

## FACTOIDS

### Did you know?

Cooperation among cooperatives was not a founding principle of the cooperative movement. Sound counter-intuitive? Well, if you think about it, until the movement spread far and wide, there was no need to cooperate with other cooperatives!



MT. AIRY

# VEGAN FEST

Details on back page.

SUNDAY, MARCH 18



NOON TO 4 PM



# The Shuttle

March 2012 Vol. 41 No. 03

A Cooperative Grocer Serving the Northwest Community Since 1973

## Year of the Co-op Update

by Margret Lenzi, Weavers Way Vice President

### Philadelphia City Council Recognizes Cooperatives

INTERNATIONAL YEAR of Cooperatives (IYC) is off to a good start in Philadelphia. At the first session of the Philadelphia City Council in 2012, a Resolution was unanimously passed recognizing cooperatives' contributions to economic and social development. Introduced by newly elected Eighth District Councilwoman Cindy Bass on January 26, 2012, the Resolution cites the accomplishments of cooperatives both here and around the world. Bass presented the Resolution to the Philadelphia Area Cooperative Alliance (PACA) at that organization's IYC kick-off event on February 8, 2012.

"Cooperatives are increasingly important in creating sustainable communities in Philadelphia," said Bass. "This way of doing business keeps local dollars local. They employ members of the community, and those jobs cannot be outsourced... Philadelphia was home to the first cooperative in America and so it is imperative that we keep that rich partnership of commerce and community alive."

Councilwoman Bass' Eighth Councilmanic District in Northwest Philadelphia is home to several different kinds of cooperatives. We all know about Weavers Way's two stores. A worker owned childcare Cooperative, Childspace CDI, is now operating on the New Covenant Campus. Vernon House and Valley Green Apartments are well-established housing cooperatives in Germantown. And folks can conduct their banking and financial services at yet another Cooperative, Philadelphia Federal Credit Union, that has a branch on Germantown Avenue in Mt. Airy.

(continued on page 18)

## Philadelphia City Council Passes Co-op Resolution

by Jonathan McGoran, Shuttle Editor

On January 26, Philadelphia City Council unanimously passed a resolution acknowledging 2012 as the International Year of Cooperatives and recognizing the contributions made by cooperatives to economic and social development. Introduced by newly-elected Eighth District Councilperson Cindy Bass, the resolution cites the accomplishments of cooperatives both here and abroad. Philadelphia Area Cooperative Alliance (PACA), an organization that supports and promotes Cooperatives, commended City Council for passing the Resolution and hopes that it will be the beginning of a new wave in cooperative development in Philadelphia

The resolution was formally presented to PACA at the group's International Year of the Co-op kick-off event, on Feb. 8, 2012. (See "Year of the Co-op Update" for more.)



photo by Peter Frank

Gathered here with Cindy Bass before her first session as a Philadelphia Councilwoman, are (l to r) Weavers Way member Stan Shapiro, General Manager Glenn Bergman, Board member Bob Noble, Councilwoman Bass, Shuttle Editor Jon McGoran, Board Vice President Margaret Lenzi, and Board President David Woo.

## Vegan Fest Returns to Weavers Way Mt. Airy

by Jonathan McGoran, Shuttle Editor

WEAVERS WAY'S Second Annual Vegan Fest will take place from noon to 4 p.m. at Weavers Way Mt. Airy, 559 Carpenter Lane.

Join us for live music, grilled vegan food, and more, including product demos and lots of samples from Leaping Bunny, raw foods and detox from Nwenna Kai, and Vegetarian Starter Kits from PETA. There will also be samples from Raw Revolution, Fresh Tofu, Field Roast, Kashi, Newman's Organics, Amy's, Daiy and Bragg's, as well as Health/Beauty and Wellness Products from Fitbliss Organics, Plantfusion, and Crazy Rumors.

This was a great event last year and we look forward to even more fun this time around. So put down that burger (unless it's a veggie burger, of course), and come see how much fun meat free can be.



file photo

A crowd of happy vegans and potential vegans came out to celebrate inaugural Vegan Fest, March 2011 at Weavers Way Mt. Airy

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# Editor's Note



by Jonathan McGoran,  
Shuttle Editor

HARD TO believe March is already here. March means Vegan Fest, and we are all looking forward to that. I had a lot of fun last year, and I am not even a vegan (I actually consider myself a “Bovo-lacto vegetarian”).

Unfortunately, March also means The International Year of the Co-op is almost one quarter finished already. Before you know it, IYC will be over, and the Year of the Co-ops will be replaced by the Year of the NoOps. Seriously, it is. Look it up. It's some crazy IT thing that's all over the internet and will be taking over the world next year. I have almost no understanding of what it means, but what is really compelling is that NoOps rhymes with co-ops. Think about it.

Of course, the Year of the NoOps is an unofficial designation. Officially, the U.N. has designated 2013 as the Year of Quinoa (which is almost exactly the same thing as the year of the Co-op) and the Year of Water Cooperation (ditto), so it's practically another Year of Co-ops. Unfortunately I think “The Year of Water Cooperation” will likely be more commonly referred to as the “Year of Fat Chance, I'm thirsty.” (I mean really, if it was that easy, couldn't they just declare an International Year of Stop Killing Each Other? Maybe that is in the works; the list I saw only went up to 2014).

To manage that level of worldwide cooperation would require an increased sense of diplomacy. That's why Weavers Way is introducing our new Member Ambassador program, which is a great opportunity for our members. It was just a few years ago, you had to be the child of a wealthy Texas political financier to become an ambassador. Now, all you have to do is sign up for it. Of course, being a Weavers Way Ambassador doesn't mean you can commit crimes with impunity or park wherever they want, but you could park in the loading zone for an extra five minutes before staff people start giving you the skunk eye.

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# Welcome Rick Rigutto Our Newest Farmer

by Nina Berryman, Weavers Way Farm Manager

AS MENTIONED in last month's farm article, I wanted to take the time to introduce you to the newest member of our farming team, Rick Rigutto. Rick started full time with us at the end of January and now in March is fully in the swing of things. He'll be managing the Mort Brooks Memorial farm at the Awbury Arboretum. I'm excited about the fresh perspective he will bring to our team, with new ideas and suggestions. Rick comes to us with a wealth of experience. Most recently, he co-managed and co-founded Two Gander Farm in Oley, Pa. Being only an hour from the city, he sold at Philadelphia farmers markets such as the Saturday Head House market, and then the Fittler Square market, and he is already familiar with the customer base here. He also sold at the West Reading farmers market for three years. For three and a half seasons he managed most of the vegetable production at Two Gander Farm, on two to four acres. He is especially experienced with hoop house growing, as he managed three hoop houses that added summer and winter crops to his field harvest. He also offered a 30-member winter CSA. He first came to Two Gander Farm as an apprentice in 2004 and 2005, when the land was farmed by Covered Bridge Produce. After a few seasons away at other farming operations, he came back to Oley to rent the farm from the original farmer and started Two Gander Farm.

For most of 2007, he worked in Belmont, Maine at Wayback Farm. There



photo by Jonathan McGoran

Farmer Rick Rigutto, outside the one of the hoophouses at Mort Brooks Farm

he maintained an acre of vegetables and was the caretaker of a Jersey cow. The year before, he spent time with the Maine Seaweed Company in Steuben. When the tides were just right he rowed out to hand harvest seaweed.

Rick is looking forward to implementing some new ideas at the Mort Brooks site. He wants to offer some vol-

unteer days on Saturdays for folks to stop by and lend a hand. Also, for yoga teachers or yoga enthusiasts, Rick wants to organize outdoor yoga at the farm. If you are interested in either teaching or attending, please contact Rick at [rrigutto@weaversway.coop](mailto:rrigutto@weaversway.coop).

Please join me in welcoming him!

# Spring Is in the Air at WWCP

by Rachel Milenbach

WELL, WE made it through another winter. As mild as it was, it was still a period of hibernation and contemplation of what is to come next. The days are already longer and we have Daylight Savings on March 11 to look forward to. Already spring is bursting with life—the snowbells and forsythia are joining the kale that overwintered and the bulbs are bursting out of the ground.

Members often ask us if we slow down during the winter, since much of our programming centers on farming. There is no time of year when WWCP slows down. The farm educators have some periods of contemplation during the winter months—to debrief from last season and plan for next season. The winter months focus on program and curriculum planning, seed ordering and attending the Pennsylvania Association of Sustainable Agriculture (PASA) conference in State College. Meanwhile, the Marketplace program, which operates from September to June, is in full swing, and fundraising takes place year-round.

Speaking of fundraising, another thank you to all of you who generously donated to WWCP in response to our first ever annual appeal to the Weavers Way



photo by Jonathan McGoran

Spring in the air means peashoots in the hoophouse!

membership in December 2011. About three percent of households made a tax-deductible donation to support our farm education and Marketplace programs. As you probably know, we provide farm education at the Mort Brooks Memorial Farm, the Henry Got Crops! CSA at Saul Agricultural High School, and the Hope Garden at Stenton Family Manor. This year, Marketplace sales are taking place at five schools—Jenks, CW Henry, Lingelbach, Our Mother of Consolation and Parkway High School for Peace and Social Justice. As a small non-profit, the majority of our revenue goes to staff salary and, therefore, to programming.

So, as tax season approaches, please consider making a gift, especially if you meant to in December and time got away from you. The timing is good for us as we have significant expenses in March and

# WWCP Offering Farm Classes for Kids and Adults

by Kestrel Plump and Rachel Milenbach

## WWCP to Offer Afternoon on the Farm this Spring!

WE ARE pleased to announce that this coming April, WWCP will be offering after-school programming at the Mort Brooks Memorial Farm! For the last four years, we have provided quality farm education programming for pre-school to college-aged youth from schools and community groups. Now we are opening the opportunity to interested kids in the community. Afternoon on the Farm will start with two sections, the Sprouts for six- to eight-year-olds, taught by Kestrel Plump, and the Seedlings, for nine- to 12-year-olds, taught by Clare Hyre.

Kestrel operates WWCP's farm education program at the Mort Brooks Farm and the Hope Garden at Stenton Family Manor, and Clare is WWCP's farm educator at the Henry Got Crops! CSA at Saul Agricultural High School. Both programs will take place on Monday afternoons from 4 to 6 p.m., starting on April 9. The Sprouts will run for five weeks through May 7 and will cost \$115. The Seedlings will run for six weeks through May 14 and will cost \$140. Tuition includes all materials and snacks. Each group will be limited to ten participants. The curriculum will be a mixture of hands-on farm tasks, experiential environmental science lessons, and art projects. Students will

# Mt. Airy Grocery News

by Chris Switky, Mt. Airy Grocery Buyer

HOWDY, SHOPPERS. Lots of new items on the Mt. Airy grocery shelves since my last *Shuttle* column, plus some information on the cellophane bags that we're now using for our bulk items. So, here goes.

In the drinks department, we've added Blue Diamond vanilla unsweetened almond beverage, next to the original flavor, which we've had for a year now. On the spritzer shelf, you'll find four flavors of Knudsen Zero Calorie sodas: black raspberry, blood orange, cherry lemonade and mango pineapple. There's no sugar in these sodas; they're sweetened with rebiana, a sweetener extracted from the stevia plant.



On the cereal shelves, two new offerings: Health Valley Oat Bran Flakes (which is wheat free, but not gluten free), and Kashi GoLean Crunch cereal, both brought in due to shoppers' requests. On the flour shelf, you'll find Bob's Red Mill gluten-free all-purpose baking flour, a blend of flours made from potatoes, sorghum, tapioca, garbanzo and fava beans.



Two new bulk items: shelled hemp seeds, stocked in the cold drinks case near the onions (bulk retail price of \$16.56 per lb.—much cheaper than prepackaged); and whole cardamom seeds, in the bulk spice jars, brought in on the advice of Maureen Gregory in the MA prep foods kitchen. Thanks, Maureen!

No longer available: bulk arrowroot, which we carried in the bulk spice jars, right about where you'll now find the whole cardamom seeds. Evidently, the entire world's supply (stretching the term) of arrowroot powder comes from a small area of the tiny Caribbean island nation of St. Vincent. Over the past few years, yields of arrowroot have dropped significantly, to the point where it's unavailable most of the time. For a substitute item, try

organic cornstarch, on the top shelf of the baking supplies section.

San-J shoyu sauce has been added to our Asian cooking section. This is a pasteurized shoyu, much cheaper than the raw Ohsawa Nama Shoyu that we've had for the past few years (and will continue to carry). In the freezer, Reed's original ginger ice cream is back, along with Reed's chocolate ginger ice cream. You'll find them on the top shelf of the ice cream section.

The hot topic this winter at Weavers Way MA has been the cellophane bags that we've begun to use for our bulk foods. Why did we switch from polyethylene bags to cellophane? Norman Weiss and I decided to try these bags because they are 95 percent wood cellulose (the other five percent is polyvinylidene chloride coating, on both the inside and outside of the bag, required by the FDA for food grade cellophane.) We're told that they completely biodegrade in 60 days.

From an environmental standpoint, these bags are far preferable. The wood cellulose comes from farmed cottonwood trees, a renewable and non-polluting resource. They are completely biodegradable (although not recommended for compost, due to the polyvinylidene chloride coating.) The old bags were polypropylene, derived from petroleum, not biodegradable.



As far as durability, the two types of bags have some similarities and some differences. The new bags can break at the seams if dropped, just like the old ones. They also can tear if snagged, as did the old ones. The major difference that we've heard about is that the new bags tend to tear at the top more easily than the old ones, especially if you stretch the mouth of the bag when reaching into it with your hand.

(continued on page 4)

## Spring is Coming and With It, Local Asparagus

by Stephanie Kane, Local Produce Buyer



### Couscous with Asparagus and Arugula

#### Ingredients

- 1 1/2 cups vegetable stock
- 1 cup couscous
- 3/4 pound green asparagus, ends trimmed, cut in half (about 2 cups)
- Kosher salt and freshly ground black pepper
- 1/4 cup chopped arugula
- 2 teaspoons extra-virgin olive oil

#### Directions

In a medium pot, bring the stock to a boil. Add the couscous, stir, and bring to a boil. Remove from the heat. In a large pot of boiling water, blanch the asparagus. Season the couscous with salt and pepper, fluff with a fork and transfer to a bowl. Stir in asparagus, cover and let stand 5 minutes. Stir in the arugula and olive oil, season with salt and pepper and serve.

Asparagus begins to come in season locally in March. It has been making its way to us from Peru, where it is grown year round, and from Mexico in February. Soon it will be available from local New Jersey and Pennsylvania farmers. Asparagus is a flowering perennial, and takes three years from planting to first harvest. The stalks shoot up out of the ground and each one is cut at the base

for the individual stalks you see in the store. There is a recipe for cooking asparagus in the oldest surviving book of recipes, Apicius's from the third century AD, and though this probably wasn't it, this simple recipe is a quick side and would be great the next day for lunch. Use spicy arugula from local Blue Moon Acres, and it's a great way to welcome spring back to Philly!

## Holistic Pet Care at Home:

# Fighting the Dreaded Flea

by Natasha Kassell

IT'S MARCH, and thankfully, most fleas have yet to emerge from their eggs and cocoons. But with warmer months on their way, I find myself considering how to best deal with fleas while causing minimal harm to our pets, ourselves and our environment.

For starters, I'll discuss the lifecycle of the flea. Adult fleas spend most of their lives on dogs and cats, feasting, mating and laying hundreds of tiny eggs. The eggs are slippery and slide off the dogs and cats into the environment, concentrating in areas where our pets spend most of their time. As little as two days after being laid, millimeter-long, worm-like larvae hatch from the eggs. These larvae burrow into dark places such as carpet, bedding and cracks between floorboards where they spin tiny cocoons, much like butterflies.

When it's cool and dry, or when there are no mammals or birds around to feed on, fleas remain in their cocoons for up to two years. During warm, humid months, adult fleas emerge from the cocoons one to two weeks after spinning them. Other stimuli that signal it's time to emerge include vibrations and carbon dioxide emitted by warm-blooded animals including dogs, cats and humans. This is the reason you can enter a house that was inhabited by pets months or even years earlier and suddenly be attacked by hordes of hungry, freshly-hatched fleas.

How to combat the voracious little vampires? A strong immune system is the first line of defense. The immune system is important not only for fighting off internal germs and parasites, but external, as well. This point was vividly illustrated to me a couple of years ago when my old cat was nearing the end of his life. He became quite debilitated, and practically overnight, was covered with fleas, poor guy. Yet I couldn't find a single flea on our dog, who was young and vibrant.

There are many factors to consider in supporting your pets' immune system. A nutritious diet, preferably based on raw or lightly cooked foods (as discussed in the December 2011 and January 2012 issues of the *Shuttle*), is key. Medications, including vaccinations, should be used sparingly. When possible, choose modalities to treat illnesses that increase the overall health of your pets such as homeopathy, acupuncture and chiropractics. Minimize contact with toxins: exterminator sprays, poisonous cleaning products and topical flea and tick preparations, to name a few.

