

Guitar and Poetry Jam
Thursday, June 4, 2009 – 1:00 p.m. CIP’s Guitar Class, under the direction of the internationally acclaimed jazz guitarist Monette Sudler Honesty, and CIP’s Poetry Group collaborate on an afternoon of smooth jazz and lyric spoken words. Refreshments will be provided.

Free Astral Artists Concert
Wednesday, June 10, 2009 – 10:30 a.m. Featured emerging young artists are Harrison Hollingsworth on the bassoon and Linda Kaminska playing the classical accordion. Refreshments will be provided.

Jewelry Workshop
Tuesday, June 16, 2009 – 1:00 p.m. If you need to fix an old bracelet or repair a favorite necklace or create a new pair of earrings, come out to a jewelry design workshop. The price to cover the cost of materials is $25. Please call the Center’s Program Office to register, 215-848-7722.

Biking?
Biking is a great form of exercise for everyone, including older adults. CIP is interested in hearing from you if you are interested in joining a Bike Club. For details on these and other events, please call 215-848-7722 or visit the Center’s website at www.centerinthepark.org.

Unitarian Universalism 101
A one-hour introduction to Unitarian Universalism for visitors and new members is held on the second Sunday of each month at 9:30 a.m. at the Unitarian Society of Germantown, 6511 Lincoln Drive in W. Mt. Airy. The next session will be Sunday, June 14. Attendees will receive a free copy of the Unitarian Universalist Pocket Guide. Childcare is provided.

Meditation Circle
The Meditation Circle is for anyone interested in meditation—novice or experienced. We meet at 9:30 a.m. every second Sunday in the Austin Youth Lodge, the carriage house in the parking lot behind the Unitarian Society of Germantown, 6511 Lincoln Drive in W. Mt. Airy. Our next meeting will be Sunday, June 14.

Women’s Singing Circle
A special invitation to mothers, daughters, and sisters. Come relax with the Women’s Singing Circle at the Unitarian Society of Germantown, 6511 Lincoln Drive in W. Mt. Airy. It meets from 7:30 to 9:00 p.m. on the second Monday of each month, in the Sanctuary. The next session is Monday, June 8. Join us to sing familiar tunes, learn new ones, chant/relax/meditate, share poems, dance, or play an instrument (if you’re available). No experience necessary, just a desire to participate in a celebration of our creative and spiritual voice. Light refreshments. All are welcome. Questions: usguu@verizon.net or 215-844-1157. Parking in rear of church off Johnson Street.

Men’s Group
The Men’s Group at the Unitarian Society of Germantown, 6511 Lincoln Drive in W. Mt. Airy, meets on the third Tuesday of each month at 7:30 p.m. at the church to discuss a specific topic. The next meeting will be Tuesday, June 16.

Buddhist Meditation
Buddhist Meditation is held on the fourth Sunday of the month, at 9:00 a.m. in Austin Youth Lodge, the carriage house in the parking lot behind the Unitarian Society of Germantown, 6511 Lincoln Drive in W. Mt. Airy. The next session is Sunday, June 28.

Events take place at Unitarian Society of Germantown, 6511 Lincoln Drive, Philadelphia 19119. All are welcome. Questions: usguu@verizon.net or 215-844-1157. Parking in rear of church off Johnson Street.
Golf and Pilates Presentation
by Jeff Smith

Approximately 27 million adults play golf in the United States, and most are looking for a way to improve their game. Physical conditioning is an important part of a successful round, and golfers can significantly improve their game with strong core muscles. As an exercise system, Pilates pays particular attention to this area of the body, in addition to working on general flexibility and range of motion in the joints.

Pilates in Germantown will host a presentation on the benefits of Pilates for golfers at 12 p.m. on Saturday, June 6, 2009, at its studio location, 5904 Greene St. in West Central Germantown.

