

## NOTICE of Election for Board of Directors

Elections will be held at the Weavers Way Co-op Spring General Membership Meeting Sunday, May 15, 2011

Board Positions to be filled:  
4 At-Large Directors for 3-Year terms  
All nominations must be submitted no later than 5 p.m.,  
Wednesday, February 23, 2011

## Community Discount Program

Members of Weavers Way Co-op receive valuable discounts and specials at many local businesses!

Visit [www.weaversway.coop](http://www.weaversway.coop) and click on "Community Discount Program" or see stores for brochures. New businesses are joining this program all the time, so check back often for up-to-the-minute listings!



# The Shuttle

February 2011 Vol. 40 No. 2

A Cooperative Owned Grocer Serving the Northwest Community Since 1973

## Member Appreciation Days

by Jonathan McGoran, Shuttle Editor

THE WEEK of January 16 through 22 was Weavers Way's first member appreciation days, a time when the Co-op could thank its members for their support with an extra five-percent discount on purchases, as well as product samplings, steeply discounted Co-op tee-shirts, cake, and more. The extra five percent discount was in addition to the monthly member specials. It was also added to the five percent working member discount, so working members received ten percent off their purchases. The extra five percent over the week added up to \$14,000 in savings for members who took advantage of it.

The Member Appreciation Week also provided a great incentive for those contemplating joining or reactivating their memberships, and more than 150 did so during that week and the weeks leading up to it.



photo by Jonathan McGoran

At Weavers Way Co-op, we take Member Appreciation Days seriously. We don't just have an extra 5% discount for all our members, steep discounts on Co-op tee-shirts, product samplings, and balloons—we had cake, at all three Weavers Way stores! Now, don't you feel appreciated?

## WWCP Updates

by Rachel Milenbach, WWCP Executive Director

I AM constantly amazed by how fast each year goes. As I approach the end of my third year as Executive Director of Weavers Way Community Programs, the rhythm of our programs is clear. Marketplace operates primarily during the school year, with the exception of Eastern University Academy Charter School, which operates year round. September comes with the excitement of the new year and all things possible. We wind down toward the holidays as the days get shorter and the nights get longer. Solstice brings much needed relief, and then we are on the other side, moving towards spring and the next growing season.

Since Adam Forbes, our farm educator left to follow the next path in his jour-

(continued on page 8)

### Marketplace Spotlight

## Henry Houston Elementary School

by Carly Chelder, Marketplace Coordinator

HENRY H. Houston Elementary School in Northwest Philadelphia has partnered with Weavers Way Community Programs for four years to offer the Marketplace to the school community. School counselor James Salom has devotedly acted as teacher advisor for the program since its inception. This year there are 20 students on the team from grades six to eight. On select Mondays and Tuesdays, team members go to Mr. Salom's office to prepare for the Wednesday sale. These students

(continued on page 10)

## Co-op Pays Down Debt, Improves Loan Terms

by Ned Case, Interim Business Manager

WEAVERS WAY took two steps in January that improved its financial position. The Co-op paid ahead of schedule \$250,000 in financing from The Reinvestment Fund (TRF) and extended the maturity of its \$600,000 building acquisition loan from Valley Green Bank.

The decision to pay TRF came after Weavers Way's finance staff evaluated the Co-op's cash position and the successful sales performance of the Chestnut Hill store, as well as the continuing positive effect of Member equity contributions and Member loans. The Co-op is ending its Member loan campaign as of February 14, 2011. Look for more about our Member Loan Campaign, which raised nearly \$700,000, in a future issue of the *Shuttle*.

According to Finance Manager Susan Beetle, "Staff concluded Weavers Way had sufficient cash reserves to allow it to

(continued on page 5)



photo courtesy of TRF

Weavers Way Board President David Woo presents a check to TRF's Don Hinkle-Brown, President of Community Investments and Capital Markets, and Christina Szczepanski, Fresh Food Access Program Manager, for \$250,000, representing WW's early repayment of a loan. The proceeds will be returned to TRF's state-wide Fresh Food Financing pool to provide financing for other fresh food retailers in underserved communities in PA. To learn more about TRF, visit [www.trfund.com](http://www.trfund.com) or call 215-574-5800.

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# Editor's Note



by Jonathan McGoran,  
Shuttle Editor

FOR MANY years, I have been complaining about the dearth of letters to *The Shuttle*. No matter what I tried—a consistently snarky tone, proposing ridiculous and controversial boycotts, repeatedly poking fun at Norman Weiss—the most I would get would be two or three letters a year.

But at this Fall's General Membership Meeting, I gave a presentation inviting members to submit letters to the editor, and reminding them that I would run those letters unedited, as long as they were not offensive. I must have been pretty persuasive, because out of about 100 people in attendance at that meeting, this issue I seem to have received letters from just about all of them. (Be sure to attend the Spring General Membership Meeting, where I will give a super-persuasive presentation inviting members to contribute to the *Shuttle* editor's retirement fund.)

Of course, it is possible this is a coincidence, and the letters have nothing to do with my presentation. The deadline for the February issue was January 2, and people frequently make New Years resolutions to get better about correspondence. It is also possible that, rather than resolutions by many people to write more letters, there may have been a single resolution by a lone postal employee to get better about delivering all those letters he had been stashing in his garage. It's hard to say for sure.

And those letters to the editor were not the only communications we received; we also got a very nice note from retired home delivery person Carol Kraissler, who gracefully and eloquently described her employment at Weavers Way as satisfying, pleasurable, and special. Whatever the cause of all this correspondence, I'd like to thank all those letter-writers for telling us what is really on their minds, and I'd especially like to thank Carol for writing all that nice stuff, instead.

Finally, Weavers Way has now had our first "Member Appreciation Week," and I hope all you members felt appreciated. Personally, I am relieved we can now go back to taking you for granted.

**The Shuttle is published by Weavers Way Co-op. Deadlines for each issue are the first of the preceding month, e.g. December 1 for the January issue.**

**For information about advertising, contact [advertising@weaversway.coop](mailto:advertising@weaversway.coop), or call 215-843-2350, ext. 135**

#### Statement of Policy

Articles should be under 500 words and can be submitted neatly typed, on disk, or by e-mail to [editor@weaversway.coop](mailto:editor@weaversway.coop).

Be sure to include your name, phone number, and membership number. Drop them off by the deadline to the *Shuttle* mailbox on the second floor of the Mt. Airy Co-op. The purpose of the *Shuttle* is to provide members with information as well as education about co-ops, health food practices, and other matters of interest to the members as consumers and citizens of the community.

Articles express only the views of the writers and not those of the Co-op or the board of directors, unless identified as such. Articles, letters, comments, criticisms, and suggestions are welcome and should be directed to the editor. Space limitations require that the editor have the right to edit all articles. Ad rates are available upon request, in the advertising mailbox on the second floor, or at [www.weaversway.coop](http://www.weaversway.coop). All ads must be submitted electronically, or camera-ready with prior arrangement, and should be submitted with payment. Products or services advertised in this paper should not in any way be construed to be endorsed by Weavers Way Co-op.



**The Shuttle is printed on 100% recycled paper**

# February on the Farm

by Nina Berryman, Henry Got Crops! CSA Farm Manager

FEBRUARY IS an odd month on the farm. It's surprisingly busy and disorienting for me sometimes. I am a creature of habit and I love the routine of the summer as a farmer. Every week I know what I need to plant, what I need to harvest and when, and every week my schedule is exactly the same. In February, all scheduling goes out the window and I have to reconfigure when and how everything will get done. I also have a minor season identity crisis where I constantly get confused with what is meant by "this season." We are really in limbo since we are still wrapping up obligations from the 2010 growing season (like writing the year end report and recording harvest numbers), but we are also working on the 2011 growing season (like figuring out our planting schedule), while actively farming in the present growing season in our hoop houses and greenhouses.

We'll start the month off conducting interviews for our apprenticeships. This is an exciting task, and I am always overwhelmed and impressed with how many amazing applicants want to work with us! If only there were more urban farms for these applicants to work on!

Next, we'll seed some cold-hearted root crops in one of our hoop houses, mostly radishes and hakurei turnips. Every year since I started at Weavers Way we build another hoop house at one of our sites. This means our fall crop map and seeding schedule gets more and more complicated. This is an area about which I am learning so much every year. How do we continue to improve our growing season in the "off season" in Philadelphia (and do we *really* want to do that to our-

elves)? What is the minimum temperature at which different crops can survive? How long does it take these crops to grow at this challenging time of year with limited sun and colder temperatures? How do we water these crops when the pipes keep freezing every winter? These hoop house crops, as well as other baby greens seeded in December and January, will be headed to our winter market in March and April. For the first time, we will be attending the Rittenhouse Market in Center City on Saturdays. Come check us out!

We will also continue seeding in our greenhouse for the regular growing season in the fields. After seeding the onions in the end of January, in February we will start our broccoli, cauliflower, cabbage, kohlrabi, lettuce, scallions, tat soi, bok choy, kale, and collards. By the end of the month, we will have moved on to beets, dandelion greens, leeks, fennel and mustard greens.

In addition, we will attend a farming conference with some of our coworkers in the produce department. Every year we spend two days in State College at the Pennsylvania Association for Sustainable Agriculture (PASA) conference. We attend workshops on various farming topics



photo by Jonathan McGoran

that we want to learn more about, gawk at all the beautiful hand tools and drool over the nerdy resource books. We also make it a priority to find the hotel hot tub.

Lastly, we'll squeeze in any other miscellaneous items on our "to do" list, which was started back in November when we thought we would have more time to get around to those tasks. There are some major hoop house repairs that need to be done, some equipment maintenance (including cleaning the van which turns into a bit of a third home during the growing season—the second home being the farm, of course), and the ever-elusive jobs of sharpening tools and organizing the shed.

In a nutshell, that's February!

~ [nberryman@weaversway.coop](mailto:nberryman@weaversway.coop)

# WWCP Welcomes New Farm Educator Kestrel Plump

Intro by Kestrel Plump

I AM delighted to introduce myself as the newest member of the amazing team at Weavers Way Community Programs and Weavers Way Farm. The position of Farm Educator allows me to pursue my two passions—growing food and teaching others about farming and plants. I love plants and am constantly learning about them and sharing my joy of them with other people. I am a student of herbalism school, apprenticing with Rosemary Gladstar at Sage Mountain in Vermont, and I hope to bring some of my herbal studies to my work at Weavers Way. I deeply love eating good food, and revel in the opportunity to share growing and preparing it with others. I am particularly excited to work on a plot of land in the beautiful arboretum, where I hope to use, among other things, companion planting and intercropping as a model for students to come, work with, and see firsthand. I am also equally looking forward to working at the homeless shelter, where I will have more continuity with the students and an opportunity to share the whole process of growing food, from seeding to eating.

This will be my fifth year farming and teaching farming in the Northeast. Having grown up in Eastern Pennsylvania, I have a tremendous appreciation for the land here and its farming history. Around the time I turned ten, many of the open fields near where I lived started being transformed into housing devel-



photo courtesy of Kestrel Plump

New farm educator Kestrel Plump

opments. Though I did not recognize it at the time, this was the beginning of my passion for sustainable agriculture. I did, however, know from a very early age that what I wanted to do with my life was teach people about the natural world and how to interact with it in a more respectful way.

I went to an amazing Quaker high school in Newtown, PA, the George School. There I learned the power of community and a real sense of social responsibility. To complete my community service requirement, I had the extraordinary opportunity to travel to a

Navajo reservation in northern Arizona for a month and teach elementary school children to read. Of course, I probably learned more than my students on the trip. One of the many lessons was that teaching was something that I not only loved but came naturally to me.

After graduating high school, I started at Warren Wilson College, which hosts a working farm and the largest swinery in Western North Carolina. There, I was exposed to farming in a more intimate way than I had been pre-

(continued on page 7)

## Sea Urchins, Oysters and Lobsters

Nothing says "I love you" like delicious shellfish and crustaceans! Available for pre-order this Valentines Day: Live Maine lobsters, live Maine Sea urchins (uni), and fresh BC Kushi oysters. Treat your loved one to an exquisite seafood dinner in the intimacy of your own home (at a fraction of the cost of going out). We'll advise you on planning your menu and preparing your seafood.

We'll even teach you to shuck oysters! Stop in to talk with us in the basement or inquire by e-mail at [seafood@weaversway.coop](mailto:seafood@weaversway.coop). Happy cooking!



## Spring Bread Classes

by Rachel Brown, Chestnut Hill Bakery Buyer

SWEETWATER BAKING Company, a longtime vendor for Weavers Way, will be offering baking classes this spring on site at its bakery in Kimberton, PA. This is a fantastic opportunity to see where your loaves are coming from and to learn from the experts. The classes will focus on the use of natural leavens, artisan production techniques, fundamental bread theory, and brick-oven simulation in home ovens. You will explore the art and science of wood-fired brick-oven bread baking by immersing yourself in the rhythm, philosophy and culture of the bakery. There are two short-form classes, on February 19 and April 16, from 10 a.m. to 3 p.m. Next month, Sweetwater will host a long-form class over two days, from 7 p.m. to 9 p.m. on March 25 and from 9 a.m. to 2 p.m. on March 26. Ten slots are available per class. To register, call 610-935-1060 or e-mail [carbonrcks@gmail.com](mailto:carbonrcks@gmail.com). The short-form class costs \$65 and the long-form class costs \$100. Mail payment to Sweetwater Baking Co., Attn: Bread Class, PO Box 1045, Kimberton, PA, 19942.

Sweetwater Bakery works closely with Camphill Kimberton, a non-profit, ecologically focused independent living community whose mission is to encourage individuals, especially those with special needs, to discover and fulfill their greatest developmental and creative potential within a farming and handcrafting community.

In valuing persons of all abilities, Kimberton Hills seeks to foster a living and working environment that is sustainable, productive and beautiful. Residents and volunteers uniquely contribute to the community through meaningful vocations such as gardening, dairy farming, and working in the café, bakery and craft workshops. As the community cares for one another, it also nurtures and improves the land by practicing biodynamic and organic agriculture and raising environmental awareness. For more information, visit [www.camphillkimberton.org](http://www.camphillkimberton.org)

~ [rbrown@weaversway.coop](mailto:rbrown@weaversway.coop)



photo courtesy of Camphill Kimberton

Camphill Kimberton staff: Charlene, Mike and Sebastian

## Fresh, Local Produce, Even in Winter!

by Stephanie Kane, Chestnut Hill Produce Staffer

FEBRUARY IS a difficult month in the produce department. We've had a great season of apples, with the Mt. Airy and Chestnut Hill stores carrying as many as 23 varieties at a time. There's also been plenty of greens, sweet potatoes, and squash to keep things interesting this winter. However now many winter veggies are going out of season and we can only wait for the first signs of asparagus to signal that more spring vegetables are on their way.

One other thing that will be making its way back onto our shelves is Paradise Organics greens. As many of you know, we carry Paradise Organics' spring mix, arugula, Asian mix, and spinach. They are all certified organic and are a great deal because we bag the greens ourselves.

We also continue to receive mushrooms from Mother Earth, located in West Grove, PA. This area of Pennsylvania is known for growing over half of the nation's mushrooms, and this farm has been in operation for 89 years. Mushrooms are a great source of B vitamins and minerals such as selenium and potassium. Selenium is important for the immune system and in protecting the breakdown of cells,

which can lead to heart disease. Potassium helps control blood pressure and nerve and muscle function. Despite not needing sunlight, many mushrooms also contain high levels of vitamin D, important for the absorption of calcium and balancing your mood. Often mushrooms are exposed to ultraviolet light to boost their levels of vitamin D. Finally, the beta glucans in mushrooms help boost your immunity and resistance to allergies. Beta glucans in oyster mushrooms and shiitakes are considered the best.



Citrus is also still in season, in fact, this is peak time for grapefruits. It's a good thing that citrus is in season during the winter months, as its high vitamin C levels can help stave off late winter colds. Pink grapefruit are a great source of vitamin A and contain both folic acid and calcium.

So despite the cold weather, you can still get some of your produce locally, and even for things that come from a little further away, it's important to keep seasonal produce in mind to stay healthy as we wait for the warmer months.

## Passover is Coming!

by Bonnie Shuman, Chestnut Hill Prepared Foods Manager

HELLO SHOPPERS! While it is only February, it is not too early to be thinking about Passover. Since we now have a full kitchen in our Chestnut Hill store, we are pleased to be able to offer a much more diverse and interesting menu.

I've come to love Passover, especially making matzo ball soup. The first year I made matzo ball soup, I failed miserably. Really, you could have hurt somebody with my matzo balls, they were so heavy and dense. That was several years ago and I am pleased to say that I've come a long way since then and now make pretty good matzo balls, as well as the soup itself. We offer both chicken and vegetarian versions. In addition to matzo ball soup, I will be doing a beautiful beet borscht.