Providing your pets with plenty of fresh air, sunshine, and exercise is also important. I realize that for indoor-only cats, this can be difficult to accomplish. Like dogs, though, cats can get used to being on a leash. Lara, who works in the Co-op Pet Store, told me that, much like my dog, her cat begs to go out on his leash. This is a great compromise that will keep

(continued on page 10)

## New Cooperator Work Shifts

by Beau Bibeau, Membership Coordinator

### Member Ambassador Work Shifts

Member Appreciation Days in January were a big success and Weavers Way members felt extra appreciated with additional discounts, cake and friendly greetings from co-operators earning work credit as "Member Ambassadors." Member Ambassadors greeted members and promoted membership to non-members by signing up over 65 new members during the week. We'd like to keep the momentum going and make the Member Ambassador work shift an on-going cooperator work shift in our Chestnut Hill store. If you enjoy talking with people and have a good depth of knowledge about Weavers Way membership (or are willing to learn), this may be the work shift for you! Check out the complete shift description and requirements on Weavers Way's online member center, <http://members.weaversway.coop/>.

### Friends of the Wissahickon Work Shifts

Weavers Way and Friends of the Wissahickon (FOW), are pleased to announce a volunteer partnership program for Weavers Way Members. Weavers Way households will be given the opportunity to earn Co-op work credit for volunteering with FOW. Beginning in March, work shifts will be posted in the "Member Center" of Weavers Way website for weekend FOW trail maintenance and projects. According to Dan Mercer, volunteer coordinator at FOW, most projects will be on Saturdays at various outdoor locations within the Wissahickon Trail network. To learn more about Friends of the Wissahickon, see their website at [FOW.org](http://FOW.org).

Need to contact Membership Services? Contact Beau BiBeau, Membership Coordinator at [member@weaversway.coop](mailto:member@weaversway.coop) or 215.843.2350 ext 119.

# CreekSide Co-op Breaks Ground

by Jonathan McGoran, CreekSide Co-op Board Member and Shuttle Editor



photo courtesy of Baruch Schwartz Photography

CreekSide Co-op President Max Minkoff (far left) addresses the roughly 200 people who gathered on a cold February afternoon to be a part of CreekSide Co-op's Groundbreaking Celebration, Feb. 2, 2012.

IN THE four years since the idea of CreekSide Co-op was raised at a standing-room-barely meeting of 200 neighbors at the local library, this start-up member-owned food co-op has grown to 1,400 members, and raised \$214,000 in member equity, \$280,000 in member loans and \$3.5 million in external financing. On Feb. 2, 2012, CreekSide Co-op broke ground on its future home at 7909 High School Road, in Elkins Park, Pa. The store will open in the fall of 2012, bringing fresh, local foods and an enhanced sense of community to Elkins Park. It will also provide an outlet for local farmers and other food producers. Offering sustainably raised produce, kosher meats, organic bulk foods, prepared foods and a community meeting place will be more than enough to make this full-service grocery store a major asset in itself, the opening of CreekSide Co-op in the former home of Ashbourne Mar-

ket will bring a huge boost to the Elkins Park East commercial district, as well.

"It will be great having a co-op grocery store open to the public, right around the corner, selling local and organic produce and a full range of quality groceries," said CreekSide Board President Max Minkoff, "but almost as important is the positive impact this member-owned store will have on the local economy: the taxes we will pay, the foot traffic we will generate, and the local multiplier effect of all this local investment, not to mention dozens of construction jobs and close to fifty permanent jobs in the first year." CreekSide Co-op is already seeking to fill the first of those permanent jobs, as the search for a general manager is now underway. For more information on CreekSide Co-op, visit [www.creekside.coop](http://www.creekside.coop).

# Weavers Way Cooperators Pitching in at Mariposa

by Jonathan McGoran, Shuttle Editor



photo by Chakka Reeves

Weavers Way members Rob MacNamara (left) and Max Malossini (right) shown here installing a bulletin board, earn Weavers Way work credit helping at the Mariposa Co-op expansion.

WEAVERS WAY is proud to be supporting Mariposa Co-op's expansion in West Philadelphia. Our staffers have been working with Mariposa in many ways for months, but now that Mariposa is putting the finishing touches on their new store, Weavers Way's members are getting in on the fun, too. From February 6-14, Weavers Way members worked 13 co-op work shifts at Mariposa, totaling over 26 hours. Members broke down old shelves, built new shelves, packed and unpacked boxes, moved boxes, cleaned, received first shipments, stocked, did bulk packing and a variety of other tasks. A few of our members who live in West Philadelphia worked multiple shifts to support the Mariposa move. We all look forward to Mariposa Co-op's grand opening sometime this spring.

## Grocery News

(continued from page 3)

So, some advice: reach into them carefully, don't stretch the top. Also, it seems the new bags don't hold up that well to multiple openings and reclosings. If you plan on eating your purchase of bulk food a little at a time, it might be best to transfer the food into a different

container at home: a different bag, a re-used jar or another container with a lid.

If you'd like to save on packaging in general, you can leave reusable containers on the preorder shelves in the basement for WW staff to fill with any of the bulk foods that we carry at WW-MA. Please be sure the containers are clean, and leave complete info as to what you'd like in them, as well as your name and phone number. We'll give you a call when it's ready to pick up.

~ christopher@weaversway.coop



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 american dance therapy assoc., breastfeeding  
 resource center, NOFA-NJ ... and dozens more.

# What the Board is Thinking Our History is Still Being Written

by David Woo, Weavers Way Board President

IN TWO and a half months, Philadelphia and Weavers Way will host a gathering of cooperators from across the country in an annual conference, the Consumer Cooperative Management Association (CCMA). Founded by Cooperative entities in the late 1950's, including Nationwide Insurance and REI, CCMA has now become a forum for mostly grocery cooperatives in North America. It is the first time this conference will be held in Philadelphia.

It's another chapter to be added into our history as a spark to the growth of Food Cooperatives in our region these last few years. Here's a list:

- Chester's Community Grocery Co-op
- Creekside Food Co-op
- Kensington Community Food Co-op
- Doylestown Food Co-op
- South Philly Food Co-op
- Ambler Food Co-op

Chester is already open and serving their community. CreekSide just broke ground and is due to open in the fall of 2012. The rest are at various stages of organization, building their communities. Weavers Way has opened our Chestnut Hill store and we also weathered the closing of our West Oak Lane store; we have learned a little bit along the way. If you haven't yet heard, Selene Whole Foods Co-op in Media wasn't able to make a go at re-structuring and recently closed their storefront. So, tempered by these inevitable setbacks we move forward along with Swarthmore (which had a recent renovation) and Mariposa (which opened their new location just a few weeks ago) to keep the cooperative movement alive and relevant in this current economy.

Let me also take this time to thank all of our cooperators who did some of their work hours helping Mariposa last month leading up to their grand opening! This is living Principle Six: cooperation among cooperatives.

This upcoming CCMA conference will be at the Marriott Center City and more than 450 people representing almost 200 cooperative grocers will have a chance to learn from each other and experience Philadelphia. I intend to have Weavers Way and Philadelphia recognized as the best host of this conference in twenty years, and I'll need your help. We'll need volunteers to step up on June 14, 15, and 16 to lead tours and to staff as liaisons the many conference rooms in the Marriott. I can promise you a lunch if you can spend a day (listening in on the presentations) with us and our many visitors.

Contact outreach@weaversway.coop if you would like to volunteer. E-mail me at woo3d@earthlink.net if you want to learn more about this conference.

Our future can benefit from a more cooperative economy, with more business enterprises modeled on what the Rochdale Pioneers set out to do in 1844. With more consumer cooperatives, worker and producer cooperatives, credit unions, and mutual insurance companies, any fallout from the mistakes by large multi-national corporations or banks can be blunted by our existence as cooperatives. Wall Street prefers higher highs and lower lows in their graph's but these wild oscillations add only to their profit and not to the well-being of our society.

Cooperatives shouldn't be thought of as opponents to large corporate interests, but as an option, alternative or competitor in our current economic system. Let's give everyone something to think about as we weather this recession and show the greater good that cooperatives do.

Oh, and another thing: Board member Bob Noble and a group of other area co-ops have organized a regional conference of Delaware Valley cooperatives, to be held on June 13 at Drexel University. We are going to need volunteers in June, so put this on your calendar!

~ woo3d@earthlink.net

# Ambler Food Co-op Getting Off to a Great Start

by Margaret Lenzi, Weavers Way Board Vice President



photo by Margaret Lenzi

Weavers Way Board President David Woo (standing) addresses the audience at the meeting on organizing a food co-op in Ambler, Pa.

CLOSE TO 200 people jammed the Montgomery County Senior Activity Center to hear about organizing a food cooperative in Ambler. The enthusiastic crowd learned about cooperatives and how to start one. Working groups were formed and they are on their way to bringing yet another food co-op to the Greater Philadelphia area.

"We expected about 50 people. But so many more came who are interested in seeing a food cooperative in Ambler," said Estelle Dolan, an organizer who opened up the meeting. People came for different reasons—some came to find out what a cooperative is. Others were interested in what was being planned. Still others wanted to learn how to start a co-op in their town.

With the aid of a slideshow presentation on cooperatives, David Woo, President of Weavers Way, was able to answer many of the questions on people's minds. After reviewing the history and types of co-ops, Woo told the crowd that Ambler is part of a growth spurt in food cooperatives. "There are more than 300 food cooperatives across the nation. In our area, there are six new food co-ops starting up,

in Elkins Park, Doylestown, Kensington, South Philly, Francisville, and now in Ambler."

But Woo also cautioned that it wasn't going to be easy, and it will depend on who gets involved and what type of cooperative they want. "Many decisions will have to be made by the community of people who are forming this cooperative: Do you want a members-only co-op? One that requires work or makes it optional? Rent or own the store? Organic or local products?" Woo added that these were some of the questions that will have to be answered by the member/owners who will form the Ambler food co-op.

To get things going, people stepped forward to be on three committees—Steering, Membership, and Financial/Legal—and to establish meeting times. Organizers were thrilled to see the level of volunteerism for this project and the community spirit that filled the room.

After the meeting, Karen Palmer, one of the organizers, said that she had not been sure what the meeting on co-ops would produce, but now she understood that "We are creating a community with food."



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## The Simplicity Dividend

# Celebrating the World's Mothers Along with Our Own

by Betsy Teutsch

*"Let's celebrate Mother's Day with all the flowers and brunches we can muster: no reason to feel guilty about a dollop of hedonism to compensate for 365 days of maternal toil. But let's also think about moving the apostrophe so that it becomes not just Mother's Day, honoring a single mother, but Mothers' Day—an occasion to try to help other mothers around the globe as well."* – Nicholas Kristof

When my kids were little, I played down Mother's Day. To me it was a gooey, Hallmarky, sentimental day pushed by florists, candy-sellers and restaurants. I particularly disliked the way the marketing made mothers feel insecure if their families didn't cough up roses, and made children feel guilty for being, well, children—kids' affection and appreciation comes when it comes, not on a specified day. My kids' school-made gifts were the focus; the Popsicle stick box with my daughter's picture is still cherished. But of course I was partly ignoring Mother's Day because it was sad, no longer having a mother of my own. A meaningful ritual or an activity to mark the day? That would have been wonderful.

Great news for people who feel the same way: this Sunday, May 6, the three Weavers Way Dining For Women chapters will partner with Weavers Way Community Programs to host a Mothers' Day Tea at the at the Awbury Arboretum. For those of you who already enjoy meaningful Mothers' Day activities, note that the tea is the preceding Sunday and can kick off a whole Mothers' Week.

The ritual will be buying a ticket; the proceeds will support both local food/farm education programs AND the international reach of Dining For Women, a giving circle that focuses on helping women in

the developing world escape extreme poverty and oppression.

The activity will be a lively, festive, elegant celebration at the Cope Mansion. In addition to sipping tea and eating delectable foods prepared by DFW's Team Tea Sandwich, attendees will be treated to a performance by the Morris Dancers and tours of the Weavers Way Mort Brooks Memorial Farm, and each ticket holder will be given a complementary seedling from our farm. There will be opportunities to have professional pictures taken, and lots of Victorian hats to beautify the day. Awbury Arboretum is a local treasure, and we are thrilled we can stage our event there, so near to the farm.

We are envisioning hosting a broad range of ages and configurations. Families with moms, grandmoms and great-grands. Families with two moms, families with moms and stepmoms. Families with honorary moms, aunts and Godmothers. Sons and moms. What mother's heart wouldn't go pitter pat at the idea of her son taking her to a tea? (Hi, Zach!)

For those who would like to honor a mother or mother figure who lives far away, we will be offering beautiful donation presentations. For \$20, we will send your designated recipient a lovely card notifying her of your gift in her honor and the worthy causes your donation supports.

Advance ticket prices are \$25 for one ticket, 2 for \$45. Walk-in prices are \$30 each, 2 for \$55. Those under ten years old and over ninety years old come as guests. We will be making special provisions for those who cannot pay the full ticket price. Tickets are available online through Weavers Way Community Programs, at [weaversway.coop](http://weaversway.coop), where instructions for paying by check are also included. The

deadline for advance ticket sales is April 30, 2012. We will not be printing physical tickets; names will be listed at the door.

We are excited to be a part of this new movement reclaiming Mothers' Day, inspired by Nicholas Kristof's 2010 column. Many innovative, effective, wonderful projects are being funded in our mothers' honor, improving maternal health, expanding women's education and access to health and sanitation. Fewer women are dying in childbirth, more kids are better fed and staying in school, and more women are demanding respect and opportunity. That's the perfect gift.

Please put our first annual Mothers' Day Tea on your calendar, and help us keep the apostrophe where it belongs—celebrating all mothers. Visit [Mothers-DayTea.com](http://Mothers-DayTea.com) for more information.

### About Weavers Way Dining For Women:

Weavers Way has three chapters of Dining For Women, which each meet monthly. These giving circles combine a home-hosted potluck dinner with a presentation of the month's cutting-edge developing world women's empowerment project selected by Dining For Women. We contribute what we would have spent in a restaurant, pooling our contributions and "changing the world one dinner at a time." Learn more at [DiningForWomen.org](http://DiningForWomen.org).

### About Weavers Way Community Programs:

WWCP is now an independent 501 (C)(3) headed by Rachel Milenbach. It works closely with Weavers Way, providing farm education, running the Marketplace healthy-snack school programs, creating a community garden at Stenton Manor homeless shelter and generating more exciting initiatives that improve local farming, food access and education. It is responsible for raising its own budget, terribly challenging in these times. Read more at [www.weaversway.coop](http://www.weaversway.coop)

Betsy Teutsch blogs at [MoneyChangesThings.blogspot.com](http://MoneyChangesThings.blogspot.com) and is the coordinator of the three Weavers Way Dining For Women chapters.

## GMO Label Petition Reaches 700k Comments

by Sue McGovern, [JustLabelIt.org](http://JustLabelIt.org)

MEMBERS OF Weavers Way and others might remember when the "Right to Know" march stopped by Weavers Way Mt. Airy in early October, on its way from New York City to Washington D.C. The event was fun, festive and exciting, but it was all about a serious challenge for an important cause: kicking off the effort to require labeling of genetically modified (GMO) foods. In just five months of this Just Label It campaign, more than 700,000 Americans have sent in comments in support of the legal petition calling on the FDA to label genetically engineered food.

Over the same period, the number of organizations partnering with the Just Label It campaign for GE-foods labeling has grown to 500 diverse organizations. They represent a wide cross-section of Americans from all over the country, including those in consumer, healthcare, farming, religious, environmental, retail and manufacturing groups, among many others.

As the campaign to label GE-foods approaches the end of the 180 day comment period on the FDA petition this spring, Just Label It urges everyone to send a comment to the FDA calling for the labeling of genetically engineered food at [www.justlabelit.org](http://www.justlabelit.org).

Visit the Just Label It website to submit a comment to the FDA in support of the petition (Docket number # FDA-2011-P-0723-0001/CP), download "Labels Matter," the new video by *Food, Inc.* filmmaker Robert Kenner, and learn about GE foods ([www.justlabelit.org/take-action](http://www.justlabelit.org/take-action)).