According to Pilates Physicalmind Institute, when an amateur golfer drives the golf ball, he or she is reaching 90% of peak muscle activity. This is similar to lifting a weight that causes muscle failure after only four times. The golfer performs the activity 30-40 times in 18 holes. The golf swing produces eight times the body weight in compressive forces on the spine.

Golf and Pilates states: “Shearing forces are caused by compressive and rotational forces in the golf swing. These forces average 125 lbs in the golf swing; they approximate weight lifting squats the produce 154 lbs in shear force. The highest area of risk is in the lumbar spine.” It continues, “If you wanted to invent a movement that would ruin someone’s low back, it would look like golf.”

The presentation by principal trainer Debra Savage will include a demonstration of the kinds of exercises that are used with the Reformer to improve the golfer’s game. A package of printed materials suggesting other exercises will be offered to participants as well.

The studio requests advanced registrations at 215-848-3275. The fee for the presentation is $15 at the door and includes the take home materials.


Campaign to Expel Hormones from School Milk
By Alex Beauchamp, Food & Water Watch

Food & Water Watch’s School Milk Campaign wants Congress, and Senator Casey in particular, to make the smart choice for school lunches: Milk free of artificial growth hormones.

The federal nutrition programs are a major provider of milk to our nation’s school-age children. According to the National Milk Producers Federation, nearly 430 million gallons of milk were distributed through the National School Breakfast, Lunch, and Special Milk programs during the 2005-2006 school year. Unfortunately, a significant amount of this milk may have been produced with artificial growth hormones.

That’s why Food & Water Watch has been working to convince Senator Casey to allow Pennsylvania schools to choose to purchase milk free of artificial hormones. Over the last several months, the group has led a grassroots effort to convince Senator Casey to stand up for children’s health.

Volunteers have collected and delivered over 1,000 postcards from folks telling Senator Casey to expel the hormones from school milk. Activists have also met with Senator Casey’s staff, written letters to the editor of local papers, and, on March 12, organized a call-in day with 189 people placing a call to the senator’s office.

The campaign has gone well so far, and we know that Senator Casey’s office has taken notice, but, of course, the work isn’t over yet. Are you interested in helping out? Just contact Alex at Food & Water Watch at alexbeachump@fwwatch.org or 202-683-2533, or take a look at the Food & Water Watch website at www.foodandwaterwatch.org/food/school-milk.
Libraries, Opening – Not Closing!

by Gail S. Kotel

When my son started at CW Henry School in 2006, the school’s library was nonfunctional. Seeing the library in this state compelled me to take action!

As a member of the Home & School Executive Board I initiated the Henry School Library Project, raised funds, and procured a laptop computer and library cataloging software.

With parent support, books were cleaned and recataloged, but things really began moving this year when Germantown Jewish Centre joined forces and pooled their volunteers to our library! In addition to automating the books, the idea of story time was raised and immediately embraced, and “Introduction to the Library” had its first session at Henry on Tuesday, February 3. Four classes, from grades K-3, participated that day. Each was scheduled for half an hour, during which a volunteer described the library and engaged the children in interactive “story-time.” This will continue, ongoing, Tuesdays and Thursdays for grades K-3. We will be testing the book loans and hopefully begin lending books to the lower classes by the end of May. The next stage is to make the library more aesthetically appealing. (If you have any “rug” connections let us know.) The GJC volunteers are meeting soon and involving the art teacher from Henry and hopefully the children as well.

The idea of GJC reinvesting in its neighborhood school makes total sense. Many of the volunteers are parents of Henry Alums. The history of Germantown Jewish Centre drawing people to Mt. Airy (then German-town), to be able to live and worship, mirrors one of Henry’s missions: to serve its neighborhood’s children.

Henry and GJC would love to see you involved too! The library will need a part-time worker to maintain all the hard work and re-shelve books as the kids borrow and read them. If anyone has skills in grant writing or has any other fundraising ideas, they would be welcomed. For more information about involvement in the library project, please contact Maxine Margolies at mmargolijhaferford.edu.

