

Weavers Way Holiday Hours

Closed: December 25 & January 1

Monday, December 24 Monday, December 31

Chestnut Hill:
7 am - 6 pm

Chestnut Hill:
7 am - 7 pm

Mt Airy:
9 am - 6 pm

Mt Airy:
9 am - 7 pm



The Shuttle

December 2012 Vol. 41 No. 12

A Cooperative Grocer Serving the Northwest Community Since 1973

Fall Meeting Cancelled Due to Hurricane

by Jon McGoran, Shuttle Editor

WEAVERS WAY'S Fall General Membership Meeting, which had been scheduled to take place at Morris Arboretum on Sunday, Oct. 28, was cancelled due to Hurricane Sandy. The board of directors voted at the November board meeting not to reschedule the meeting, but instead to include in this issue of the Shuttle written versions of the main reports that would have been delivered at the meeting (see pages 6 to 8).

It remains to be decided whether other items from the agenda for the Fall General Membership Meeting will be included in the Spring General Membership Meeting, which is scheduled to take place in May (barring any untimely catastrophic superstorms).

Rebates Mean Real Money



photo by Jon McGoran

Penka Slavova, pictured here surrounded by her children, Lily, Graham, and Isabella, was one of the Co-op's highest rebate recipients, with a cash rebate of \$55.96 and a total rebate of \$279.80. "I think it's important to shop at Weavers Way, and I try to do all my shopping there, because of the commitment to the environment and social justice, the investment in my community, and also my family's health," says Penka. "The Co-op isn't always the cheapest, so it is great to get some of that money back in member rebates."

Weavers Way Mt. Airy Now Open 8 to 8

by Jon McGoran, Shuttle Editor

IN RESPONSE to many requests over the years from members and other shoppers, business hours at Weavers Way Mt. Airy have been expanded to 8 a.m. to 8 p.m., opening an hour earlier.

The expanded hours took effect early in November and have already been popular with shoppers. Shoppers have been arriving early to pick up groceries on their way to work, and also to buy lunches for themselves or their kids.

Some people just like to shop earlier.

"Saturdays in particular have been cooking, but we've seen a lot of traffic the other mornings as well," said Mt. Airy Store Manager Rick Spalek. "The shoppers are telling us they love it."

CreekSide Co-op Now Open!

by Jon McGoran, Shuttle Editor

CREEKSIDe CO-OP officially opened for business on Friday, November 9, after two trial days of slightly limited operations, November 7 and 8. Offering sustainably raised produce, kosher meats, organic bulk foods, a café and community meeting place, the new co-op has enjoyed brisk sales and plenty of excitement, from members and nonmember shoppers alike. Housed in the former home of Ashbourne Market, CreekSide has already brought a noticeable and much welcomed increase in foot traffic and activity to the Elkins Park commercial district.



photo by Jon McGoran

CreekSide Co-op shoppers are thankful for their new store as they shop for their Thanksgiving feasts.

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Weavers Way Members Support WWCP in a Big Way

by Mira Rabin, WWCP Board President

Patronage rebate

IN A strong show of support for the farm education and school marketplace programs of Weaver Way Community Programs (WWCP), members like you have donated over \$8,000 of patronage rebates in the first nine days that the rebate was available. Our "rebate carrot" is almost all filled in, but we still need your help to reach our goal of \$10,000 in rebate donations. If you have not already done so, please donate your rebate to WWCP when you check out. It might be a small amount, but it makes a big difference. Thank you.

Annual Appeal

This is also the season when WWCP writes to Weavers Way members and asks them to make a year-end gift to support our work. When you receive your letter, please give generously so that we can support and expand our programs to improve healthy food access and choices for children in Northwest Philadelphia. We are increasingly dependent on individual donor support as the foundation landscape shifts, and your support of WWCP allows you to promote your values about food and community right where you live. Look for exciting news about our staff and programs in the weeks ahead, and thank you.

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Editor's Note



by Jon McGoran,
Shuttle Editor

SO THE first battle in the war for the Right to Know goes to the forces of darkness. I call them that because they want to keep people in the dark about what they eat. And also because of the obvious ties between Monsanto and Satan. (Turns out there was a merger in the eighties. It was originally planned as an acquisition, but with such operational synergies and complementary management cultures, they settled on a one-for-one stock swap.)

On November 6, California's Proposition 37, which would have mandated labeling of foods containing genetically modified organisms (GMOs), was defeated. This was despite polls just two months earlier showing that 65 percent of Californians supported the measure, and surveys showing consistently that 90 percent of Americans believe GMOs should be labeled. (To put that in context, only 47 percent of Americans believe in evolution—and that's including the 32 percent who believe in evolution "guided" by God; survival of the fit-theist?)

So, what happened? Well, \$48.7 million happened. That's how much opponents—led by Monsanto—spent to get their message out. That much money buys a lot of message, but what message was it?

Partly it was, "You are getting sleepy," but the rest focused on cataclysmic estimates of the cost to consumers if manufacturers had to tell people what was in their food. (And to be fair, if Prop 37 had passed, its opponents would have immediately started spending millions more to have it repealed.) A rigorous analysis of the initiative shows that the actual cost would have been somewhere between nothing and about a buck and a quarter per household.

But what if that analysis was wrong? What if the cost of labeling all those GMOs turned out to be two or even three times higher? With 13 million households in California, that could conceivably cost as much as, well, let's see: three times \$1.25 multiplied by 13,000,000 households, that's... \$48.7 million.

Wow, that *is* a lot of money.

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For information about advertising, contact advertising@weaversway.coop, or call 215-843-2350, ext. 135

Statement of Policy

Articles should be under 500 words and can be submitted on disk at Weavers Way Mt. Airy or by e-mail to editor@weaversway.coop. Be sure to include your name, phone number, and membership number within the document. The purpose of *The Shuttle* is to provide members with information about co-ops, health food practices, and other matters of interest to the members as consumers and citizens of the community. Articles express only the views of the writers and not those of the Co-op or the board of directors, unless identified as such. Articles, letters, comments, criticisms, and suggestions are welcome and should be directed to the editor. Space limitations require that the editor have the right to edit all articles. Ad rates are available upon request, at our stores, online at www.weaversway.coop, or via e-mail at advertising@weaversway.coop. All ads must be submitted electronically, or camera-ready with prior arrangement, and should be submitted with payment. Products or services advertised in this paper should not in any way be construed to be endorsed by Weavers Way Co-op.



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Harvest on Henry a Huge Success!

by Nina Berryman, Henry Got Crops Farm Manager

THE WEATHER was perfect and Henry Ave was lined with cars! Our second annual Harvest on Henry festival was a huge success. CSA members, Saul families and neighbors all came together to enjoy the farm. The hay ride was perhaps the most popular event, and the sheep and baby goat stole everyone's hearts. There was always a line at the food trucks, The Spot, and Birds of Paradise. Pumpkin painting was perhaps the busiest table of all the children's activities. It was great to see the farm full of so many people, listening to the live music, and enjoying good food and good company. Our goal was to raise \$2,000 for discounted shares and donating food to the Saul cafeteria in 2013. We exceeded our goal, thanks to, literally, the hundreds of people who showed up to support the farm. The event was possible only through the cooperation of many gen-

(continued on page 8)



photo by Larry Goldfarb

Saul students Rachel Lear (left) and Marissa Broady (center) share their Weavers Way pride with a member of the community at the Harvest on Henry Fair.



photo by Heather Zimmerman

Pictured here at the farewell tea party for departing WWCP Farm Ed Staffers Leor Winston and Kestrel Plump, are (l to r) Rick Rigutto, Kateyln Melvin, Kestrel Plump (with Willow), Mira Rabin, Shelley Hedlund (with Tucker), Leor Winston, Janet Boys, Jon McGoran, Nina Berryman, Carly Chelder (with Alexander), and Beth Miner. The event was held at Awbury Arboretum's Cope House.

WWCP Urban Farm Bike Tour

by Clare Hyre, WWCP Henry Got Crops! CSA Farm Educator

ON SATURDAY, October 13, I was joined by three farm apprentices and an education intern for a bike tour of West Philadelphia farm education programs. Our first stop was Mill Creek Farm at 49th and Brown Streets, where we were greeted by a lively farm stand with samples of pasta and squash, as well as delicious-looking, just-harvested vegetables. Jo Rosen (the farm manager) took us on a tour of the farm and told us the amazing history of an unusual start—how the owners got a storm water management grant and were able to start a farm with that funding. At the farm, we noticed their green roof, active bee hives, cob house, and pizza oven. I couldn't help picking up a sweet Mill Creek Farm t-shirt, then we were off to Preston's Paradise, on Preston Street in West Philadelphia.

We were very lucky to find Ryan Kluck at Preston's Paradise, an urban homestead, outside in his yard harvesting sweet potatoes. "I forgot all about ya'll coming," he said, but was happy to show us his urban farm. In his tiny yard there was a small plot of vegetables, chickens, and an amazing cob greenhouse. Down the street, he had planted an orchard for some neighbors and he said there were other small plots they were working with all around the neighborhood.

"I really love farming," said Kluck, "but now we are focusing on getting the food distribution going." Look out for Kluck and his partners in their food truck on Lancaster Avenue. The food truck is a partnership between Greensgrow Farms and Preston's Paradise.

Our next stop was the Urban Nutrition Initiative University City High School Garden where we stopped to eat lunch. Their farm educator, was not around but we were able to walk around the garden and discuss farm education models and the differences between the for-profit model and non-profit establishments. After lunch we snuck over to the Green Line

(continued on page 7)



“Folks who are passionate about food tend to feel strongly that everyone should have access to fabulous food.”