We will also be offering wonderful entrees for your holiday table. I will be doing braised brisket with baby onions. The meat comes from Meyer's all natural beef. We will also have whole poached salmon with cucumber yogurt sauce, and lamb shanks in a Mediterranean tomato sauce.

In addition, we will offer a host of vegetable side dishes, including citrus-roasted asparagus, glazed carrots, and sweet potato tzimmes.

See our menu in the March edition of the *Shuttle* or online at [www.weaversway.coop](http://www.weaversway.coop). Give us a call if we can lighten your load by preparing any of our offerings for your Passover Seder.

~ [bonnie@weaversway.coop](mailto:bonnie@weaversway.coop)

## New Item in the Deli!

### Chef's Salt

Award-winning cookbook writers and chefs Andrew Schloss and David Joachim join international salt expert Mark Bitterman to present **Chef's Salt**, a line of seasoning blends that match the world's most majestic salts to equally magical combinations of herbs and spices. Each blend brings the art and craft of professional cooking into the home kitchen. Chef's Salts blend exotic salts from Morocco, Hawaii, Japan, France, Pakistan, Bali, Wales, the Himalayas, Italy, Korea, and coastal Maine, with painstakingly selected herbs, spices and other flavors. All of the Chef Salt blends are made in a certified kitchen in Pennsylvania, where each jar of Chef Salt is filled, sealed, and labeled by hand.



Salt varieties:

7 Salt, Bacon BBQ, Bamboo Curry  
NY Steak, Tunisian Fire, Tuscan Herb  
**\$8.75**

Manager's Corner

# Membership Changes

by Glenn Bergman, Weavers Way General Manager

IN JANUARY, an important document crossed my desk and I thought our members would be interested in knowing some of the data. When we opened our new stores in Chestnut Hill and Ogontz over the last few years, we did not know what impact they would have on our membership numbers. Eight months after opening our Chestnut Hill store, there is an interesting trend in membership data.

Two years ago, we had about 2,800 active members (paid up and hours completed). Since May 2010, over 2,000 new members have joined the Co-op (even after adjusting for members who leave, a very small number). So here are some interesting stats for you:

- 50 percent joined prior to 2005
- 40 percent live in the Mt Airy 19119 area (prior to May 2010, the number had been just over 50 percent)
- The 1,640 members that joined in 2010 represent 35 percent of the membership. This is a major new influx of members, and 79 percent of these new members came from ZIP codes outside of Mt Airy.
- Total membership has increased by 80 percent in two years—an amazing increase! Prior to the opening, about 10 percent of the membership was from Chestnut Hill, 19118; today it is 19 percent of the ownership.
- Membership in the 19144 ZIP code for Germantown also has increased by over 100 members in the last year. This was unexpected, though it makes sense due to the overall publicity, the access to the CH store by public transit, the opening of the Ogontz store two years ago, and the fact that the Mt. Airy store is much less crowded.

In 2011, we plan to conduct another extensive membership survey so we can determine if the Co-op is still meeting the standards of high customer service and mission that was shown in 2009. The dramatic increase of new members and the change by ZIP code of the percentage mix means that we will also get some valuable feedback on how well we are meeting your needs. If you receive a customer survey form or e-mail, please fill it out and

send it back as soon as you can, your feedback is needed.

## Thank You, Staff

I am very lucky to be working at the Co-op with the kind of people who are dedicated not only to the customers, the mission, and the food, but also to having fun. I have never worked in an operation that had such dedicated people who also enjoyed their work. I have the opportunity to travel to our three stores and while doing something like moving carts or restocking shelves, I listen. I am always impressed by the way staff speaks to members and non-members in such a positive manner. The conversations can be simple like: Let me get someone to help you to your car, or Here's how to become a member. Sometimes I hear more complicated conversations that involve questions about how Co-ops work or what is equity. I am always impressed with the way staff represent the face of the Co-op. It is important that we always provide great customer service and I can say that from what I see we do a great job!

So, I would like to again thank all of the Co-op staff for doing an outstanding job in 2010, and I want them to know how honored I am to work with them as part of a team.

## A Word About TRF

Weavers Way worked closely with The Reinvestment Fund, a community development financial institution (CDFI) to finance our expansion. CDFIs like TRF support community investments, financing housing, charter schools, commercial real estate and sustainable energy projects.

A CDFI's capital usually comes from investors including religious and civic groups, financial institutions, the public sector, private foundations and even individuals. TRF is among the few CDFIs in the country that still welcomes individual investors. Interestingly, approximately nine percent of TRF's individual investors come from the 19119 ZIP code area. If you would like to invest in your local community, consider investing in an organization like TRF.

To learn more about investing in TRF, visit [www.trfund.com](http://www.trfund.com) or call 215-574-5800.

# What It Takes to Make Ogontz Sustainable: Caring and Understanding



photo by Jonathan McGoran

Ogontz staffer Ayana Kummaroy (left) with volunteer Stewart Scott (center) and shopper Dwayne Doughty (right), outside Weavers Way Ogontz

CARING ABOUT all our neighbors who come into the store and their well-being. Caring about offering an option other than Chinese food or pizza. There are five Chinese food stores in a five-block radius of my home. Caring about someone having a place to buy what they need for a good, home-cooked meal or a healthy alternative for grab-and-go food. Caring about the teenager who comes into the store and gets a green smoothie from us instead of one from McDonalds. This really puts a smile on my face.

It is a lot of work to wash and cut and bag the organic kale and collards. It is worth it because I know that people are coming from work and they need something fast and easy to prepare.

Our shoppers are loyal and happy because they appreciate all the love we put into making organic, local, and fresh produce, meats and baked goods accessible and affordable.

Eating well is a right. It shouldn't be something that someone has to travel far to get, or spend a whole paycheck to do. Before this store came here, I had to travel far for fresh produce. Shopping here is what will keep us here. We need your help to become sustainable. I hope to see you soon. Peace.

~ Ayahna Kummaroy, Weavers Way Ogontz Assistant Store Manager

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# Where's Carol?

by Carol Kraisler



photo courtesy of Carol Kraisler

Cavorting in Sonoma, CA are Carol Kraisler's grandson Leo, her daughter Remi, Carol, and Carol's friend Brian

THERE MAY be some Co-op members asking themselves (or Rick), "Where's Carol?" Those are the people who have noticed my absence.

Others who haven't yet missed my smiling face and helpful words will now also learn that I have taken "early" retirement from Weavers Way starting Dec 1, 2010. I say "early" for those who reply, "What, she's too young to retire!"

I will be back to shop at the end of March, but for now (after driving two weeks from Philly to California), my husband Stephen and I are staying in an adorable little furnished rental in Santa Rosa, CA, where my two daughters, son-in-law and grandson, Leo, live. We barely escaped the East Coast's early winter storms, and we plan to thoroughly enjoy our first winter on the left coast.

But even as I embark on my new adventures, I do miss everybody at the Co-op. I know, as I always did, that Weavers Way is a wonderfully unique place and that such a special shopping and working experience, with its array of products and people.

I must also herald the cooperation and help I received from my co-workers throughout my years on staff. They truly made every shift and every challenge satisfying and pleasurable for me—feelings that I hope also were shared by cooperators who worked with me.

And then there's Molly Ruddell (like the segue?), a super intelligent, super capable and, did I say, strong and compassionate young woman. Molly has taken over the duties of home delivery and has seamlessly slipped into the position as if she were born to it. I have no doubts that the wonderful people who receive deliveries are in the best hands (my hands not included).

So there it is and here I am.

Thanks to everyone for everything and see you in the spring!

Warmest regards,

Carol Kraisler  
callk614@yahoo.com

# Weavers Way Connected to Two Electricity Providers

by Jonathan McGoran, Shuttle Editor

WITH ELECTRICITY deregulation in effect as of January 1, 2011, energy consumers in Pennsylvania are now faced with a choice of electricity providers, and a variety of types of electricity production. Weavers Way has connections to two providers: BlueStar and The Energy Cooperative. Weavers Way has selected BlueStar as the Co-op's own provider, and BlueStar is offering the Co-op a rebate for members who individually choose to use BlueStar as a provider. The Energy Cooperative is a cooperative that was started as a heating oil co-op by longtime Weavers Way Board member and committee member Vince Pieri as part of Weavers Way's efforts toward co-op development.

Blue Star Energy is providing Weavers Way with "100-percent green" Green-e certified power at rates lower than what we previously paid for "brown" power.

Plus, Blue Star will give rebates directly to Weavers Way Co-op based on usage of members who sign up with BlueStar Energy Solutions through their BlueStar's online enrollment process, using the Weavers Way registration code "weavers." Members may visit Blue Star Energy's website and determine whether Blue Star's offerings are attractive on the basis of price and "green" characteristics. To enroll, have a recent copy of your utility bill handy and visit [www.BlueStarenergy.com/residential-supply.html](http://www.BlueStarenergy.com/residential-supply.html) (or go to

[www.weaversway.coop](http://www.weaversway.coop) and click on the BlueStar link), click on "Enroll Now." Enter ZIP code to "Check for Service," then select your current utility and "Residential." Choose "Traditional" or "Renewable," and when prompted to create a profile, enter your referral code (weavers). Then enter utility information, review the agreement and information and complete.

Weavers Way and Blue Star cannot estimate the benefit of this one-time rebate for the Co-op because the economics are based on the enrollee's usage, so members should make a purchase decision based on their own interests.

The Energy Co-op ([www.theenergy.coop](http://www.theenergy.coop)) is also a consideration. It is a Co-op, which we think is pretty important in and of itself, but it means you will be more than just a customer, you will be an owner. The Energy Co-op is committed to passing on cost savings to their members with fair pricing and no cancellation fees.

At Weavers Way's rate of use, however, BlueStar would achieve an \$8,000-per-year cost-reduction compared to PECO, compared to a \$2,000 cost increase with The Energy Co-op. The Energy Co-op could not offer Weavers Way a rebate. There is also a \$15 annual membership fee with The Energy Co-op.

To explore these and other providers, visit [paperswitch.org](http://paperswitch.org).

prepayment of debt the Co-op has made.

Weavers Way purchased the Chestnut Hill site in 2009 using in part a \$600,000 loan from Valley Green Bank. This loan was scheduled to be repaid in 2015. Weavers Way and Valley Green have agreed to extend the maturity of the loan from 2015 to 2020, an action that spreads out debt repayments that had been clustered in 2014 and 2015.

Glenn Bergman, General Manager of the Co-op, described Valley Green's agreement to the extended maturity as "another example of the support the Co-op has consistently received from Valley Green Bank."

## Finance News

(continued from page 1)

pay off TRF." The \$250,000 owed to TRF was due to be paid over three years, but the Co-op prepaid the entire amount.

TRF had provided the money as a "recoverable grant" to support the opening of the Chestnut Hill store. TRF can now use this money to support other initiatives, including support for other co-ops, through its Fresh Food Financing Initiative.

Although the Co-op has been making regular scheduled principal payments to its lenders, the \$250,000 to TRF is the first

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## What Are Board Members Thinking?

# Ready to See Democracy in Action (Without All the Partisan Bickering)?

## Annual Elections at Weavers Way Co-op

by Brian Forbes Maher, Weavers Way Board member

In this column, Brian Forbes Maher shares his individual thoughts and ideas and is not speaking on behalf of the Board.

IT HAS been said that all politics is local, and if you are looking for effective democratic governance, you needn't look any further than your favorite community grocer, Weavers Way Co-op. The annual spring election for the Board of Directors is approaching, and nominations are being accepted through February 23. This is your chance to choose your representative, or be one yourself, and exercise your ownership stake in the Co-op. To help you make the most of it, I thought it would be a good time to answer some of the questions frequently asked about the Board of Directors.

### Why do we elect the Board of Directors?

We do it because it is a part of our cooperative heritage and a defining principle of co-ops worldwide. According to the International Cooperative Alliance, "Co-operatives are democratic organisations controlled by their members, who actively participate in setting their policies and making decisions. Men and women serving as elected representatives are accountable to the membership." Whereas other boards might select their own Directors, our Board is comprised entirely of active co-op members, chosen by their fellow cooperators.

### What do the Directors do?

Directors have the same duty to diligence, loyalty, and good faith dealings as in any other board-led organization, and they are the stewards of Weavers Way's overarching aim to "to provide commercial and community services for the greater good of its members and community, to champion the cooperative model and to strengthen the local economy." The Weavers Way Board of Directors handles these duties through Policy Governance, a leadership model that creates a clear distinction between governance and management. For a more in-depth look at how that approach has been customized for Weavers Way, take a look at the Board Policy Manual in the member area of [www.weaversway.coop](http://www.weaversway.coop) (click on "Key Co-op Documents"). In practice, it means that the Board has two broad responsibilities: setting the end goals for the Co-op's activities, and monitoring the performance of the General Manager in relation to achieving those goals. Being removed from operational responsibilities frees the board to concentrate on evaluating the Co-op's current performance, strategizing about improvements, and planning for the future.

### Okay, how much time does that take?

Serving on the Board requires a substantial time commitment, but the current Directors manage to juggle busy lives with their responsibilities to the members. There are monthly board meetings that typically last two to three hours and are held at the administrative offices on Carpenter Lane. Directors prepare for those meetings by reading a packet of documents during the preceding week. In addition, Directors are encouraged to share the governance workload by serving on one or more Board Committees, which are created as needed to complete the business of the board. That may mean an additional several hours of meetings each month. Finally, it is helpful if board members are available for interaction with other community organizations, regional co-ops, and the Weavers Way membership at planned events throughout the year.

### Who is eligible to serve on the Board?

Election to the board is open to all current members of the Co-op, working and non-working, from any of the three stores. Directors are limited to two consecutive, three-year terms. Following an absence from the board of one year, they can serve additional terms. Although there is no compensation for Board service, Directors do receive work credit.

### How many seats are up for election?

The year, four of the 12 seats are up for election. Having three-year staggered terms allows Weavers Way to place one third of the seats on the board back into the hands of the member-owners every year, so that they may have a direct effect on the governance and direction of the Co-op.

### Who can vote?

Every active member household. Equal voting rights are an important component of the international cooperative principles and are guaranteed through Weavers Way's "one household, one vote" rule.

### How do I vote?

Ballots and candidate statements will be printed in the *Shuttle* in April and will be available in all three stores. Drop the ballots in the prominently displayed ballot box or mail them to the address printed on the ballot. Please remember to vote, as exercising your right to choose your own representatives is a sign that you believe in the mission of Weavers Way and the potential of the cooperative model.

### When do we get the results?

The elections are a spring ritual of renewal, and therefore the election ends at the Spring General Membership Meeting on May 15. At the end of that meeting, the results will be announced and you will meet your new board members.

### What should I do if I want to be a candidate?

Fill out the nomination form printed in this *Shuttle* and available in all three stores. Mail it to the listed address, drop it in the store, or e-mail the requested information to [brianfmaher@gmail.com](mailto:brianfmaher@gmail.com). The nomination deadline is February 23, so fill out your form today.

### What do I do if I have more questions?

Contact Brian Maher, or any current Board member, through the e-mail addresses listed on [www.weaversway.coop](http://www.weaversway.coop) (click "Board of Directors," then "Board Members"), or flag one of us down while we're shopping. If you want to do more research, check out the Board of Directors area of the website for policy documents and membership meeting minutes.

*Brian Forbes Maher is an At-Large Director and Chair of the WW Leadership Committee. He can be reached at [briaforbes@gmail.com](mailto:briaforbes@gmail.com).*

### NOTICE of Election for Board of Directors

Elections will be held at the  
Weavers Way Co-op Spring General Membership Meeting  
**Sunday, May 15, 2011**

Board Positions to be filled:  
4 At-Large Directors for 3-Year terms

### Nomination Form For Candidates for Election to The Weavers Way Co-op Board of Directors

All Nomination Forms must be submitted no later than 5 p.m., Wednesday, February 23, 2011. Please e-mail completed form with answers to the five questions (see below) and a photograph to Brian Maher, Leadership Committee Chair, [brianfmaher@gmail.com](mailto:brianfmaher@gmail.com). If e-mail is unavailable, place in the Leadership Committee in-store mailbox or mail to: Leadership Committee, Weavers Way Co-op, 559 Carpenter Lane, Philadelphia, PA 19119

Please call Brian at 267-246-9187 to confirm that your nomination was received. A copy of this form is also available on our website, [www.weaversway.coop](http://www.weaversway.coop).