Wine Tasting Marks Allens Lane Art Center’s 56th Anniversary

by Craig Stover

Allens Lane Art Center will celebrate their 56th year by hosting a wine tasting event on Saturday, June 6, from 7 – 10 p.m. In coordination with The Wine School of Philadelphia, there will be a fine selection of wines available along with expert sommeliers on hand to give talks about the evening’s selection. During the evening, guests will get to enjoy touring the newly renovated facility and will see the newest exhibit in the Carolyn Feidler-Alber Gallery, The Edelscheins: A Closer Look (runs until June 12). Guests will also get to learn about the programs and events that Allens Lane Art Center puts on throughout the year as well as a variety of ways that they can get involved.

Tickets are $56 each or two for $100. Reservations can be made through the Center’s website at www.allenslane.org, or you may call 215-248-0546 with your credit card information and the names of the guests in your party. This event is a fundraiser for Allens Lane Art Center and a portion of the ticket prices will be tax-deductible.

Allens Lane Art Center is located at 601 West Allens Lane between McCallum and Greene Streets in West Mt. Airy. Free off-street parking is available. For more information about Allens Lane’s programs, events, and opportunities, please visit us on the web at www.allenslane.org or call 215-248-0546.

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Look for our monthly specials!
**Suggestions continued from pg. 28**

r: (Martha) Thanks—we’re glad you’re here, too. Space for the Mt. Airy store is tight as we all know. A bulk setup needs adequate room/ space and currently we don’t have that. I am hopeful that we might work out an area for bulk soap that. I am hopeful that we might work out an area for bulk soap setting up. If we can find distributors

s: “Thank you for supplying the xylitol on the lowest shelf of the wellness area (to the far right of that shelf).

s: “The best matzo ball soup I ever had was made by Bonnie. The matzo balls were light and flavorful as well as the vegetable broth.”

r: (Bonnie) Thank you, Vicki. It’s taken me six years to perfect my matzo balls! (Norman) Few people know that matzo ball originated with the Hebrews were wandering in the desert after leaving Egypt. Many Hebrew boys missed their favorite pastime of pummeling up some toilet paper, wetting it, and then throwing it at ceilings inside Hebrew school bathrooms, where the wads would stick and then drip and look funny (some remain to this day. This is great fun, if you’ve never tried it give it a shot). In the desert, even boys realized toilet paper couldn’t be wasted like this, so they took to forming matzo dough into balls and throwing them at rocks. Inevitably, some of the balls landed in soup pots. You may wonder why Hebrews were cooking soup in the hot desert; it was because raw matza wasn’t really that palatable (despite the matza industry’s claimed health benefits of eating raw matza). Plus, the matzo was kind of dry.

s: “Your last suggestion Book article kind of sucked, can you please stop disappointing Shuttle readers?”

### Weavers Way Chess Club

We are looking for a member(s) to get the Chess Club started again. Weavers Way has the boards, pieces, clocks and we also a member of the Chess Federation.

Interested parties should contact membership office 215-843-2350 ext. 118.

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

**Mt.Airy**
559 Carpenter Lane, 215-843-2350
Monday-Friday 9-8
Saturday-Sunday 9-6

**Ogontz**
2129 72nd Ave., 215-276-0706
Monday-Friday 9-8, Saturday 10-6, Sunday 12-5

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**Photographers**
Kymbry R. Bays, Rachel Milbenack

### Board of Directors

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<tr>
<th>Position</th>
<th>Name</th>
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<tbody>
<tr>
<td>President</td>
<td>Nancy Weinman (2008 - 2010)</td>
</tr>
<tr>
<td>Vice President</td>
<td>David Woo (2007 - 2009)</td>
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<tr>
<td>Secretary</td>
<td>Bob Noble (2008 - 2010)</td>
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<tr>
<td>Treasurer</td>
<td>Chris HIll (2006 - 2008)</td>
</tr>
<tr>
<td>Immediate Past President</td>
<td>Stu Katz (2007 - 2009)</td>
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<tr>
<td>Art-Large</td>
<td>Sylvia Carter (2007-2009)</td>
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<tr>
<td>Public Relations</td>
<td>Sue Wasserlag (2006 - 2010)</td>
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<tr>
<td>Margaret Lenz</td>
<td>Daisy Tuki, Cat Niallon, Brian Maher, Cynthia Potter</td>
</tr>
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### Committee Chairs