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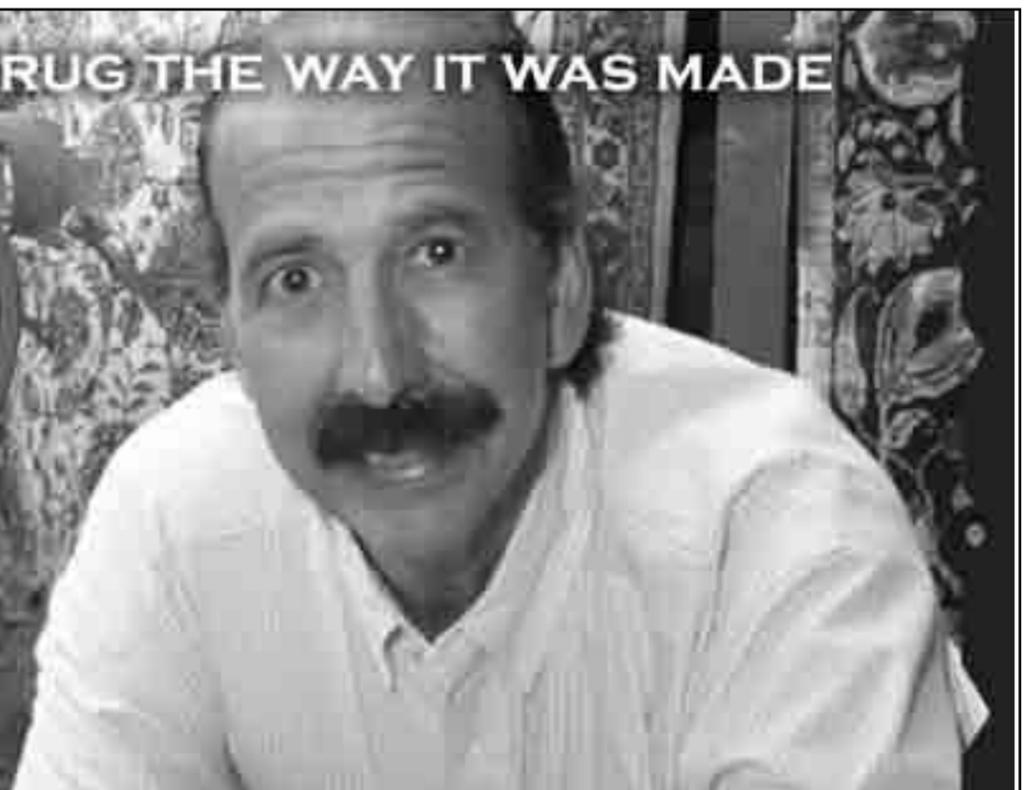
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# Create the Club, Join the Club

## Strengthening Community Connections at The Home Grown Institute

by Sarah Gabriel

ON FEB 4, I attended the ground-breaking for Creekside Co-op. I had first heard about Creekside two years ago when, after 18 years in Colorado, I moved back to Philadelphia. The Creekside story, already legend, is that a group of people with the intention of revitalizing the area around the Elkins Park train station had proposed the idea of a food co-op and, phenomenally, within six months, there were nearly 1100 members.\*

I am proud to be a dual citizen—a member of both Weavers Way and Creekside Co-ops. Living in Erdenheim, with frequent meetings in Mt Airy, Weavers Way is my anchor and I'm not sure how often I'll drive to Creekside in Elkins Park to do my shopping...

### So, Why Did I Join?

Nostalgia played a part. I grew up in Wyncote and remember shopping at Ashbourne Market—the site purchased by Creekside. And when I first moved back, I joined a book group that is centered in Elkins Park, briefly thinking that I'd settle there. But what really moved me was the excitement in the community. It was palpable, and with a focus on local food, community revitalization, sustainable consciousness. I wanted to be a part of it.

The response to The Home Grown Institute (flagship event March 24-25 in Chestnut Hill) has been equally inspiring. Last fall, when we sent out our Program Preference survey, we were hoping for a couple hundred responses. We were beyond thrilled when the responses started coming in. In the end, 1400 people took time to respond, helping us fine-tune workshop offerings so that we could ensure a fun and relevant program. Over this past year, 60+ presenters have offered to share their skills, experience and passion,

and 40+ Community Partners jumped into the sandbox to play. Hundreds of people in the wider community have expressed their desire to strengthen their skills, their excitement for sustainable action and their hunger to connect in community around shared values of stewardship and sustainable practices.

On March 24-25 we will have an incredible opportunity to ignite a network of connections to satisfy this communal yearning, and the ideas have already started percolating. For example, Linda Stern is a physician and presenter at The Home Grown Institute (Nutritional Myth Busting: Cholesterol). She dreams of Community Kitchens for people who have something in common neighborhood, style/regimen of eating, CSA share-holding, hobbies or other interests. They would arrange to cook together regularly and maybe sometimes eat together.

Here are a few other ideas from people who are excited about The Home Grown Institute:

- Cob Oven Building Co-op—groups of five households who come together for a day once a month (May-Sept) to build a cob oven in each others' backyards, one at a time.
- Chicken-Sitting service: geographically connected people with or without their own chickens who can care for others' backyard chickens while they are away on short out-of-town trips.
- Rain Harvest Club—Rain barrels are just one way to capture and use rain water. Downspout planters, rain gardens, swales, tree planting... a group of people learning together.

- Aquaponics Start-ups—a local group could really jump-start what is one of the least developed strategies for sustainable, regenerative food production—growing veggies and fish in a closed loop system.
- Neighborhood Compost Drop Sites—for neighbors who do not have a compost pile, or have more than their red wiggler worms can eat, to keep organic material out of the landfill.

### Do you have an idea?

We've designed an activity for The Home Grown Institute where connections around ideas can take root. We are calling it C.A.N.—The Community Action Network and with your help, we will give it life on March 24-25. Participants at The Home Grown Institute will have an open mic opportunity during the brief morning program to announce their ideas—in three sentences or less. We will identify tables at lunch where you can choose to sit with like-minded people to connect and help the ideas evolve. The garden metaphor, cliché as it may be, works very well here... we are preparing fertile ground for you to broadcast your seeds and invite your neighbors to bring sunshine and water. Create the club and then join the club.

The Home Grown Institute has been—since its conception one year

ago—community-centered, skills-focused and action-driven. While from the outside it may look like our work has been managing the hundreds of details that it takes to set up a conference with such a rich and robust agenda, I see it differently. I believe our work is to ensure that each person who joins The Home Grown Institute has every opportunity to accomplish what they set out to do.

We hope you'll be able to come in and play with us March 24-25. If you want to be there but can't make it for the whole weekend, you can buy a ticket (\$18) to join us for Community Engagement at 4:30 p.m. on Saturday, March 24, followed by the Evening Reception, which includes Community Awards, Story-Sharing, Silent Auction, Seed Exchange, Tool Swap, Guacamole Extravaganza and Refreshments from Weavers Way, Chipotle and more...

\*You can hear more of the Creekside Co-op story March 24 at The Home Grown Institute Saturday Evening Reception Story-Share.

Community connections happen in all kinds of ways. A conference Ride-share and Home-stay "Offers and Requests" board has been set up on a Google Doc. There is a link on The Home Grown Institute website ([thehomegrowninstitute.org/Register.html](http://thehomegrowninstitute.org/Register.html)). Contact [sarah@thehomegrowninstitute.org](mailto:sarah@thehomegrowninstitute.org) for more details.

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# Manager's Corner

by Glenn Bergman, Weavers Way General Manager

## Strategic Planning with the Board

Beginning in March, the Board and staff will embark on a new strategic planning process. Our previous strategic plan, adopted in 2005, directed us to grow our social programs (farm and Marketplace), expand to another store, increase membership and review the work requirement. There were many other items, but these were the big economic and cultural ones and the ones that have most changed the Co-op.

We are not the same organization we were seven years ago. When I first started at the co-op in 2004, we were in the middle of a major financial overhaul, to say the least. Since then, we have \$8 million in additional revenue, 3,000 more members, two farms, two stores, 80 more staff members, an on-line system for signing up, increased local purchases by more than \$2 million, a newspaper—*The Shuttle*—that went from a black and white bimonthly with a circulation of 4,000 to a full color monthly with a circulation of 23,000, and a more diverse staff and membership by far. We now start a new planning process to see how we will approach the future and the next eight years.

Over the next 12 months, members can expect staff to be working on the following tasks:

1. Re-designing and upgrading the Mt. Airy store this summer. This will mean a six-week closing this summer as we upgrade the equipment, floor, lights and a few other important items. For more information on this please call our CFO, Michael McGeary, who is chairing this committee.
2. Possibly opening a retail operation in 610 Carpenter Lane, tied to the Pet Store at 608 Carpenter Lane. We are looking at ways to bring in more bulk product in MA so the retail cost of food can be reduced. Over the years, we believe that the cost of wholesale finished packaged food has become too high and one way to reduce food costs is to eliminate the packaging and added handling.
3. Principle Six—cooperation among co-operatives. This last month we have been helping Mariposa with their opening. In 2012, we will continue to support Creekside in as many ways as we can to give them the confidence a new co-op venture requires. Right now Jon McGoran has been helping with communications and Jon Roesser, HR Director, on hiring a GM. Your Board members continue to work on supporting at least five other co-op start ups.
4. Possible expansion for storage in Chestnut Hill. Our real estate lawyer is looking at ways to expand the store for added refrigeration and freezer space. Who knew we were going to exceed projected revenue by 40%!
5. Internal organizational changes will continue to be developed. We started with Bonnie Shuman overseeing the prepared foods in both stores. We are looking to bring on an Operations Manager in 2012 to oversee all operations and to streamline them. We are seeing this as a strategic move to prepare for more efficiency.
6. Supplier review and purchasing changes to find the same products at a better price.

7. CCMA meeting in June. Weavers Way is hosting the national co-op meeting June 14-16 at the Marriot Hotel. The large co-op party will be on Saturday, June 16 at the Reading Market. Look for more information soon. I am very proud that Philadelphia has been given the honor of hosting, for the first time, this annual event, especially since 2012 is the U.N.-designated International Year of the Co-op. We expect about 400 people to attend this year.

These are the high points of the year. There are many other events and goals that we work on each day.

## Walk a Crooked Mile Bookstore: Co-op or Nonprofit?

Walk A Crooked Mile Book Store, the used book store at the Mt Airy train station founded and owned by Greg Williams, has become a community center with its wonderful assortment of books, the winter fire pit, the music on Friday nights and the flea market on weekends. A few months ago, a group of Mt Airy and Chestnut Hill residents began meeting to plan how to keep the store in operation after Greg retires in a few years. As Greg has told many of us, he is thinking that he has a few good years to go, perhaps more, but what can be done to keep his dream and hard work alive for years to come?

A draft vision for the book store has been written and committees have been formed to begin planning. The following is the vision as it stands so far:

Walk a Crooked Mile Book & Art Co-operative vision statement: a democratically governed co-op, a book store that

uses primarily used books to provide an inviting space that enhances the community of Northwest Philadelphia:

- Turning a more spacious and comprehensive bookstore into a destination that will draw book buyers from near and far. Walk a Crooked Mile Books has a large and loyal customer base, and the new cooperative will reach a wide audience that values the cultural heritage a great bookstore safeguards and shares.
- Promoting sustainability by extending the lifespan and reach of interesting used books, offering everything from \$1 kids' paperbacks to rarities and collectors' items.
- Supporting literacy by donating books to community groups.
- Encouraging people to gather, talk, think and create—activities crucial to building community. The new home of Walk a Crooked Mile will have community space for concerts, book groups, film screenings, art exhibits and more.
- Making affordable space available to small businesses and co-ops that are compatible with Walk a Crooked Mile's vision for enhancing the quality of life in Northwest Philadelphia through the literary, visual and performing arts. These businesses will support the bookstore and each other.

We know that this is just a beginning and there is much to be done. Should this be a co-operative or a non-profit? How should the bylaws be written? If you are interested in keeping and expanding this gem of a store and see an importance in having a store like this in the community, I ask that you get involved in this endeavor. If you are interested in becoming involved in one of the committees to help get a used co-operative book store off the ground please call me at 215-843-2350 x131 or e-mail Greg at [wacmbok@aol.com](mailto:wacmbok@aol.com).

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# Electronics Recycling, Kids' Stuff Giveaway at GJC

by Jonathan McGoran, Shuttle Editor

GERMANTOWN JEWISH Centre's Social Action Committee will hold an electronics recycling event at the Centre, on Sunday, March 25, from 11 a.m. – 3 p.m. The types of materials accepted will include computers, monitors, fax machines, telephones, calculators, batteries, wires, cables, CDs, copiers, servers, cell phones, handheld devices, CFLs, and just about anything else that has a plug. All equipment will be dismantled and recycled by a licensed and permitted metro-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.

The event will take place at Germantown Jewish Centre, 400 W. Ellet St., in Mt. Airy. Suggested donation is \$5 - \$20.

Recycling old electronics helps to conserve valuable resources: precious metals, copper, steel, aluminum, plastic. It also saves valuable landfill space and reduces lead emissions from incinerators, thus helping to reduce air pollution.

That same day, the Germantown Jewish Center will be holding their annual Kids' Stuff GiveAway on Sunday, March 25 from 11 a.m. to 2 p.m. This WIN-WIN event allows families to bring in kids' clothing, toys and equipment that they no longer use and take home as much as

they can use for the next phase of family life. All of this is *free* with a suggested \$20 donation to the Interfaith Hospitality Network of Northwest Philadelphia. The Kids' Stuff GiveAway is a great opportunity to keep your kids' stuff circulating and out of the landfills, all while supporting local families!

The Kids' Stuff GiveAway accepts clothing, shoes, books, maternity clothes, toys, games, high chairs, strollers and other equipment. Donations will be accepted from Monday, March 19 through Friday, March 23 at Germantown Jewish Centre, 400 W Ellet Street, in Mt. Airy. Please bring items that are not broken, stained or torn and have them packaged up in boxes or bags.

Be sure to join us for this fun and worthwhile event. Visit our web site, [www.KidsStuffGiveAway.com](http://www.KidsStuffGiveAway.com), for details and more information.

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## WWCP Farm Classes

(continued from page 2)

have the opportunity to plant, tend, harvest and taste herbs and vegetables, as well as learn the beginnings of soil testing, how bees communicate, why bats are important to the farm, vegetable families and how to identify some common weeds. Students will record their learning process in a naturalist journal, which they will take home at the end of the program. To register your child for either of these sessions, or for more information, please email [educator@weaversway.coop](mailto:educator@weaversway.coop). The farm is located at 1011 East Washington Lane, between Chew and Ardleigh Streets in Germantown.

### And for the Adult Farmers in Our Community... Evenings on the Farm

WWCP is pleased to announce a spring gardening workshop for adults and teens. Why should the kids have all the fun, right? Join us on either Tuesday, April 10 or Thursday, April 12, from 5 to 7

p.m. for a fabulous two hours that will get you ready for the 2012 gardening season. Topics will include intercropping (what can be planted with what), deciphering seed catalogs, developing a seeding schedule, transplants versus direct seeding, identifying common weeds, working with your soil and recommended books. We will also discuss the political, financial, nutritional and emotional benefits of home gardening, and have time for your questions. Whether you are totally new to gardening or have some experience, this will be an informative and inspiring experience. Both workshops will be at the Mort Brooks Memorial Farm (1011 East Washington Lane, between Chew and Ardleigh Streets in Germantown). The cost is \$10-20 sliding scale payable at the start of the workshop (cash or check only). Please pre-register by emailing [educator@weaversway.coop](mailto:educator@weaversway.coop).

"it takes courage to grow up and turn out to be who you really are."

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All seminars are held at Chestnut Hill Hospital in the Board Room. Call today for dates and registration.

Aley Tohamy, M.D.  
*University of Pittsburgh  
fellowship-trained  
bariatric surgeon*



Member of the Medical Staff

**CHESTNUT HILL HOSPITAL**

UNIVERSITY of PENNSYLVANIA COMMUNITY HEALTH NETWORK

## Dreaded Fleas

(continued from page 3)

your cats (and neighborhood songbirds) safe, while still providing them with some of the benefits of getting outside.

Nutritional supplements that can help repel fleas include garlic, B-vitamins and fish oil. Though many people have fed their dogs and cats garlic for years without any problem, its use has become controversial. Garlic, like onions, contains thio-sulfate, which can cause a potentially fatal anemia in dogs and cats. Use it at your own discretion. Flea Treats are a chewable product formulated for dogs and cats (not fleas) that contain B-vitamins. Sea Pet and Nordic Naturals both produce high-quality, omega-3 fish oils for pets.

For short-haired cats and dogs, daily flea combing with a comb made specifically for that purpose is helpful for removing adult fleas. Keep in mind that you have to kill the fleas quickly or they'll jump away and quickly find their way back onto your pets. Squash them between your thumbnails until you hear a satisfying pop, drop them in alcohol or roll them between your fingers until their legs are crushed and they can no longer hop. Though gruesome, these techniques are effective.

Since approximately 75 percent of the flea's lifecycle is spent in the environment in the form of eggs, larvae and pupae in cocoons, treating the environment makes sense. That said, I do not recommend bombs. Pesticides released from bombs shoot into the air, landing on surfaces where pets lie (and children play), yet fail to penetrate the deeper, darker areas where flea larvae burrow and form their cocoons.

There are several less toxic and more effective solutions for treating the environment. Vacuum clean frequently, making sure to discard the vacuum bag after use or the fleas will hatch, crawl out of the bag and waste no time in finding your pets. Wash all bedding in hot, soapy water and tumble dry on the high setting. Con-



sider using Fleabusters (active ingredient: borate) or diatomaceous earth (food grade only!), which are powders that you apply to carpet and wood floors. Both are available at the Weavers Way Pet store. While relatively nontoxic to mammals, birds and reptiles, these products scratch the exoskeleton of the fleas, causing them to dehydrate and die. Food grade diatomaceous earth can also be used as a flea powder on your pets. Just be sure not to get the powder in the eyes or nose, as it can be irritating to the respiratory tract and mucous membranes.