Name: \_\_\_\_\_

Member #: \_\_\_\_\_ Phone: \_\_\_\_\_

E-mail Address: \_\_\_\_\_

Address: \_\_\_\_\_

Please answer the following five questions on a separate sheet of paper. Your entire response to all five questions **MUST NOT EXCEED 250 WORDS.**

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



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## New Farm Educator

(continued from page 2)

viously. I have always loved food, but at my college café, which sourced food grown on the school's farm, the true value of eating seasonally and locally became apparent. It was a revelation. Several of my friends worked in the café and it became the hub of my social life. Fantastic, exciting, fresh beautiful food brought us together.

I left Warren Wilson to study environmental education at Prescott College in Arizona. There, I earned a degree in nature and culture with a double minor in art and education. This school, much like my high school, focused on the classroom community and experiential education. Therefore, all of our classes—art, education, or history of revolutions in Latin America—had a field element to them. I started studying plants and was completely taken with them. I knew that I was destined to be a plant geek for the rest of my days. My classes took me places like San Francisco, Colorado, and a field station in Kino Bay, Mexico, for three months studying marine biology. I spent a great deal of time outside and was always learning. I realized how much deeper I understood lessons and ideas when I personally engaged with them. Prescott also had a small farm in the valley, and it highlighted for me the critical role agriculture plays in ecology.

After college, I thought back to my home region outside of Philadelphia, to the farmland transformed into sprawl,

and my course of action felt clear. I moved back East and took a full time job as a field hand at an incredible CSA (Community Supported Agriculture) called Anchor Run Farm. We were a 165-member CSA, and I was amazed at just how much food the farm's five employees could produce (with, of course, help from the members). I spent almost every waking hour that season outside with my hands in the dirt. I learned an outrageous amount about plants and had a really wonderful time. One of the best things about it was the way that food brought people together. At our monthly "tomato tasting" potlucks, I was responsible for explaining the various subtle differences in the numerous varieties of tomatoes we grew. I realized that, in the summer, farms are the place to be. It's where the party is, from sun up to sun down. There is always work to be done, always room for one more person to help, and at the end of the day there was an incredible amount of satisfaction in being able to look out on the field, see what you accomplished, and know that your hard work translated into delicious food.

After my season at Anchor Run, I moved to West Philadelphia. Here I started working with Urban Tree Connection as the program coordinator for several West Philly sites. Urban Tree's mission is to take abandoned space around Philly and transform it into

something beautiful. One particular garden space, Pearl Street, was in its eighth year. We ran drop-in children's programs three days a week and would have anywhere from ten to 35 kids working with us on any given day. The activities always centered on environmental education and farming. My second season there, I was also the farm manager for our plots in West Philly. That year we also introduced a program called Veggie Kids, where regular attendees over the age of ten became apprentice farmers: weeding, harvesting, packaging, and selling produce (very cheaply) to their neighbors. It was a fantastic way to get kids motivated to learn, involve the larger community, and make high quality vegetables readily available in an area where they were almost completely lacking. I also began working with Spiral Q Puppet Theater, where I've been teaching art in classrooms around the city for more than three years.

Last summer, I worked in the Hudson Valley at Stone Barns Center for Food and Agriculture Farm Camp. This was radically different from the work I had done with Urban Tree Connection. Instead of toiling in raised beds in abandoned lots, occasionally dealing with

vandals, I was working in the hills of Westchester County, on site with Blue Hill, one of the fanciest restaurants in the country. (Michelle Obama brought the spouses of the heads of state from around the world to visit when the United Nations meetings were being held in New York City last fall. It was great to see sustainable agriculture and farm-to-table practices applied in a new setting. It gave me a sense, not only of the possibility of this work, but also its necessity. This work is something that everyone—regardless of social class or region—can and must be engaged in for their own benefit and that of the planet.

~ educator@weaversway.coop

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# WWCP Update

(continued from page 1)

ney, November and December were very busy transition times for us. We worked on a new farm education brochure, which we will roll out soon, and conducted interviews for our new educator. Adam and I discussed how hopeful we felt, meeting so many well-qualified candidates. There has been a definite shift in just the last year or two. I am so pleased and excited to have met and hired Kestrel Plump, WWCP's new farm educator. Kestrel will start toward the end of February, taking over all farm education responsibilities at Weavers Way Farm and the Hope Garden. The position also requires her to be the farmer-in-charge of the Children's Garden at Weavers Way Farm and at Stenton Family Manor, home of the Hope Garden.

So now it is February. Marketplace is in full gear and the school year may seem like it is going on forever if you are a student or teacher. For the farm education program, we still have some planning time left, and the seedlings are getting started in the greenhouses. Those of you scheduling school trips to the farm should be thinking about when you want to visit. Along with our new farm education brochure, we will be introducing a new online registration system, created by our Marketplace Coordinator and Technology Geek, Carly Chelder. (Since Kestrel describes herself as a plant geek elsewhere in this edition of the *Shuttle*, it is only fair to give Carly a geek title as well.) All farm education requests should continue to go to [educator@weaversway.coop](mailto:educator@weaversway.coop) until we introduce the online system.



Photo by Rachel Milenbach

Parkway High School for Peace and Social Justice students painted the school's lunchroom a beautiful bright orange on Martin Luther King Jr. Day (January 17). A portion of the school's Marketplace profits were used to buy paint and paint supplies. From left to right: Marketplace Coordinator Carly Chelder, and students Korrin Mille, Natalia Coles, Stacy McCaughlin Carroll, Shamaih Williams.

On the funding side, we are pleased to have received several recent grants this year. (Did you ever notice that the word fun is part of funding? I have to have a sense of humor about this, at the risk of setting me up to be the fundraising geek, or maybe grant geek.) In November, we received an award from the Claneil Foundation. Claneil has supported our farm education program since 2007, and its executive director, Mailee Walker, is a leader in Philadelphia's urban agriculture

and food systems movement.

The Nararo Foundation has given us a generous grant for the third year in a row, for which we are extremely appreciative. The Lawrence J. and Anne Rubenstein Foundation approved funding for the 2010 Hope Garden for the second year in a row, and the Allen Hilles Foundation funded farm education at Weavers Way farm. As highlighted in previous Shuttle articles, we built a cob oven at Stenton with an award from the Weavers Way Environment Committee.

We received an award from the PA Department of Community and Economic Development, thanks to Representative Kathy Manderino, for the education com-

ponent of the CSA at Saul Agricultural High School. And we are proud to have received our first donor-advised grant from the Linda and David Glickstein Fund of the Philadelphia Foundation.

The Delaware Valley Regional Planning Committee (DVRPC) awarded us a grant to write a business plan for expansion of the Hope Garden. The Greater Philadelphia Food System Implementation Grant program is administered by the DVRPC and is made possible with funding from the William Penn Foundation. The grants support innovative approaches that advance the goals of DVRPC's forthcoming publication, *Eating Here: Greater Philadelphia's Food System Plan*. These efforts are part of a larger program at DVRPC seeking to build capacity within, and expand recognition of, greater Philadelphia's local food economy and healthy food movement. (For more information, visit [www.dvrpc.org/food](http://www.dvrpc.org/food).)

This funding update could not be complete without a thank you to all of you who have contributed financially to WWCP, either through a donation at the cash register when shopping, by sending a check, or through PayPal on the Weavers Way website. If you were meaning to give to WWCP but were distracted by holidays, head colds, or unexpected snow falls, please note that tax-deductible donations can be made any time of year. Also, thank you to all of the Weavers Way staff who helped plan and implement our December Fundraising Drive – Glenn, Kim, Rick, David, Susan, Annette, Jon, and all of the cashiers who are too numerous to mention, and anyone who I have inadvertently left out. One last staff update—behind the scenes, Kate Butler has worked with us since September, taking care of our book-keeping and accounting needs, which are many. As is the case with any good team and good team members, we could not do what we are doing without her.

Happy Groundhog Day!



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# Keeping Prescription Drugs Out of Our Drinking Water

by Sandra Folzer, Weavers Way Environment Committee

If I looked in your medicine cabinet, what would I see? If your cabinet is like most, it would contain unused and outdated prescription bottles. When a doctor prescribes a painkiller “just in case,” do you fill it and then not use some or all?

Whether or not you take any prescription drugs, four billion prescriptions are written every year in the U.S. Of those, 40 percent aren't taken. That means 200 million pounds of unused medicine needs to be disposed of. Hospitals and health care centers dispose of another 250 million pounds of drugs, most by flushing them down the drain. Prescription use is increasing. From 1994 to 2005, prescriptions increased 71 percent, although the population grew only nine percent during that time. In 2005 there were 12.4 prescriptions per person. Keep in mind that people are less likely to take their prescriptions properly when they have more than three prescriptions. My concern is what happens to all these unused drugs.

It is not surprising that people in the U.S. take so many drugs. Look at TV for more than 15 minutes and you'll learn why. In 2000, pharmaceutical companies spent almost \$16 billion promoting prescription drugs in the U.S. Also, normal conditions, such as aging and menopause, have been redefined as illnesses to sell drugs. For example, estrogen was being prescribed for menopause, as well as the treatment of osteoporosis and heart problems. This was long after serious side effects of cancer and heart problems were known. Personally, I sigh each time a woman over 50 announces she has “osteopenia,” as though she has an illness. Every woman I know over 50, including myself, has been “diagnosed” with this precursor to osteoporosis. I believe it is a natural state wherein women have less calcium in their bones. “Exercise more,” I tell them and avoid Fosomax, which has often resulted in more problems. A former ballet teacher I know was on Fosomax after such a diagnosis. After five years on the drug, she broke her leg while standing. There have been hundreds of lawsuits and at least two class action suits against

Fosomax due to fractured femurs and rotting jawbones. Once a drug receives FDA approval, there are few follow-up studies. Problems may not surface for years.

If we wish to reduce prescription-drug waste, we need to begin with education. Consumers should question the need for medications. My father-in-law was on 18 medicines and didn't even know what they were. Physicians and other health care providers need to review their own practices of doling out prescriptions. A friend with a serious addiction has received painkillers from her doctor for years without question.

Some drugs remain unused because many physicians prescribe 30 to 90 days' worth of medications, sometimes because of insurance requirements. If there are side effects or the drugs aren't effective, the drugs are wasted. Only small amounts of a drug should be prescribed until the drug has proven to be helpful. “Any pharmaceutical leftover represents a failure of health care of some sort,” argues Christian Daughton, an EPA leading expert on pharmaceuticals in drinking water. “The emphasis should be on putting in place a system where you shouldn't have to dispose of drugs.”

When drugs are dumped into the sink or toilet, they make their way back to us through our drinking water, since water-treatment facilities are not effective in removing pharmaceutical compounds. In a diluted form, they stay with us. I, who hate to take pills, may be imbibing Flo-max, estrogen, high blood-pressure medicine, and who knows what else, without my consent.

So what can we do to avoid medicines polluting our water? First, I suggest not filling prescriptions until you actually need them. I believe doctors sometimes give us some prescriptions because they think we want them. I remember when I lived in Africa, students would only feel they had been treated properly by the doctor after they had received an injection. I was told in confidence that these injections were often only vitamins.

It would be good to educate doctors not to prescribe medication unless necessary. Antibiotics, for example, are given much too often, even when proven ineffective. Also, nursing homes and hospitals should review their drug policies.

In researching what to do with old medication, I learned it is easier to find out what *not* to do than finding an environmentally safe way to recycle or dispose of medications.

- Don't throw in toilet.
- Don't throw in sink
- Don't throw in trash
- Don't leave in your medicine cabinet

The long-term effects of small quantities of medicines in our water are unknown. The pharmaceutical industry says the small quantities of 18-parts-per-trillion of drugs in our water are harmless. Yet scientists have discovered that these small quantities may effect changes in aquatic species. And some drugs have synergistic effects, becoming much more powerful in combination with other drugs. Fish and other aquatic life may be like canaries in the mines. According to a report in The Guardian, 80 percent of male bass in the Potomac River have eggs in their testes, very possibly because of all the estrogens and other medications in the water. I wonder what effect this water has on the four million people in the Washington, D.C., area. Nationwide, similar problems have been found. In 2008, trace amounts of drugs were found in the water supply of 24 major metropolitan areas, affecting 41 million Americans. Between 1999-2000 the U.S. Geological Survey tested 139 streams for the presence of 95 chemicals. They found 80 percent contained one or more of these chemicals; 50 percent contained seven or more; and 34 percent contained ten or more chemicals. This testing is unusual as most large cities like New York, Boston and Chicago don't test for drugs in their drinking water. They

don't have to test, since there are *no* federal standards or safety limits on drugs in drinking water.

If we put medicines in the trash, there are dangers to children and animals who might find and ingest them. Each year more than 71,000 children under the age of 18 go to emergency rooms for unintentional overdoses of prescription drugs. Even if medications reach the landfills, liners can leak over time, contaminating ground water.

Simply leaving the medications in our cabinets poses other problems. Older children and adults may look for drugs there. Prescribed medicines are second only to marijuana as the most popular choice of drug for teens, beginning at 12 years of age. According to a 2007 National Study of Drug-Use and Health, 70 percent of people who abuse prescription drugs got them from medicine cabinets of family or friends. “These drugs that are stashed in medicine cabinets, long forgotten and often out of date, can be just as dangerous and deadly as those illegally sold by drug dealers on the street corners if misused or if they fall into the wrong hands, most often those of our youth and young adults,” stated John J. Bryfonski, Special Agent in Charge of the DEA Philadelphia Division.

On September 25, 2010, the DEA, Philadelphia Police, and the Pennsylvania National Guard coordinated a first-ever nationwide effort to take back prescription drugs in Philadelphia. Unneeded drugs were taken to one of 3,400 sites around the country, including police stations, municipal buildings and colleges. One couple who encouraged people to empty their medicine cabinets were Bernie and Beverly Strain from Manayunk, who lost their 18-year-old son Tim in August 2009 because of unused prescription drugs. A Saul High School student, Tim was cutting grass to earn money for college to become a veterinarian. He burned his

(continued on page 10)



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S C H O O L

## New Farm Educator

(continued from page 1)

volunteer their lunchtime to make the sale happen. Often this is when the famed pickles are packaged, whetting the appetite of the entire school simply by opening a pickle bucket and letting the aromas escape down the hall. I'm convinced this is at least part of the reason pickle sales are so high!

Due to the large group of teammates, we rotate responsibilities. During the sale, three students maintain the sales table and cash box, while others escort individual classes to and fro to maintain quiet hallways. At the end of the sale many students need to leave to catch a bus, but several teammates are usually able to stay and help wrap. It's at this point that I see a lot of learning taking place. After we breakdown the display, everything is consolidated back into Mr. Salom's office to take a final inventory, reconcile the cash box,

perform data entry into the digital version of the inventory and reconciliation sheets, and finally to prepare the order form for the next sale. That is a lot of work. There are many steps involved and it can be time consuming. However, as you will see from the picture accompanying this article, two students were able to work together to accomplish all of those tasks. It amazes me again and again what a small amount of cooperation can do for a common goal.

The team participated in six technology-infused lessons focusing on Marketplace operations and has held five sales to date this year. Total sales are just under \$900 with total profit reaching \$300 so far! Well done team! Keep up the good work!

I would like to take this opportunity to mention that there are many wonderful, helpful students on the team, but unfortunately every picture I take does not capture the moment perfectly. If I could, I would capture every moment of inquiry, realization, joyfulness, and cooperation and share it with the community.

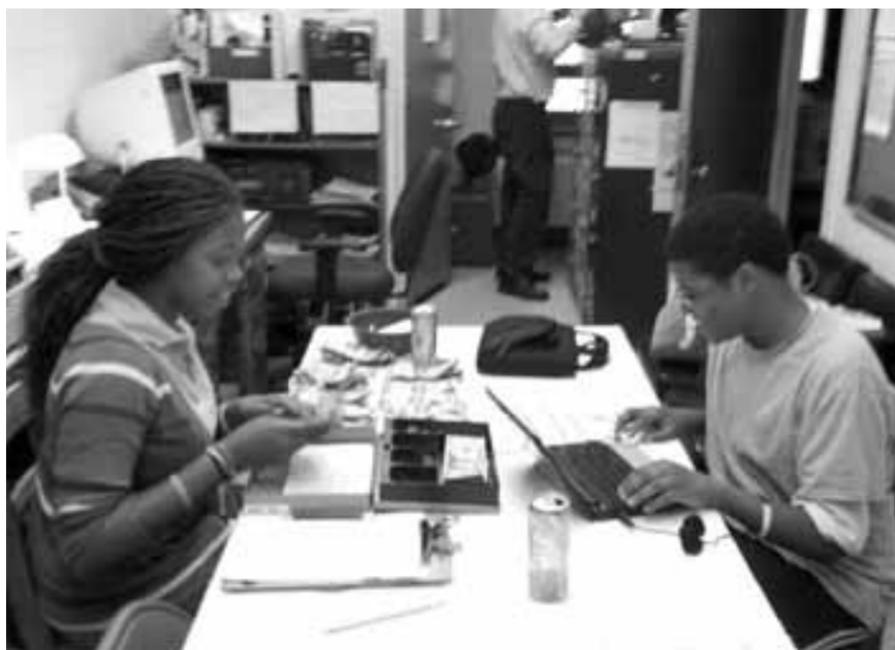


photo by Carly Chelder

Houston School Marketplace teammates Kahlil Rivers and Tori Baker stay afterschool to reconcile the cash box, calculate sales, profits and discrepancy and place their order for the upcoming Marketplace sale..