Heirloom Apples Vs. Hybrids

by Stephanie Kane, Local Produce Buyer

HEIRLOOM VARIETIES of tomatoes—those beautifully ugly ones you see in the store from the Weavers Way farm, and in farmers markets across the city—have gained a lot of popularity in the past five years or so. I was thinking about this in terms of apples this season, where it seems like everyone is clamoring for the exciting new varieties. I've come to find many of the varieties of apples with the most flavor—like Gold Rush, Pink Lady, and Jonagold—are all relatively new, generally from around the 1980s. The heirlooms, like McIntosh, Golden Delicious, and Jonathan, are very old varieties that don't get much respect in today's market. Many of these were “discovered” centuries ago. They are typically used for baking, and are often less desirable. If you've read the *Botany of Desire* (my favorite book by Michael Pollan), you know that apples are not grown from seed. Apples, like almost all fruit trees, are grafted. A cutting from the tree of the



photo courtesy of the University of Minnesota

Zestar! Apples. Don't forget the exclamation point!

desired variety is basically tied in to a slit in a sapling. The branches of the original sapling are cut back, and it grows the fruit of the tree that has been grafted on to it. It is a remarkable process, and you can actually graft different fruits on to one sapling to have a tree grow multiple varieties of apples!

The Golden Delicious is a great example of an old heirloom variety that is used for this purpose. Many of the newer varieties like the Gold Rush and Jonagold, have this apple as one of its parents. I've received a few questions about newer apple varieties, like Jazz® and SweeTango®, which are both newly developed hybrids. Thanks to the foodies at the New Yorker, people across the country are already getting excited about these apples, which have barely come into existence.

Jazz® and SweeTango® are both “club” varieties, meaning they are trade-

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New Beef, Oven-Ready Chicken Entrees from the Meat Dept.

by Jon McGoran, Shuttle Editor



Photo by Jon McGoran

Meat and Prepared Foods Staffers Shalia Lincoln, Dale Kinley, Gabbreell James, Rick Neth, Apollo Heidelmark, Jenna Balaban, and Siara Wilbanks.

Aspen Ridge Beef

WEAVERS WAY is proud to introduce Aspen Ridge, our new line of naturally grown beef products. Aspen Ridge products are grown by small farmers, without the use of growth hormones or antibiotics, and are never fed animal by-products. It replaces Meyers Beef, which had become more expensive, and was sometimes inconsistent regarding supply and delivery. We will be carrying the entire Aspen Ridge line, including filet mignon, rib eyes, Delmonicos, New York strips, T-bones, porterhouse, and ground beef. Custom cuts can be prepared to order. “This beef is naturally sweet, and naturally tender,” says Rick Neth, who works in the meat department in both Mt. Airy and Chestnut Hill. “I've grilled it without any seasoning and the taste is phenomenal.” Keep your eye out for occasional specials. In December, we will have specials on bottom round roasts, rump roasts, extra lean stewing beef, 85/15 ground beef (15 percent fat), and 93/7 extra lean ground (seven percent fat).

DeBragga Dry Aged Beef

In December we will also start carrying dry aged beef from DeBragga. “This beef is aged in a temperature-controlled environment, and the meat is like butter,” says Rick. “You don't even need a knife for it.” We will be introducing the bone-in rib steak, cowboy steaks, and bone in Delmonicos, as well as New York strips, with and without the bone.

New Oven Ready Organic Chicken Dishes

Also new to Weavers Way are our own store-made oven ready chicken dishes, including Chicken Kiev, Chicken Cordon Bleu, Stuffed Boneless Breasts, and Stuffed Whole Fryers. These products are made with Bell and Evans chickens and all-organic ingredients. We plan on having these products available seven days a week, so if you don't see them, just ask!

Watermelon Radish, Red Walnuts and Feta Salad



This easy showstopper salad makes a great addition to your holiday table. Serves four.

- 4 cups baby arugula
- 4 watermelon radishes
- 1/2 cup red walnuts, halved
- 1 shallot
- 1 cup crumbled feta
- 1/4 cup golden balsamic vinegar
- 1 tsp sugar
- 3/4 cup extra virgin olive oil
- salt and pepper to taste

Cut off ends of radishes and slice in 1/4" half moons. Dice shallot. In a large bowl, combine arugula, radishes and shallot.

Pour golden balsamic in a bowl with sugar, salt and pepper until sugar and salt dissolves. Then whisk in the oil slowly until combined. Add to salad and toss together gently.

Portion out salad onto four plates. Sprinkle feta on top. Sprinkle walnuts on top of feta.

Rebecca Torpie

Red Walnuts New, Dramatic, and Exclusive to Weavers Way

by Richard Josiassen

RED WALNUTS? I'd never seen such a thing before a month ago. They are a gorgeous plum colored nut with a mild unique flavor and no acidic aftertaste. They make a delicious snack and they are a beautiful looking nut as well. They brighten up any dish—salads, baked goods, desserts, and so many others.

Red walnuts are new! They were originally created at the University of California at Davis by grafting Persian red-skinned walnuts onto larger and creamier English walnuts. This means that they were created using the centuries old natural methods of grafting and cross-pollination—no genetic engineering. The red walnuts are only red on the inside, the tree and the shells look just like the typical English walnut. To retain their red color, the individual walnuts are shelled and handled very carefully. And the growers take great care to maintain the beautiful red layer.

These walnuts are late-producing, so they are available at the end of fall and in the winter. The red walnut trees grow slower. The walnuts themselves are larger and the shells are a little harder than other walnut varieties. As a result, they are rare, few are grown, and supplies are limited. The good news is that Weavers Way Co-

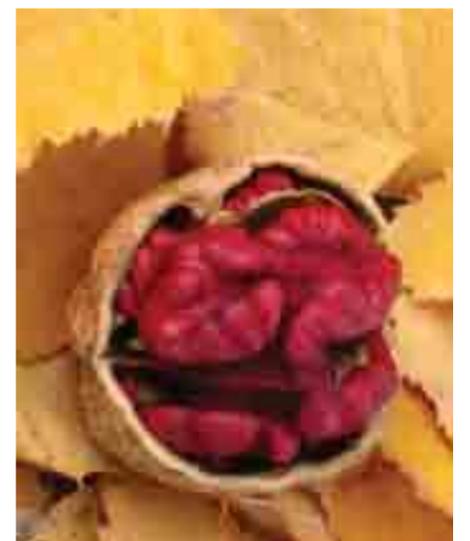


photo by Richard Josiassen

op has developed an exclusive marketing relationship with G & N Creekside Farms, one of the original walnut farms in Northern California. There are dozens of ways the unique flavor and pleasing aroma from these walnuts can adorn your holiday meals. Weavers Way is now carrying Northern California Red Walnuts direct from the G & N Creekside Farms in beautiful Butte County, California.

Education Committee Presents Music Workshop

by Larry Schofer, Education Committee Chair

TWO BIG musical events are coming to the Weavers Way community this winter, both sponsored by the education committee.

Workshop

On Sunday, December 2, from 1 to 4 p.m., Vermont singer, composer, performer, and teacher Brendan Taaffe will lead an afternoon workshop of a wide variety of folk music – blue grass, shape-note tunes from 19th century New England, songs from Ireland, the Balkans, France, and Caucasian Georgia, and songs that Brendan has brought back from his recent collecting trip to Zimbabwe.

Brendan is an accomplished teacher and performer. He will hold the workshop in a private home in Mt. Airy, limited to 20 people. Pre-registration is required—\$35 general, \$30 for Weavers Way members. Contact Larry Schofer at 215-248-3762 or lawrence.schofer@comcast.net.

Concert

By popular demand, Northern Harmony will return to Mt. Airy for a concert of world music on Friday evening, March 1, at the Unitarian Church on Lincoln Drive. Admission is \$15 for adults, \$12 for Weavers Way members and people under 16, and free for children under 10.

The concert by this traveling group drew as many as 50 people in the midst of a driving snowstorm a few years ago,

and attendees of that concert have been requesting a return engagement ever since. This time the entire Philadelphia community is invited to hear a concert of music from the American folk tradition, from South Africa, Corsica, the Balkans, and Caucasian Georgia. Northern Harmony, based in New England, always comes up with surprising twists in its concerts.

The group is led by Larry Gordon, who has been making community music in Vermont since the early 1970s. He founded Village Harmony in 1989, and his patient and relaxed, yet demanding, teaching style and his collaborative approach have shaped the welcoming atmosphere of the Village Harmony community since the beginning. He is a vital figure in New England shape-note singing, and he is the music editor of the popular Northern Harmony shape-note songbook. Larry is an inspired organizer with an unerring eye for good repertoire and a unique knack of pulling together interesting combinations of singers and letting them shine. He is well known nationally and internationally for leading stunning periodic ad hoc incarnations of *Northern Harmony*, a semi-professional tour group made up largely of veteran Village Harmony singers.

Northern Harmony has toured the Eastern U.S. and Europe each spring for a number of years. More information is available about the group at www.northernharmony.pair.com.

~ lawrence.schofer@comcast.net

Weavers Way Joins Valley Green Bank, Big Blue Marble for Fifth Annual Holiday Book Drive

by Lesley Seitchik, Valley Green Bank

IN THE holiday spirit, Valley Green Bank is holding its fifth annual local book drive from November 23 thru December 31, 2012. Mastery Charter's six elementary schools will be the recipients of this year's collection. The book drive encourages families to donate *new or gently used* children's books, preschool through eight grade.

Bins to collect the books will be in Valley Green Bank's locations at 7226 Germantown Avenue in Mt. Airy and 23 W. Highland Avenue in Chestnut Hill and at both Weavers Way Co-op stores – at 559 Carpenter Lane in Mt Airy and at 8424 Germantown Avenue in Chestnut Hill. Big Blue Marble Bookstore at 551 Carpenter Lane is also participating as a collection site, and is offering a ten-percent discount on all books purchased and contributed to this book drive.

"There is no better way to support our children than to encourage them to be avid, accomplished readers," says Valley Green Bank President and CEO Jay Goldstein. "As we all know, reading is a key to success in pursuing a lifetime of learning."