Topical herbal sprays such as Only Natural Herbal Defense Spray can help repel fleas and ticks. My concern is that some pets, especially cats, are sensitive to aromatherapy in herbal sprays. If your pets show any signs of side effects, such as skin irritation or foaming at the mouth, rinse them to remove the spray and discontinue use.

What if you do all of the above, and your pet still has fleas? As a last ditch resort, I reach for the big guns such as Frontline, Advantage and Revolution. Many veterinarians recommend monthly, year-round application of these spot-on products. I do not. These products contain strong pesticides and should be used judi-

ciously. Here in Philly, it's almost never necessary to use them year round. Our toughest flea months tend to be August, September and October. For most pets, a few fleas are tolerable. For those who get fleas despite the use of benign methods to repel them and become uncomfortably itchy, one to two doses of a spot-on product, applied at an interval of no less than four weeks, is usually sufficient.

The other reason spot-on products concern me is that they are dangerous. They contain potent pesticides that gradually disperse over the skin and collect in the oil-producing sebaceous glands in the skin. The pesticides are then wicked onto the hair for 30 days or more, killing any fleas that come in contact with them. But what effects do these pesticides have on the dogs and cats on whom they're applied, and on the humans, especially the children, who stroke and cuddle their pets?

Documented acute side effects for dogs and cats include skin irritation, lethargy, hyperactivity, vomiting, diarrhea, muscle tremors, seizures and death. Long-term effects are unknown, though many spot-on products contain active ingredients that, according to the EPA, are possible or likely carcinogens. In addition, the ingredients can be lethal to birds, lizards and fish. Please consider this if your dog likes to swim.

Though not surprising, it's unfortunate that the most effective flea control products we have are also the most toxic. Try not to become discouraged. While fighting fleas can be a challenge, by using an integrated approach, it doesn't have to be impossible.

I wish you all the best in your endeavors to keep your pets happy, healthy, and flea-free.

*Dr. Kassell may be reached at [tashko@verizon.net](mailto:tashko@verizon.net).*

## Recycling Plastics, Styrofoam, and More

by Sandra Folzer,  
Environment Committee

PLASTIC BAGS and wrap may now be recycled at many food stores like Acme, as well as CVS and Rite Aid. Besides plastic bags, items such as the thin film plastic wrappings for food, the plastic sleeves used for newspapers, bread bags, dry cleaning bags and cereal bags are recycled. The plastic must be clean.

If you go to <http://abagslife.com>, click on recycleme and it will take you to a page where you can find a link to a store finder. Give your zip code, and you will receive a list of stores and their distance from you. The plastic is used for building items like decks and benches. There is such a bench outside the Mt. Airy Co-op.

Styrofoam and bubble wrap may be recycled at the UPS store in Market Square in Chestnut Hill. All types of styrofoam are accepted except large blocks.

While the city does not accept styrofoam curbside, they do encourage you to bring it to their Northeast Sanitation Convenience Center located at State Road and Ashburner St. Foam products include foam egg cartons, coffee cups, packing peanuts and rigid packing foams. The foam material is remade into picture frames, crown moldings, office products, nursery plant containers, etc. It is suggested that neighbors might cooperate to bring items there.

### "Aseptic" Cartons

Cardboard and foil juice, milk, soup and soymilk containers may now be recycled curbside in Philadelphia. New York City has been recycling these containers for years, so it is helpful that Philadelphia now accepts them.

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Co-op members are able to return a product up to 30 days after purchase with or without a receipt. The refund will be in the same form as the original payment. The credit card used must be present to complete the refund.

Non-members are able to return a product up to 30 days after purchase and **MUST** have the original receipt.



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# March Member Specials

## Valid from February 29 - April 3

Don't forget to check out our website, too!

**ANNIE'S**  
**OG Dressings 8 OZ**  
**\$3.39** REG. \$4.09  
 Mt. Airy & Chestnut Hill  
 Select varieties only.



**ANNIE'S**  
**Ravioli 15 OZ**  
**\$2.19** REG. \$2.53  
 Mt. Airy & Chestnut Hill



**WELEDA**  
**Wild Rose Deodorant 3.4 FL OZ**  
**\$12.66** REG. \$10.99  
 Mt. Airy & Chestnut Hill  
 Sage also on sale for \$8.99, regularly \$10.26.



**GINGER PEOPLE**  
**Ginger Chews 3 OZ**  
**\$1.79** REG. \$2.00  
 Mt. Airy & Chestnut Hill



**NATIVE FOREST**  
**OG Mandarin Oranges 10.7 OZ**  
**\$1.99** REG. \$2.57  
 Mt. Airy & Chestnut Hill



**THAYER**  
**Rose Petal Witch Hazel 12 FL OZ**  
**\$6.99** REG. \$7.90  
 Mt. Airy & Chestnut Hill



**EREWHON**  
**OG Rice Twice Cereal 10 OZ**  
**\$3.89** REG. \$4.89  
 Mt. Airy & Chestnut Hill



**HELIOS**  
**OG Kefir 32 OZ**  
**\$3.79** REG. \$4.32  
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 Select varieties only, including peach & vanilla!



**NORDIC NATURALS**  
**Children's 250mg DHA 90 Soft Gels**  
**\$11.99** REG. \$15.70  
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## ADDITIONAL MEMBER SPECIALS February 29 - April 3

Description	Reg	Sale	Loc.
ALEXIA GARLIC FRENCH BAGUETTE 6 OZ	\$2.06	\$1.79	CH
ALEXIA ROSEMARY CIABATTA ROLLS 12 OZ	\$4.12	\$3.49	CH
ALMOND DREAM LIL DREAMERS VANILLA 8 PK	\$4.52	\$3.59	CH
ALMOND DREAM VANILLA BITS 6.6 OZ	\$4.27	\$3.59	CH
AMY'S KITCHEN OG INDIAN SPINACH TOFU WRAP 5.5 OZ	\$2.77	\$2.49	CH
AMY'S KITCHEN OG MATAR TOFU INDIAN MEAL 9.5 OZ	\$4.66	\$4.29	CH
AMY'S KITCHEN OG MATTAR PANEER WHOLE MEAL 10 OZ	\$4.69	\$4.29	CH
AMY'S KITCHEN OG PALAK PANEER WHOLE MEAL 10 OZ	\$4.69	\$4.29	CH
AMY'S KITCHEN OG SAMOSA WRAP 5 OZ	\$2.77	\$2.49	CH
AMY'S KITCHEN OG VEGETABLE KORMA INDIAN MEAL 9.5 OZ	\$4.69	\$4.29	CH
AMY'S OG GLUTE FREE CHOCOLATE CAKE 11 OZ	\$5.90	\$5.29	CH
ANCIENT HARVEST OG QUINOA FLAKES 12 OZ	\$5.53	\$4.39	CH
ANDALOU CITRUS VERBENA BODY LOTION 11 FL OZ	\$9.13	\$8.99	MA/CH
ANDALOU CITRUS VERBENA SHOWER GEL 11 FL OZ	\$7.79	\$6.99	MA
ANDALOU LAVENDER SHEA HAND CREAM 3.4 FL OZ	\$7.01	\$6.49	MA
ANDALOU LAVENDER THYME BODY LOTION 11 FL OZ	\$9.37	\$8.99	MA/CH
ANDALOU LAVENDER THYME SHOWER GEL 11 FL OZ	\$7.14	\$6.99	MA
ANDALOU MANDARIN VANILLA SHOWER GEL 11 FL OZ	\$7.14	\$6.99	MA
ANNIE'S CANNED RAVIOLI 15 OZ	\$2.53	\$2.19	MA/CH
ANNIE'S CANNED STARS PASTA & SAUCE 15 OZ	\$2.53	\$2.19	CH
ANNIE'S OG ASIAN SESAME DRESSING 8 OZ	\$4.09	\$3.39	MA
ANNIE'S OG FRENCH DRESSING 8 OZ	\$4.09	\$3.39	MA/CH
ANNIE'S OG GODDESS DRESSING 8 OZ	\$4.09	\$3.39	MA/CH
ANNIE'S OG GREEN GARLIC DRESSING 8 OZ	\$4.09	\$3.39	MA
ANNIE'S OG GREEN GODDESS DRESSING 8 OZ	\$4.09	\$3.39	CH
ANNIE'S OG PAPAYA POPPYSEED DRESSING 8 OZ	\$4.09	\$3.39	MA/CH
ANNIE'S OG SESAME GINGER w/CHAMOMILE VINAIGRETTE 8	\$4.09	\$3.39	MA
ANNIE'S OG SHITAKE SESAME VINAIGRETTE 8 OZ	\$4.09	\$3.39	CH
ANNIE'S OG TOMATO & CHEESE ARTHUR LOOPS 15 OZ	\$2.53	\$2.19	CH
AURA CACIA APRICOT KERNEL OIL 4 OZ	\$4.77	\$3.79	MA
AURA CACIA LAVENDER HARVEST MASSAGE OIL 4 FL OZ	\$7.76	\$5.99	MA
AURA CACIA SWEET ALMOND MASSAGE OIL 4 FL OZ	\$4.72	\$4.29	MA/CH
AURA CACIA TRANQUILITY MASSAGE OIL 4 FL OZ	\$6.49	\$5.99	MA
BARBARA'S CHEESE PUFF BAKES 5.5 OZ	\$2.60	\$2.19	CH
BARBARA'S CHEESE PUFFS 7 OZ	\$2.82	\$2.19	MA
BARBARA'S GLUTEN-FREE JALAPENO CHEESE PUFFS 7OZ	\$2.68	\$2.19	CH
BARBARA'S WHITE CHEDDAR PUFF BAKES 5.5 OZ	\$2.60	\$2.19	CH
BIOKLEEN PREMIUM PLUS LAUNDRY POWDER 5 LBS	\$12.96	\$9.99	MA
BLUE HORIZON TERIYAKI WILD PACIFIC TUNA 8 OZ	\$5.03	\$4.49	CH
BOIRON OSCILLOCOCCINUM FLU MEDICINE 12 CT	\$23.58	\$18.99	MA
BOIRON ROXALIA SORE THROAT RELIEF 60 CT	\$10.46	\$8.99	MA
CASTOR & POLLUX GRAIN FREE CHICKEN DOG FOOD 5.5 LB	\$14.84	\$12.99	MA
CASTOR & POLLUX LAMB VEGETABLE BROWN RICE DOG FOOD 13.2 OZ	\$2.12	\$1.99	MA
DESERT ESSENCE COCONUT CONDITIONER 8 FL OZ	\$7.14	\$6.49	MA
DESERT ESSENCE COCONUT SHAMPOO 8 OZ	\$7.14	\$6.49	MA
DESERT ESSENCE RED GRAPE CONDITIONER 8 OZ	\$7.14	\$6.49	MA

Description	Reg	Sale	Loc.
DESERT ESSENCE RED GRAPE SHAMPOO 8 OZ	\$7.14	\$6.49	MA
EARTH BALANCE OG BUTTERY SPREAD 13 OZ	\$4.65	\$4.29	MA/CH
EARTH FRIENDLY ALMOND DISHMATE 25 FL OZ	\$3.98	\$2.99	MA
EARTH FRIENDLY PEAR DISHMATE 25 FL OZ	\$3.98	\$2.99	MA
EARTH'S BEST OG APPLE BLUEBERRY YOGURT SMOOTHIE 4.2	\$1.83	\$1.49	CH
EARTH'S BEST OG PEAR MANGO YOGURT SMOOTHIE 4.2	\$1.83	\$1.49	CH
EQUAL EXCHANGE OG GROUND DECAF COFFEE 12 OZ	\$10.13	\$8.99	MA
EREWHON OG RICE TWICE CEREAL 10 OZ	\$4.89	\$3.89	MA/CH
FAMILIA NO SUGAR MUESLI CEREAL 32 OZ	\$10.21	\$5.99	MA
FIELD ROAST VEGAN APPLE SAGE SAUSAGE 12.95 OZ	\$5.77	\$4.79	MA/CH
FIELD ROAST VEGAN ITALIAN SAUSAGE 12.95 OZ	\$5.77	\$4.79	MA/CH
FIELD ROAST VEGAN MEXICAN SAUSAGE 12.95 OZ	\$5.77	\$4.79	MA
FLORIDA CRYSTALS CANE SUGAR 32 OZ	\$3.86	\$3.29	MA
GINGER PEOPLE APPLE FLAVOR GINGER CHEWS 3 OZ	\$2.00	\$1.79	MA
GINGER PEOPLE GIN GINS CANDY 3 OZ	\$2.00	\$1.79	MA
GINGER PEOPLE GINGER CHEWS 3 OZ	\$2.00	\$1.79	MA/CH
GINGER PEOPLE PEANUT FLAVOR GINGER CHEWS 3 OZ	\$2.00	\$1.79	MA
GLUTINO SPINACH & FETA PIZZA 6.2 OZ	\$5.06	\$4.29	CH
GOOD HEALTH SALTED PEANUT BUTTER PRETZELS 5.5 OZ	\$2.66	\$2.29	MA/CH
HAIL MERRY CHIMAYO CHILE RAW PECANS 1.75 OZ	\$2.79	\$2.29	CH
HAIL MERRY LEMON THYME RAW PECANS 1.75 OZ	\$2.94	\$2.49	CH
HAIL MERRY ORANGE ROSEMARY RAW PECANS 1.75 OZ	\$2.94	\$2.49	CH
HAIL MERRY SNACKS MERRY'S MIRACLE CHOCOLATE TART 3 OZ	\$4.08	\$3.29	CH
HAIL MERRY SNACKS MERRY'S MIRACLE LEMON TART 2.5 OZ	\$4.07	\$3.29	CH
HAIL MERRY VANILLA MAPLE RAW ALMONDS 1.75 OZ	\$3.08	\$2.49	CH
HELIOS OG PEACH KEFIR 32 OZ	\$4.32	\$3.79	MA/CH
HELIOS OG PLAIN KEFIR 32 OZ	\$4.32	\$3.79	MA/CH
HELIOS OG RASPBERRY KEFIR 32 OZ	\$4.32	\$3.79	CH
HELIOS OG VANILLA KEFIR 32 OZ	\$4.32	\$3.79	MA/CH
IMAGINE OG VANILLA LIL DREAMERS 12 OZ	\$4.55	\$3.59	MA
IMMACULATE BAKING ALL NATURAL PIE CRUST 15 OZ	\$3.69	\$3.49	CH
IMMACULATE BAKING CRESCENT ROLLS 8 OZ	\$4.03	\$3.49	CH
LILY OF THE DESERT 99% ALOE VERA GELLY 4 OZ	\$3.65	\$2.99	MA
LILY OF THE DESERT OG ALOE VERA GEL 12 FL OZ	\$7.38	\$5.99	CH
LUNDBERG BLACK JAPONICA RICE 16 OZ	\$3.44	\$2.89	MA
LUNDBERG COUNTRY WILD RICE 16 OZ	\$3.49	\$2.89	MA/CH
LUNDBERG JUBILEE RICE 16 OZ	\$3.49	\$2.89	MA/CH
LUNDBERG OG BROWN RICE SYRUP 21 OZ	\$6.14	\$5.19	CH
LUNDBERG PREMIUM BROWN RICE SYRUP 21 OZ	\$4.92	\$4.19	MA
LUNDBERG WEHANI BROWN RICE 16 OZ	\$3.47	\$2.89	MA
LUNDBERG WILD GOURMET RICE 16 OZ	\$3.49	\$2.89	MA
MISO MASTER BARLEY MISO 8 OZ	\$5.56	\$4.79	MA/CH
MISO MASTER BROWN RICE MISO 8 OZ	\$5.56	\$4.79	CH
MISO MASTER MELLOW WHITE MISO 8 OZ	\$5.56	\$4.29	MA/CH
MISO MASTER RED MISO 8 OZ	\$5.56	\$4.79	MA/CH
NANCY'S CREAM CHEESE 8 OZ	\$2.44	\$1.99	CH