## Prescriptions

(continued from page 9)

hand badly by touching the lawnmower's muffler. The hospital prescribed a narcotic painkiller. But when he was still hurting, his girlfriend's mother gave him some narcotics she had been prescribed. Tim was found dead the next morning.

What most of us don't realize is that 27,000 people died in 2009 from prescription drug overdoses and interactions. "More people die from prescription drugs than die from illegal drugs," Strain says.

Hopefully this first-ever national Take-Back Program will be continued each year. However, I understand these medications were burned in open containers, which polluted the air. It is not enough that we take back the medicines, we also need to find an environmentally sound means of disposal.

Since 2000, 37 states have enacted programs for drug recycling or reclamation. Some drug stores in other states accept old medications. When I called a local CVS and Genuardi's, I was told to put the pills in coffee grounds or kitty litter and discard. They have no take-back program.

In 2007, Olympia, WA had a Take Back Medication program in which the state incinerated the medication in hazardous waste incinerators, possibly polluting the air instead of the water or ground.

Maine has a Safe Medicine Disposal Program.

San Francisco may become the first city to mandate a drug-disposal program paid for by pharmaceutical companies. Legislation in that city hopes to decrease the accidental ingestion of medicines by children under six, the use of painkillers by teenagers, and the occurrence of suicides, while protecting the environment from drugs entering the waterways. Pharmaceutical companies are opposing this legislation, as they have done elsewhere.

On October 12, 2010, President Obama signed into law the "Secure and Responsible Drug Disposal Act of 2010." Bill S.3397 does not pay for take-back programs, but it does remove the restriction that only law enforcement agencies may collect addictive narcotics and other controlled substances. This legislation allows pharmacies to accept controlled substances, like OxyContin and Vicodin and Ritalin, which make up 11 percent of prescription drugs. With no large-scale take-back program, what we do with our medications is not a simple matter.

In 2008, Women's Health Environment Network (WHEN.org) initiated a pilot project, Pharmaceutical Pollution Prevention in Philadelphia to divert medications from the wastewater through a mail-in program. The pilot program focused on the elderly who take an average four to 12 medications a day and have been instructed to flush unwanted medicines down the toilet. As a result, 142 non-

controlled medications, valued at \$6,300, were diverted from our water. Medications included antidepressants, estrogen, steroids, anticonvulsants, antibiotics, and chemotherapy drugs, as well as drugs for cholesterol, high-blood pressure, digestive problems and asthma.

The FDA, with the White House Office of National Drug Control Policy, developed guidelines for disposal of prescription drugs in 2007. They advise *not* flushing down a toilet unless specifically instructed to do so, or in the case of strong narcotic drugs that can be very dangerous. (Instead, I am supposed to take the risk of this being in my drinking water.) Instead, the guidelines suggest throwing them in the trash after first mixing with an undesirable substance like kitty litter or coffee grounds, to make it less appetizing for children and animals.

At least 38 states and Guam have enacted reuse legislation. Virginia, for example, has a program for the donation and redistribution of unused prescription drugs and authorizes pharmacies to accept and dispense these drugs to clinics providing health care to the indigent, free of charge. Oregon has a similar program. Nevada allows skilled nursing, mental health and correctional facilities to return unused prescriptions to the dispensing pharmacy for reuse at a nonprofit pharmacy free of charge. People in New York may return unopened, unused prescriptions to the pharmacies from which they were purchased. Pennsylvania allowed only the re-

use of cancer drugs. Then, in March 2010, the Pennsylvania legislature allowed jails to redistribute unopened medicines as a cost-saving measure. A good resource for information is the National Conference of State Legislatures. [www.ncsl.org](http://www.ncsl.org)

While responsible take-back programs are ideal, budget cuts to local governments make these programs less feasible. Pharmaceutical companies should finance these programs as they do in Canada and Europe.

### What We Can Do:

- As individuals, we can reduce our use of prescription drugs whenever possible. Ask your doctor exactly why a particular medicine is necessary and what the side effects might be. Encourage your doctor to prescribe less. Also, ask your doctor which "expired" medications might still be used as a few don't lose their effectiveness until well after the expiration date. And educate yourself about the long term effects of any medication you might consider.
- If you have painkillers in your medicine cabinet, you might wish to dispose of them in the trash if any children or teenagers might have access to them.
- Encourage legislators to support a take back program or, even better, a reuse program, suggesting that pharmaceutical companies should fund them.

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# 5th Annual Women's Clothing GiveAway, Sunday, Feb. 6

by Betsy Teutsch

SINCE ITS inception in 2006, the Germantown Jewish Centre's Women's Clothing Swap, now renamed "Clothing Give-Away" has become a beloved event, creating win-win-win opportunities. Good for the planet, it encourages reuse of clothing. Good for the pocketbook, it is free. And it provides aid for the long suffering refugees of the conflict in Darfur, since attendees are encouraged but not required to make a \$20 donation to Darfur Alert Coalition.

Banquet tables are heaped with neatly folded stacks of apparel donated by local women eager to clean out their closets. The GiveAway accepts women's and children's clothing, shoes, accessories, jewelry, coats, bags, and athletic equipment in gently used condition, though donating clothes is *not* a prerequisite for attending. The doors open at 11 a.m.

Those donors who want to contribute clothes but are unable to attend the event may do so starting a week in advance. Drop off at GJC, 400 W. Ellet Street in Mt. Airy, begins Sunday, Jan 30.

Genie Ravital, the creator and major domo of the event, observes that there is a great quantity of leftover clothing even after attendees have helped themselves to all the new-to-them clothes they like. The remaining items are donated locally to the Whosoever Gospel Mission.

This year the organizers—the GJC Women's Club and Social Action Committee—are reaching out to low-income women, inviting them to come as guests to shop for anything they need. Those interested in distributing complementary entrance tickets should contact Maxine Margolies, at Mmargx@aol.com.

Clothing Giveaway upgrades this year include a marquee sign on Lincoln Drive, featuring an original design by local artist Mindy Sue Shapiro. Prints of the creation, which celebrates women's diversity and friendship, will be for sale at the event.

An electronics recycling kiosk will be available on site, accepting used phones, computers, hand-held devices, batteries, remotes, and more. See the article on this page for details.

Those interested in volunteering are welcome! Tasks include setting up the Marcus Auditorium in advance, helping shoppers find just the right things, keeping the tables and areas neat and organized, and bagging the leftover clothing at the end.

More information, as well as a slide show of last year's event photographed by Margaret Shapiro, is available at [www.WomensClothingGiveaway.com](http://www.WomensClothingGiveaway.com)

For more information, contact Genie Bud Ravital at [geniebud@gmail.com](mailto:geniebud@gmail.com)

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# The Great Chili Cook-Off

by Larry Schofer, Education Committee Chair

THE ROTARY Club of Chestnut Hill is sponsoring the great chili cook-off for the Northwest Philadelphia area on Sunday afternoon, March 27 at the Lutheran Seminary, Germantown Ave. and Allens Lane. Lots of free parking!

Restaurants and other food suppliers—including the Weavers Way prepared food department—will compete for the crown of the best chili in Northwest Philadelphia. For \$10 a person, attendees will be able to make the rounds to taste the products of the chefs and cast their votes for the best chili. Beer and non-alcoholic drinks will be on sale to go with the food.

Vendors of assorted products will also be in attendance, plus activities for kids. This will be a family affair as well as a great event for tasting and viewing all sorts of artisan creations. More information on the entire event is available at [www.chestnuthillrotary.org](http://www.chestnuthillrotary.org). Prospective vendors and chili preparers (must have food license) can e-mail [lawrence.schofer@comcast.net](mailto:lawrence.schofer@comcast.net) or visit [www.chestnuthillrotary.org/vendors.htm](http://www.chestnuthillrotary.org/vendors.htm). The Rotary Club is a non-profit organization dedicated to service to the community and to people in need everywhere.

# Electronics Recycling at GJC

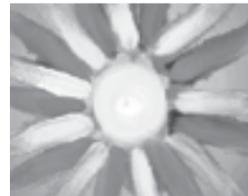
by Sharon Lea Webber

GERMANTOWN JEWISH Centre (GJC) will host an electronics recycling event on Sunday, Feb 6, from 11 a.m. to 3 p.m. Located at 400 W. Ellet Street, in Mt. Airy, the GJC will accept computers, monitors, fax machines, telephones, calculators, batteries, wires, cables, CD's, copiers, servers, cell phones, hand-held devices, and just about anything else that has a plug. The cost is 25¢ per pound.

All equipment will be dismantled and recycled by a licensed and permitted met-

ro-Philadelphia area electronic recycling company. The data in your media will be destroyed. No equipment will be landfilled or exported. Certificates of recycling will be issued upon disposal. Electronic recycling conserves valuable resources like precious metals, copper, steel, aluminum, and plastic; saves valuable landfill space; reduces lead emissions from incinerators; and creates green jobs!

For more info, contact [sharonleawebber@comcast.net](mailto:sharonleawebber@comcast.net).



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# Sustainability Movie Series at Ambler Theater

by Jonathan McGoran, *Shuttle* Editor

PENNYPACK FARM has announced the lineup for its 2011 Sustainability Movie Series at Ambler Theater. All movies start at 7:30 p.m. on the second Tuesday of each month. Come early to meet and learn more about our sponsors and local organizations. Stay afterwards for an insightful panel discussion.

Tickets are now on sale at [www.amblertheater.org/pennypack](http://www.amblertheater.org/pennypack), \$10 for single tickets, or \$24 for the whole series.

## Feb. 8 - Two Angry Moms

What happens when fed-up moms try to change school food? Filmmaker Amy Kalafa crosses the country in search of alternatives to the toxic food environment found in many of our nation's schools.

## March 8 - A Chemical Reaction

How safe is *your* lawn? This inspiring documentary of the natural lawn-care movement demonstrates that when a community comes together to advocate for change, change *can* happen!

## Bag-It

A powerful look at the impacts of plastics on society. Americans use 60,000 plastic bags every five minutes, disposable bags that they throw away without much thought. But where is *away*? Where do the bags and other plastics end up, and at what cost to the environment, marine life and human health?

## April 12 - Ghana: Digital Dumping Ground

Americans trash computers and cell phones at alarming rates. This documentary presents a global investigation into the dirty secret of the digital age—the dumping and dangerous recycling of hundreds of millions of pounds of electronic waste across the developing world.

Ambler Theater is a nonprofit, community-based movie theater that specializes in independent, art, and foreign films, located at 108 E. Butler Avenue in Ambler. The Ambler Theater was opened by Warner Bros. on December 31, 1928, with the movie *Our Dancing Daughters* starring Joan Crawford. An exuberant Spanish Colonial style architecture was employed to create a magical facade with terra cotta, spacious lobbies (entry lobby, main lobby, vestibule lobby, then foyer), an ornate auditorium with 1,228 seats, and a Gottfried pipe organ (which is long gone). Builder, Phillip Harrison previously erected the Seville (now Bryn Mawr) and Lansdowne theatres, which may explain the Spanish Colonial similarities. Prior movies in Ambler had been shown in an opera house, a second story Civil War era theatre. After several incarnations, the theater closed in the late 1990s, and reopened as a nonprofit in 2001.

For more information, call 215-793-4970 or visit [www.amblertheater.org](http://www.amblertheater.org).

# Tuesday Night at the Movies This February at Chestnut Hill Library

by John Friedman

TUESDAY NIGHT at the Movies returns to the Chestnut Hill Library with four great films this February. In its 37th season, the program, presented by The Chestnut Hill Film Group, provides an unusual collection of important and varied cinema.

Bill Murray kicks it off on February 1 with the beloved comedy *Groundhog Day* (1993), one of the most highly regarded films of the nineties. Andie MacDowell also stars in this story of a cynical news-caster continually reliving a day in Punxsutawney, PA.

The mood shifts on February 8, as Yves Montand stars in Henri-George

Clouzot's harrowing 1953 thriller *Wages of Fear*, as two trucks transport nitroglycerin over rocky South American mountain roads.

On February 15, Bette Davis, Mia Farrow, Angela Lansbury, David Niven, Maggie Smith duel in Anthony Shaffer's 1978 adaptation of Agatha Christie's *Death on the Nile*, with Peter Ustinov as Hercule Poirot. The erotic Japanese masterpiece *Woman of the Dunes* closes out the month on Feb. 22.

Admission is free. Films are shown at 7:30 p.m.

~ [jfriedjr@verizon.net](mailto:jfriedjr@verizon.net)



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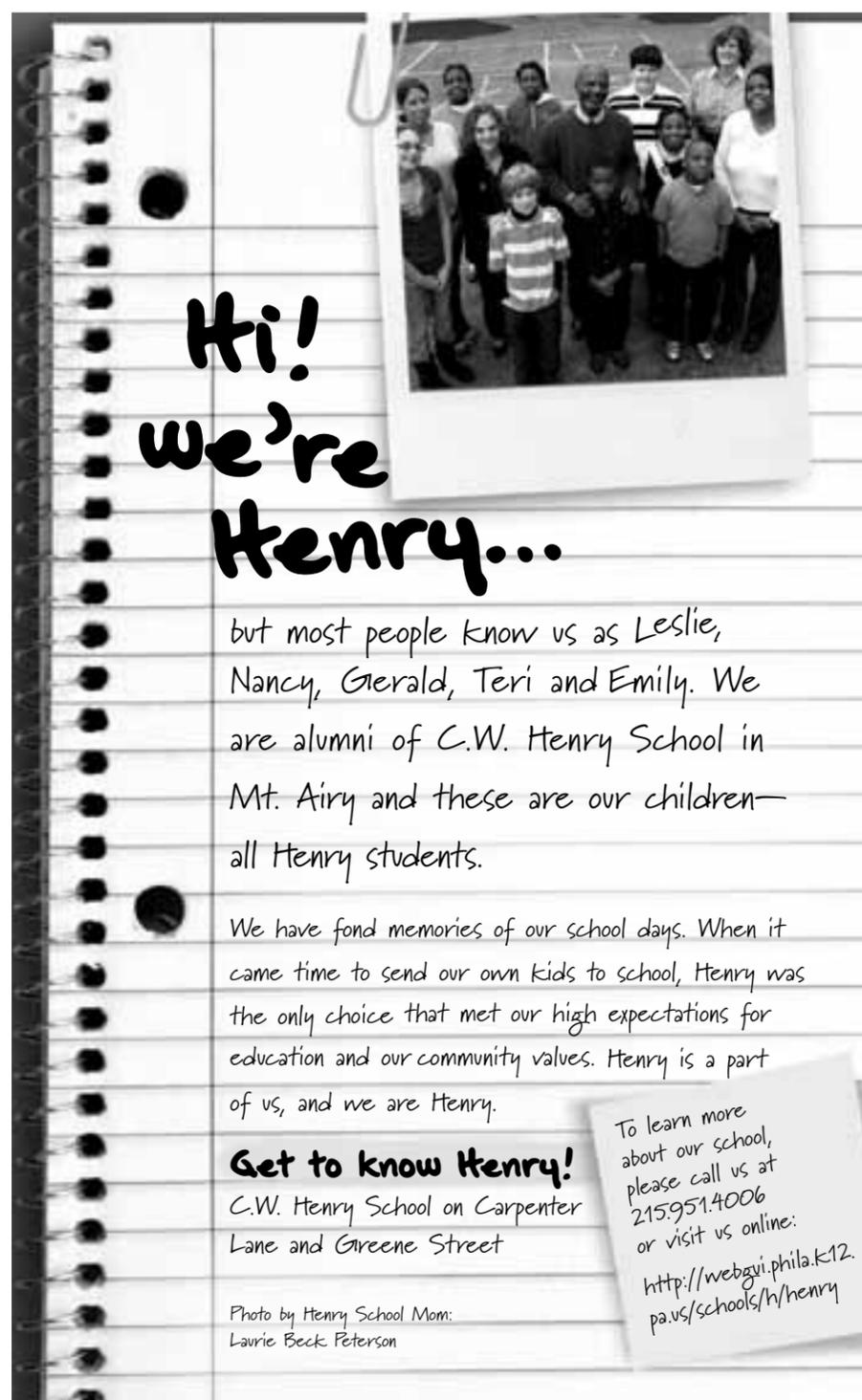
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Photo by Henry School Mom:  
Laurie Beck Peterson

# Pop-Up Studio with Textile Artist

by Beth Miner

FOR THREE weeks, starting Saturday, February 5, esteemed curator Edward Maeder will take up residence as a pop-up phenomenon at the Green on Greene building, across from Weavers Way Mt. Airy, at Greene Street and Carpenter Lane. Former Curator of Costumes and Textiles at the L.A. County Museum of Art, and later at Historic Deerfield, Maeder has more recently taken up the mantle of artist and "needleman." In fact, he's been sewing and stitching (in myriad forms) since he was knee-high.