Mastery Charter Schools' CEO Scott Gordon is "thrilled" the Mastery elementary schools were chosen again for this year's drive and commented, "Our six elementary schools serve 4,000 students who were formerly enrolled in some of the lowest-performing schools in the city. Many are three or four grade levels below where they should be in reading – so getting them to read every single day is huge. We are on track to hit our goal for every student to be at or above grade level within three years with Mastery. We will reach this goal by immersing our youngest students in reading now so they can go on to pursue their dreams and compete in

the global economy when they grow up. Every new book donated will be in the hands of an amazing child who is hungry to learn. It's really awesome and we are just thrilled Valley Green Bank chose us for this honor."

Shayna Wolfson, Apprentice School Leader for Instruction at the Harrity Campus echoed the positive reactions of all the participating teachers, "Last year's book drive enabled all 850 Harrity students to go home with a free book. It was wonderful to see all of our students happy and excited to read their new book! Reading is our number one goal and the book drive enabled us to get a book in every child's hands." Mastery Charter Schools is a nationally recognized leader in school turnarounds. Mastery currently operates twelve schools in Philadelphia serving 8,000 students in grades K through 12. Mastery believes that educational inequity is the most pressing social problem facing the country—the civil rights issue of the day. Mastery exists to solve the problem and believes in its mission that all students learn the academic and personal skills they need to succeed in higher education to compete in the global economy and pursue their dreams.

Valley Green Bank is a locally-owned and operated Pennsylvania commercial bank. The Bank was formed by community and business leaders who make customer service a priority. The Bank offers a traditional mix of deposit accounts, and interest-bearing checking accounts, savings, money market and certificate of deposit accounts. It also offers customers individual retirement accounts. Valley Green Bank is a member of FDIC.

For more information about this Book Drive, please contact Valley Green Bank at 215-242-7540.

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Growth of Dining for Women Allows More Follow Up

by Margaret Guthrie

THE NEWS from Dining for Women continues to be good. The organization is growing as quickly as new chapters can be added and assimilated. The growth of the organization now enables us to not only make a substantial investment each month in an organization dedicated to improving the lives of women and children in developing countries, but additional smaller grants to previous recipients to sustain the work already undertaken.

In September, the Southeastern Pennsylvania regional chapters co-sponsored a screening of the first episode of the mini-series "Half the Sky," based on the book by Nicolas Kristof and Sheryl Wu-dun. This was a big success, both from the standpoint of the food we provided and the turnout that filled the WHYH auditorium almost to overflowing. The first episode deals with the rescue of girls from the sex trafficking that goes on in Cambodia, with girls as young as three years old being rescued from brothels where they've been sold to the owners for use as sex slaves. (One of Dining for Women's recent grant recipients is an organization in Cambodia that works with the rescued girls to educate them and give them new and productive lives.) Check listings for the local PBS stations for a full showing of this very important miniseries.

November's recipient of the Dining for Women grant will be Pachamama's Jungle Mamas project. The Pachamama Alliance was formed in 1997 to empower indigenous peoples of the Amazon rainforest in Peru and Ecuador to preserve their lands and culture and, using insights gained from that work, to educate and inspire individuals everywhere to create a thriving and sustainable world. To that

end they have encouraged eco-tourism as a way to combat the encroachment of 21st century oil and gas exploitation of fragile ecosystems. Much damage has already been done to the fragile ecosystems of the Ecuadorean and Peruvian rain forests from the unbridled oil and gas extraction, to say nothing of the despoilation of land and water sacred to the indigenous populations. The Pachamama Alliance is working to protect the lands and the people in this area in a variety of ways.

Now, through their Jungle Mamas project, they are focusing on empowering the indigenous women and communities of the Ecuadorian rainforest to ensure safe birthing and the health and well-being of the Achuar people. "We used to think we had to go into the jungle alone to birth our babies. Now, thanks to Jungle Mamas we know there's a better, safer way."

The Jungle Mamas project has expanded both its geographic reach and its activities, evolving into a comprehensive community health and sanitation initiative. One example was the installation of composting toilets in two Achuar communities to prevent soil and water contamination. This project improves access to clean drinking water, reducing infant and child mortality rates, and improving general community health.

The Jungle Mamas Program is designed to eliminate all preventable deaths in childbirth of mothers and babies, and to improve community health by focusing on the education of women, family planning education, and improving environmental health. Some accomplishments: "Over 60 Safe Birthing Kits have been given out in 2011, and trained Birth Attendants have supported every recipient receiving a Kit

to have a safe birth. As a direct result of our work, gender issues, family planning education, and the recognition of women's health as key to community health were met with a new openness and great enthusiasm. We expanded into new areas of the territory and laid the groundwork for the best year ever in 2012!"

Those of us who take for granted modern hospitals with every medical "necessity" in case of need have a difficult time visualizing going off alone into the jungle to have that baby! To help end this practice with a small check this month seems like a real no-brainer. Anyone who has not yet been to a Dining for Women dinner and would like to see what it's like to come, eat very well, learn more about the current recipient, and meet some really interesting women in your community, please contact Betsy Teutsch at betsy@betsyteutsch.com. She will be happy to plug you into whichever November meeting fits your schedule.

First anniversary news—the triplet chapters formed through Weavers Way are now a year old. As a way of celebrating, we are having a communal gathering of all three chapters together and have decided to assist the Stenton Manor Family Homeless Shelter as a beneficiary. We are helping them with their holiday preparations so that residents of the shelter will not be forgotten. Our Mother's Day Tea raised enough money that a substantial donation was made to Weavers Way Community Programs. It is WWCP that works with Stenton Manor at the Hope Garden so we are tying two entities formed through Weavers Way together. We feel that while our emphasis is on women and children in developing countries, we need to remember our near neighbors in need as well. Watch for news about this important celebration in the next issue.

Gifts of All Sorts Across the Way

by Martha Fuller, Wellness and Personal Care Manager

IT'S TIME for holiday sharing, and whether it's for a beloved family member, a colleague, a friend or anyone else, we have many new companies and products for your perusal, as well as some of our shopper faves.

We have local jewelers whose items sparkle—Spoil Yourself, Saffron Creations, Roadside Linen Arts, and J Jewel. We have hair barrettes, earrings, and necklaces. Shopping local never looked so beautiful.

When it comes to body care products, we have two exquisite soap companies—Beekman's COPA Soaps and Scents By Eilena—that will clean, soothe and moisturize. Bubble baths and lotions are always welcome in the winter. The EO company's Everyone items, especially the men's line, have been quite popular. We have lotion tubes that are airline approved if you find yourself traveling by plane this season.

Handmade Expressions is new to Weavers Way. The company is a member of the Fair Trade Federation and its products proudly say that they are "building partnerships for responsible trade." We have many of their bags including, yoga mat bags and carrying bags, beautiful jewelry pieces, and assorted pieces of clothing. Andes Gifts has been an important company for Weavers Way Mt. Airy for many, many years—come see their excellent Fair Trade scarves, hats, glittens, mittens and fingerless gloves. We carry apparel for adults and babies.

DZI and Triloka offer us ornaments, felted woolen birds, bird houses, jewelry, and candle accessories.

~ martha@weaversway.coop

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WEAVERS WAY MEMBER WORKSHOPS

SINGING WORKSHOP

WITH BRENDAN TAAFFE

Vermont singer, composer, and teacher

Sunday, December 2, 1:00 – 4:30 pm

Join us for a session of heart-felt singing while we explore the richness of the "American vernacular": early gospel, Appalachian ballads, shape note hymns, and Brendan's own compositions and arrangements. Traditional American harmony—from the tight swing of gospel quartets to the "high lonesome" sound of bluegrass—has beautiful poetry, striking harmonies, great rhythm and is a lot of fun to sing. We will also explore some makwayera singing from Zimbabwe.

Sponsored by the Weavers Way Education Committee

To be held in a private home in Mt. Airy -
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President's Report To Weavers Way Members - Fall 2012

by Margaret Lenzi, Weavers Way Board President

2012: WHAT a Year for Weavers Way! One thing about Weavers Way—change is constant and this year was no exception. As we come to the end of the International Year of Cooperatives, it looks like we are moving into a decade of cooperative development. I am pleased to report that Weavers Way is doing well and the cooperative movement is moving forward.

Weavers Way Did Well on Many Fronts

Weavers Way had another banner year for sales. In fact, we broke a record with more than \$16 million in revenue for the fiscal year ending June 30, 2012. So we are paying all of our bills on time. The first quarter of this fiscal year, July through September, was a bit challenging due to the renovation of the Mount Airy Store. But we had a pop-up store and outdoor market that helped to serve our members, and we expect to catch up as the year goes along.

Weavers Way did so well last year, we will be issuing a patronage rebate in the amount of \$200,000 to its members. A patronage rebate is possible when a co-op's income exceeds its expenses. Co-ops don't make profits, so any surplus must be returned to its members or invested in the co-op for expansion, renovation, or other necessities. Members get a percentage of the excess income back in propor-

tion to the amount of shopping they did. With the new store and additional debt in recent years, it was not possible to issue a patronage rebate. But now that we have stabilized and sales are strong, the members deserve a patronage rebate. Member households will all receive personal notice of their individual rebate in the next few months.

The highlight of the year was the renovation of our Mt. Airy store—long overdue, but well worth the wait. And what a makeover it was! We are delighted to have even floors, more space for shopping and groceries, and the largest bulk selection in Philadelphia. Buying in bulk is one way that our members can reduce their costs for food while also helping the environment by eliminating unnecessary packaging. And I hope that everyone has found their way to the "Across the Way." With its expanded selection of health and beauty products, it is now becoming a destination in the Mt. Airy Village.