Description	Reg	Sale	Loc.
NAPA VALLEY 15 YEAR SHERRY VINEGAR 12.7 FL OZ	\$5.08	\$4.99	CH
NAPA VALLEY OG EXTRA VIRGIN OLIVE OIL 16.9 OZ	\$10.47	\$8.29	CH
NATE'S ZESTY ITALIAN VEGAN MEATBALLS 10.5 OZ	\$4.63	\$3.59	MA/CH
NATIVE FOREST OG MANDARIN ORANGES 10.7 OZ	\$2.57	\$1.99	MA/CH
NELSON'S ACNE TREATMENT TABS 48 COUNT	\$6.12	\$5.49	MA
NELSON'S PURE & CLEAR ACNE GEL 1 OZ	\$6.12	\$5.49	MA
NELSON'S PURE & CLEAR PURIFYING WASH 125 ML	\$8.63	\$7.99	MA
NEWMAN'S OWN BALSAMIC VINAIGRETTE DRESSING 8 OZ	\$2.88	\$2.29	CH
NEWMAN'S OWN CAESAR DRESSING 8 OZ	\$2.88	\$2.29	CH
NEWMAN'S OWN NEWMAN-O'S PEANUT BUTTER FILLED CHOCOLATE COOKIES 8 OZ	\$2.62	\$1.99	MA
NEWMAN'S OWN OG CHOCLATE CHIP COOKIES 7 OZ	\$3.58	\$2.49	CH
NEWMAN'S OWN OG CHOCOLATE CHOCOLATE CHIP COOKIES 7 OZ	\$3.58	\$2.49	CH
NEWMAN'S OWN RANCH DRESSING 8 OZ	\$2.88	\$2.29	CH
NORDIC NATURALS BABY'S DHA SUPPLEMENT 2 OZ	\$16.75	\$12.99	MA
NORDIC NATURALS CHILDREN'S 250mg DHA 90 SOFT GELS	\$15.70	\$11.99	MA/CH
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ONCE AGAIN NO SALT CRUNCHY VALENCIA PEANUT BUTTER 16 OZ	\$6.61	\$5.49	MA
ONCE AGAIN NO SALT SMOOTH VALENCIA PEANUT BUTTER 16 OZ	\$6.61	\$5.49	MA/CH
OREGON'S WILD HARVEST ALLER-AID w/QUERCETIN 90 CT	\$19.25	\$14.99	CH
OREGON'S WILD HARVEST OG FENUGREEK 90 CT	\$9.19	\$6.49	CH
OREGON'S WILD HARVEST OG FREEZED DRIED NETTLE 90 CT	\$17.50	\$13.99	CH
PURE OG APPLE CINNAMON FRUIT & NUT BAR 1.7 OZ	\$2.04	\$1.69	CH
PURE OG CHERRY CASHEW FRUIT & NUT BAR 1.7 OZ	\$2.04	\$1.69	CH
PURE OG CHOCOLATE BROWNIE FRUIT & NUT BAR 1.7 OZ	\$2.04	\$1.69	CH
PURE OG RAW CRANBERRY ORANGE BAR 1.7 OZ	\$2.04	\$1.69	CH
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RADIUS WAXED ROUND NATURAL SILK FLOSS 50 M/55 YD	\$3.12	\$2.79	MA
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RAPUNZEL NO SALT VEGETABLE BOUILLON 2.4 OZ	\$2.89	\$2.39	CH
RAPUNZEL SALT BOUILLON CUBES 2.9 OZ	\$2.93	\$2.39	CH
RAW REVOLUTION RAW FRUIT BANANA BAR 2.5 OZ	\$5.30	\$4.49	CH
RAW REVOLUTION RAW FRUIT MANGO BAR 1.5 OZ	\$5.30	\$4.49	CH
RAW REVOLUTION RAW FRUIT PINEAPPLE BAR 1.5 OZ	\$5.30	\$4.49	CH
REAL DEAL SNACK MIX 12 OZ	\$3.03	\$2.50	CH
RICE DREAM CAROB COATED VANILLA PIE 2.5 OZ BAR 3.4 OZ	\$1.32	\$1.09	MA/CH
RICE DREAM CHOCOLATE COVERED VANILLA NUTTY BAR 3.4 OZ	\$1.44	\$1.09	CH
RICE DREAM CHOCOLATE PIE 2.5 OZ	\$1.32	\$1.09	MA/CH
RICE DREAM MINT PIE 2.5 OZ	\$1.32	\$1.09	MA/CH

Plus Many Other Member Only Specials! Visit [www.weaversway.coop](http://www.weaversway.coop) for a Complete List!

# Playworks Works at C. W. Henry

by Shantih Brando

If you shop at Weavers Way during midday hours, chances are you've seen something different happening on the playground at the C.W. Henry School. The new phenomenon at the school is called playing, and our kids are fully engaged in it, thanks to a program called Playworks.

Playworks is a national non-profit organization that supports learning by providing safe, healthy and inclusive play and physical activity to schools at recess and throughout the school day. Each school involved with Playworks is assigned a full-time trained Recess Coach. The coach at Henry is Chris Kuncio, who is at school everyday, and is something of a superhero to the Henry kids.

C.W. Henry principal Caren Trantas has certainly noticed a change: "Playworks is definitely making a difference in how students at Henry School view recess. Coach Chris has... made a positive impact on how children play and interact with each other."

In addition to providing play equipment and organizing activities during recess, Coach Chris visits each classroom weekly to guide children in smaller group settings to learn to play together, to teach conflict resolution, cooperation, teamwork and inclusiveness, thus helping the teachers immensely.



photo by Shantih Brando

Coach Chris with second graders Terrell Tilgman, Santhi Chandresakaren, and Will Taylor."

Anna Beresin, Ph.D., author of *Recess Battles* and a Co-op member, adds, "We know from decades of research in education that children need to play and they need to move. Schools that eliminate recess or eliminate the programs that support it are setting themselves up for increased depression. Play is vital for children; it is not just an extra or a luxury."

The Henry School PTA took the initiative to bring Playworks to the school and is now faced with the daunting task of raising the considerable funds to keep it there. This program is not funded by the School District of Philadelphia, which, faced with budget cuts, has had to actually cut gym and recess from some other public schools.

This is the first of a three-year agreement between Playworks and the PTA, and the school must raise \$75,000 to fully fund its end of the programming. Current Henry School families have donated, but their dollars cover only so much. Right now, the school is in danger of losing the program if it can't raise the rest of the money. Please consider making a contribution to keep Playworks at Henry.

For more information about Playworks, visit [www.playworks.com](http://www.playworks.com). If you're moved to help with a donation, you can download a pledge/donation form at the new PTA website: <http://www.cwhenrypta.org/donations/playworks/>.

Mail your contribution to C.W. Henry School PTA, 601 Carpenter Lane, Philadelphia, PA 19119 to the attention of the Treasurer, and indicate Playworks on the check.

It is an investment in the future of our community.

~ shantihbrando@gmail.com

# Saul High School Needs Your Recyclebank Points!

by Nina Berryman, Weavers Way Farm Manager

SAUL'S AGROECOLOGY/ENVIRONMENTAL Science class completed a grant to be eligible to receive the Recyclebank's Green School's Program. (YES, the students wrote the grant!!!) And they were one of the projects to be selected to be eligible for point donation!

Recyclebank members can donate points to WB Saul High School of Agricultural Sciences at [www.recyclebank.com/contest/index/school/id/2/](http://www.recyclebank.com/contest/index/school/id/2/) to help realize Saul's school wide recycling efforts. Please donate your points today. You do not need to be a resident of Philadelphia.

Recyclebank members can donate points today through Thursday, March 15, 2012, towards Saul's grant. Points will be tallied and converted into money to fund the grant with a potential of \$2,500.00.

Please help Saul continue their recycling efforts by donating your points today. The kids appreciate your help.

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# March Garden Notes

by Mark Goodman, The Neighborhood Gardener

IT'S MARCH, gardeners, and you know what that means—unpredictability. Since March can fluctuate between blizzard and balmy, there is no set formula for garden activity.

But if we should be spared snow cover and arctic digits, we can get started by cleaning any debris that has accumulated since the fall. Specifically, we can rake leaves and trim perennial stalks of plants that may have flowered into November and—given the quirky late-season climate—December and beyond. [Note: My creeping phlox and my neighbor's dianthus bloomed again in November and stayed in bloom through all of January into February.]

If the ground is warm enough, you can add compost to your planting beds or rows and work it into the soil. If you have a lawn, a cool (or warm) day in March is good for adding lime and fertilizer. Yes, you can do it on a cold day too, but most of us would rather spend a cold afternoon with hot chocolate than with a spreader.

If you want organic weed prevention, you can apply corn gluten meal, which works on deep rooted lawn weeds such as dandelions. Remember, though, that if you are going to sow grass seed, you must wait 60 days after spreading the corn gluten. Organic does not preclude volatile (see "volcano").

Mid-to-late March is a good time to plant grass because it will have time to

develop a root system to withstand the scorching heat of summer.

There are some vegetables that you can plant in March—broccoli, cabbage, lettuce, onions, potatoes, peas, turnips and spinach. But unless you have a market garden, or have row covers, there's no real hurry since the seeds and seedlings won't sprout or grow readily if the soil and air temperatures stay low.



If there is already mulch on your beds, leave it there. If you want to add new mulch, you may want to wait until April. Otherwise, the mulch will keep the soil from warming up from the sun's rays. On the other hand, if you wait, there will be more perennials peeking through the soil and mulching will be fussier. Which should you do? I'll leave the decision to you.

In March, you can prune the roses and butterfly bushes that you missed in

fall. Or, as I recommended, you may have pruned only half of the desired length to allow for winter kill, and now you can finish the job.

This may be the year when you take some horticultural risks and plant something exotic or with a reputation of being difficult. Surely you can find a spot in your garden for Mexican sunflowers, delphiniums, gentians, parsnips or bok choy. Take some time to look through your garden catalogs, and leave some space in the garden for your secret plant yearnings.

If you're really antsy to get some color in your garden, plant some pansies. Of course, if you planted them in the fall, your pansies will bloom this month. For early perennial color, try primroses and English daisies.

Watch carefully as your daffodils flower. If they don't bloom well, it's a sign that they need to be divided and replanted, possibly in a sunnier spot. You can do that right after the blossoms fade.

So here we are—another March and another opportunity to participate in the glorious cycle of growing flowers and vegetables, along with herbs, ground covers, shrubs and trees. Let's start getting our hands dirty, gardeners.

*Questions or comments? contact me at [earthcraft@comcast.net](mailto:earthcraft@comcast.net)*

## ECO TIPS

from The Environment Committee

### A few energy tips:

In winter, try setting your thermostat a few degrees lower than you are used to. You'll find that you become habituated to the cooler temperature and then may be able to lower it further still. Wearing long underwear and warm sweaters in winter will help with this ...Reduce the temperature setting on your water heater to the "warm" setting (120 degrees F), and set it to "vacation" when you go on one.

### A few cleaning tips:

Instead of buying them, make your own cleaning supplies ...White vinegar is a great cleaning agent. To clean a toilet, put a few teaspoons in the toilet bowl and let it sit for a few hours. To clean windows, make up a mixture of vinegar and water and place into a bottle with a spray nozzle. (And instead of using paper towels when cleaning your windows, old newspapers work just fine! ...Instead of cleanser, clean your sinks and bathtubs with baking soda. Make sure the surface is dry. Then shake some baking soda on the surface and rub with a sponge.

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# Orangutans & the Palm Oil Crisis

by Reina Jayne Bernal

MY NAME is Reina Bernal. I am a ten-year-old student at Green Woods Charter School. My fourth grade class has been learning about how palm oil is affecting orangutans. Orangutans are one of the top 25 most-endangered primates in the world. There used to be 300,000 orangutans in Borneo. Today it is believed that there are only 45,000 in the wild. If we do not change the way we make palm oil, orangutans could become extinct in the wild in 10 to 15 years. Palm oil is hurting orangutans, because trees are being cut down in the rainforests of Borneo and Sumatra, which is destroying their habitats. This is done so people can plant palm trees to harvest palm oil.



palm oil are impoverished, and growing sustainable palm oil gives them jobs that they would not have otherwise. Also, palm oil that is certified sustainable comes from places that promise to be responsible for wildlife like orangutans, for people who live in those places, and for the planet.

To try to help orangutans, my class wrote letters to U. S. Senator Robert Casey to ask him to make a law that companies that use palm oil have to list it in the ingredients list. This way people will know if they are buying products that contain palm oil. We also made car magnets that have a picture of an orangutan on them. The picture was drawn by a student in my class. We are selling the magnets to raise money to help orangutans. We did these things to help raise awareness about orangutans and palm oil. My class is hoping that you can help orangutans by making a change to using sustainable palm oil.

Learn more about this issue from World Wildlife Fund at <http://tinyurl.com/orangutansandpalmoil>.

Palm oil is an edible vegetable oil that comes from the fruit of the African oil palm tree. You probably use or eat palm oil everyday. It is used in many products such as shampoo, cosmetics, food, and chocolate. Since palm oil is the most-produced edible oil, it would be difficult to not use it. That is why we should use sustainable palm oil. It is much safer and more environmentally friendly than regular palm oil.

There are many reasons why choosing sustainable palm oil is a more responsible decision. It is easier to grow oil palms than any other plant. Oil palms make more oil than any other crop, like soy or canola. Because of this, palm oil is more earth-friendly because they need to clear less land to make the same amount of oil. Also, some countries that make

## Weavers Way at PASA 2012



Shown here attending the 2012 Pennsylvania Association for Sustainable Agriculture are (standing, left to right) Danielle Szepi, Megan Rulli, Glenn Bergman, Jean MacKenzie, Chloe Cerwinka, Rick Rigutto, Kestrel Plump, Mike Herbst, Stacy Robinson, David Zelov, Adam Hill, Stephanie Kane, and (kneeling) Clare Hyre, Nina Berryman.

by Nina Berryman

WEAVERS WAY sent a sizable contingent to the 2012 Pennsylvania Association for Sustainable Agriculture. We attended various workshops about farming, produce, management and marketing that we are excited to bring back to Weavers Way. The conference is held every year and more than 2,000 folks attend from all over the country.

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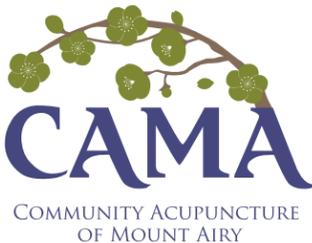
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# Jazz at Woodmere Art Museum

by Megan Wendell

WOODMERE ART Museum in Chestnut Hill is inviting audiences to experience music and art together. As part of its continuing Friday Night Jazz series, on March 2 the museum will welcome some of the city's finest musical artists and most popular bandleaders for *Jazz Headz: Philadelphia's Contribution to Jazz*. This special concert will feature musicians Duane Eubanks, Odean Pope, Webb Thomas, Monnette Sudler, Rich Budesca and Warren Oree in a one-time-only performance.

"We're focusing on music by Philadelphia jazz musicians," says group founder Warren Oree, who has performed many times at Woodmere with his Arpeggio Jazz Ensemble. Since these artists are rarely together in one place, usually performing around the country and throughout the world, Oree explains they will have only one rehearsal. "The joy of playing with this group is that we don't require a lot of rehearsal time. The spontaneity and surprises will be something to look forward to."



Photo by Nick Feldman

Drew Nugent and the Midnight Society at Woodmere Art Museum, Nov 18, 2011.

The Philadelphia theme continues this month with *Bossa Nova Meets*

*Jazz: The Stan Getz Legacy*, celebrating Philadelphia saxophonist Stan Getz on March 9, and then Philadelphia-based singer/song-writer Jill Salkin will perform an intimate cabaret night of jazz classics and her own original compositions on March 16.

Friday Night Jazz runs from 6–8 p.m. in the grand Kuch Gallery of the museum, where the exhibition *Elaine Kurtz: A Retrospective* will be on view through April 22. Woodmere encourages adults to bring

their children to create their own hands-on artwork during Friday Night Family Happenings, a free companion program from 6–7 p.m. for families visiting the museum together.

The music series at Woodmere also includes Classic Sundays, featuring opera, choral and classical music Sunday afternoons from 3–4:30 p.m. Concerts journey from the standard works of Frédéric Chopin, Claude Debussy, Niels Gade and Franz Liszt (March 4) to the delights of Celtic tunes and dances (March 11), to the world of the Mendelssohn family (March 18). Each Sunday concert includes light refreshments and a "get to know the artist" reception.

For a complete schedule of upcoming events, exhibitions and concerts, including more information about the *Force of Nature* exhibitions, visit [woodmereartmuseum.org](http://woodmereartmuseum.org) or call 215-247-0476.

Woodmere Art Museum is located at 9201 Germantown Avenue in Chestnut Hill. Music series tickets are \$20 or \$15 for members and can be purchased online or at the door. Admission to special exhibitions is \$10 for adults, \$7 for seniors (55+), and free for Woodmere members, students (with valid ID), and children; Exhibitions in the Founder's Gallery and Helen Millard Children's Gallery are always free. Museum hours are: Tuesday through Thursday 10 a.m.–5 p.m., Friday 10 a.m.–8:45 p.m., Saturday 10 a.m.–6 p.m., and Sunday 10 a.m.–5 p.m.



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## Rep. Fattah Reports on Co-op Development Act at DVRPC Forum



Photo by Margaret Lenzi

Weavers Way General Manager Glenn Bergman presents Congressman Chaka Fattah (D-PA-02) with Weavers Way logo items at a Feb. 14. forum on co-ops conducted by the Delaware Valley Regional Planning Commission's Regional Community and Economic Development Forum. The Congressman delivered an address to community and business leaders at the well-attended forum, reporting on the National Cooperative Development Act that he recently introduced in the House. The Co-op bill would authorize \$25 million a year to create and operate the National Cooperative Development Center in the Department of Commerce, which would promote and coordinate co-ops, especially those in urban areas.