Maeder comes to Philadelphia on the heels of an autumn spent as artist in residence at Quimby Colony in Maine. The pop-up studio is called "MaederMade" with a wink toward Duchamp if not Philadelphia's ubiquitous Parking Authority. Throughout much of the two week/three weekend studio, Maeder will be available to engage with the public and lead workshops on unique techniques for working with silks and found papers. Artists and non-artists are welcome, sewing machines are optional.

Featured workshops include "Found Paper Accessories," "Crowning Glory: Hat Decoration" and "Serious Stripes: 100% Vintage Silk Accessories."

The workshops are appropriate for all levels. Maeder will also lead a special workshop on Paper Accessories for children 9 to 14 years old.

Maeder will also offer an illustrated

talk on "Color: Historic Inspiration." A delightful, funny, and erudite speaker, he will discuss what colors work and why, referencing historic uses of color. As Maeder has been known to say (with a knowing smile), "Free yourself from dye-lot angst! Just remember, matching is a middle-class substitute for taste!" Informal discussion will follow.

Throughout his residency in Mt. Airy, Maeder will be building a historic-inspired dress from found objects; the public is welcome to stop by and visit while he is dressmaking.

Workshop kits and vintage silks will be available for sale; the MaederMade kits have all the tools for making household and fashion accessories from found paper and vintage silk textiles. Maeder is also selling part of his trove of vintage silks that were manufactured in the '40s, '50s and '60s for men's accessories.

For information and reservations (strongly advised for workshops and talk), call 215 842-1040, or email MaederMade@gmail.com. Check out MaederMade facebook page for additional events and updates.

Workshop participants can sign up at workshops for free additional studio time. Fees include all supplies, although personal wingdings and whatnots are welcome. Portable sewing machines are okay, too.

# Look for the Leaping Bunny

by Kim Paschen, Marketing Manager of Leaping Bunny Program

EVER SINCE disturbing images of rabbits injured for product-testing purposes surfaced a couple decades ago, this animal has come to symbolize 'Cruelty-Free.' But what do all these rabbit logos really mean? And what's to stop companies from creating their own bunny graphic and slapping it on their packaging along with the words "Not tested on animals"? Because there is no federal regulation in place for cruelty-free labeling, companies can essentially make any animal-testing claims they want. So how is the conscientious consumer able to discern which products are truly cruelty-free?

In an effort to put a stop to the misinformation, leading animal protection groups banded together in 1996 to form the Leaping Bunny Program, administered by the Coalition for Consumer Information on Cosmetics (CCIC). CCIC is comprised of American Anti-Vivisection Society; American Humane Association; Animal Alliance of Canada; Beauty Without Cruelty, USA; Doris Day Animal League; The Humane Society of Canada; The Humane Society of the United States; MSPCA's Center for Laboratory Animal Welfare; and the New England Anti-Vivisection Society.

The Leaping Bunny Program developed an internationally recognized Leaping Bunny Logo (which is also used by its European counterpart, the European Coalition to End Animal Experiments) along with a single, comprehensive standard that consumers can trust.

To become Leaping Bunny-certified, a company must agree not to conduct or commission animal testing of any kind after a fixed cut-off date. In addition, the company must get all third-party manufacturers and suppliers to individually agree not to engage in animal testing for its products. This system ensures that a product is scrutinized throughout the entire manu-



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facturing process. In addition, all companies must be open to independent audits to ensure that all of the Leaping Bunny's cruelty-free standards are upheld. To date, there are more than 300 Leaping Bunny certified companies. They range from national brands like Method, Seventh Generation, and Burt's Bees to small startup companies.

Leaping Bunny has made it easy to shop without cruelty. We publish the Compassionate Shopping Guide, ([www.leapingbunny.org/shopping.php](http://www.leapingbunny.org/shopping.php)) a handy wallet-sized brochure mailed to more than 200,000 people annually, which lists all of the Leaping Bunny-certified companies. There is also a free iPhone app of the guide available for through iTunes. We have even created a special pro-

motions page in conjunction with many of our Leaping Bunny certified companies to offer special discounts on their products for supporters of the Leaping Bunny Program ([www.leapingbunny.org/specialPromo.php](http://www.leapingbunny.org/specialPromo.php)). Our Facebook page is liked by more than 11,500 people and has the largest following of any organization dedicated to ending animal experimentation in the personal care and household products industry. In addition, we are working toward the goal of getting 100,000 people to sign our pledge to go cruelty-free. To take the leap yourself, visit [www.leapingbunnypledge.org](http://www.leapingbunnypledge.org).

Every time you buy personal-care and household products, you are, in effect, endorsing the practices of the company that produced, packaged, and marketed it.

Animal testing will continue as long as people support it with their purchases, so let your wallet do the talking and look for the Leaping Bunny! It can mean a huge difference in the life of an animal.



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## The Simplicity Dividend

# Back to the Kitchen

by Betsy Teutsch

COOKING HAS never been one of my passions; it's more a commitment that follows from liking to eat. This past year I find myself enjoying cooking more, and spending more time at it. There are a number of contributing, idiosyncratic factors: my new sunny kitchen and its wall-mounted radio, so NPR can keep me company when I'm slicing, stirring, or mixing; my new iPad allows me to easily download and listen to interesting podcasts; and living near enough to Weavers Way to shop daily. The fact that my children have grown up means I both have more time and two fewer palates to please, which makes cooking less stressful.

But there are some simpler, replicable things that have contributed to making my cooking more efficient, and therefore more gratifying. I did a budget check and realized how much we were paying to eat in restaurants, often because I just didn't have the energy to decide what to make for dinner at the end of a long day. Once I realized it would pay back, it justified my putting more time into meal planning. I created a simple database of weeknight menu combinations, which my husband and I both enjoy eating, including any unusual ingredients and advance prep that facilitates getting the meal to the table. By doing the thinking in advance and entering it in my Google-doc, I can just refer to it, make a menu decision earlier in the day, and plan accordingly. If it's chili, I know I need to get the rice started in advance, that sort of thing. Since I actually find

the menu decision more onerous than the cooking, this has made a huge difference!

A small investment in better cooking utensils has vastly improved my cooking experience. Better knives, larger frying pans, a sturdy, long-handled spatula (from the Co-op's second floor) and new goodies like a roll-up cutting mat have been so much nicer to use. Purchasing a duplicate set of measuring spoons and measuring cups is an embarrassingly simple upgrade. If some are in the dishwasher, I don't need to rummage around to find them. If I want to prepare two dishes in a row, I don't need to stop and wash them. Duh! Why didn't I think of this 35 years ago? The cost of this enhancement is paid for by one stay-at-home meal.

The internet has also livened up the cooking process. Recipes, techniques, cooking blogs, even unusual products – these are all available with one click. If you're someone with a large cookbook collection, you might want to join eat-yourbooks.com, a site that features thousands of indexed cookbooks. Register the cookbooks you own and use, and when you search by recipe title or ingredient, it will find the recipe and ingredient list. Where's that great recipe for pecan lemon pound cake? This site will locate it. It doesn't bring up the recipe itself, but will tell you which cookbook it's in. The first five cookbooks are free; after that there is an annual fee.

Eating at home is cheaper and healthier. Another motivator, on the environ-

mental front: at-home food preparation has a much smaller eco-footprint. Unless you walk to the restaurant, you save the round-trip drive. Restaurants themselves are extremely high consumers of water, electricity, fuel, chemical cleaners, and disposables. The diner might focus on wasted food (portions that are ridiculously large, uneaten bread that can't be re-served, Styrofoam clamshells to take home, double-wrapped in plastic bags), but most of the waste is out of the diners' sight. There are some greener restaurants working with PhillyCompost, but most generate huge volumes of trash and food waste, none of which is reused or recycled. Restaurants are not, by law, allowed to serve leftovers!

Here is a quick, healthy recipe for Dutch Pannenkoeken, from my database to yours!

A while back we went biking in Holland and fell in love with these large savory pancakes, a cross between a crepe and a pizza. I've worked on duplicating them over the years, and while they're not the same unless you use a 14" griddle, these are a delicious, flexible equivalent. Add soup and salad, and it's a quick and nourishing dinner. You will need two 12"

pans. I haven't included quantities, because you can just wing it.

Filling: your choice -- a combination of onion, mushrooms, capers, lox or anchovies, fresh spinach, and other odds and ends – leftover cooked potatoes, olives, tomatoes, whatever you have and like, and grated cheese. (I usually use cheddar but you could use whatever you like, since it sits on top and melts.)

Put about a 1 tbs. of oil in the pan and heat over a medium flame while you slice an onion. Add the onion to the pan to sauté, then chop the mushrooms and add them. While the onions and mushrooms are cooking, add the lox or anchovies. You can break them up in the pan. Add a few handfuls of spinach last, along with any other leftovers or chopped vegetables you like.

Add a tbs. of oil to a second pan and add half the ingredients from the first pan. (If some of the people you are cooking for want them without fish or dislike one or another ingredient, you can plan for that.) If your stove top is

(continued on page 15)

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## Back to the Kitchen

(continued from page 14)

electric, you can turn it off and the ingredients will keep cooking.

Meanwhile, prepare your batter:

- 2 eggs
- 7/8 c milk (skim is fine)
- ½ c white flour
- ½ c whole wheat flour
- salt/pepper

Whisk the two eggs in a bowl (ideally one with a pouring lip). Add the milk. Whisk in the flours. The batter will be lumpy. It should be thin enough to pour easily, so add more liquid if needed.

Turn the burners back on to medium and quickly pour half the batter in each pan. Spread the batter as best you can to cover the whole surface, using the edge of the spatula - you need to do this quickly. Let the pancakes set. Sprinkle grated cheese on top of each and turn off the burner. Let them set a few minutes. Then loosen one with a large spatula. Once it's completely loosened from the pan, flip it over on the second pancake, so the browned side is on top. If you want to keep their ingredients separate, you could just flip half of each pancake and serve two half-circles. Serve in the pan at the table. Feeds two to three people.

*Betsy blogs at [www.MoneychangesThings.blogspot.com](http://www.MoneychangesThings.blogspot.com) and teaches blogging at MtAiry Learning Tree.*

# Start or Improve Your Vegetable Garden

by Margaret Lenzi, Weavers Way Board Member

IT'S NOT too early to start planning your vegetable garden for 2011. Never had a garden before? Started a garden or two in the past but need a few new tricks to get those vegetables growing? We have just what the horticulturist ordered: an urban organic gardening workshop where you can learn how to start or improve your vegetable garden. The workshop will take place on Sunday, Feb. 20, 2 to 3:30 p.m. at Mishkan Shalom, 4100 Freeland Ave., Manayunk.

Instructor Anna Herman will share some of her 20-plus-year experience as a backyard and community gardener to help you make the most of your desire to harvest fresh vegetables, herbs, and fruits from your own edible garden.

The workshop will cover many areas and include specific details on:

Making a garden plan; how to site—optimal and alternative options for garden lay-outs; creating and maintaining garden beds; double digging, tilling, raised beds; making the best use of resources: crop rotation and intercropping; what plants to grow and how many and where to get them; growing from seed; options for the home gardener; building and sustaining healthy soil—organic gardening primer; specific crop recommendations and suppliers; options and recommendations for supports and trellises; season extending solutions and irrigation; and much more...

Anna has been growing fruits and

vegetables in various gardens for many, many seasons. She currently gardens in her backyard in Mt. Airy and in a large plot at the Morris Arboretum Community garden. She is a cook and educator, food writer and consultant to food and agriculture enterprises. Anna will provide a hand-out of resources and answer any questions you might have.

Sponsored by the Sustaining Creation Committee of Neighborhood Interfaith Network and Mishkan Shalom, this

workshop is open to all. Registration is required with a \$10 fee.

Please join us for an informative afternoon of how to care for our land and grow bountiful crops in the coming year.

To register for the workshop, please go to: <http://nimphilly.org/sustainingcreation>

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# The Winter Joy of Feeding Backyard Birds

by Brenda Malinics

I HEARD that February is Bird Feeding Month and I understand why. I'm not sure whether I'm an avid birder or whether I have an addiction to watching and identifying birds. However, the classic phrase, "the more you learn, the less you know," certainly applies to birding. And living so close to the Wissahickon means hundreds of species pass through our yards, many unnoticed.

Through the dreariness of winter, my yard is alive with color, not from my native plantings, but from my feathered friends who arrive in all shapes, sizes and colors: red cardinals, Blue Jays, brown wrens, monochrome Juncos, black and white downy woodpeckers, white-throated sparrows with bars of yellow on their face, and more. Birds are a joy to watch, to identify and to attract to your yard with feeders, suet, appropriate shelter, and open water sources.

My yard is full of different types of feeders dispensing various seeds intended to attract different bird species. My suet holders bring in the woodpeckers and wrens; my platform feeder attracts larger birds like robins and mourning doves; the feeder that dispenses peanut hearts was made for the chickadees, titmice and nut-hatches, while my saffron station draws in many cardinals. Throughout the winter I put out bowls of small cat food for the Blue Jays and crows whose large crops (stomachs) require a lot of calories and food volume to fill. I am a purist for suet and swear that the birds know the difference between the "cheap" premade blocks and the suet that I, a vegetarian, buy from a butcher. I have seen adult and juvenile Downy Woodpeckers, Yellow-Bellied Sapsuckers, and Red-Bellied Woodpeckers fighting over my suet.

And during winter, because water sources are frozen, I keep a heated water bowl outdoors that attracts not only birds, but just about every thirsty domestic and wild critter in my neighborhood. You can buy heated bowls on the internet or at a good pet store. You need an outdoor electrical source, but providing open and

available water draws in vast numbers birds and wildlife throughout the winter. It is always so much fun to watch birds bathing in freezing temperatures. As they splash, the water sometimes literally freezes as it hits the ground.

There is always a bird eating, drinking or bathing in my yard, bringing color, song and joy to myself and the neighborhood children who stand and stare from the sidewalk at the action occurring in my garden. Although watching the birds is joyous, their presence is beneficial through their effective ecological control of insects, weeds and small rodents.

When setting up feeders, remember that birds are more comfortable with natural bush nearby to provide cover if predators arrive. If you do have bird feeders, you may see a song bird snagged by a hawk. Coopers and Sharp Shin hawks, who live throughout our area, survive by eating smaller birds, which are bountiful at backyard feeding stations. Although it isn't pleasant to see, it is a part of nature. If you interrupt a kill, the hawk will go elsewhere to find food. You are then still left with one injured bird and one hungry hawk. This, of course, does not apply to our pets that attack wildlife; that always requires intervention. Cats should be kept inside and, if allowed outdoors, should wear a breakaway collar with two bells.

Please be mindful of windows, especially large ones, near feeders. Window strikes kill many songbirds and hawks. One way to prevent this is to place a sticker, sometimes of a predator bird, on the glass to give the bird a visual warning to avoid that area. These stickers are sold at bird and nature stores. If a bird does strike a window and is lucky enough not to break its neck, it will have had (literally) the wind knocked out of it. If it hasn't sustained a concussion, it will remain stunned on the ground for no more than 10 to 15 minutes. If it doesn't fly away within 15 minutes, the bird needs medical intervention immediately.

It is critically important to prevent

## Bird Feed Products at the Pet Store:

- Suet varieties; Insect treat, Sunflower treat, Apple treat, Berry treat, Hot Pepper delight, Fruit n' Nut treat, Peanut treat.
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disease at your feeders. Salmonellas, tricomoniasis, pox, aspergillosis, and conjunctivitis are all diseases that can affect birds that visit backyard bird feeders. You can minimize the spread of disease, primarily by keeping your feeders clean. At least once a month, clean and disinfect feeders by fully immersing them in a ten-percent bleach solution (one part household bleach: nine parts water) for two to three minutes.