The staff, management, and members all worked together to make the renovation of the Mt. Airy store a success. The staff was tremendous in running the pop-up stores in all kinds of weather and conditions and handling the overflow in the Chestnut Hill store. The management did a super job in getting the work done on time and with the least possible disruption. And the members were flexible and stuck with their co-op. Due to this support, Weavers Way was able to pay for

the total cost of renovation—\$732,000—through its cash reserves and did not have to do any further borrowing. Now that we are back in our Mt. Airy store, it is taking a little time to figure out where everything is, but we'll get it down by the end of next year. The Board is pleased that our members now have a better shopping experience and more selection.

Strategic Plan is Coming

Good businesses and organizations have a plan for the future. And that is why Weavers Way is embarking on a Strategic Planning Process in the next several months. We have a dynamite team of staff and management gathering information from members and partners of Weavers Way. If you are approached, please tell us your opinions of what you would like to see Weavers Way do in the future. You will be hearing more about the Strategic Plan as the year rolls along.

Cooperation among Cooperatives

Co-ops have seven basic principles that guide us to put our values into practice and distinguish us from other businesses and corporations. Principle #6 says "Cooperatives serve their members most effectively and strengthen the cooperative movement by working together through local, national, regional, and international structures."

Weaver Way members have been leading the charge on this principle. We've been instrumental in the formation and operation of two area cooperative associations. Mid Atlantic Food Cooperative Al-

liance (MAFCA) started a few years ago when a few members from Weavers Way invited people from other food co-ops to a summer barbecue at Allens Lane Art Center. Now it comprises 21 food co-ops, buying clubs, and start ups in six states with aggregate annual sales of over \$100 million dollars. And in the last year, the Philadelphia Area Cooperative Alliance (PACA) has been providing a structure to help cooperatives in a variety of sectors to work together to strengthen and grow the cooperative economy in the Philadelphia area.

Weavers Way continues to help start-up co-ops in the area. We were instrumental in helping CreekSide become operational by sharing our expertise and staff in several key areas to help open this new co-op in Elkins Park. Over the last year, work has gone on with several food start-ups in the area, including Ambler, Bethlehem, South Philly, and Kensington, as they move closer to fulfilling their dreams opening food co-ops in their neighborhoods.

Thank You and Here's to Forty More Years

Weavers Way will be celebrating its 40th anniversary in 2013. There will be a big celebration honoring the many who have made Weavers Way the wonderful community institution that it is. The success of Weavers Way is due to the support of so many of our 5,000 household owners. Thank you for your support and I and others on the Board of Directors will be working hard to serve the members' interests as we move forward into the future.

~mlenzi@comcast.net

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Weavers Way Financial Report to the Members

by Michael McGeary, Chief Financial Officer

WEAVERS WAY Fiscal Year 2012 ended June 30, 2012. We had sales of \$16.249M compared to \$14.849M for Fiscal Year 2011. This is a 9.4% increase. Our Gross Profit Margin was 37.4%. This is a 120 basis point (1.2%) improvement over Fiscal Year 2011. The increase was due to improved buying decisions in both our Mt. Airy and Chestnut Hill Locations.

The Co-op was able to provide a bonus for staff, and absorb the medical and dental increase so as not to increase the employee portion of the premiums. After this, the Co-op's Net Income was \$260,550. This is an increase of \$108,628 from Fiscal Year 2011. Because of the surplus, the Board of Directors approved a patronage rebate of \$200,000 to our members.

Our cash increased to \$1.198M. Inventory decreased to \$447k as we prepared for the renovation of the Mt. Airy Store. Long Term Liabilities decreased as we continue to pay down our debt. Member Equity increased as the number of members grew.

~mmcgeary@weaversway.coop

WWCP Bike Tour

(continued from page 2)

for a quick cup of coffee.

Last stop (a little more southwest) was at Bartram's Garden and Bartram's Farm and Community Center. Located on 54th and Lindbergh Avenue, Bartram's Garden is an oasis in an industrialized area. Judson, Katilyn, Erin, and Matt seemed awed by the age of the garden and the history. They were excited to learn about Osage Oranges and other trees. At Bartram's Garden Community Farm, we met with farm educator Chris Bowden-Newsom and learned about the work the newest Urban Nutrition Initiative farm is doing.

It was a beautiful fall day and we all had a great time! We saw four different farm education programs and met with a lot of the movers and shakers in the Philadelphia urban farming movement. The tradition of Weavers Way bike tours continues!

	6/30/11 Actual (Full Year)		6/30/12 Actual (Full Year)		Current to Prior Year Change
	\$	%	\$	%	
Income Statement					
Sales	14,848,870	100.0%	16,248,681	100.0%	9.4%
Cost of Goods Sold	9,468,624	63.8%	10,166,782	62.6%	7.4%
Gross Profit Margin	<u>5,380,246</u>	36.2%	<u>6,081,899</u>	37.4%	13.0%
Expenses					
Personnel	3,677,561	24.8%	4,005,154	24.6%	8.9%
Other Operating Expense	<u>1,786,837</u>	12.0%	<u>1,810,874</u>	11.1%	1.3%
Operating Profit	143,403	1.0%	443,292	2.7%	209.1%
Other Income/(Expense)	<u>104,622</u>	0.7%	<u>(139,487)</u>	-0.9%	-233.3%
Income Before Taxes	<u>248,025</u> *	1.7%	<u>303,805</u>	1.9%	22.5%
Income Taxes	<u>96,103</u>	0.6%	<u>43,255</u>	0.3%	-55.0%
Net Income	<u>151,922</u>	1.0%	<u>260,550</u>	1.6%	71.5%
Balance Sheet					
	6/30/11 Actual		6/30/12 Actual		Current to Prior Year Change
	\$	%	\$	%	
Assets					
Cash	497,783	6.3%	1,198,286	14.2%	140.7%
Inventory	589,999	7.4%	447,287	5.3%	-24.2%
Other Current Assets	161,122	2.0%	102,909	1.2%	-36.1%
Fixed Assets	6,416,636	80.9%	6,251,465	74.0%	-2.6%
Other Assets	<u>265,017</u>	3.3%	<u>447,701</u>	5.3%	68.9%
Total Assets	<u>7,930,557</u>	100.0%	<u>8,447,648</u>	100.0%	6.5%
Liabilities & Equity					
Accounts Payable	335,912	4.2%	333,813	4.0%	-0.6%
Other Current Liabilities	761,418	9.6%	1,105,617	13.1%	45.2%
Long Term Liabilities	<u>4,445,357</u>	56.1%	<u>4,325,360</u>	51.2%	-2.7%
Total Liabilities	<u>5,542,687</u>	69.9%	<u>5,764,790</u>	68.2%	4.0%
Member Equity	1,198,890	15.1%	1,433,328	17.0%	19.6%
Retained Earnings	<u>1,188,980</u>	15.0%	<u>1,249,530</u>	14.8%	5.1%
Total Equity	<u>2,387,870</u>	30.1%	<u>2,682,858</u>	31.8%	12.4%
Total Liabilities & Equity	<u>7,930,557</u>	100.0%	<u>8,447,648</u>	100.0%	6.5%

* Includes Grant Income of \$342,853

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General Manager's Report to the Membership

by Glenn Bergman, Weavers Way General Manager

AS MARGARET has said in her President's Report, 2012 was an amazing year. I could use a few more years that are not "amazing," just regular. Besides the renovation and the Board declaring a patronage rebate, management was also able to provide a bonus to staff of \$65,000, absorb medical cost increases instead of passing them on to staff, and continue to pay down our debt.

Our financial report for 2011-2012 shows that we have continued to improve the financial position of the Co-op. Our IT department worked to process price increases automatically into the system as we receive product. This has enabled the Co-op to make sure the prices were correct throughout the year as we received product.

The Membership Department started customer service training for all staff and worked to establish an overall customer service philosophy. You will see that in action whenever you have a concern or have to return a product. We call it a code red form and all staff are empowered to take care of any problems that you might have.

As we move forward in 2013, there are a number of important goals that we have set:

1. Continue to improve the CH store with an improved deli area, new soup wells, and a new charcuterie area.

2. Continue to add to the MA infrastructure.
3. Accelerate the paydown of debt.
4. Improve our web site, soon to be released.
5. Improve our customer comment response time through a centralized system controlled by the Membership Coordinator.
6. Plan for a 40th anniversary event.
7. Begin a third shift in the prepared foods department.
8. Roll out the new P6 program.
9. Finish a new strategic plan for the next five years.
10. Expand hours at the MA store from 8:00 a.m. to 8:00 p.m., seven days a week.

There are many other smaller programs, but we continue to move in many directions as a community entity and understand that we are important to the life of the community. We will continue to support the new consumer co-ops: Creekside in Elkins Park (now open!), Doylestown Co-op, Ambler Co-op, South Philly Co-op, Kensington Co-op, and Bethlehem Co-op.

As we move into 2013, our hope is that we can continue to serve you, our owners, as best we can and to meet all of your expectations.

~ gbergman@weaversay.coop

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- Mr. Moser and the 4-H Club
- Tamera Conaway, principal
- Gail Koskela
- Jesse Hallowell
- Mary Creighton
- Kevin Kellerman
- Yona Hudson
- Garth Schuler

Weavers Way Co-op

- Jon McGoran
- Annette Aloe
- Jean MacKenzie
- Norman Weiss
- Anne Workman
- Scott Blunk
- Nancy Anderson
- Chris O'Brien

And many others

- Amy Beth Edelman—The Night Kitchen Bakery
- Jimmie Reed—Little Jimmie's Bakery Cafe
- Katherine Gajewski—Philadelphia Director of Sustainability
- The Spot Food Truck
- Birds of Paradise Food Truck
- Shady Apple Goat Farm
- Wee Bee Brothers
- David Siller
- Carmella Clark
- Matt Steuer, Judson Wood & John Siemiarowski—Mt Airy Bike Collective
- Mt. Airy Learning Tree
- Bredenbeck's Bakery and Ice Cream Parlor
- The Metropolitan Bakery, Chestnut Hill
- Sally McCabe—PA Horticultural Society
- SHARE
- Holod's True Value Garden Center

- Heidi Ochsenreither
- Claudia Slipakoff
- Musicians
- Brittany Baird
- Dave Binder
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- Chris Wood
- Art Miron
- Patrick Arkins
- Patch
- Grid
- Harvest on Henry Planning Committee:
- Hollie Holcombe
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Harvest on Henry

(continued from page 2)

erous people volunteering their time for many months. I want to especially thank the CSA Fundraising committee, without whom this event would have never gotten off the ground!