## Keep Mt. Airy Green: Plant a Tree

by Doris Kessler

THANKS TO the Bare Root Tree Planting Program, sponsored by the Pennsylvania Horticultural Society, WMAN's Streetscapes Committee has planted 300 new trees in front of homes in Mt Airy over the past five years. Trained volunteers gather to plant bare root trees twice a year. The trees, planted between the curb and the sidewalk, are free of charge. Would you like a new tree in front of your house? Applications for the fall 2012 planting, available from Doris Kessler at [doriskessler@me.com](mailto:doriskessler@me.com), are due March 23.



photo courtesy of Doris Kessler

Tom Schoonmaker and Girl Scouts Troop 978 plant trees in Mt. Airy.

A second program, A Tree in Every Yard, is for private property plantings. Led by Pennsylvania Horticultural Society (PHS), it is a component of the 'Plant One Million' project, a regional partnership to plant one million trees in southeastern Pennsylvania, New Jersey and Delaware. The trees will be in containers; there will be a charge per tree. Would you like a new tree this spring? Application deadline for container plants

is Friday, March 16. Planting is in May, 2012.

For applications and further information please contact Doris Kessler at [doriskessler@me.com](mailto:doriskessler@me.com).

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# Free Trees Through TreePhilly

by Bonnie Hay, Environment Committee

THERE ARE street trees, yard trees, and trees for public spaces available free of charge to Philly residents and neighborhood groups through TreePhilly. The info copied below was sent by Phila Parks Alliance.

“This year Valentine’s day was marked with more than just roses. Trees got their turn in the limelight at yesterday’s launch of TreePhilly, an innovative tree planting partnership between Philadelphia Parks & Recreation, The Fairmount Park Conservancy, Wells Fargo, Plant One Million, The Mayor’s Office of

Sustainability and local citizens. The program aims to provide 15,000 trees in 2012 to residents, property owners, neighborhood associations, and business owners to increase Philadelphia’s tree canopy.

“Citizens can request free yard or street trees, or street tree pruning by calling 215-683-0217 or submit requests at [www.TreePhilly.org](http://www.TreePhilly.org). Share the wealth; request forms are available in seven different languages at <http://treephilly.org/tree-request-forms/>. Don’t wait to request your tree, the deadline to receive free trees in April is March 31st.”



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# Longtime Weavers Way Staffer Walter Bader to Retire in March



Photo by Jonathan McGoran

Jimmy Carter was in the White House, gas cost 60¢ a gallon, and VHS and Betamax were locked in a battle for primacy of video cassette formats when Walter Bader first strapped on his apron and started slicing in the deli in 1978. This March, he will be retiring from Weavers Way, so if you see him in the store, be sure to wish him well.



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Image: Elaine Kurtz, 1928-2003. *Alluvial Painting #9 (Celadon)*, 2002. Sand, pebbles, mica, bronze, and acrylic cotton, on canvas, 42 x 54 in. Collection of Jerome Kurtz.

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# Year of Co-ops Update

(continued from page 1)

PACA was formed by local co-ops to support and promote cooperatives in the Philadelphia area. Co-op members and supporters from around the city attended PACA's IYC kick-off event. It was the first time in many years that co-ops from different sectors came together. It was a great opportunity to meet and mingle, and to learn more about the International Year from the National Cooperative Business Association and other cooperative developments in the Philadelphia area.

"Cooperatives exist in many neighborhoods in Philadelphia and help to build healthy communities," said Bob Noble, PACA project development facilitator and Weavers Way board member, who spoke before City Council on behalf of the Resolution. "Consumer-owned cooperatives like Weavers Way in Northwest Philadelphia and Mariposa in West Philadelphia have undergone significant expansion. Three more food co-ops are being planned in Kensington, South Philadelphia, and Francisville, and just outside the city, construction is starting on CreekSide Co-op, which will revitalize Elkins Park. Beyond food co-ops, Philadelphia's cooperative economy is diverse, with established housing cooperatives, numerous credit unions, employee-owned cooperatives of various kinds and an established consumer-owned energy provider."

PACA commended Philadelphia City Council for passing the Resolution on Cooperatives and hopes that it will be the beginning of a new wave in cooperative development in Philadelphia. PACA is also planning a conference for June 13 at Drexel University entitled "Exploring Cooperatives: Economic Democracy and Community Development in Pennsylvania and Wisconsin." For more information on Cooperatives and the International

## Spotlight On Cooperatives My Mountain Co-op



photo courtesy of My Mountain Co-op

Three ski lifts. 8,000 acres of backcountry. The highest snowfall in North America. A skier's dream. A dream which grew into a co-operative. In the far north-west of Canada, 350 kilometres south of the Alaskan border, Shames Mountain ski area nestles at the head of the forested Shames River valley. For a region that has been hit by economic downturn, Shames is a bright spot in what can be hard country. "It brings people to town," says local Jon Hopper. Shames was on the market for several years with no likely buyers before a like-minded group of ski enthusiasts and business people came together to form the My Mountain Co-op.

Year of Cooperatives, go to Philadelphia Area Cooperatives Alliance website: <http://www.philadelphia.coop/>

### Co-op Producers & Brands at Weavers Way

Frontier Natural Products Co-op supplies Weavers Way with a variety of

products including spices, herbs, teas, and all-natural and organic pantry essentials. Frontier boasts that "[It] is proud to be a co-op and happy to provide a successful example of this exciting way of doing business."



## FACTOIDS

**FACTOIDS: Learn something new about cooperatives!**

Did you know? Cooperation among cooperatives was not a founding principle of the cooperative movement. Sound counter-intuitive? Well, if you think about it, until the movement spread far and wide, there was no need to cooperate with other cooperatives!

Begun as a cooperative in 1977, Frontier is owned by its wholesale customers. These customers provide the capital for the business to operate and take responsibility as members/owners of Frontier through an elected board of directors. This cooperative structure not only keeps Frontier in direct contact with the consumers of its products but also fosters honest, responsible business practices that are increasingly valued in the marketplace.

Source: [www.frontiercoop.com](http://www.frontiercoop.com)



## Mothers' Day\* Tea

### Sunday, May 6, 2012

**2:00—4:00 PM**  
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\*It's time to move the apostrophe so that it becomes not just Mother's Day—honoring a single mother—but Mother's Day, as occasion to help mothers around the globe as well.  
—Michelle Krieger

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## Spring Is in the Air

(continued from page 2)

April. In order to provide quality farm education, WWCP manages two gardens, from planning and soil amendment to planting, maintaining, and harvesting—the same activities that the Weavers Way Co-op farmers do in their production fields at Brooks and Saul. We need to purchase compost, seeds and kid's gardening tools; repair our irrigation system, and generally get ready for another season of small-scale intensive farming. WWCP grows on about one-third of an acre in the Children's Garden at the Mort Brooks Memorial Farm and another one-half acre at Stenton Family Manor. While the farmers sell all of their produce in order to cover their expenses, WWCP donates much of what we grow to the kitchen at Stenton Family Manor.\* We do sell some of our produce to help defray program expenses. This year we will be selling behind Weavers Way Chestnut Hill on Tuesday afternoons.

Financially, WWCP is in about the same shape as we were last year at this time. And we are pleased to announce that we have received a multi-year grant from the Patricia Kind Family Foundation. However, since grants in general are significantly more competitive than they were one and two years ago, the board and staff realize that this cannot be business as usual. We continue to seek new and creative ways to support WWCP's programs and we will be addressing whether or not

it is sustainable to continue operating as we have been. The good news is that we also will consider new ways of operating—new programs and new opportunities. So I guess we have had a pretty contemplative winter and we welcome spring and all of its new life, growth and energy.

According to the Five Elements Theory of Acupuncture, spring is associated with the element Wood. "As the days become warmer and brighter, nature rouses from her winter slumber and looks ahead to the new growth of spring. The Wood, which has been at rest, storing and concentrating its energy under a winter blanket, now bursts forth with new buds, new life piercing Earth's crust. The swelling Wood of spring initiates rebirth—a surge of rising energy, like the young lamb staggering up to nurse, like the dandelion whose growing edge can burst through concrete if it must. Wood is the energy of youth and growth: a new beginning, a vision of a whole new cycle. The Wood energy of spring is an expression of life at its strongest." (<http://www.5elements.com/docs/elements/wood.html>)

Stenton Family Manor is a city-run homeless shelter for families located at 1300 East Tulpehocken Street, one block south of Stenton Avenue, adjacent to Martin Luther King High School, and ½-mile up Washington Lane from the Mort Brooks Memorial Farm.

## Germantown Historical Society: More than its Name Suggests

by Peter DiCarlo

THE GERMANTOWN Historical Society: every word of the name is misleading to our contemporary ears. "Germantown" refers to the Old German Township, now the area known as Chestnut Hill, Germantown and Mt. Airy, (in alphabetical order). "Historical," yes, but mostly in the sense that the way we lived passes into history without losing its relevance to the way we live. And "Society"—the word almost resounds with the chattering of an exclusive group of so-and-so's—well, all that means is a member-supported organization (like a co-op).

Because the name of the Germantown Historical Society is so misleading, the name has been one of the many things on the table for discussion in the past year. But the name of a 111-year-old organization is hard to change. And a simple change would not, in any case, entirely serve to get out the news: GHS is an open institution looking for ways to serve and engage its community.

Under Director Laura Beardsley and Board President Mark Sellers, GHS has been emphasizing participation—with an individual, even D.I.Y. approach. Laura has taken a personal interest in organizing seminar-like events. In 2011, these included: a quilt turning, featuring selections from the GHS collection; tea and conversation with quilters and quilt-scholars; and an "Antiques Roadshow"-like event with Dr. Don Creswell (Philadelphia Print Shop) and several local curators. Even the recent house tour programs (organized by GHS Board members) have emphasized a personal, "living-with" approach to the

historic properties. Such an intimate point of view is perhaps characteristic of Laura, who, as the author of *The Philadelphia Citizen's Almanac*, made such intelligent selections of anecdotes from the lives of real, local people.

A bit of the D.I.Y. is also in the new digital archive project, an initiative aimed at making to the collections more accessible. The on-going project will scan images and photograph artifacts from the collection, making them available for print, publication and use on artifacts. Some of them have been reproduced in the GHS Calendar; more are available online or at the Society building. GHS has even set up online links to help with the process. You pick an image, and then order-up cards, mugs, t-shirts, book bags and other objects. The digital archive project has been supported almost exclusively by Bowman Properties, demonstrating the bridge that common history can build between personal antagonisms and generous public gestures.

Speaking of antagonism: GHS has lately taken to the streets. Board members were active in protesting the discount-development at Cheltenham Plaza and, now, are working with the local community to push PHA to amend its plan to build apartments on the grounds of a historic African American Burial Ground.

What more can a local museum do to serve its community? GHS is looking for ideas. Please feel free to contact the Society—or better yet, become a member and have a vote. Details and events, including those for February, are posted at the web site: [www.germantownhistory.org](http://www.germantownhistory.org).



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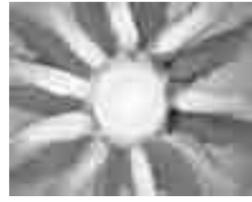
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# Kensington Kinetic Sculpture Derby Registration Now Open

by Janice Reese

THE 6TH Annual Kensington Kinetic Sculpture Derby will take place Saturday, May 19, 2012 from 12 – 5 p.m. in conjunction with the 7th Annual Trenton Avenue Arts Festival.

The Kensington Kinetic Sculpture Derby (KKSD) is a design competition and parade of human-powered vehicle floats presented by New Kensington Community Development Corporation (NKCDC) with support from the John S. and James L. Knight Foundation, as part of its Knight Arts Challenge. Last year more than 200 people participated in the parade, celebrating art and human-powered transit along a three mile urban obstacle course through Kensington and Fishtown. The deadline is April 30 to register to be part of the 2012 Derby.

The Trenton Avenue Arts Festival (TAAF) celebrates East Kensington's incredible mix of local artists and eateries and raises funds for neighborhood projects and revitalization. Last year the festival and derby attracted 10,000+ attendees to 190+ booths of local arts vendors selling their handmade creations and arts organizations featuring participatory activities. Vendor registrations while accepted until April 20.



photo by Sean Bolton

Caterpillar Metamorphosis was a recent entrant in the Kinetic Sculpture Derby

Both the TAAF and the KKSD need artist participation to make them come alive. Vendors are wanted to sell their handmade crafts, artists to sell their work, and teams are needed to make sculptures to compete in the derby. Business sponsors are also needed to help make these events possible. Registration and sponsorship information is available at [www.kinetickensington.org](http://www.kinetickensington.org) and [www.trentonaveartsfest.blogspot.com](http://www.trentonaveartsfest.blogspot.com)

~jreese@nkcdc.org

# Chestnut Hill Meetinghouse Skyspace a Knight Arts Finalist

by Nikka Landau

THE CHESTNUT Hill Friends Meeting's planned new Quaker meetinghouse that will feature a publicly accessible James Turrell Skyspace has been named one of the 55 finalists of the The Knight Foundation's 2012 Knight Arts Challenge Philadelphia. The Challenge is a year-old grant-making initiative to draw the best and most innovative ideas out.

According to the Knight Arts Challenge website, 1,267 applicants answered the Knight Arts' question: "What's your best idea for the arts in Philadelphia?" The Knight Arts Challenge website says grantees of its program represent both emerging artists and organizations and the oldest and most venerable institutions in the eight communities nationwide that Knight Arts programs serve. Winners will be announced in the spring. The Knight Arts Challenge website notes that the Chestnut Hill Friends Meeting project is "to spark dialogue about contemporary art by incorporating the work of internationally acclaimed light artist James Turrell into a new Quaker meetinghouse that is open to all."

The Knight Arts Challenge grant proposal required a 150-word statement about the scope and impact of the project. Our proposal said:

Chestnut Hill Friends Meeting's Skyspace will introduce Philadelphia audiences to the work of internationally-acclaimed light artist James Turrell. Incorporated into a new Quaker meetinghouse

where quiet meditation and a tradition of welcoming people of all faiths lend a fitting setting, the unique, donated, design will be regularly open at dawn and dusk to residents and tourists of all ages and socio-economic backgrounds. Many will visit northwest Philadelphia for the first time to experience the revelation and tranquility of seeing the changing sky through Turrell's ceiling aperture. Known for combining art and science to create simple, luminous chambers that prompt greater self-awareness through silent contemplation, Turrell's works are commissioned by museums worldwide. This permanent installation in a non-traditional setting will become a major landmark, sparking dialogue about contemporary art, spirituality, human experience, and Quaker beliefs, which were held by many of our city's founding fathers.

The new building will provide a new home for the Chestnut Hill Friends Meeting, which has outgrown its current meetinghouse on East Mermaid Lane. Ground-breaking for the new building is projected for spring of 2012 with the facility opening in the summer of 2013.

If you would like more information about the meetinghouse or would like to get involved, please contact Nikka Landau at [Nikkalandau@gmail.com](mailto:Nikkalandau@gmail.com) for more information. And finally, visit the project's website, [www.chfmnewmeetinghouse.org](http://www.chfmnewmeetinghouse.org), join us on Facebook and follow us on Twitter (CHQuakerMeeting).



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# Celebrate Community at the MALT Ball

by Jaymie Nellis, MALT intern

JUST AS the Mt. Airy Learning Tree has been a local mainstay for close to 30 years, dance enthusiast and active MALT supporter Nick Roby has himself become a staple in the community. Nick knows just what MALT means to the community, and to individual students. A lifelong Philadelphian, Nick not only serves on the MALT board, he also attends many of the dance classes they offer. Nick's passion for dancing began at age eight, watching American Bandstand, and it continues today. As many locals do, he fondly remembers the Line Dance crazes kicked off by South Philly's Jerry Blavat at Jerry's Record Hops in the mid-1960s, which deepened his love of dancing.

Since this time Nick has learned to adapt to different styles of dance, taking classes in Bop and Line Dancing with Marck "Flaco" Best going back to 1999. He took 12 classes from 2006-2010 with Joanne Short and is currently focusing on line dancing with Lucia Jones and Jim Thorpe. Becoming involved with the Mt. Airy Learning Tree has not only given Nick some new moves, but also new friends. He proudly states that, "I've met many good friends in MALT classes."

The Mt. Airy Learning Tree is pleased to invite community members to its third celebration of the MALT Ball! Join MC Kenny J and DJ Walt on Friday, March 30 from 7 p.m. - 1 a.m. in a night of music and dance at the Commodore Barry Club (located at 6815 Emlen Street next to Septa's Carpenter Lane train station). Allow some of MALT's esteemed instructors—including Marck "Flaco" Best, Lucia Jones, Jim Thorpe, Pearl Simpson, Desiree Smith, and Jada Temple—to teach you to dance in the styles of Salsa, Zumba, Bachata,



photo courtesy of Mt. Airy Learning Tree

Jim Thorpe and Lucia Jones (front left, right) teach Nick Roby (back left) and other MALT Line Dancers

and Hip Hop, as well as to Line Dance. After the lessons end at 9 p.m., an open dance will take place until 1 a.m. Please join Nick and the rest of the MALT family for a night all are sure to remember!