Giving the birds ample feeder space also prevents disease. Several feeders at wide intervals will help disperse feathered visitors. Remember to clean up waste under the feeders that can mold and spread disease. Check your feeders for sharp edges or splinters. Even small scratches and cuts will allow bacteria and viruses to enter otherwise healthy birds. I have seen too many birds get legs caught in the center of those popular wrought-iron hanging stands. I advise people to always stuff the

center where all those poles meet so that tiny legs cannot get caught and broken.

Buy good food without a lot of fillers. Otherwise, it will be tossed to the ground as the birds search for the better seed which has a higher fat content and will keep them warm. And check the feeder's contents often to make sure that the seed has not gotten wet and growing fungus or mold. This is especially important in the winter, when snow and strong winds carry moisture into feeders.

Start simple. Get a small feeder, buy all-purpose seed, sit back, enjoy and experience your first taste of "birding." It is a wonderful addiction that benefits both humans and birds.



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# The Importance of Co-ops in African American History

by Andrew McLeod, from *Cooperative Business Journal*

*Excerpted from "Cooperative Bounty in Hard Times: Unearthing the Power of Sixth-Principle Cooperation," from the Cooperative Business Journal, Sept/Oct 2010. The original article also addressed cooperation during the Great Depression and earlier economic crises. (C)2010 National Cooperative Business Association.*

COOPERATIVES HAVE often been used by those on the economic margins, and that has certainly been the case for African-Americans in their long struggle for political and economic justice. Jessica Gordon Nembhard, a professor of African-American Studies at John Jay College of the City University of New York, is writing a book with the working title of *African-American Cooperative Economic Thought and Practice*, due out next year. Her research has uncovered numerous examples of cooperation stretching back centuries.

She attributes this history of cooperation to three trains of thought:

"African-Americans need to own and control our own businesses and jobs; otherwise we'll be discriminated against. And the only way for us to feasibly own our own assets is to own them collectively," she said. "It is also thought that cooperative economics go back to our African roots."

Before emancipation, this cooperation tended to be informal mutual aid societies, which helped members meet needs like funeral costs. And during much of the 20th century legal recognition was difficult to achieve. Still, these groups were precursors for more formal cooperative structures.

"Throughout African-American history we've used co-ops as a strategy for political and economic independence," said Gordon Nembhard. "But what I found is that we mostly talked about Africa, and not what our grandparents were doing."

She notes that during the 1930s and 1940s, many historically black colleges had courses about cooperatives, and even hosted conferences. Likewise, unions like the Brotherhood of Sleeping Car Porters—the first African-American union to join the American Federation of Labor—saw cooperatives as a way of keeping power in labor's hands.

The Young Negroes' Co-operative League—whose leaders included Civil Rights legend Ella Baker—organized in cities from New Orleans to New York and could draw as many as 600 people to a

conference. While that organization only lasted a few years during the 1930s, a grocery co-op it started in Buffalo, N.Y. was still in operation 40 years later.

African-American cooperation gained some prominence during the Civil Rights era, with leaders like Martin Luther King, Jr. seeing credit unions and farm co-ops as part of a multifaceted program of liberation.

Gordon Nembhard describes two movements emerging during the 1960s:

She describes the urban movement as more ideological but showing less tangible benefit. There were examples like collectively-owned Black Panther bakeries, but these were not necessarily cooperatives in their structure and rarely expanded beyond a handful of enterprises in a given city.

In the countryside, things were different. Co-ops were a key part of the rural Civil Rights strategy, because organizers and participants often faced retribution for challenging the status quo. Farmers were offered worse prices or simply blacklisted, and tenant farmers were often evicted.

"The minute they tried to register to vote or go to a meeting, they were thrown off the property," said Gordon Nembhard.

In contrast, co-ops helped people meet their basic needs during the boycotts. And when farmers organized cooperatively, they sometimes saw spectacular results. For example, the Southwest Alabama Farmers Cooperative Association cut the cost of supplies by nearly half, while prices paid for peas and cucumbers doubled in a single season. Within months of its 1966 founding, the co-op had 2,500 members.

This rural movement laid the groundwork for the Federation of Southern Cooperatives, which was founded the following year by 22 cooperatives from around the region. It grew explosively, with 45 members the following year and then 72 the year after that. By its 1970 meeting, the federation boasted 100 members representing 25,000 families.

Some of these were clustered around Lafayette, LA, whose organizers were visiting co-op hotbeds like Wisconsin and Nova Scotia and returning full of inspiration and knowledge. Here, cooperators organized an alternative economy including housing co-ops and a worker-owned fruitcake company, supported by a network of consumer co-ops that did not open storefronts but sometimes produced the goods

that their members had joined to buy.

During the 1980s, the federation peaked at nearly 130 members and a staff of more than 100, with a presence in 14 states. Around that time, the movement confronted its biggest obstacle; a grand jury questioned how the federation had been using federal funds during the late 1970s. For more than a year, the federation's resources were drained by the investigation while a cloud hung over its reputation. Although prosecution was eventually declined, the damage had been done.

Ralph Paige, the federation's executive director, attributes this investigation to the fear that the cooperatives were stirring up among wealthy white landowners, many of whom were now in possession of land that had previously belonged to nearly half a million farmers who had fallen victim to the usual financial challenges of agriculture, as well as racism.

"(The landowners) looked at co-ops as socialism or communism, and not as a business," Paige said. "The people in power were afraid that people would regain ownership of the land."

While the federation has since decreased in size, Paige points out that the bottom line or membership roll are not the only ways to measure success.

"We're about developing leadership," he said, noting that Rep. Sanford Bishop of Georgia is one of several members of Congress who was "touched" by the federation.

"The success story is that many people had never worked in management," said Paige. "Pretty soon they were on finance committees."

## Looking Back, Looking Forward

Looking back at this cooperative history, we are able to see that Americans are more cooperative than we might have imagined. And we can see that as it becomes more clear that the United States is in for a long and difficult period of economic trouble, the potential exists for resurgence in cooperative organizing.

At the same time, our society is much more fragmented than before, and this weakness of communities may hamper the sense of solidarity needed for complex cooperative development. Can a generation raised on instant gratification and the

Internet find the focus to connect deeply with our neighbors and find cooperative solutions to the big picture? Can we find our way, together, through whatever is coming?

Only time will tell, but there are early signs that something is happening: "Local" business is all the rage. Faith communities and others are increasingly looking at cooperative models. And in small towns and neglected neighborhoods, citizens have grown tired of watching the departure of private business and have begun to develop new models of all sorts.

Paige has seen a recent surge of activity that reminds him of the federation's early days. New co-ops are forming, existing co-ops are launching new programs, and older co-ops are mentoring new ones.

"The need is greater now," he said. "We see that kind of interest coming back now."

Gordon Nembhard Nembhart notes that the similarities between now and the 1930s provide a special impetus for marginalized groups to organize cooperatively.

"The current economic crisis is actually an opportunity for more cooperatives among all groups but especially for those most left out, such as African Americans," she said. "We already see an increase in worker cooperatives in all communities. So I am optimistic that this is a time when more and more people will see cooperatives as part of the solution."

For further historical reading, please visit [www.s.coop/bounty](http://www.s.coop/bounty).

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# CH Book Festival Speaker Series Welcomes James Zogby

by Jonathan McGoran, Shuttle Editor

DR. JAMES Zogby, founder and president of the Arab American Institute, will be a guest speaker for the Chestnut Hill Book Festival speaker series, Monday, Feb. 7, at Woodmere Art Museum, 7 to 9 p.m. Admission is free.

Dr. Zogby is the author of *What Ethnic Americans Really Think* and *What Arabs Think: Values, Beliefs and Concerns*. Earlier on the day of his appearance, Zogby will be a guest of WHYY's *Radio Times*.

A lecturer and scholar on Middle East issues, U.S.-Arab relations, and the history of the Arab American community, Zogby is the founder and president of the Arab American Institute (AAI), a Washington, D.C.-based organization which serves as the political and policy research arm of the Arab American community. He is co-founder of the Palestine Human Rights Campaign, the American-Arab Anti-Discrimination Committee, and Save Lebanon, Inc., a private non-profit, humanitarian and non-sectarian relief organization.

In 1984 and 1988, he served as Deputy Campaign manager and Senior Advisor to the Jesse Jackson Presidential campaign. In 2001, he was appointed to the Executive Committee of the Democratic

National Committee (DNC), and in 2006 was also named Co-Chair of the DNC's Resolutions Committee. Zogby currently serves on the national advisory board of the American Civil Liberties Union, The Human Rights Watch board of directors for the Middle East and North Africa and is a member of the Council on Foreign Relations. Additionally, he is a senior advisor for the polling firm Zogby International, where he is responsible for the firm's groundbreaking polling across the Middle East. He has appeared as a regular guest on all the major network news programs. After hosting his own show on the Arab Network of America from 1993-2001, he started the award winning *Viewpoint with James Zogby* on Abu Dhabi Television, LinkTV, Dish Network, and DirecTV. He also writes a weekly column that is syndicated throughout the Arab world.

This event is a presentation of the Third Annual Chestnut Hill Book Festival, which will take place in summer of 2011. For more information about this event or the Chestnut Hill Book Festival, contact Kate O'Neill at [koneill@chestnut-hillpa.com](mailto:koneill@chestnut-hillpa.com) or 215-247-6696.

# Morris Arboretum Lecture Series Continues this Spring

by Susan Crane, Morris Arboretum Director of Marketing

TAKE TIME to learn something new this spring as the Morris Arboretum continues its mid-week lecture series. Several of the 2010 lectures were sold out, so reserve early.

**Compost Based Comics: Horticultural Humor Hits the Funny Pages** with Signe Wilkinson, Editorial Cartoonist, *Philadelphia Daily News*. Wednesday, March 9 at 2 p.m.

It's a kind of magic to turn a few lines of drawing into something recognizable, insightful, and funny at the same time. Explore the botanical and political landscape with Pulitzer Prize-winning cartoonist Signe Wilkinson, a national treasure in our own backyard. Signe will give you a tour of her garden cartoons from her nationally syndicated strip, "Family Tree" and her illustrations from *Organic Gardening* magazine. Of course, she will wander into the wider world of political penmanship with examples of her *Philadelphia Daily News* cartoons on local and national issues. Formerly a languid Chestnut Hill gardener, Signe moved to Center City and the hours she saved pulling weeds now go to fighting squirrels for dominance on her rooftop container garden. This talk *not* recommended for the humor-impaired!

**Greatest Hits of the Morris Arboretum's International Plant Exploration**, with Paul W. Meyer, the F. Otto Haas Director, *Morris Arboretum* at 2 p.m., Wednesday, April 13

For over three decades the Morris Arboretum has had an active plant exploration program, both in the U.S. and abroad. In his illustrated talk, Paul Meyer will show us the most promising and interesting plants collected and take us back to three of the fascinating collection locales,



Illustration by Signe Wilkinson

Korea, China, and the Republic of Georgia. Paul will share images of beautiful landscapes and tales of early trips to China when he was among the first western visitors to rural areas in 50 years. Director of the Morris Arboretum since 1991, Paul is a leader in the field of plant exploration and evaluation, a popular lecturer, and has played a major role in the Arboretum's restoration of its late-Victorian gardens, architecture, and vistas with notable plant collections.

All lectures will be held at Morris Arboretum's Widener Visitor Center at 2 p.m. A reception with refreshments will follow each talk and a guided tour of the Arboretum is available afterward. The cost for each lecture is \$18 for Arboretum members and \$20 for non-members, which includes admission to the garden. Advanced registration and payment are required. Please call 215-247-5777, ext. 125 or [education@morrisarboretum.org](mailto:education@morrisarboretum.org) to make your reservation. For more information, please visit [www.morrisarboretum.org](http://www.morrisarboretum.org).

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## Ogontz Store Should Go

A couple of years ago there was a confluence of forces—Rep. Dwight Evans and the Weavers Way board—which came together with a common interest in a co-op venture in what has become known as the Ogontz store.

Glenn Bergman, WW general manager, projected then that he thought the store could do \$8,000 to \$10,000 weekly business.

As a WW member of long-standing, and never having been to the Ogontz store, I went over there a year ago out of curiosity to see for myself what it was like. I knew then that it was not going to be a viable venture based on the size of the store and the paucity of products offered. My father had been in the grocery business.

I expressed my thoughts to Glenn. “What do you want me to do? Close it?” he said. I replied, “Yes.”

The Ogontz store has been flowing significant red ink since the beginning and is projected to continue so for fiscal 2011. Even so, Glenn continues to wax enthusiastically about Ogontz—still sticking to his original projection of \$8,000-\$10,000 weekly. Based on what?

What planet is Glenn Bergman living on? The money being lost there is not his money or Rep. Evans, lately on a downward spiral, himself, incidentally. It's my money and all the members of WW Co-op who have certainly worked hard for it.

I have been back to the Ogontz store several times since and it's apparent that project has been mismanaged almost from the get-go. I wonder what message this has left with the West Oak Lane community. As a former professional journalist (still free-lance) here's what I found:

- Poor selection of managers. We are into our third already.
- Poor oversight of pricing and quality of food.
- Fish and produce have been thrown out by the new manager because “it lacked quality.”
- My survey of the prices at Ogontz—30 products—found prices significantly higher than the exact same products at the local Shoprite. Here's just a few... grapes \$1.97 v. \$0.99, corn flakes 3.99 v. 2.99, Progresso soup 3.06 v. 2.59, mixed greens (can) 2.89 v. 1.79, etc., etc.
- Food items with long-expired dates on the shelves.

The general manager's response to all of this? “Well I happened to have been busy with a \$5 million-dollar project that is Chestnut Hill.” Well if that was the case, what with all the talent we have at Weavers Way was there no one else who could have been assigned to oversee what was going on there?...No one?

When I raised some of these issues at the recent 7 November membership meeting, the staff/board member said, “Alright, there may have been some mistakes. But this is now. Let's go forward.” Reminds me of what the right-wing in this country said about the nascent movement to prosecute Bush, Cheney, Rumsfeld and crowd for their crimes. “Let's not look back. Let's look forward.”

Well, I'm looking forward, but thru the lense of having looked back.

Glenn told the membership that “customers continue to thank us everyday,” referring to Ogontz. Really? I think the overwhelming majority of the population in the West Oak Lane community—which is what it would take to support \$8,000-10,000 weekly business—is saying something entirely different.

Ogontz, notwithstanding some idealistic intentions, has been and continues to be a financial and public relations disaster.

~Lawrence Geller

## Response by Ned Case, Interim Business Manager

Weavers Way opened the store in Ogontz to bring healthy foods to a part of the city that has fewer options than Mt. Airy and Chestnut Hill. We also sought to increase the diversity of the Co-op's customer base, a goal that has supporters among our membership.

Our Co-op has always had a tension between the Rochdale Pioneers' principle of economy and our Co-op's commitment to its Ends. Ogontz is an example of the tension between these principles.

The Ogontz store has lost money. It proved difficult going into a new neighborhood. Despite local financial support for the initiative from OARC, the neighborhood community organization, we could only afford a small retail site. Growth in membership and sales has been slower than anticipated. However, the Ogontz store's financial performance is improving. Sales are running at double last year's rate, although the store still loses money. At some moment we will have to decide that continuing losses are unaffordable or that the horizon for eventual profitability is too far away. That moment may come in the current fiscal year ending June 30, 2011.

Whatever the outcome, the Ogontz initiative reached out to a neighborhood that has been underserved. Our experience in Ogontz may be disappointing economically, yet the intent was principled and the service to the neighborhood has been real.

Members may appreciate that the Co-op had the vision to try a store in Ogontz that has only \$120,000 in sales annually. The same Co-op had the vision to open a store in Chestnut Hill that will have \$7.0 million in sales this year.



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I chose the Energy Cooperative Association of PA's "green" electricity because the price is lower than PECO's and it is better for our environment. In addition, the customers are the owners of the Energy Cooperative of PA like our credit unions, housing cooperative's and Weavers Way Food Co-op, the Energy Cooperative Association of PA is customer owned. Its incentive is to keep the price low and the product environmentally safe. Every other electricity supplier wants to raise the prices to satisfy owners and shareholders, not you.

When, more people buy their electricity through the Energy Cooperative Association of PA, we will reach a critical mass of customers and be able to command even lower prices than now for "green" electricity and regular (dirty) electricity. "Green" electricity is generated through a sustainable method of generation that is less harmful to the environment, such as wind or solar, or burning landfill methane gas.