**Diversity & Outreach**
Dave Forbes
Derek Schaffer
Environment
Sandi Foster
Finance
Chris Hill
Farm Mark Klempner
Leadership Bob Noble
Membership
Sasha Carter
Membership Support
Josh Gilbin
Operations Support
David Balsam

**Board Members**
Board members and committee chairs have mailboxes on the second floor of 559 Carpenter Lane.

### Op-Co Meetings

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<tr>
<th>Board</th>
<th>1st Tues. 7:00 p.m.</th>
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<tr>
<td>Finance</td>
<td>3rd Thurs., 7:30 p.m.</td>
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<tr>
<td>Education</td>
<td>1st Wed., 7:00 p.m.</td>
</tr>
<tr>
<td>Membership</td>
<td>1st Fri., 7:00 p.m.</td>
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### Members/Department Heads

<table>
<thead>
<tr>
<th>Position</th>
<th>Name</th>
</tr>
</thead>
<tbody>
<tr>
<td>General Manager</td>
<td>Glenn Bergman, ext. 131</td>
</tr>
<tr>
<td>Purchasing Manager</td>
<td>Norman Weiss, ext. 103</td>
</tr>
<tr>
<td>Operations Manager</td>
<td>Rick Spakel, ext. 101</td>
</tr>
<tr>
<td>Finance Manager</td>
<td>Susan Beettle, ext. 110</td>
</tr>
<tr>
<td>Fresh Foods Manager</td>
<td>Dale Kinley, ext. 104</td>
</tr>
<tr>
<td>Deli Manager</td>
<td>Margaret Felton, ext. 134</td>
</tr>
<tr>
<td>Human Resources Manager</td>
<td>Jon Roesser, ext. 132</td>
</tr>
<tr>
<td>Farm Manager</td>
<td>David Zilovich, ext. 310</td>
</tr>
<tr>
<td>WWCP Executive Director</td>
<td>Rachel Milbenack</td>
</tr>
</tbody>
</table>

**Flowers**
Catherine Nallorn, vm. 317
**Merchandising Coordinator**
Sara Chinnis
**Environmental Steward**
Cheryl Kelp
**Information Technology**
Tanya Robersten, ext. 129
**Pet Store Purchaser**
Karen Bernal, vm. 301
**Pet Store Purchaser**
Steve Hebden, ext. 275
2129 72nd Ave., 215-276-0706
editor@weaversway.coop
serena@weaversway.coop
mackenzie@weaversway.coop

### Shopping List

- Brita Filters Included.
- **Discounts Available**
  - Inserts available
  - Highly Targeted
  - Extended Internet Presence
  - Inserts available

### Shuttle Distribution

- Shuttle distribution has expanded.
- The Shuttle itself has expanded to include more community news.
- Shuttle distribution has expanded. Given this new reality I thought it would be best to set the bar low, so new readers won’t expect much, and then maybe one day they will be pleasantly surprised.

### Weavers Way E-News

Sign Up Online at www.weaversway.coop
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.