Advance tickets can be purchased for \$15 by calling 215-843-6333 or by visiting the MALT website at [www.mtairylearningtree.org](http://www.mtairylearningtree.org). Tickets will also be sold for \$20 at the door. The event will serve light fare, and a cash bar will be open. Proceeds from the MALT Ball will benefit the Make This Our Home Fund, which is raising funds for the necessary renovation of the Mt. Airy Learning Tree's main offices. Once threatened by the loss of the building where MALT operates, the organization was able to buy the space through the help of previous balls and fundraising events. However, MALT's headquarters still need a major overhaul before they are

able to serve the Philadelphia region in the most efficient way possible.

The Mt. Airy Learning Tree would like to thank the sponsors of the MALT Ball III—Chestnut Hill Hospital, Bowman Properties, Elfant Wissahickon Realtors, Martin Elfant Inc, Mt. Airy Animal Hospital, JoaMart, Pelham Plaza Cleaners, Rhino Chiropractic and Toto's Pizzeria.

# Pilates Demonstration

by Jeff Smith, Owner, Pilates in Germantown

Pilates in Germantown Pilates equipment training studio in northwest Philadelphia will present a free demonstration of Reformer exercises at its studio on Saturday, March 10, 2012 at 11 a.m.

Jeff Smith, studio owner, and Heather Sheridan will conduct the session. Those attending will gain an understanding about how the resistance training improves flexibility, core and muscle strength, and range of motion of the joints.

Light refreshments will be served. The studio is located at 5904 Greene St. near the corner at Rittenhouse St. While not necessary, an R.S.V.P would be appreciated.

Weavers Way Members receive training discounts through the Weavers Way Co-op Discount Program.

For more information, please call 215-848-3275 or visit [www.PilatesInGermantown.com](http://www.PilatesInGermantown.com).

## International Cooperative Principles

The International Cooperative Principles were last revised in 1995 by the International Cooperative Alliance as part of the Statement on Cooperative Identity. The Statement also includes a definition:

**A cooperative is an autonomous association of persons united voluntarily to meet their common economic, social, and cultural needs and aspirations through a jointly-owned and democratically-controlled enterprise.**

and a statement of values:

**Cooperatives are based on the values of self-help, self-responsibility, democracy, equality, equity, and solidarity. In the tradition of their founders, cooperative member owners believe in the ethical values of honesty, openness, social responsibility, and caring for others.**

The cooperative principles are guidelines by which cooperatives put their values into practice.

### 1. Voluntary and Open Membership

Cooperatives are voluntary organizations, open to all persons able to use their services and willing to accept the responsibilities of membership, without gender, social, racial, political, or religious discrimination.

### 2. Democratic Member Owner Control

Cooperatives are democratic organizations controlled by their member owners, who actively participate in setting their policies and making decisions. Men and women serving as elected representatives are accountable to the membership. In primary cooperatives member owners have equal voting rights (one member, one vote), and cooperatives at other levels are also organized in a democratic manner.

### 3. Member Owner Economic Participation

Member owners contribute equitably to, and democratically control, the capital of their cooperative. At least part of that capital is usually the common property of the cooperative. Member owners usually receive limited compensation, if any, on capital subscribed as a condition of membership. Member owners allocate surpluses for any or all of the following purposes: developing their cooperative, possibly by setting up reserves, part of which at least would be indivisible; benefiting member owners in proportion to their transactions with the cooperative; and supporting other activities approved by the membership.

### 4. Autonomy and Independence

Cooperatives are autonomous, self-help organizations controlled by their member owners. If they enter into agreements with other organizations, including governments, or raise capital from external sources, they do so on terms that ensure democratic control by their member owners and maintain their cooperative autonomy.

### 5. Education, Training and Information

Cooperatives provide education and training for their member owners, elected representatives, managers, and employees so they can contribute effectively to the development of their cooperatives. They inform the general public—particularly young people and opinion leaders—about the nature and benefits of cooperation.

### 6. Cooperation Among Cooperatives

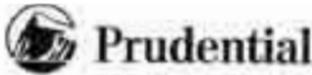
Cooperatives serve their member owners most effectively and strengthen the cooperative movement by working together through local, national, regional, and international structures.

### 7. Concern for Community

Cooperatives work for the sustainable development of their communities through policies approved by their member owners.



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# Winter Photography Workshop at Awbury Arboretum

by Beth Miner, Awbury Arboretum Manager of Outreach and Community Engagement

WINTER IS the perfect time for outdoor black and white photography, and Awbury Arboretum, a historic landscape located in Germantown, offers ideal subject matter. Seeking to help generate interest in and raise awareness of this precious local landscape, Awbury Arboretum has joined together with photo-ops.net, a photographic website founded by 30-year Philadelphia Inquirer Staff Photographer Ron Tarver, Weavers Way Co-op, Valley Green Bank, and Profiles Fine Art Printmaking Studio to offer a two-day photography workshop at the Arboretum on March 17 and 18. An optional meet and greet will be held Friday night from 7:30 to 9 p.m. with refreshments provided by Mt. Airy's Earth Bread + Brewery. Participants will photograph Awbury's winter landscape, which offers both large and small photogenic moments, including majestic specimen trees, heirloom winter-blooming plants, winter bird life, meadow vistas, babbling brooks, historic houses and farm fields.

Workshop participants will have two prints selected for an exhibition at the historic Cope House located on the arboretum grounds later in May. Afterward, they will be able to take the framed 16" x 20" works home. "This will be a unique opportunity for photographers to photograph and exhibit their work in a relatively short time," Tarver says.

Tarver and assistant Rob Graham will be on-hand to offer guidance, answer questions and provide technical support. Steve Pascavitch, head arborist at Awbury



Awbury Tree no. 3 copyright 2001 Ron Tarver, 16" x 20," Toned gelatin Silver print

Arboretum, will give an overview and introduction to the landscape and trees of Awbury.

The workshop fee is \$250, which includes the two framed prints. For more information about Tarver and the workshop, visit [www.photo-ops.net](http://www.photo-ops.net) or call 215.913.3551.

# Photographic Tour of Cuba

by Stelle Sheller

STELLE SHELLER, East Falls, and Jan Young, East Mt. Airy, will share photographs and impressions of their recent trip to Cuba on Saturday afternoon at 1 p.m., March 3 at the Free Library of Philadelphia, Chestnut Hill Branch, 8711 Germantown Avenue, near Bethlehem Pike.

As members of Women's International League for Peace and Freedom, these women traveled legally under the auspices of Global Exchange. The purpose of the tour was to study the role of women in

sustainability programs. They met with many Cuban women, listening, questioning and learning in an effort to cross the cultural divide. The trip afforded them the opportunity to explore the mystique surrounding Cuba that has been ingrained in the U.S. psyche. It is a land of socialism and sensuality and all the contradictions that result.

All are welcome. Refreshments will be served.

~ [stellesheller@yahoo.com](mailto:stellesheller@yahoo.com)

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# The Importance of Being Earnest at The Drama Group

by Robert Bauer

THE DRAMA Group's spring show will be "The Importance of Being Earnest" by Oscar Wilde. Performances are Friday and Saturday evenings, March 16 to 31, at 8 p.m., in Pilling Hall at The First United Methodist Church of Germantown, 6001 Germantown Avenue, between High Street and Walnut Lane.

In this classic comedy of manners, two friends, Jack and Algernon, proceed to bend the truth—and bend it more than just a bit—in order to impress Gwendolyn and Cecily, the objects of their affections. You see, both of the young women dream of loving a man named Ernest. So, of course, each of the young men pretends that his name is Ernest, causing a series of mistaken identities—both intentional and unintentional—to ensue.

Wilde's timeless masterpiece has been hailed as the wittiest play ever written in the English language. But don't take

The Drama Group's word for it. You really should see the show and decide for yourself.

The cast of "The Importance of Being Earnest" includes Colleen Bracken, Andrew Deitch, Kevin Fennell, Jesse Lehman, Lauren Myers, Stacy Skinner, Crystal Why and Dante Zappala. "The Importance of Being Earnest" is being directed by Angela Anderson.

Tickets for "The Importance of Being Earnest" are \$15.00 and can be purchased at the door. On opening night, Friday, March 16, every ticket purchased will admit two people. A post-show discussion will be held following the performance on Friday, March 23. For more information about "The Importance of Being Earnest" and The Drama Group, visit [www.thedramagroup.org](http://www.thedramagroup.org) or e-mail [info@thedramagroup.org](mailto:info@thedramagroup.org).

# Chestnut Hill Seeks BID/CHBA Executive Director

by Kate O'Neill, Chestnut Hill Business Associations

THE CHESTNUT Hill Business Association (CHBA) and the Chestnut Hill Business Improvement District (BID) which informally announced that they will kick off 2012 by launching a search for an Executive Director. In 2011, the two organizations informally combined operations to better meet their shared goal of maintaining a thriving mixed-use corridor in Chestnut Hill. With a combined budget in excess of \$500,000, the organizations are well known for their activities in Chestnut Hill, including the Spring and Fall Street Festivals, the beautiful flower baskets lining the Avenue, holiday lights, their re-

tail recruitment activities and numerous weekend promotions such as the hugely successful Harry Potter Weekend.

The Executive Director of these two organizations in Northwest Philadelphia will have responsibilities which include marketing, economic development, strategic planning and community organization. For a complete description and submission requirements go to [www.chestnuthillpa.com/ED](http://www.chestnuthillpa.com/ED) and download the position description. Applicants can submit questions and applications to [inquiry@chestnuthillpa.com](mailto:inquiry@chestnuthillpa.com).



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# Town Meeting to Discuss Challenges Faced by Wissahickon Creek

by Denise Larrabee, Friends of the Wissahickon

THE WISSAHICKON Valley Watershed Association (WVWA) and the Springside Chestnut Hill Academy (SCH Academy), with support from the Friends of the Wissahickon (FOW), are sponsoring a Town Meeting on Thursday, March 29, 2012, to inform the community about significant environmental challenges to the Wissahickon Creek. A Creek in Crisis? A Town Meeting on the Health of the Wissahickon Creek will examine the numerous threats to the Wissahickon, including diminishing water quantity, stormwater runoff, impaired water quality and flooding that severely impacts the health of the Wissahickon Creek and its tributaries.

The impact of the Wissahickon Creek on the lives of those living in the Wissahickon Watershed is absolute. Though the Wissahickon Creek has a humble beginning in the parking lot at Montgomery Mall, it continues through nine municipalities to the confluence of the Schuylkill River in Philadelphia. It is a significant waterway providing approximately 10% of the drinking water to Philadelphians as

well as habitat for local wildlife and recreation and natural beauty for area residents.

Moderated by Patrick Starr, Vice President of the Pennsylvania Environmental Council Southeast Regional Office, the Town Meeting will feature a panel of environmental experts who will examine the numerous threats to the Wissahickon. Panelists will be: Carol R. Collier, Executive Director of the Delaware River Basin Commission; John K. Jackson, Ph.D., Senior Research Scientist at the Stroud Water Research Center; and Chris Crockett, Deputy Commissioner at the Philadelphia Water Department.

A Creek in Crisis? will be held on the Cherokee Campus of Springside Chestnut Hill Academy, 8000 Cherokee Street, Philadelphia, PA 19118. The Town Meeting will begin at 7 p.m.; doors will open at 6:30 p.m. and light refreshments will be provided. To register or for more information, visit [www.wvwa.org](http://www.wvwa.org) or [www.fow.org](http://www.fow.org).

# WVWA, Temple University Offer Summer Nature Camp

by Anne Standisha



photo by Jamie Stewart

Last year's WVWA campers exploring the Wissahickon Watershed.

THE WISSAHICKON Valley Watershed Association in partnership with Temple University Ambler present the second annual Summer Nature Camp, for campers ages 8 to 12.

The camp will be held 9 a.m. to 4 p.m. Monday through Friday, July 9 to 13 at the Temple Ambler Campus on Meetinghouse Road with field trips in the Wissahickon Watershed. The cost is \$249 per camper, with a 10% discount for registrations before April 30, 2012.

WVWA Educator Suzanne Smith-Oscilowski explains that students will learn the following during this fun and informative one-week session: "What is nature? Who lives in the woods and wetlands? Explore insects, mammals, birds, reptiles, amphibians and plants—even

plants that bite back! The campers will track wildlife, take wetland walks, build animal shelters, play games and create art from nature as they explore local woods and wetlands."

Visit [www.ambler.temple.edu/camps](http://www.ambler.temple.edu/camps) or call 267-468-8500 for registration and more information.

Since 1957, WVWA has made a critical difference protecting the local environment in the 64 square miles of the Wissahickon Creek's watershed, working with individuals, local municipalities, Montgomery County and the Commonwealth of Pennsylvania. The WVWA protects more than 1,200 acres of natural open space in Montgomery County. Visit [www.wvwa.org](http://www.wvwa.org) and find WVWA on Facebook.

~ anne@wvwa.org



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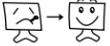
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I was looking at a cartoon the other day by the progressive cartoonist, McFadden, wherein an unemployed worker's 'to do' list read as follows: "apply for jobs, visit food pantry, cry." Cry??? Look, it's a terrible thing to be out of work. But where's the anger?

Much of the world is in revolt against injustice. Just look at the 'Arab Spring', workers marching throughout Europe...Greece, England, Portugal, etc., not to say our own "Occupy Movement" here.

Meanwhile, the American working class with nine million unemployed seeking work and five million no longer looking, U.S. corporations sit on billions in cash refusing to hire.

Why aren't our unemployed marching on and "occupying Washington?" With all the millions out of work across the country, surely they could organize enough—say 1000—to go down there and make a statement! One thousand out of all the millions? The support they would get from the general population with food, shelter, clothing, transportation, etc. would be fantastic.

A recent article in The Nation magazine said, "The unemployed don't see protest as a fruitful pursuit—yet." Why not?

Of course, the cash loaded corporations love it all. No one is forcing them to do anything, no one. Just pleas for them to "please hire," which they ignore. Oh, yes, don't mess with their "freedom" to do or NOT do as they see fit.

Ain't the "free market" wonderful?

~ Lawrence H. Geller

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**Suggestions**

(continued from page 28)

is not mentioned. Have you heard from Cascadian Farms on this topic? Or is it possible to do so?"

r: (Norman) Response from Cascadian Farm: "We do not test for arsenic in the frozen fruit juices or have any information on it." I couldn't find anything online about it either, although the FDA site has useful information about arsenic in juice in general. Apparently before 1970, arsenic was used as a pesticide and it has lingered in soil and water. Sounds like even if testing is done it is difficult to reach a conclusion about an individual brand or country of origin because sources change frequently, even within a brand. I think apple juice and apple juice concentrate are commodities bought and sold on the open world market and companies vary who they buy from based on price, quality, availability, etc. The FDA does state there is no reason to think organically grown apple juice would contain any more or less arsenic than non-organic apple juice, although none of the organic brands tested higher than what is considered safe for drinking water in testing done by Dr. Oz.

s: "I love Merrymeade milk. We buy two half gallons (or more) every week from

the Co-op. I like buying milk from a local farm, where I trust the cows are treated well and live a happy life. I feel strongly about drinking milk from cows that have not been injected with the hormone rBST. And the price is great. However, it is important to point out to consumers that this milk is processed without the addition of Vitamin D. Most milk sold in this country is fortified with 100IU of Vitamin D per cup of milk. This vitamin is essential to bone health (in addition to the minerals calcium and phosphorus) but not found in commonly eaten foods (cod liver oil anyone?). Most people in our area are actually Vitamin D deficient, due to decreased sun exposure (less time outside, far from the equator), and increased use of sunscreen. Even during our summer months, it is very hard to get enough Vitamin D from the sun—as experts indicate we would need 15-20 minutes of exposure daily to our face and upper bodies, mid-day, without any sunscreen. Children and pregnant women are at even greater risk for deficiency because of their increased needs. I urge those buying Merrymeade milk to supplement their own diets with Vitamin D. It is especially important if you have babies or young children drinking this milk - as most pediatricians will not know to recommend supplementation based on the belief that the kids are getting fortified milk. Vitamin D does come in a liquid/dropper form for children and infants, which can be easily added to food or beverages."

r: (Norman) Stan from Merrymeade says they do not add vitamin D (or any fortification) because it's part of their practice of not adding anything to the milk,

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# Suggestions

(continued from page 24)

keeping it natural as possible. We'll have some signs made so shoppers are informed. Thanks a lot for bringing this to our attention. As an alternative to spending more time outside or supplementing with vitamin D pills, I have found you can also get more sun exposure by replacing a couple walls and ceilings in your house with glass to let the sun in. Some strategically placed mirrors also help. If you do go the glass house route and you have children, remind them not to throw any stones.

**s:** "We picked up some of the large organic carrots (loose ones) and the beautiful organic golden beets this weekend (from CH store). We roasted them in the oven (bit of olive oil, salt, pepper, garlic). Let me tell you, they were OUTSTANDING! Truly amazing. I hope we can keep getting these for a while. Thank you!"

**r:** (Mike CH) Glad you liked them! No plans to stop carrying either anytime soon!

**s:** "How about a signal light outside the pet emporium: green for attendant on site; red for proceed to Co-op and get code. This would save steps & energy!"