You can sign up to have the Energy Cooperative of PA be your electricity supplier over the Internet at [www.theenergy.coop](http://www.theenergy.coop) or call them at 1-800-223-5783. They have an office right here in Philadelphia at 1520 Walnut Street Suite 2100 Philadelphia Pa. 19102 and their price of generation is locked in for one year, and there is no cancellation fee. They offer a renewable energy option, which is their "green" or sustainable generated electricity. You must pay \$15 per year to belong to the Energy Cooperative Association of PA, the savings and the "greening" of the industry is well worth it. The average residential customer will save \$50 per year compared to PECO's price. By the way PECO's price is only locked in until March 31, after which it may rise. The Energy Cooperative Association's price is locked in for one year, after which it may go down, because we the co-op are buying electricity in bulk.

You can see all the electricity suppliers and their prices at the Public Utility Commission website at [www.papowerswitch.com](http://www.papowerswitch.com).

~ Greg Paulmier

## The Energy Co-op

I saw the notice in the Weavers Way e-News about Blue Star Energy as an energy supplier. I would like to point out that there is an alternative supplier for clean electrical energy – The Energy Cooperative – and this one is a co-op as well.

As a matter of fact, the Energy Cooperative grew in part out of the efforts of Vince Pieri, now deceased, who was long a stalwart of Weavers Way. I urge members to consider participating in a co-op to buy their electricity. This group is a non-profit organization dedicated to the community and to clean energy generation. You can check them out at [www.theenergy.coop](http://www.theenergy.coop).

~ Larry Schofer

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## Global Population at Core of Sustainability

There is no doubt that the size and growth of the Earth's human population are of the utmost importance in the discussion of global sustainability. The planet's population is now on course to reach seven billion in 2011. Many experts believe that this rate of growth is well beyond the planet's long-term capacity. Yet it seems that we have not yet developed effective and respectful ways to approach and talk about this issue.

Overpopulation is often referred to as "The Elephant in the Room" when it comes to discussions about health and global sustainability. There is a reluctance to tackle the issue because of strong ideological taboos and powerful economic interests. If these two forces are allowed to dominate, we have little chance of coming together as a global community to achieve a truly healthy and prosperous world.

With focused attention and funding, we can address the problem of overpopulation in a respectful and effective manner. Specifically, investments in maternal health, decreasing infant mortality and providing world class reproductive health care and education to all people, can help significantly. These are sound investments that would not only improve the overall health of the world's population, but would also be powerful tools in long-term stewardship of the Earth.

As we enter the new year, please consider how you can help to create a more stable human population on our planet. Donate time or funds to responsible NGO's focused on delivering health care and reproductive education; contact your elected officials and urge them to direct foreign and domestic aid specifically to efforts which focus on reproductive health and education; visit Population Institute online to find out more about the issue of global population sustainability. Together, we can all help to create a better world.

~ Barbara Patrizzi

*This past August the education committee sponsored a community concert at the Weavers Way garage on Carpenter Lane. About 25 folks came out for a ukulele concert by Aaron Lee, who was touring the East by bike and ukulele. Here is a note from him:*

Larry Schofer

## To all at Weavers Way,

Thank you so much for hosting the "Ukulele by Bicycle Tour" concert this fall. I really enjoyed meeting you and performing for the Weavers Way folks. My tour recently came to an end in Americus, GA, after 2,249 miles and 40 concerts. Thanks for helping your community to be a part of this amazing journey. Have a Happy New Year and I hope to pass through Philly again some time soon.

~ Aaron Lee

([ukulelebybicycle.blogspot.com](http://ukulelebybicycle.blogspot.com))

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**OARC Responds to The Philadelphia Inquirer**

On December 16, 2010 and December 19, 2010, the *Philadelphia Inquirer* published two pieces making a series of false allegations about the history and operation of Relish restaurant in West Oak Lane. The true history paints a wholly different picture.

Relish is a privately owned minority business, its principals being Robert and Benjamin Bynum. They became the owners in the Fall of 2009. Immediately prior to that time, the Ogontz Avenue Revitalization Corporation (OARC) owned the controlling interest in that restaurant. OARC's objective, as it had been for over a decade, was to have a successful quality restaurant become part of the community's stability and growth in West Oak Lane. It further sought that this restaurant not be owned and operated by OARC, but that it ultimately be owned and operated privately, in this instance by a minority owned business. Effective in April 2008, OARC obtained a grant from the Department of Community and Economic Development's (DCED) Minority Business Development Fund. That grant was used to pay salaries and consulting fees at Relish from April through December of 2008 and all of 2009.

In 2010, with the Bynums owning and operating the restaurant, no further grant money was sought as the original DCED grant served its purpose. Relish is now operating on its own efforts and resources, paying taxes and employing 30-35 people. For those who have been in West Oak Lane, they know that Relish is now a respected and valued part of the community, providing quality food and service. Relish has finally achieved a goal that the *Inquirer* itself championed nearly 15 years ago. Instead of marking this as an achievement, the *Inquirer* has presented the public with a false picture, which it has asked the Attorney General to investigate, perversely portraying this effort and success as a crime.

In 1996, OARC, community leaders in West Oak Lane and Mayor Rendell sought to have a Hardshell Café restaurant locate in West Oak Lane, similar to a Hardshell Café located in Center City. This was a decade before Relish even existed. The Philadelphia Parking Authority sold land on Ogontz Avenue to OARC for \$1 as a locale for the restaurant, and funds were raised to build and fit out the restaurant. Among the funds that would initially be used was a \$450,000 loan from the Philadelphia Industrial Development Corporation to the Hardshell Café Ogontz Limited Partnership in 1996, which OARC guaranteed. Other funds were to come from private investment.

In 1996, the *Inquirer* was fully aware of this effort and that there was going to be a \$450,000 PIDC loan to build a restaurant. The *Inquirer* glowingly described what community leaders and OARC were doing in West Oak Lane at that time to fight against the community's decline. In an August 17, 1996 editorial that the *Inquirer* titled "Survival tactics By mixing vision, activism and investment blight can be beaten back – even in Philadelphia," the *Inquirer* told its readers: "This is the story of an urban community that refuses to die. Its recipe for vitality mixes common sense and hard work, homegrown vision and government aid, grassroots leadership and steady involvement by elected officials." The editorial praised a series of successful developments in the community, in which OARC played a leading role. Then the *Inquirer* identified the effort to build the Hardshell Café restaurant as the "newest project" in that line of hope. Just five days earlier, the *Inquirer* had published an article reporting on the Hardshell Café, and the PIDC loan toward making it possible, entitled, "In Ogontz, a rare renewal in fight against blight." And one month later, in its Sunday magazine, there was a five-page story on West Oak Lane development called, "The good fight How to save an urban neighborhood: Mix pride and grit." The *Inquirer* chose to open this article on West Oak Lane's effort to stop decline and bring hope by devoting the first full page to how community leaders and Mayor Rendell worked with the owner of the Hardshell Café to bring that restaurant to West Oak Lane.

Clearly, the *Inquirer* believed in and advocated the use of PIDC funds to build a restaurant as part of stabilizing and growing the West Oak Lane community. Other funds were later used toward the project, including an additional \$200,000 loan from PIDC to the Hardshell Café Ogontz Limited Partnership in 1998, and a \$100,000 grant obtained by OARC, but the restaurant did not ultimately succeed. Still it was an effort worth the fight, and the *Inquirer* did not tell its readers during that time that there was anything inappropriate about obtaining PIDC loans as part of that effort, or that the use of such funds or grants should have been the subject of law enforcement oversight. The *Inquirer* did not do that because it in fact believed, as it publicly stated, that the use of such funds promoted a good and healthy cause, not an illegal endeavor.

The *Inquirer's* own reporting when this effort started in 1996, as well as facts known today, make clear that the reporting the *Inquirer* is doing today is not only an inversion of its own beliefs and of actual history, but it also fails to tell the truth about current facts.

• The *Inquirer* states as a fact that OARC owns Relish.

(continued on page 23)

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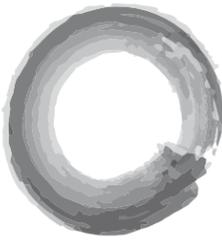
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(continued from page 22)

Truth: Relish is a privately owned minority business of which Robert and Benjamin Bynum are principals, and it has been so owned since October of 2009.

- The *Inquirer* states as a fact that Relish borrowed \$650,000 from PIDC.

Truth: A partnership, the Hardshell Café Ogontz Limited Partnership, which was formed in connection with building and fitting out a site for a Hardshell Café restaurant, borrowed \$450,000 in 1996 and \$200,000 in 1998 for those purposes.

Relish did not exist until 2007 and the Bynums did not have an ownership interest until 2009. Relish absolutely had no loan with PIDC.

In late November 2010, the PIDC loans were restructured as a performing loan as part of OARC's effort to make good on its 1996 and 1998 guarantees. Neither the original nor the restructured loans were or are Relish's obligation.

- The *Inquirer* claims that the use of public funds for a restaurant is so improper that it requires oversight by the state's law enforcement arm.

Truth: The *Inquirer* itself praised the development of a restaurant at the same site in West Oak Lane at a time when the *Inquirer* was fully aware that the restaurant project was being funded in part by PIDC lending.

In addition, every state grant of \$100,000 or more requires that an independent audit be conducted at the expiration of the contract. The independent audit is then submitted to the DCED compliance office for its review. OARC has been compliant with all such audits.

- The *Inquirer* claims that Relish received a \$470,000 DCED grant, which grant, along with the \$650,000 PIDC loan, kept Relish afloat in 2010.

Truths: OARC obtained a grant in 2008, not Relish, which was for the purpose of supporting minority business development. While the funds were used for salaries and consulting fees at Relish, the *Inquirer's* incorrect description misses the whole point: that the money was not obtained as some boondoggle for OARC to pay itself, but was obtained to promote and support a minority business, Relish.

And the grant worked. In direct contradiction to the *Inquirer's* reporting, Relish has not received any grant money in 2010; nor, obviously, did it receive any loan money from PIDC in 2010 (the *Inquirer* knows that such money was used over a decade ago). Relish was not subsidized or sustained by \$1.1 Million in public funds in 2010, as the *Inquirer* repeatedly states. The truth is that Relish got \$0 from those sources in 2010 and has sustained itself.

To make this perfectly clear, the *Inquirer* reported that Relish could only operate in 2010 because it had a \$1.1 million public subsidy. In fact, none of that \$1.1 million

dollars went to Relish in 2010, and \$650,000 of it was spent a decade before Relish even existed.

- In calling for the Attorney General, the state's highest law enforcement office, to oversee the use of funds in connection with Relish, the *Inquirer* is effectively labeling OARC, Relish and others criminals who need law enforcement oversight.

Truth: What the *Inquirer* is now calling a criminal endeavor, it once praised as a noble effort to save a community. And unlike the prior unsuccessful effort, which would have established a New Jersey-based restaurant business, the current restaurant, owned and operated by a Philadelphia-based minority business, may yet prove the success the *Inquirer* sought back in 1996.

OARC disputes the truthfulness of most of the other assertions in these two articles, but speaks up now specifically to address the focus of these articles, which is Relish. It is OARC's hope that the *Inquirer* will stand by its original principles, support the presence of Relish in West Oak Lane as it supported the Hardshell Café restaurant project in the community, and work towards Relish's success instead of its destruction. Retracting its false reporting, admitting its opinions and recommendations were based on false assumptions, and publicly apologizing to all concerned, including the community of West Oak Lane, would be a good start.

Jack Kitchen,  
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# Hearing Loss a Prickly Topic

by Leila Martin

THE HOLIDAYS are a time to gather together with family and friends, but for those with untreated hearing loss, the holiday season can be bittersweet. By staying alert to the signs of unaddressed hearing loss, and by encouraging those we love to address the problem, we can help them regain their quality of life and strengthen our relationships with them. Hearing loss is one of the most commonly unaddressed health conditions in America today, often leading to isolation and depression. More than 34 million people in the United States have hearing loss—roughly 11 percent of the population.

There is a very easy, free and convenient way for people to check their hearing, or encourage loved ones to do so. The Better Hearing Institute (BHI) has made available a simple, interactive, online screening tool families can use to check their hearing in the comfort and privacy of their own homes, at [www.hearingcheck.org](http://www.hearingcheck.org). BHI also has an online discussion forum and information exchange available at [www.betterhearing.org](http://www.betterhearing.org), where people can join the dialogue on hearing loss and gain valuable support and information.

Hearing loss occurs at all ages. For example, among people aged 46 to 64, about 15 percent already have hearing problems. Sixty percent of people with hearing loss are below retirement age. Hearing loss can occur due to exposure to loud music or noises.

There is increasing evidence that people with certain medical conditions such as diabetes, Alzheimer's disease, kidney disease, heart disease, and even vision loss may be at an increased risk of hearing loss. And numerous studies have linked untreated hearing loss to a wide range of

### Signs of Hearing Loss

Here are several social, emotional, and medical signs of hearing loss to look out for:

**Social:**

- require frequent repetition
- have difficulty following conversations involving more than two people
- think that other people sound muffled or like they're mumbling
- have difficulty hearing in noisy situations, like conferences, restaurants, malls, or crowded meeting rooms
- have trouble hearing children and women
- have your TV or radio turned up to a high volume
- answer or respond inappropriately in conversations
- have ringing in your ears
- read lips or more intently watch people's faces when they speak with you

**Emotional:**

- feel stressed out from straining to hear what others are saying
- feel annoyed at other people because you can't hear or understand them
- feel embarrassed to meet new people or from misunderstanding what others are saying
- feel nervous about trying to hear and understand
- withdraw from social situations that you once enjoyed because of difficulty hearing

**Medical:**

- have a family history of hearing loss
- take medications that can harm the hearing system (ototoxic drugs)
- have diabetes, heart, circulation or thyroid problems
- have been exposed to very loud sounds over a long period or single exposure to explosive noise

physical and emotional conditions.

According to a BHI study, family members play a critical role in whether loved ones address a hearing loss. More than half (51 percent) of new first-time owners of hearing aids said that family members were a key factor influencing their purchase. Fifty-five percent of new hearing aids users sought treatment once

they realized through testing how serious their hearing loss was.

In the vast majority of situations, hearing aids do help a person to hear better. Several studies compared two groups with hearing loss. Individuals in one group had recently been fitted with a hearing aid or hearing aids, while those in the other group did not use hearing aids.

Those in the group wearing the hearing aids had a measurably better experience than those in the other group. Not only did they report significant improvements in quality of life, including decreased depressive symptoms and a more robust self-concept than those in the group that did not wear hearing aids; their functional health status also improved significantly within three months of hearing aid use.

Assistive listening devices can be used along with hearing aids for improved audibility when using a phone or cell phone, while watching TV, or when trying to hear in a noisy environment. These devices make use of either FM, Bluetooth or inductive connectivity. They are user-friendly, and not necessarily expensive.

"Many people decide to get their hearing checked because someone they love suggested it and provided support," says Sergei Kochkin, PhD, executive director of BHI. "If someone you love appears to have a hearing loss, please urge them to get a hearing screening. With the BHI quick hearing check available at [www.hearingcheck.org](http://www.hearingcheck.org), it's easier for people to take that first, critical step in reclaiming their hearing, quality of life, and relationships. What better gift can you give someone you love this holiday season?"

*Leila Martin is a Licensed Hearing Aid Specialist at The Hearing Garden in Roxborough, in Philadelphia, and can be contacted at 215-482-2352, or by e-mail at [LMartin@HearingGarden.com](mailto:LMartin@HearingGarden.com), or through their website: [www.HearingGarden.com](http://www.HearingGarden.com).*

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## Suggestions

(continued from page 28)

it's useless duplication. And then as our sales data filters through to the rest of the country, we can take satisfaction in starting a retail "trend" of diminishing the importance of the pasta sauce category.

### Suggestions and Responses:

**s:** "Carob-covered peanuts (or carob-covered nuts of some kind—not just the carob-covered raisins carried now).

**r:** (Chris MA) Good suggestion. We'll look into the feasibility of adding these.

**s:** "I love Uncle Jerry's pretzels and I know there are many options, but I haven't seen the dark brown (not oat, not whole wheat) salted or low salt in ages. Please?!"

**r:** (Chris MA) We just got a new shipment, should be back in stock.

**s:** "Please bring back the prepared soups for purchase in plastic containers. The wonderful squash and other vegetable soups, the Italian Wedding and Moroccan soups that use broth instead of cream. Moshe's are just not the same."

**r:** (Jeanyne MA) We now have a new Prepared Foods manager in Mt. Airy, Nancy Leib, who will be bringing back in-house soups.

**s:** "Please get no-fat soymilk."

**r:** (Chris MA) We are reevaluating our soymilk line and plan to make some changes in January. Is there a specific brand or item that you have in mind? Please let me know.