And congratulations to the following winners in our delicious pie bake-off:

Traditional Fruit

- 1st - Joanna Sinclair (Apple Raspberry Pie)
- 2nd - Jen May (Caramel Apple Pie)
- 3rd - Kate Pelusi (Apple Crumb Pie)

"Other" Pies

- Equal 1st - Nicole Cournoyer (Meat "cheeseburger" Pie)
- Equal 1st - Beige Berryman (Maple Pumpkin Pie)
- 2nd - Liam Spady - Saul Student - (Sweet Potato with Apple Pie)



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When “Sustainable” Isn’t Good Enough

by Sarah Gabriel, Managing Director, Home Grown Institute

I HAVE to be honest. Every time I see the tagline for The Home Grown Institute—Evolving Skills for a Sustainable Future—I think, “No, that isn’t quite right.” The alliteration of the Ss does roll so nicely off the tongue, and it is most definitely about evolving our individual and communal skills... but is sustainability really what we want?

The root of the word sustainability is Latin and the most common definition is the capacity to maintain, support, and endure. None of those words sound like much fun, do they? Especially when you consider the mess we humans have made of our food systems and watersheds. Do we really want to maintain or support our limping systems, endure the fast-paced marathon into which we have jumped?

Our concept of sustainability is too often focused on the experience of humans. Take for example the most widely quoted definition of sustainability from the Brundtland Commission of the United Nations, 1987: Sustainable development is development that meets the needs of the present without compromising the ability of future generations to meet their own needs. Whose needs are we talking about? Humans only? And with the pace of change, how can we predict what future generations will need? And furthermore, isn’t the focus on human needs with the neglect of the needs of the systems and species beyond us what has gotten us into trouble in the first place?

A few years ago I made the pilgrimage to Growing Power in Milwaukee. There, MacArthur Fellow Will Allen starts the work-centered weekend experience with an explanation of how most of the soil in this country is either full of toxic residues or depleted of nutrients, and that one of the most important fixes we can do for broken food system is to “grow” rich healthy soil. I spent the weekend constructing innovative compost systems, feeding compost-in-process to 5,000 lbs of red wiggler worms (livestock), and tossing the worm castings (don’t ask) onto the abundantly green growing foodstuff.

I’ve continued to learn about the process of compost, and even though I have only a tiny space to grow food, I’ve started learning about other soil-enriching practices such as no-till, cover crop, companion planting, crop rotation, integrated pest management, and integrating livestock in the garden. All these practices have something in common: They actually regenerate the soil, leaving it in better shape than it was before.

There was the “aha!” moment. I realized I was not as interested in sustainability—in maintaining, supporting or enduring life as we have come to know it—as I was in regenerativity. Before we focus on sustaining our systems, we need to take it all up a notch so that we can have systems worthy of sustaining. Like using a rudder to make a course adjustment, we need to set our sights on a different point of the horizon. Where sustainable skills support our viability—at times just barely—regenerative skills enhance our vitality.

So, I’ve stopped thinking about The Home Grown Institute as a place to learn “sustainable skills.” The Home Grown Institute, in fact, is dedicated to “regenerative” skills—practices that help us regenerate our soil, renew our thinking and rejuvenate our souls.

I haven’t yet asked the graphic designer to change the tagline on the logo or the business card because I still haven’t got it quite right. “Evolving Skills for a Regenerative Future” doesn’t roll off the tongue the same way sustainable skills, does. In fact, I’ve decided not to make the change myself because I believe this shift will be better accomplished in community... in conversation and shared experience where shifting the rudder will take us all in a new direction together. If you have an idea for a new tagline, I’d love to hear from you.

Sarah Gabriel is the managing Director of The Home Grown Institute. She can be reached at sarah@thehomegrowninstitute.org.

The Simplicity Dividend Bulking Up on Our Second Floor: a New Exercise Routine

by Betsy Teutsch

MUSCLE MEMORY, which allows us to perform routine acts on automatic pilot, is very challenged by our new shopping layout in Mt. Airy. Many of us shopped for decades, nearly daily, at the old store. We knew where the oatmeal was, on the rack next to the drinks—now a cheese array. The bulk oatmeal has moved upstairs, and packaged oatmeal is now located where pickled ginger and baby food previously lived. We knew to find the bananas across from the dried fruit. Dairy products were stashed in our baskets while we waited to turn the corner and pay for our groceries.

That is all now history; it is quite common to watch dazed shoppers walking around our new digs, suffering from phantom-product syndrome, reaching for spaghetti sauce that is no longer there. We wander upstairs and are quickly overwhelmed by the enormous number of products. Included among the endless bulk options are products we previously bought packaged, now undressed. Without the labels we unconsciously knew, and in new locations, we do not recognize our old standbys. Clearly our upgrade will take some getting used to. Take comfort, fellow elders, in celebrating all our new neural pathways being created. I bet learning the new floor plan is just as good as the recommended tooth brushing with one’s non-dominant hand.

While more than a few shoppers are nostalgic about the good old days, with fewer options, it is quite an accomplishment to have so expanded our ability to buy products using less-wasteful packaging. If we plan ahead, we can literally transport our food with zero waste, a gold standard of sustainability. However, doing so is a new skill that we need to acquire.

I have been experimenting since the bulk section opened, trying to overcome my klutziness. It is quite a dance to locate

the product, weigh your container, fill it, go back to write the SKU number (not easy to remember five digit numbers!), and then remember where you left your basket. I generally leave my basket on the first floor and just bring up a few containers. Awkward all around. And how about the markers, which smear all over your hands and your containers? Can we go thinner on these?

Here are some suggestions that have smoothed my shopping forays into the bulk section:

1. Collect **clear** reusable containers. While it is tempting to reuse yogurt containers or the like, it is really hard to recall that the yogurt container is actually NOT yogurt, but whatever you put in instead. A few years ago I shifted my staple supplies from canisters into clear plastic containers with flip-top pouring spouts. I tried quite a few different styles and settled on ones from Dollar Tree, since their size and design worked best. There are Dollar Tree stores at Ivy Ridge in Roxborough and out on Bethlehem Pike in Flourtown. At \$1 a piece, these are a worthwhile investment and their quality is fine. They are small enough to just stash in your shopping totes to refill. If you label the SKU with the item, and keep the tare weight tag on, then the task is simplified and you can just keep refilling the same container.
2. A simple alternative to containers is a **zip-lock bag**. If you put dry foods in them, zip-locks can be reused many, many times. They certainly consume fewer resources than the plastic deli containers they are replacing. Use a stick-on label, now provided, to write the SKU #, and then just slap it on the bag. If you refill it with the same item,

(continued on page 10)

BE THE MATCH

Meet Logan

We 3 years old Logan was diagnosed with a very rare type of ALL, Acute Lymphoblastic Leukemia at the age of 2012. One of the treatments for this is a massive chemotherapy. Logan has not been able to find matching donors and is still searching. There is a 10% chance of finding a donor. It takes about 13 months and cost about a million dollars. Thousands of parents register on the Be The Match Registry to find a donor who can give their child the chance for a cure. Join us. Save lives.



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Simplicity Dividend

(continued from page 9)

- the SKU is already there. Or even easier, just write on the bag with a marker.
- Be creative with containers. I realized I could bring my empty spice bottle to the Co-op and refill them, after weighing the tare. Empty prescription bottle make excellent spice jars. A used agave bottle is ideal for dish detergent. Someone at my house recycled one before I put it in my shopping bag, and I was devastated. Suddenly containers are not waste, but rather potentially reusable. How great is that?
 - Restock your shopping bags with zip-locks and empty containers. I am *always* in a hurry when I leave the house and would never remember to put the containers in, so do the thinking in advance.
 - Some of the upper level bulk dispensers do not have clearance for tall containers. Guess what? **They slide forward.** Ask an employee to show you how to do this.
 - Many of the rices and mixed grains require cooking directions which, when bought prepackaged, are printed on the box or bag. Just photograph the directions posted on the dispenser on your smart phone, or write them with marker on your zip lock. The pancake mix provider cleverly has provided directions on little business cards on the packing shelf. We may need more of these; it is a smart feature.

Let me know what clever solutions you've adopted and I will be happy to collect them and update in a future *Shuttle*. In the meantime, enjoy working your way through the dozen granola flavors.

Betsy Teutsch teaches blogging at Mt Airy Learning Tree. Email her at betsy@betsyteutsch.com

Manager's Corner

by Glenn Bergman, Weavers Way General Manager

8:00 to 8:00 in Mt Airy

After many years of requests from parents dropping off their kids or people on their way to work, we have finally changed our hours from 9 a.m. to 8 a.m. opening 7 days a week. The new hours for Mt Airy are now 8 a.m. to 8 p.m. seven days a week. I hope this will make early morning school runs more efficient for many of you.