**r:** (Rick) We will soon have full staffing at the Pet store- so you will always have someone to help you.

**s:** "Bagels at Chestnut Hill store are much better than either brand in Mt. Airy. Can we get those?"

**r:** (Molly CH) Chestnut Hill carries Fill-a-Bagel and Metropolitan bagels, Mt. Airy carries some Metropolitan in addition to Goldberg's and Rolings.

**s:** "Can we get cabbage that is local or organic? It seems like we should be able to get it locally easily... (at the least). Thanks!"

**r:** (Jean MA) When cabbage is available locally, we do carry it.

**s:** "Can the Mt. Airy store carry San-J Shoyu?"

**r:** (Chris MA) Ok, we'll try adding this in late February. Thanks!

**s:** "Not a big fan of the new oats plastic bags—are they compostable or something? I always used the old bags for leftovers, bread, etc. but these seem smaller & noisy. Also, the amount of oats in them is smaller, so we end up buying more bags."

**r:** (Chris MA) You may have noticed that bulk items in MA are now being re-packed in cellophane bags, rather than plastic. We decided to try these bags because they are made out of wood cellulose, whereas the old bags were polypropylene, derived from petroleum. From an environmental standpoint, the cellulose bags are preferable. The wood cellulose comes from farmed cottonwood trees, a renewable and non-polluting resource. They are biodegradable. Polypropylene is not. As far as durability, the two types of bags have some similarities and some differences. The new bags can break at the seams if dropped, just like the old ones. They also can tear if snagged, as did the old ones. The major difference that we've heard about is that the new bags tend to tear at the top more easily than the old ones, especially if you stretch the mouth of the bag when reaching into it with your hand. If you open and close a bag frequently it might be better to transfer contents to a different container. (Norman) Our mission statement has this language "...we're committed to the environment. We work to sustain a healthy planet, promote environmentally sound products and practices... and try to act with environmental consciousness in all our endeavors." Based on this, we are looking at more

environmentally friendly packaging and other places in our operation that we can improve. By the time you read this you may have noticed the single-use knives and spoons we use for soup and hot/cold bar look different; they are made from non-gmo corn and talc and are compostable. We are also planning on expanding the bulk section in Mt. Airy as part of the renovation. Current plan is to have a large bulk section upstairs, the current upstairs stock would be moved to the building next to the pet store. The Mt. Airy bulk section could include liquids (think tamari, maple syrup, oils, etc.), nut butters, and anything else we think can be sold bulk. When this happens, hopefully the bag issue will be very minor because people will get in the habit of bringing their own containers.

**s:** "Bread (gluten-free!) from the amazing new gluten free bakery Tote in the Italian Market. Best bread ever... and reasonable... They would LOVE to sell here. Please!!"

**r:** (Molly MA) Thanks for the tip—I've been looking for more gluten-free items. I will certainly look into it.

**s:** "Is there any way you could carry beef from grass-fed cows? Thank you!"

**r:** (Dale MA) Right now we don't have space for more meat selections. I can preorder any cut of meat from Sweet Stem Farm or Natural Acres—they both have pasture-raised beef. Also, we do stock Natural Acres ground beef in Mt. Airy, and in CH we stock their ground beef, Delmonico steak and Strip steak.

**s:** "How about chipotles in adobo sauce? Canned or bottled. Several recipes call for them."

**r:** (Chris) You'll find them on the top shelf above the canned beans.

**s:** "How about a way to tag a faulty shopping cart? Sometimes you get a cart that insists on zigging when you really need it to make a sharp zag or one with wheels that each have independent ideas about the best way to circumnavigate the store—none of which is in accord with your own idea. Instead of putting it back with all the other carts ready to snare the next unlucky shopper, could there be a way to indicate that it needs service—or at least a severe talking to?"

**r:** (Norman) The above suggestion is from Debie, the Fed of suggestions from last month. Thanks Debie, keep them coming, this one is a good one. Although few shoppers realize it, our shopping carts contain a voice recognition system and a gesture recognition system which work together to sense shoppers' desires and respond appropriately. Although it takes a little practice, kind of like the Wii, you can use your voice and hand gestures to tell your cart to "circumnavigate" the store (allow me to point out you are only truly "circumnavigating" the store if you end up at the place you start, which means you either have to enter and exit via the rear door, or enter via the front exit door, which is itself a violation of god's natural laws so is to be avoided lest you end up doing time in purgatory). Anyway, we'll look in to a tagging system, probably we should have shoppers tell a cashier and then the cashier can tag the cart.

## SHUTTLE STAFF

**Editor & Advertising Manager**  
Jonathan McGoran

**Advertising Billing**  
Susan Beetle, Anne Workman

**Graphic Design**  
Annette Aloe

**Proofreaders/Editors**  
Kaela Farber, Sonia Rosen, Patti Schmidt

**Contributors**  
Robert Bauer, Glenn Bergman, Reina Jayne Bernal, Nina Berryman, Shantih Brando, Peter DiCarlo, Sandra Folzer, Mark Goodman, Sarah Gabriel Natasha Kassell, Doris Kessler Nikka Landau, Denise Larrabee, Margret Lenzi, Jonathan McGoran, Sue McGovern, Rachel Milenbach, Beth Miner, Jaymie Nellis, Kate O'Neill, Kestrel Plump, Janice Reese, Pam Rogow, Larry Schofer, Stelle Sheller, Jeff Smith, Anne Standish, Christopher Switky, Betsy Teutsch, Megan Wendell

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# SAVE THE DATE

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## Music at Green on Greene

by Pam Rogow

ENJOY THREE special shows in Mt. Airy—walking distance for many. Three family-friendly, one-time performances will pop up at the Green on Greene building, across from Weavers Way Co-op, in March. Co-sponsored by MaMa—Moving Arts of Mt. Airy.

The weather is still a bit cool to leave the doors open, so plan ahead to step inside for these cozy, musical events:

Sat., March 24, 4-5 p.m. Student Guitar Concert, free. Carol Tileston's students—ages four through adults, will each perform a solo piece. All welcome. Carol has long taught music at schools throughout Philadelphia, and more recently at the Moving Arts studio as well.

Sat., March 31, 7 - 9:30 p.m. Family-Friendly Show with Mt. Airy's Chana Rothman and band. \$10/person. \$2/kid, \$20/family of three or more. For advance tickets: [chanarothman@gmail.com](mailto:chanarothman@gmail.com). Or purchase at the door. Think Pete Seeger meets Ani DiFranco meets Bob Marley, and you get picture of this delightful evening. The concert will include snacks and kid-friendly seating—all over before bedtime.

Kids will be jumping, singing, wiggling and dancing with Chana and a band of smokin' local talent, including several local pro performers. Enjoy songs from Chana's recently released album, Beautiful Land, "a grown-up album with kid-friendly themes," as well as some favorites from her Thursday a.m. Sprouts music



photo courtesy of Chana Rothman

Chana Rothman

classes at Mt Airy Yoga. [thesweetspotmusic@gmail.com](mailto:thesweetspotmusic@gmail.com)

Sat., March 31, 7:30-10 pm. "The Second Mt. Airy Open Mic Night at the MaMa studio! "Free food, coffee, and drinks provided—We just need YOU!!" says Cindy Lees, outreach director. "Whether you have a talent, or just want to come and be entertained, please join us!" Hosted by Heather and Allen Drew (you may know him as the director of the a cappella group at GFS) and by Mt. Airy Community Church. The first Open Mic Night last November was a huge success and featured poetry, music, singing, joke-telling, and even a children's fashion show! Future Open Mic Nights scheduled for July and October! For info, please contact Cindy at [cmlees220@gmail.com](mailto:cmlees220@gmail.com) or 215-621-6193.

## Gasland: the Case Against Fracking

by Larry Schofer

A CROWD of about 30 people showed up for a showing of the anti-fracking (hydraulic fracturing) film Gasland at the Germantown Jewish Centre on February 15. The Weavers Way Education Committee joined several other community groups in co-sponsoring the film.

The film documents a journey by a Bucks County resident around the country as he documents severe problems with water in a number of places where the drilling is taking place—water burning out of the tap, health problems, environmental pollution and other bad things. One scientist has identified at least 596 chemicals used in fracking, many of them known carcinogen. Bad news in Colorado, Kansas, Utah, Texas, and Louisiana. Did you know that the oil and gas wells around Fort Worth, Texas, emit as much pollution as all the trucks, cars, and buses in the area? Hurricane Katrina and the subsequent flooding spread heavy metals and other toxic sediments over the entire Gulf coast of the United States.

The Weavers Way Education Committee received a plea from one of our members not to sponsor the film because the film is pure propaganda and is based on fake premises. The correspondent pointed to the long history of hydraulic fracturing in this country, and maintained that science does not support the claims made in the film.

Other objections came from one member of the audience, who identified himself as geologist, who said that scare

stories like the film are not effective. The only way to fight such activity, he maintained, is to present scientific evidence, not just a series of scary anecdotes.

I personally have to admit that there is some justice in both these counter-arguments. Only scientific evidence can be used to build a strong case against fracking, and so far there is some evidence plus a lot of anecdotal bad news. On the other hand, there are so many anecdotes that I think it prudent to be a lot more careful about what we are might do to our water supply in our search for cheap natural gas. As one disgruntled EPA employee cited in the film remarked about all these stories of health hazards and environmental pollution, "Even if they weren't true, they deserve to be investigated."

This is a disturbing film; it is something of a Michael Moore approach, though perhaps somewhat less confrontational. It makes no attempt to present the industry's point of view. It also lumps together all the problems of gas and oil pollution and does not speak only of fracking. Unfortunately, the facilitator of the post-film discussion was cut from the same mold. He only wanted to hear bad things about the industry, and he went way off topic by a tirade against global warming, something that is far away from the evening's discussion.

The Education Committee has a policy of helping to sponsor films and other public events on social issues that we believe are of interest to our members.

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# Mother Daughter Members Premiere First Feature Length Film

By Jonathan McGoran, Shuttle Editor

ON THURSDAY, March 22, the Painted Bride Art Center will premiere *Tango Macbeth* the first feature length film from the mother and daughter team of writer and director Nadine Patterson, and her mother, producer Marlene Patterson, both Weavers Way members. The film is an adaptation of Shakespeare's *Macbeth*, retold as the story of a dance theater company rehearsing *Macbeth* in an old theater. As a film crew documents the rehearsals, the actors occasionally become lost in Shakespeare's world. The film uses the original text inter-cut with improvisation in contemporary English. This dance film version of *Macbeth* aims to introduce a younger generation to Shakespeare and serve as a point of departure for discussion about personal choice, morality, unbridled ambition, and the corrupting nature of power. The mother and daughter team made their first film together in 1993, Anna Russell Jones: Praisesong for a Pioneering Spirit.



photo courtesy of Nadine Patterson

Nadine (l) and Marlene Patterson (r)

Visit <http://tangomacbeth.com> for more information on the film. For more information call 215-849-7548 or contact [hiphilly2k@earthlink.net](mailto:hiphilly2k@earthlink.net). Shows at 7 p.m. and 9 p.m. at the Painted Bride Arts Center ([www.paintedbride.org](http://www.paintedbride.org)), 230 Vine Street, in Philadelphia.

# Leah Stein Dance Company Celebrates 10 Years

by Jonathan McGoran, Shuttle Editor

FROM MARCH 8 – 11, Philadelphia Dance Project will be honoring the 10th Anniversary of Co-op member and movement pioneer Leah Stein's acclaimed dance company with a program of performances that "reflects on the company's past and contemplates the road ahead through duet and small group works." The performances, which will take place at the Performance Garage, 1515 Brandywine St., will feature Leah Stein walking audiences through her ever-contemplative body of work, from introspective site-inspired dances to bold collaborations.

"This is an artist who is important to know," says Philadelphia Dance Projects executive director Terry Fox. "Leah has paved the way for site-specific work and has forged new territory in the way she creates structures in her dances. Philadelphia Dance Projects' mission is to give context to contemporary dance as an evolving form. This program shows the history of an artist with a particular style and virtuosity that we felt was important to examine and allows audiences to see the common threads throughout her works. It's about getting close to the mover—watching logic and inspiration happen and getting inside the heart of it."

Leah Stein has been creating dance work and presenting it to the public for more than 20 years. She has performed and taught in Java, Indonesia, Canada, Poland, Romania, Japan and Scotland. Locally, her work has been commissioned by the Painted Bride Art Center, the Philadelphia Live Arts Festival and the Hidden City Festival, among others. Stein has received recognition through grants awarded by the Leeway Foundation, Dance Advance and the Pennsylvania Council on the Arts Independence Foundation Fellowship. She has been artist-in-residence at Yellow Springs Art Institute, the American Dance Festival, The Winter Pillow and the Djerassi Resident Artist Program. Stein was awarded a Herald Angel Award at the Edinburgh Fringe Festival in Scotland for *In Situ*, created for the DanceBase building in Edinburgh. Stein has collaborated with dancer/choreographers Sean Feldman and Gus Solomons Jr.; sculptors Jeanne Jaffe and Ed Dormer; and composers/musicians Robert Maggio, Mark Weber, David Forlano and Dave Burrell. She has been collaborating with percussionist Toshi Makihara for more than 15 years.



photo by Lois Greenfield

Leah Stein Dance Company

phillywaldorf.com

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# open house



It's not what to think.  
It's how to think.

Join us: Saturday, March 31 @ 10 am | 7500 Germantown Ave | Mount Airy



## 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. Seems like this month there were many suggestions, including one from Debie, Chair of the Federal Reserve of Suggestions. The fact that there were many suggestions this month means maybe Debie's point last month about books and cards being archaic and contributing

to fewer suggestions is open to question. However, this is just one month, and I would like to take a scientific approach to things—gather lots of data and spend years analyzing that data before drawing conclusions—because I believe a slow, deliberative processes yields the best result. Especially when the stakes are high, as they are with the *Shuttle* Suggestion column. The health of the column is a national concern, soon to be addressed by inclusion as a platform plank in Republican, Democratic, Libertarian, Green, Communist, and the little known Pajama parties. (The Pajama Party has many planks, but unlike other parties, some planks are dedicated to supporting the mattress and cannot be altered, even by majority vote of the members.)

### Suggestions & Responses:

s: "January 2012 Consumer Reports shares alarming findings on the presence of arsenic in apple and grape juice including Apple & Eve, Mott's, Nature's Own and Seneca brands. Some exceeding bottled and drinking water FDA approved limits. Cascadian Farms brand (the Co-op brand I buy)

# We you more.

**We love our banks. We couldn't do business without them. And we don't mind paying them interest. But we'd rather give that money to you, our members. Because we love you even more.**

Borrowing money is a fact of doing business, but if we are going to pay out interest, we'd rather it go to our members. So as we prepare to renovate our Mt. Airy store and continue to pay down our expansion debt, we are offering our members a \$100 discount card if they add \$400 to their equity account.

Every member is eligible. Whether you have \$30 in equity or \$400, investing another \$400 gets you a \$100 discount card. Right now.

We've done the math, and it definitely works to our advantage. We think it works to yours, as well. To learn more, visit [www.weaversway.coop](http://www.weaversway.coop) or call membership at 215-843-2350 ext.119.



First-time equity payments made since April 1, 2010, and payments made as part of the "30 in thirty" equity campaign may be applied towards the \$400 investment as part of this campaign. To qualify, applicable equity investments must remain in equity account for a minimum of five years.

Equal Exchange Fair Trade

## March Coffees of the Month

**Bulk Beans:  
All bulk coffees  
except decaf:**

reg. \$11.99 **sale \$9.99/lb.**

February 29 - April 3

# VEGAN FEST

**SUNDAY,  
MARCH 18**

**NOON  
TO 4 PM**

**Product Demos:**  
 Leaping Bunny: lots of product samples and info  
 Nwenna Kai: raw foods and detox

**Product Samples:**  
 Raw Revolution • Fresh Tofu • Field Roast • Kashi  
 Newman's Organics • Amy's • Daiya • Bragg's

**Plus, Health/Beauty & Wellness Products:**  
 Fitbliss Organics • Plantfusion • Crazy Rumors

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RAW REVOLUTION

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**Attend a Weavers Way Welcome Meeting and Get Two Hours Work Credit!**

To Help You Get a Jump on Member Work, You Can Get Your Household's First Two Hours Just for Attending a Welcome Meeting!

Whether you are a new member or thinking about becoming one, Weavers Way Welcome Meetings, or Orientation Meetings, are a great way to find out more about what Weavers Way is all about, and what membership offers. And now you get two hours work credit just for attending! Limit two hours per household. See below for times and locations.

## Weavers Way Co-op Welcome Meetings

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 web site 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 45 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.)

- **Wednesday, March 7 at 6:45 p.m.**
- **Wednesday, April 4 at 6:45 p.m.**

**Weavers Way Co-op Offices/Mt. Airy**  
 555 W. Carpenter Lane

- **Saturday, March 3 at 10 a.m.**
- **Saturday, April 14 at 10 a.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).