**s:** "Please get crunchy sprouts so I don't have to keep going to Chestnut Hill."

**r:** (Jean MA) I am committed to getting our sprouts from Fresh Sprout Event, made right here in Mt. Airy. I'll ask if they can put together a crunchy blend similar to Sproutman's. I'm sorry you view going to Chestnut Hill as a *problem*. While I do love my Mt. Airy shoppers, I think it's great that we can shop here *and* in Chestnut Hill.

**s:** "A salt that is not sea salt besides Kosher Salt. We buy the Kosher Salt but it isn't so much of an everyday salt (expensive and coarse). We have three choices of sea salt—sea salt has uric acid, which is bad for folks with arthritis or other conditions."

**r:** (Chris MA) Our Chestnut Hill store sells Himalasalt from the Himalayan mountains, \$7.78 for a 7oz box. This seems to be the only non-sea salt around, it is expensive and coarse. CH also sells a salt grinder. (Norman) Himalasalt is 250 million years old and supposedly has all kinds of good for you effects—it reportedly energizes, detoxes, helps with

arthritis, and provides trace minerals. Despite Himalasalt being 250 million years old, it nevertheless does have its own YouTube channel.

**s:** "The lighting in the CH store parking lot is insufficient."

**r:** (Kim S. CH) Unfortunately, we do not own the parking lot and have no control over the lighting. Thanks.

**s:** "Could we start carrying "The Grid" magazine in CH?"

**r:** (Kim S. CH) We have it now. Thanks for the request!

**s:** "I think it would be irresponsible to not use the space in the back for parking (at CH store). There is not enough in the lot behind."

**r:** (Kim S. CH) We do not own the parking lot but members and shoppers can park with a two hour time limit.

**s:** "Craig helped me today! He should get an honorable mention in the *Shuttle*!"

**r:** (Norman) Whenever I mention Craig, it is always with honor. Except at the end of this year's New Years party when he got a little wild.

## Lose the Winter Blahs with Mt. Airy Art Garage

by Linda Slodki

THE CELEBRATIONS of December and New Year's are long over. And, as you may know, artists of the Mt. Airy Art Garage (MAAG) are moving ahead with building out our new space at 11 W. Mt. Airy Ave. So, what better time to take a break, celebrate and throw off some of those winter blues!

MAAG invites you to mark your calendar for the last weekend in February. Join us for some fun and conversation at 550 Carpenter Lane on the corner of Green and Carpenter! That's right, set aside February 25, 26 and 27 to celebrate the arts with us while we get our new home ready. Here's a taste of what's coming—live demos and workshops all day Saturday (have you ever had an artist show you how to paint your boots?), "Tell Your Story Through the Arts," slide shows, Friday night artist get-together and networking, Saturday night party, Sunday brunch, Fine Art and Handcraft Market... you get the idea! And it will be happening all weekend!

So, get ready to relax, have fun, meet artists and friends. Stay tuned! For more information visit us at [www.mtairyartgarage.org](http://www.mtairyartgarage.org) and don't forget to friend us on Facebook.

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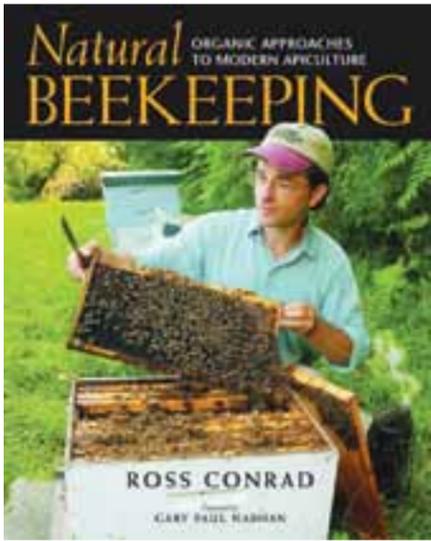
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# Author of Natural Beekeeping to Speak in Philadelphia

by Suzanne Matlock

THE PHILADELPHIA Beekeepers Guild (PBG) is proud to bring organic beekeeper Ross Conrad, author of *Natural Beekeeping*, to The William Penn Charter School on February 6, 2011, for a day-long event that's sure to please both beekeepers and the general public alike. The ticket price includes Mr. Conrad's presentations on "Organic Beekeeping" (10 a.m.) and "Apitherapy: Health with Products from the Hive" (1 p.m.), as well as a box lunch for the free showing at 3 p.m. of *Vanishing of the Bees*, a documentary movie on recent discoveries about the health of the honey bee. Tickets are \$25 for adults and \$20 for students with ID and members of PBG.



ter is located at 3000 W. School House Lane, Philadelphia.

Come taste some local honey and meet the beekeepers in your community. Perhaps this is the year you will become one yourself!

Save the date for PBG's "Short Course in Beekeeping," March 12, 9 a.m. to 4 p.m., at Wyck Historic House, 6026 Germantown Ave. Admission is \$60 for adults and \$40 for students with ID and members of PBG \$40, lunch included. Limit 20 students.

For more information, to make reservations or to pre-order hives, visit [www.phillybeekeepers.org](http://www.phillybeekeepers.org)

~ [polar.ice@juno.com](mailto:polar.ice@juno.com)

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# MALT Holds Its First Ever Auction

by Jonna Naylor, MALT Executive Director

ON MARCH 19: at 7 p.m. you can get great deals on over a hundred fabulous auction items, support the beloved Mt. Airy Learning Tree (MALT) and enjoy a magical evening in the unique private residence called the Oaks Cloister!

The Oaks Cloister was designed in 1900 by Joseph Miller Huston, the architect of the Pennsylvania State Capitol. This elegant Tudor estate has been superbly restored under its current owners, Dr. Russell Harris and Mr. John Casavecchia. The Oaks Cloister in Germantown has the distinction of achieving historical certification as one of Pennsylvania's treasured landmarks. You will not believe your eyes when you see this treasured property! With its gilded ceiling in the ballroom, a specially designed niche lined with amber glass mosaics laid over silver leaf with a Carrara marble sculpture inside, multiple fireplaces inlaid with a wide variety of Mercer tiles, and a beautifully enclosed Cloister with an antique Putto fountain inside, this property is a must see. As it is a private residence, this is a one-time opportunity to see this distinctive property!

The silent auction will begin in the rooms described above at 7 p.m. for \$60. But if you want a chance to see the entire private home with even more historic, architectural and artistic details, you can sign up for the VIP champagne reception at 6 p.m. for \$100. Space is limited; call for reservations.

Auction items will include large and small goods, including vacation homes in Cape Cod and Vermont, a heli-hiking trip in the Canadian Rockies, a Vespa, an electric bike, a pass for four to a Special Producer Session at WXPN's World Café with local favorite David Dye, tickets to restaurants and sporting events, and much more!

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Call MALT for reservations at 215-843-6333 or register online at [www.mtairylearningtree.org](http://www.mtairylearningtree.org).



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# GFS Students Unveil MLK-Themed Mural for Mayor Nutter

by Meg Cohen Ragas

ON WEDNESDAY, January 5, a group of Lower School students from Germantown Friends traveled to Founder's Hall at historic Girard College to attend a press conference with Mayor Michael Nutter kicking off the 16th Annual Greater Philadelphia Martin Luther King Day of Service. The students, through GFS's After School Program had been invited to participate in an annual project sponsored by the Greater Philadelphia Martin Luther King Day of Service in partnership with the Philadelphia Mural Arts Program.



photo courtesy of Germantown Friends School

Mayor Michael Nutter shakes hands with GFS students, congratulating them on their mural

The project involved students from six area schools, including Perelman, Woodlynde, and Girard College, each painting a mural panel depicting a Civil Rights and/or Martin Luther King theme. The panels were then joined together to create a single mural, which was unveiled at the press conference. Each school was asked to interpret a Martin Luther King quote—"Love is the only force capable of transforming an enemy into a friend"—in its mural, and was assigned a professional artist with whom they could collaborate; GFS students had the pleasure of working with Mural Arts staff artist Cathleen Hughes.

Fourth grader Kathryn Bruttomesso-Clarke spoke on behalf of the GFS stu-

dents about their mural: "What would a world look like with racist people?" she asked the crowd. "I wouldn't want to know what that world looked like. People wouldn't have their best friends, their partners, the people they cared for. Our mural has pictures of different colored hands representing the different people [who worked on it], and doves symbolizing peace. Without Martin Luther King, there would be no peace."

After the mural unveiling, Mayor Nutter shook hands with the students, congratulating them on their beautiful art work and commitment to community service.

~ mcragas@gfsnet.org

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Workshops will be conducted by **Zakaria Elabidejmani**, a Financial Services Professional and registered insurance agent with New York Life who enjoys helping and educating people on the matters of retirement planning and education funding. This is not a sales pitch, and no products will be discussed, unless in an individual consultation.

### Health/Wellness Workshops

#### Complementary and Alternative Medical Approach to Menopause

**Wednesday, Feb. 23 at 6:30 pm, 555 Carpenter Lane**

Menopause is not a disease, but a normal and necessary life transition. Some women pass through this stage without issue, while others have a difficult time managing symptoms. Marialisa Marie Lambert, M.D., gynecologist, will discuss a variety of approaches to ease the transition if you are experiencing challenges. Topics include: bioidentical hormones, herbal treatments and lifestyle changes. To register call 215-248-6100, option 3 or sign up online [www.healthywomanonline.com](http://www.healthywomanonline.com).

#### A New Year—A Healthy YOU!

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**West Oak Lane Senior Center, 7210-18 Ogontz Ave.**

Join Nicole Davis, M.D., family medicine, Chestnut Hill Hospital, for information on the best screening tests and life style changes you can make for you and your family. Bring your questions. To register, call 215-248-6100, option 3 or sign up online [www.healthywomanonline.com](http://www.healthywomanonline.com).

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[HowardJGoldblattGeneralContractorInc.com](http://HowardJGoldblattGeneralContractorInc.com)



Because we care, we volunteer for Habitat for Humanity of Philadelphia and Chester Counties in building a better America.

LGBT friendly.

Watch for us soon on You Tube's "It Gets Better."

## OUR MOTHER OF CONSOLATION PARISH SCHOOL



### Our Parish School

Catholic Values • Academic Excellence



Could be

### Your Parish School too!

Call to RSVP for an upcoming Open House

**Friday February 18 or Tuesday March 15**

10am

17 East Chestnut Hill Avenue • Philadelphia, PA 19118

[www.omcparish.com](http://www.omcparish.com) • 215-247-1060



## Suggestions

by Norman Weiss  
Purchasing Manager

GREETINGS AND thanks for writing. As usual, suggestions and responses may have been edited for brevity, clarity, and or comedy. Since we now have shopper comments and suggestions and staff responses from three stores I've started including the initials of the store of the staffer responding so readers know which store the comment refers to. If no store is listed it means the response applies to all stores.

Lately I've been working with our department managers on something called "category management." This is a retailing trade term in which retailers group items into categories in order to manage them better. For example, pasta sauce could be a category, and managers would look at the category and decide things like how many pasta sauces should be stocked, how many should be low-fat, low-salt, organic, low-priced, premium-priced, etc., ultimately deciding how much space and inventory to devote to the category, and exactly which of the 400 pasta sauces our main supplier warehouses are worthy of

precious Weavers Way shelf space.

To aid our buyers in this decision, there is all kinds of data; retailers get sales reports from their vendors, and also subscribe to industry sources (Nielson, the same company that rates TV viewership, also collects data of what is going through retailers checkout scanners and organizes the data and sells it to retailers). This gives buyers an idea what is selling elsewhere, the idea being if it is a pasta sauce that is selling well in your region and/or to your customer demographic, and you are not stocking this pasta sauce, it's an opportunity to add a good seller.

Of course, there are many reasons a product might be selling well. There may have been a huge introductory discount. It might have some new unique feature (made with cruelty-free tomatoes from the rain-forest and harvested without stepping on beetles). Maybe it has a beautiful package. Maybe it taste good. Or maybe the people pushing it are good salespeople. Whatever the reason, to some extent, this method results in some initial sales breeding more sales, a very interesting phenomenon in and of itself.

What strikes me is that, in addition to this sales-breeding-sales phenomena (as if that in an of itself is a good reason to stock something—why not stock cigarettes?), for the most part, all 400 pasta sauces mainly consist of tomatoes, oil, spices and salt. These are all ingredients all grocery stores already stock, at a price much cheaper than what you pay for pasta sauce. We, in effect, already have do it yourself pasta sauce, in any flavor you want, in any quantity you want to make, it just means opening a few jars or cans instead of one, a few extra minutes. So should we eliminate the pasta sauce category? No, because it sells. But Weavers Way shoppers should stop buying pasta sauces because

(continued on page 25)

## What is Weavers Way Co-op?



Weavers Way is a Food Co-op, a grocery store that is owned by its members—the people who shop here.

Because our owners are our shoppers, we don't try to make a profit selling unhealthy food at high prices. Instead, we sell the food our shoppers want us to sell—healthful, natural, and local foods, some grown and prepared right in our own neighborhoods. We buy local, we support fair trade, and we are committed to our community, because we are owned by our community. The dollars you spend here stay here, either invested in the co-op and the community, or distributed right back to the members who support us.

**Although we are owned by our members—and membership is important to what we do—we are very much open to the public: everyone is welcome to shop, and everyone is welcome to join.**

You can learn more about Weavers Way at [www.weaversway.coop](http://www.weaversway.coop), contact Membership Coordinator, Kirsten Bernal at [member@weaversway.coop](mailto:member@weaversway.coop), or better yet, stop in for a shop, or just to look around, at our stores in West Mt. Airy, West Oak Lane, and Chestnut Hill.



Equal Exchange Fair Trade

## February Coffees of the Month



Bulk Beans:

**Organic Love Buz**  
reg. \$11.53 sale **\$8.99/lb.**

**Organic San Fernando**  
reg. \$11.53 sale **\$10.53/lb.**

Ground Coffee 12 oz package:

**Organic Pre-Ground Decaf** reg. \$9.53 sale **\$8.53**



*Roses are red  
You forget 'em you're dead.  
So members remember  
you can order ahead.*



**100% Fair Trade Valentine's Roses will be available to all Weavers Way Co-op shoppers at all 3 locations from**

**Friday, February 11—Monday, February 14 or until they run out.**

Co-op members can pre-order to ensure getting your sweetheart's favorite color. Another great reason to become a member.

Ask a cashier for pre-order forms for the best rose deal in town. A fantastic price of \$32 per dozen for gorgeous red, luscious peach, sassy pink, heavenly yellow, or fabulous bi-color roses. These bright varieties brought to you by One World Flower are 100% Fair Trade Certified™, so your purchase helps provide healthy food and fresh water in South America and supports human rights and fair wages for workers around the world.



**Roses - \$32 per dozen**

*Make someone very happy.*



### Mt. Airy

559 Carpenter Lane, 215-843-2350  
Open Every Day 9 - 8

### Chestnut Hill

8424 Germantown Ave.,  
215-843-2350  
Monday-Saturday 7 - 8, Sunday 9 - 8

### Ogontz

2129 72nd Ave., 215-276-0706  
Monday-Saturday 10 - 6

**Follow us on Facebook and Twitter**



We encourage all new or prospective members to attend an orientation meeting, where they can learn all about our co-op, our stores and our member work program. If you have not already joined, you can do so at the meeting, and you will also learn more about Weavers Way and all that your co-op has to offer, including member benefits and our Working Member program.

Orientation dates are listed below and are also posted on our website at [www.weaversway.coop](http://www.weaversway.coop). Please complete the form below and return it to any of our stores, so we will know which meeting you will attend. Meetings last approximately forty-five minutes to an hour and will include a brief store tour. We look forward to seeing you there!

**Chestnut Hill Center for Enrichment/Chestnut Hill**  
8431 Germantown Ave. (parking entrance on E. Highland Ave.)  
• **Weds., Feb. 16, Mar. 23, & Apr. 20 at 6:45 p.m**

**Weavers Way Ogontz Store/West Oak Lane**  
2129 72nd Ave. (intersection of Ogontz Ave., Walnut Lane & 72nd Ave.)  
• **Sat., Feb. 19, Mar. 26, & Apr. 23 at 10:45 a.m.**

**Weavers Way Co-op Offices/Mt. Airy**  
555 W. Carpenter Lane  
• **Weds., Feb. 9, Mar. 9, & Apr. 13 at 6:45 p.m**

PLEASE PRINT CLEARLY

Name \_\_\_\_\_ Orientation Date \_\_\_\_\_

Address: \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone number \_\_\_\_\_ E-mail \_\_\_\_\_

Please return this form to a cashier, mail to Weavers Way Co-op, Attn: Membership Department, 559 Carpenter Lane, Phila. PA, 19119 or fax to 215-843-6945, Attn: Membership Department. You can also call 215-843-2350, ext. 118 or e-mail [outreach@weaversway.coop](mailto:outreach@weaversway.coop).