Mt Airy Store: Changes Again

As you know, we finished the renovation in record time and now we are going to come back and make some changes. After receiving feedback members, shoppers, and staff, we are planning to change a few things around in the near future. Here are some of the areas that we need to improve:

- The shelves along the basket run will be extended a little and lowered. The shelves with the cereals and chips are too high.
- The line is too tight at the check-out near the produce area. We are not sure what to do, but we are working on that. The first step will be to move the display four inches and see if that helps.
- The four registers are working fine, but one is over too far and makes the line look long and the cashiers can not see the customers in line. This is being changed.
- We are planning to put in an express register.
- The grocery area is going to be remer-

chandised so product is closer together and placement makes more sense. Many of the items we have do not sell enough and are taking up too much space. Other products that sell well in our Chestnut Hill store are not in the Mt Airy store.

- The bulk department is working out well, but the set up will be reworked in December or January to make more sense. For example the nuts should all be together and in alphabetical order.
- More lighting is going in on the 557 side. We all agree, it is too dark. (This was done in November).

There are a few other items, but I want to thank you all for registering your thoughts and input. Keep them coming to me at gbergman@weaversway.coop

Dairy Industry Controlled by Dean Foods

The *New York Times* ran a great piece by Andrew Martin entitled, "In Dairy Industry Consolidation, Lush Paydays," October 12, 2012. If you have not read this piece please do so. This article makes it clear why Weavers Way and most of the food co-ops in the United States will not purchase Dean Food dairy products. This is a company that has ruined the lives of thousands of dairy farmers while at the same time making deals with the Dairy Farmers of America co-op, the largest dairy co-op in the country, that only helped to make some ex-Nixon staff filthy rich.

Dean Food brands include: Horizon Organics, Land O Lakes, Lehigh, Friendship, Silk, and many other brands they have purchased. What they have done is basically taken control of the production and delivery of dairy products in the United States. Unless you have the capability

of producing your own dairy product, they own the supply chain and you are at their mercy. Not a great place for the farmer or the consumer to be in the marketplace. I would even go so far as to say they have monopolized the dairy production.

At Weavers Way, we have stayed away from as much Dean product as possible. Merrymead and Natural by Nature are independent farmers who process their own products. We will continue to find ways to provide our suppliers with a living price for their product. We know we can purchase dairy product through Lehigh at a much lower price, but we also know that we will be supporting a company that has decimated the lives of many farmers. This we will not do.

Please take the time to read the New York Times piece and let us know what we can and should do to continue our quest to support local producers and to move away from large corporate food operators.

What is a Co-op? Why Are the Prices Sometimes Higher than at a Local Grocery Store?

I recently had an opportunity to conduct a new member orientation. It has been some time since I did this. How exciting! I had about ten people in the room and we had a great discussion about the Co-op and values. One of the important items that comes up is how we conduct our business model with a triple bottom line philosophy. These principles are:

- Watch the bottom line and make a profit, enough profit to meet our obligations for today and the future.
- Take care of our WW team members.

(continued on page 22)



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Meeting, Group to Explore Aging in Place in Mt. Airy

by Jon McGoran, Shuttle Editor

ON MONDAY, Dec. 3, the newly forming group, Mutual Mt. Airy will meet to explore options for older adults in the Mt. Airy area who wish to remain in their homes. Many older adults may have concerns about maintaining their current life style in the long run, but would like to enjoy living in their own homes and continue to be members of this vibrant, diverse community as long as age permits—in other words, aging in place.

Mutual Mount Airy seeks to explore options, ways and means to extend and enhance independent living right here in Mt. Airy, where its members have built lives for themselves.

One area of interest to be explored at the meeting is mutual aid for household needs of living in place, such as drivers club, shopping, pet sitting, house sitting,

household chores, and sharing the cost of a plumber/electrician/mason, (possibly with a tie-in with “My Way”). Another area is exploring mutual interests and social support, like book clubs; knitting groups; shared meals; group trips to restaurants, cultural/entertainment venues; skill teaching/sharing; and speakers programs. Other ideas of ways to work together for living in place in Mt. Airy are also welcome.

The meeting is being organized by Anne Javscas, Deborah Cooper, and Maurice Sampson, and will take place from 6:45 to 8:45 p.m., Monday, Dec. 3, at Lovett Library, 6945 Germantown Avenue. The event is free, and includes light refreshments. Those who can't make that date but are interested, are encouraged to contact Peter Javscas at 215 247-0457 or jjp7130@gmail.com

Northwest Philly Timebank Starting in April

by Jon McGoran, Shuttle Editor

TIME4TIME COMMUNITY Exchange, a TimeBank serving Greater Northwest Philadelphia will be starting April 2013, but it is not too early to join. Time4Time is an inclusive, community-wide circle of people who help each other by sharing abilities, talents and experiences.

In a timebank, each member shares their talents and receives help from others with different talents. Members earn TimeCredits for each hour of service they provide to their member. They in turn can redeem those TimeCredits and receive an hour of service from someone else.

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Visit Time4Time online at www.time4timexchange.org or e-mail time4timexchange@gmail.com. Members of Time4Time are available to give presentations on Timebanking to groups.

Co-op Winter Blood Drive

by Jon Roesser, HR Manager

On Friday, December 7, Weavers Way will host blood drives at both stores. Blood donation buses will be parked outside the Mt. Airy store (on Carpenter Lane) and the Chestnut Hill store (on Germantown Avenue) from 11:30 a.m. to 6:30 p.m. Appointments are highly encouraged. To reserve a slot, please call Jon Roesser at 215-843-2350, ext. 132. During the holiday season, blood supplies tend to drop as donors get distracted with other things. Also, colleges aren't in session, and college campus drives provide a lot of the blood supply. For this blood drive, we've once again partnered with Miller-Keystone Blood Center, the non-profit blood supplier for Chestnut Hill hospital.



Cohousing Information Session

Come learn more about this innovative neighborhood being planned in Mt Airy.

Wissahickon Village Cohousing is developing a multigenerational community that you may want to help create! For more info call: 267-521-2646. An information sessions will be held from 2-3:30 p.m. on Sunday December 16 in the community room at Weavers Way Annex, 555 Carpenter Lane, next to the Mt, Airy store.

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The Passionate Gardener

by Ron Kushner, Primex Garden Center

As a newcomer to *The Shuttle* and Weavers Way, I am honored to be starting this column on a regular basis.

Born and raised in Philadelphia, I've spent most of my gardening life in this area, including both college and horticultural school. As a Master Gardener, PA Certified Horticulturist and former estate gardener, I've had the opportunity to design, install, and maintain many area gardens of all types and sizes. My full time employment is with Primex Garden Center in Glenside as a horticulturist.

I am a passionate gardener!

In the coming months, I hope to provide gardening relevance, insight, and items that will be thought-provoking to area gardeners, veterans and novices alike.

I welcome your questions and comments.

This is a quiet time for gardens as they approach their complete winter rest in dormancy. It's nice to spend some time in your garden without a huge "to-do" list as during the growing season. Any fallen

twigs or branches can be removed, as well as any debris missed in the fall. Look for safe places for wildlife to find food, water, shelter, and a place to raise their young.

Tangled brush, tall plants and dead stalks with seed heads in place, a woodpile, or dead tree are all appreciated. Actually, your plants will be more prone to surviving a harsh winter if the growth is kept intact. Leave the dead stems and stalks until almost spring.

If you have a Christmas tree, consider throwing it in the back yard for the winter. The birds will appreciate the shelter, especially white-throated sparrows and juncos.

Take some time this month to plan for your vegetables and herbs next season. Make a list of what you would like to grow. Next, create a basic plan or layout of where the plants will be located. This exercise will confirm that you have room for what you want and prevent over ordering, buying, or starting too many seedlings later before spring.



Ron Kushner

Ron Kushner was trained formally as an architect at Drexel University prior to attending the three-year Horticulture Program of The Barnes Foundation in Merion, Pennsylvania. He is a Master Gardener and Pennsylvania-Certified Horticulturist, currently employed by Primex Garden Center in Glenside, Pennsylvania. His organic internship was served at Worden Farm in Punta Gorda, Florida. Aside from the continual evolution of his own half-acre garden, he has been involved for many years in the design, construction, and maintenance of many gardens throughout the Philadelphia area. He is the author of "A Year in a Rock Garden - An Organic Gardening Guide."



Remember to rotate your plant families as much as you can each year. Related vegetables (such as tomatoes, peppers and eggplant) should not be planted in exactly the same location more often than once in three years. Make sure to include a diversity of plants to attract beneficial insects and pollinators, planted amongst your veggies and herbs.

Tansy, dill, parsley, borage, and thyme are good examples.

Branch out into some less popular herbs that normally are not found in grocery stores; Thai basil, summer savory, French tarragon, curry, salad burnet (smells like cucumber), pineapple sage, lemon basil, chocolate mint, and stevia.

Also while planning, think "vertical." Tall, trellised crops should be planted on the north side of your garden, if possible, so they won't shade the shorter vegetables. Many vegetables tend to give a higher yield in less space if grown on a vertical support. Squash, small melon varieties and cucumbers are some examples.

Finally, check your soil pH at least every three years. For most garden crops, 6.2 to 6.8 is ideal.

For questions or comments, e-mail me at ronkushner@comcast.net or visit www.ronsorganicgarden.com.

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Co-op Members Deliver Supplies for Hurricane Sandy Relief



photo by Glenn Bergman

Weavers Way members held a donation drive to help New Jersey residents devastated by Hurricane Sandy, collecting baby products, outerwear, personal items, bed and bath linens, pet supplies, food, and kitchen items, as well as large and small tools and clean-up supplies. The drive was organized by Co-op member Anne-Marie D'Onofrio, with support from Membership Coordinator Beau Bibeau and Outreach Coordinator Anne Workman. Dozens of members dropped off supplies, filling the community room from top to bottom. On Saturday, November 17, volunteers and cooperators loaded up the truck, driven by Karl Ermentrout, who delivered the items to Manasquan, NJ to the Jersey Shore Dream Center, a distribution hub of the New Jersey Community Recovery Network. Pictured here are (l to r) Beau Bibeau and Nick Peterson (in the truck), and (standing) Gayle Davidson, Laury Mayer, Dawn Elaine, Anne Marie Donofrio, and Norman Weiss. Thanks to Anne-Marie and all those who worked on the delivery and donated items!