A couple weeks ago I got a sample of Popchips, an “all natural” low-fat potato chip-like substance that extols its virtues of having never been fried or baked. Instead, it’s been “popped.” Ingredients include “natural potato ingredients,” which itself has ingredients of potato flour and potato starch. Somehow, being “popped” (a process using heat and pressure) is more desirable than being fried or baked. Imagine if this were actually true and desirable than being fried or baked.

s: "Change, too; imagine the home “popper.” Recipes would have to make room for a new appliance, microwaves in our kitchen, we’d have to use today. A piece of Laurence’s spirit lives on within our store’s walls, joining the others whose lives contributed to WW development and have since moved on.

suggestions and responses:

s: “Can you purchase and sell on a regular basis whole grain steak/hoagie rolls.”

r: (Nancy) Good idea! I’ll have to check with our suppliers.

s: “Organic Feta? I see two kinds but not organic.”

r: (Margie) We don’t have space to carry this on a regular basis. The two fetas we sell now are top sellers. The organic feta is very pricey but I will try it in the specialty case and see how it sells.

s: “The “Holy Orders” fudge—I saw this touted in a recent “Shuttle” and so wanted to try it. I found it pretty nondescript, and quite disappointing! Seems to me that the high $$$ is about the beautiful packaging rather than quality ingredients. Any other opinions registered?

r: (Margie) When we sampled the fudge, shoppers said they loved it. The chocolate sold very well, the maple syrup. Sorry you didn’t like it.

s: “Can you get muffins? I want blueberry and banana nut. Not raisins! You have some, but not enough. Please!”

r: (Nancy) Dancing Apple has decided to go out of business. I am working on getting a new local baker. She will probably start after May 15. (Norman) Muffins (and cupcakes) violate one my cardinal food rules: no food should be of a shape such that you cannot fit both its top and bottom in your mouth in one bite. Muffins are simply too high. Therefore, when the muffins come in, we are going to have them sliced in halves or thirds, thereby accommodating this rule.

s: “The “new”? Slowrise bakery multigrain bread is outstanding, I served it for a lunch party and people spontaneously remarked “this is really good bread!”

r: (Nancy) Thanks!

s: “I’m so happy you guys are here. Any chance you could carry things like biodegradable dish detergent and Dr. Bronner’s in bulk (as in, we bring in our bottle and refill them).”

continued, pg. 27

Equal Exchange Fair Trade

June Coffees of the Month

Organic Fair Trade Mind, Body, & Soul
reg. $10.01, sale $7.99/lb.

Organic Fair Trade Espresso Decaf
reg. $12.61, sale $11.61/lb.

Packaged Coffee Special - Fair Trade Café Salvador
Drip grind, full city roast. Full body & smooth flavor from small farmer co-ops in El Salvador.
reg. $7.93, sale $6.43/lb.

Welcome to Weavers Way Cooperative Association

Dear Neighbor,

If you are not already a member of Weavers Way Co-op, you are invited to join. Weavers Way is a member-owned, not-for-profit cooperative. Our bylaws require that in becoming a member, someone from your household attend an orientation meeting, where details of membership will be explained. Meetings are held at the Germantown Jewish Center (GJC), Lincoln Drive and Ellert Street, at Church of the Annunciation (CA), Carpenter Lane and Lincoln Drive, and at Grace United Methodist Church (GU), 7099 N. 28th St, in West Oak Lane. Upcoming Orientation Meetings are on the following dates:

<table>
<thead>
<tr>
<th>Day</th>
<th>Date</th>
<th>Time</th>
<th>Location</th>
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<tbody>
<tr>
<td>Wednesday</td>
<td>Mar. 4, 2008</td>
<td>6:45 p.m.</td>
<td>GJC</td>
</tr>
<tr>
<td>Saturday</td>
<td>Mar. 21, 2009</td>
<td>10:30 a.m.</td>
<td>GU</td>
</tr>
<tr>
<td>Wednesday</td>
<td>Apr. 1, 2009</td>
<td>6:45 p.m.</td>
<td>GJC</td>
</tr>
<tr>
<td>Saturday</td>
<td>Apr. 18, 2009</td>
<td>10:30 a.m.</td>
<td>GU</td>
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</table>

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

Robin Cannicle, Membership Manager

For more information, please e-mail Hillary at Memberloan@weaversway.coop or call 215 843-2350 ext. 327

“Weavers Way Loan Campaign, it’s safer than a bank! Loans will contain no mortgage backed securities, derivatives, or credit default swaps.”