Bill Lowa Invites You to Get On Board!



photo by Jon McGoran

Bill Lowa of Erie Insurance, who handles Weavers Way's business insurance, sits atop the tractor that his generous contribution of \$1,500 has helped pay for. Bill is excited to support Weavers Way Farms, and his contribution was a big chunk of the \$4,600 our farmers have so far raised toward their goal of \$11,500, but there is still plenty left to do. Over the last twelve years, Weavers Way's Farming programs have grown to encompass four and half acres at three different locations, and between the farmers and the farm educators, there are now four year-round employees. The one part of our farming operation that hasn't mirrored this growth, is our equipment! Please consider contributing! The farms were started by Co-op members and continue to be supported by Co-op members. We appreciate your help in upscaling our equipment to match the scale of our current projects. Watch a video about our tractor fundraiser and make a donation by visiting our page on Weavers Way's website, (<http://s.coop/12r1q>) You can also donate by check: drop off a check at the registers at either store, or mail to Weavers Way Farms, 559 Carpenter Lane, Philadelphia, PA 19119.

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Weavers Way Mt. Airy's Community Room 555 Carpenter Lane

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Nutcracker Brings Together Local, International Dancers for Annual Holiday Treat

by Cristina Wuenschel



photo by Nancy Malmel

Young dancers audition to perform *The Nutcracker* with Donetsk Ballet of the Ukraine

THE HOLIDAY season will be here any second, with our family and community traditions. Something that combines just about all traditions is local children rehearsing and performing *The Nutcracker* with the visiting Donetsk Ballet of the Ukraine. There's the group of young performers learning their parts and dance discipline, the classic (and classical) music, and a yearly visit from dancing Snowflakes. Add the decorations and intermission snacks, and it's a holiday party at each show.

This annual performance tradition is courtesy of the International Ballet Exchange, a non-profit affiliate of the Wissahickon Dance Academy in Germantown. One of the IBE's goals is to bring affordable ballet performances by a world-class Russian ballet company to the area, and the annual *Nutcracker* performances achieve that goal.

Local students have been rehearsing once a week since September, learning

their parts as soldiers, angels, mice, Chinese dancers, snowflakes, Polichinelles and other *Nutcracker* roles. As Nancy Malmel, executive director of the IBE says, "It's a fantastic opportunity for our local community of ballet students to perform with outstanding professional dancers, and it will be a great performance." If you are a Co-op member, perhaps you know some of these students, or maybe know a family who will be housing some of the Ukrainian dancers (part of the holiday tradition mentioned above).

The performances will be December 15 (6:30 p.m.) and 16 (2 p.m.) at the Plymouth Whitmarsh High School. Tickets can be purchased at the door, at the Wissahickon Dance Academy, or through one of the many members whose kids are performing!

~ cristinawuenschel@comcast.net

Nonviolent Direct Action Training to Protest Mountaintop Removal



photo courtesy of Earth Quaker Action Team

The Earth Quaker Action Team recently held a weekend training event to prepare new leaders for their December 1 Day of Action across the region. Attendees learned techniques for non-violent direct action, which included this protest of PNC Bank's investment in mountaintop removal. Weavers Way donated food for the training event.

For more information, or to find the action nearest you and to sign up for update, visit eqat.org.

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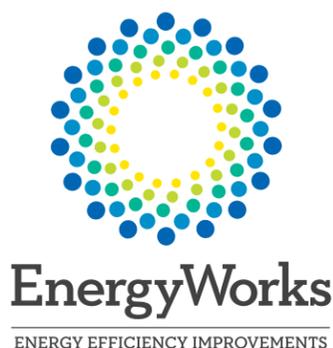


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photo by Jon McGoran

The brand new home of CreekSide Co-op

CreekSide Co-op

(continued from page 1)

The effort to open the store began over five years ago. In December 2007, Weavers Way helped organize a meeting at Elkins Park Library to discuss the idea of starting a full service food co-op and roughly 250 neighbors showed. Since that time, over 1,450 households have joined, investing \$214,000 in member equity and another \$300,000 in member loans, while the board of directors worked tirelessly to assemble a financing package that includes \$3.5 million in funding from Vantage Point Bank and The Reinvestment Fund, with guarantees from the USDA.

“Creekside Co-op represents an example of what can happen when govern-

ment and private entities work together to create something that has multiple benefits for the community,” said Josh Shapiro, chair of the Montgomery County Board of Commissioners. “In this case, an abandoned shopping center has been revitalized and will be a vibrant part of the community providing a valuable resource. In addition, the Co-op creates more jobs for the community and the county has played an active role in helping to train some of those employees. This is a winning project from every aspect.”

For the past three years, CreekSide Co-op has also run the popular CreekSide Co-op Farmers Market, Sundays from May through Mid-November, at High School Park, across the street from the store.

For more information about CreekSide Co-op, visit www.creekside.coop

Springside Chestnut Hill Academy Students Celebrate Arrival and Planting of Trees



photo courtesy of Springside Chestnut Hill Academy

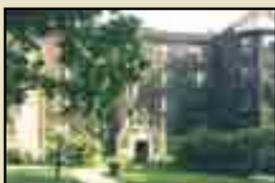
As Springside Chestnut Hill Academy nears the completion of Phase I of its campus master plan, the first round of trees have been planted along the perimeter of the new playing fields and pathways.

Students in the school's Eco Clubs and a second grade science class recently participated in a tree planting ceremony to acknowledge the re-greening of the campus, a two-week project this fall that will be completed in the spring. Morris Arboretum Executive Director Paul Meyer (back row, far right), Friends of the Wissahickon Outreach Coordinator Sarah Marley (back row, left of tree) were on hand for the honors along with Head of School Frank Steel (back row, 3rd from right) and SCH Academy President Dr. Priscilla Sands (back row, 2nd from right). The school is planting 18 different kinds of trees and more than 100 overall; seedless Sweet Gum, Red Sunset Maple and Red Oak are among the first to be planted. Paul Meyer brought a Chinese Hemlock as a surprise gift to the school and explained passionately how the species had been hybridized to be resistant to an invasive insect pest from Asia. He encouraged the students to revisit it 50 years from now when they come back for their reunion and emphasized the importance of trees in the world's precious ecosystem.

Upsal Garden Apartments

A walk around West Mount Airy reveals a neighborhood of lush landscaping, huge old trees, and fascinating architecture, including Victorian, Greek and Gothic Revival—a stellar example of which is Upsal Gardens Apartments. Set on a terraced site, the brick and stone (Wissahickon schist) walls of Upsal Gardens are covered with ivy and distinguished by bays, turned gables, battlements, half-timbers, corbels, leaded glass and pointed arches. Today, all but a handful of the 146 apartments at Upsal Gardens have different floor plans. Units range from studios to three-bedroom/three-bath apartments.

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Local Churches Gather For MLK Day of Service, January 21

by Aaron Van Gossen, Communications Liaison to USG

IF THE Martin Luther King Day of Service is, as the motto goes, “a day on, not a day off,” then no place is as “on” as Philadelphia. Year in and year out, the metro area plays host to the greatest number of volunteers in the country.

The Unitarian Society of Germantown has played its part in this outpouring of service, justice, and compassion for decades. Last year, more than 400 volunteers gathered at the church for a worship service, then headed out to participate in more than two dozen service projects, both in the immediate Germantown/East Falls neighborhoods, and as far away as South Philly and Norristown.

The 2013 event, which will take place Monday, Jan. 21, promises to be more of the same, with a twist—the national president of the Unitarian Universalist Association, Rev. Peter Morales, will be in town and part of the activities.

“Service is an exercise in compassion,” says Rev. Kent Matthies, the minister of the Unitarian Society of Germantown and co-leader of the event. “Acts of compassion make our neighborhood a warmer place where all of us want to live.”

Activities take part in the building and at local facilities. In the building, located on Lincoln Drive, children can make

posters and decorate lunch bags. Older kids can read stories about Dr. King to the younger ones. Families can make bag lunches for homeless shelters. Fire fighters will stop by to give a tour of their truck and to instruct youngsters on fire safety.

The off-site projects are mostly at nearby sites and include: visiting and playing music for senior citizens at a local nursing home; making meals for those who need them; painting and improving local schools; and even removing trash from local streets.

The day starts with coffee and bagels at 8:30 a.m. and ends with a lunch and wrap-up activity around 12:30 p.m.

“We want our volunteers to have a good experience,” said Kevin Donahue, a co-leader of the event. “Each project has a team leader who assures that the volunteers have the opportunity to do some meaningful work.”

Volunteers can get more information and register to help at the event’s web site: www.mlkphillyuus.org. The Unitarian Society of Germantown is at 6511 Lincoln Drive. Parking is in the rear, off Johnson Street.

~ visigoth71@hotmail.com

Mt. Airy Home Companion Returns with Holiday Show

by Molly Mahoney



photo by Gary Reed

Saint Mad band and friends play the May performance of Mt. Airy Home Companion. From left to right: Richard Redding, Lynda Chen, Martha Michael, Jim Harris, and Molly Mahoney

MT. AIRY Home Companion, the radio-style variety show, returns to the Allens Lane Art Center for MAHC: The Holiday Show, which will have two performances only, December 8 at 7 p.m. and December 9 at 4 p.m.

Inspired by Garrison Keillor’s Prairie Home Companion, the show is produced by the Mt. Airy musical parody group Saint Mad, and directed by Loretta Lucy Miller, who recently directed “Lost in Yonkers” at StageCrafters.

The Saint Mad band (Jim Harris, Martha Michael, Molly Mahoney and Lynda Chen, with special guest Audrey Bookspan) adds more brass and percussion to the pit band to lead holiday clas-

sics, and will also do a set of their originals during the show.

Mount Airy bookseller Greg Williams makes his acting debut as a not-so-jolly old Saint Nicholas, and R&B veterans John Fitch and Joe Collins will play some original tunes.

The show is hosted by Chestnut Hill Local humor columnist Jim Harris, who describes the event as “homespun humor from a Mount Airy point of view.”

Last May’s show played to a sold-out house and rave reviews.

Tickets are \$15 online at www.saintmad.com or \$20 at the door. Call 215-848-4225 for more information.

~ mollymus@aol.com

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Energy and Jobs: Corbett Taking Us Back in Time

by Sandra Folzer, Environment Committee Chair

If you don't have one, you're desperate. If you have one, you don't think about it. I'm talking about jobs, the most recent political football.

I shudder when I hear the gas and oil industry, as well as politicians, talk about how wonderful it is that gas drilling will create so many jobs. It's an outright lie, but few people know that. As I mentioned in an earlier article, "The Marcellus Shale Coalition," a lobby organization, claims that 88,000 new jobs were created in Pennsylvania in 2010. However, according to Pennsylvania's public records, only 60,000 new jobs were created, and most of these were in education and health." The Coalition needs to learn arithmetic. Estimates on jobs created by gas drilling vary widely. Studies funded by the gas industry tend to inflate job numbers astronomically.

One reason the industry inflates job numbers is that they count each "new hire" as a job created, but new hires replace workers who have quit, been fired, or retired. They are not "new" jobs. To put things in perspective, from the end of 2009 to the beginning of 2011, there were 2.8 million "new hires" in Pennsylvania industries, but only 85,467 jobs created.

The gas industry doesn't address job losses because of drilling. For example, recreational areas are being destroyed as concrete well pads dot our state forests, so hunting and fishing tourists decline, as do campers. Also, land values drop dramatically. Also, people trying to buy homes near gas wells can't get mortgages, so people can't sell their property.

A 2006-2008 study compared 23 different counties in the Western U.S. according to gas drilling intensity. Those who had the most gas drilling had more poverty, lower median incomes, and higher unemployment.

The gas industry claims that municipalities benefit. However, Professor Timothy Kelsey at Penn State surveyed

300 local municipalities in Pennsylvania. While 18 percent said they benefited from gas drilling, 25 percent said their towns lost money mostly due to road repairs.

How can there be jobs from gas drilling when there may not be as much gas as the industry says? *The New York Times* reports that secret memos from within the gas industry say the grandiose claims of huge gas deposits in the Marcellus Shale are bogus. "Money is pouring in" from investors, even though shale gas is "inherently unprofitable," writes one analyst from PNC Wealth Management, an investment company, in an e-mail to a contractor. "Reminds you of dot-coms." Some have even equated the natural gas boom to a Ponzi scheme.

Most gas comes in one or two years, and then it declines. The average Barnett well was finished in seven years, not 40 years as stated. In November, 2010 EnCana Gas Company decided to abandon their wells in Lucerne County, PA, which they decided were not producing enough gas. The cement well pads and waste pools remain.

The gas and oil industry is capital intensive; this means they are invested in equipment and need a large amount of investment. Renewable energy jobs are labor intensive, meaning they invest in jobs. The gas industry moves their workers from well to well so that any hiring is temporary and part time. A study from the University of Massachusetts made a comparison of jobs in the different energy sectors. For every 3.1 jobs created in the gas and oil industry, there were 9.5 and 9.8 jobs in the wind and solar industries respectively.*

Presently, 90 percent of our electricity comes from dirty coal. If we had a renewable energy standard requiring us to get 20 percent of our energy from renewable sources by 2020, we would create 820,000 new jobs. Electric bills would be lower and there would be a reduction of global warming pollution equal to 36.4

million cars off the road, according to the Sierra Club.

So why is Governor Corbett eliminating programs focusing on renewable energy? Could it be the million dollars he received from the gas industry? He is systematically shutting down the state's Department of Environmental Protection's Office of Energy and Technology Deployment. This office administered clean energy grant programs, provided technical assistance to renewable energy companies and housed the climate change office. This office is now without a director. Corbett has removed directors and reassigned staff. He is forbidding state agencies from signing contracts supporting clean energy. As a result 100,000 "green jobs" are at risk, according to Penn Future. As one DEP employee described the situation, "it's being taken apart piece-by-piece and the pieces are being thrown away."

The Corbett administration's prohibition against sustainable energy reverses a policy that had the state buying half of its electricity from renewable sources, making it a leader in clean energy. The new DEP spokeswoman, Katy Gresh, said eliminating the sustainable energy program will save the state \$1 million, citing a \$1 million grant program for small business energy efficiency. Corbett wants to rely on natural gas alone for the state's energy needs.

Sadly, Pennsylvania is not alone. Many states are reassessing and consider-

ing reductions in sustainable energy, from Connecticut to Colorado and Oklahoma, according to the Pew Research Center.

Christina Simeone of Penn Future said, "Around the world countries are realizing there needs to be a mix of fossil and sustainable energy and unless we continue to diversify we will be left in the dust.... We should be doing everything we can to create jobs in those areas and embrace those opportunities. But what we're doing just doesn't make sense."

Essentially, gas drilling in Pennsylvania is a job program for workers in Oklahoma and Texas, while the residents of Pennsylvania bear the cost of damaged roads and bridges. More important, residents are left with polluted air and water which destroys our health. Job opportunities disappear as the natural gas industry moves on to new fertile land to frack.

*According to the American Wind Energy Association, the wind industry employed 85,000 Americans in 2010. The Solar Foundation estimated there were 93,000 solar workers in 2010. The Geothermal Energy Association estimated 5,200 jobs, with many more indirect jobs in 2010. The Brookings Institute reports in "Sizing the Clean Economy," that there are approximately 130,000 jobs in the renewable energy sector, including manufacturing, maintenance, regulation and research.

~ sfolzer@verizon.net

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Following Defeat of California Proposition 37, Fight for GMO Food Labeling Returns to National Stage

by Jon McGoran, Shuttle Editor

ONE OF the most important votes of the 2013 elections didn't play out on the national stage, and wasn't even an election at all, technically speaking. Proposition 37, the California ballot initiative that would have required labeling of foods that contained genetically modified organisms (GMOs), was defeated.

While the defeat was a setback in the battle to require such labeling, it is regarded by many as just the first blow in what may turn out to be a protracted war. Prop 37 was defeated with 53 percent of the voters opposed to it, and 47 percent in favor of it. There are some who argued that the proposition was not clearly worded enough, but the consensus is that the effort was a victim of the torrent of money that poured in from biotech, agribusiness, and even the parent corporations of some once-trusted natural brands.

In public opinion polls, 90 percent of Americans say they support labeling of GMO foods. And in California, just weeks before the election, support for Prop 37 was polling at an overwhelming

65 percent. But that was before the millions of dollars in opposition came in. At last count, over \$45 million was spent by the deep pocketed opponents of the measure. Norman Weiss has included a detailed list of the organic foods companies and the amounts they contributed to kill the measure. The largest donor was Monsanto, which donated \$8 million to fight the measure. The measure's backers spent \$9 million, a considerable sum, but only one fifth of their opponents war chest.

In the closing days of the election, as the tidal wave of anti-Prop 37 money began to seriously erode support for the measure. Some groups who supported the measure pointed fingers at other supporters for not putting up more money. The Cornucopia Institute published a controversial list calling out those who they deemed to be undercontributing, including Whole Foods, who, according to Cornucopia contributed \$25,000 while enjoying \$11 billion in annual sales – the same as Monsanto. Cornucopia Co-director Mark Kastel admonished Whole Foods for not

stepping up, saying that, "Meaningful participation from Whole Foods could have been a game changer."

Many thought Cornucopia's campaign of public embarrassment was inappropriate, even though it did spur some to contribute. Others argued that Prop 37 was a statewide initiative, and they were concentrating their resources on the national fight (although it is commonly acknowledged that Prop 37 would have had far ranging national impact, both as the first battle in the GMO labeling war, and because, due to the size of the California market, any new labels would have been seen far beyond the state's borders.

In the wake of the defeat of Prop 37, proponents of GMO labeling are moving forward on a number of fronts.

The Organic Consumers Association is moving forward with a boycott campaign, targeting those "natural" or organic brands whose corporate parents helped fund the opposition (visit www.organicconsumers.org for more).

And while statewide labeling efforts are already underway in Connecticut and Vermont, the main focus is once again the national effort. At the forefront of that effort is Just Label It, a coalition of more than 600 groups (among them Weavers Way Co-op, which was a stop on the national "Right to Know" March in October, 2011), who have signed on to join the fight to label GMO foods.

Just Label It has also just released a video about the campaign, featuring the music of Ziggy Marley, and dozens of celebrities (see the video at <http://justlabelit.org/watch-new-just-label-it-video/>). Since kicking off in October of last year, the Just Label It campaign has so far inspired more than 1.2 million Americans to contact the FDA to demand labeling of GMO foods.

"This battle is moving to Washington, D.C.," Gary Hirshberg, founder and chairman of Stonyfield Farm and chairman of the Just Label It campaign, is quoted as telling Sustainable Food News. "And, although I'm not pleased with where we are in the battle, I am pleased where we are in the war."

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.

ECO TIPS

from The Environment Committee

Winter is fast approaching. When it snows or gets icy, many of us reach for chemical de-icers, which can be hazardous to pets, trees and shrubs, and the environment. (Rock salt, the most commonly used de-icer, actually contains cyanide as an anti-caking agent!) Most de-icers contain high concentrations of salt, which can build up in the soil and impede the uptake of moisture and nutrients by plants. They can also corrode concrete and contaminate water supplies. So consider using non-toxic substances such as clean clay cat litter, sand, or fireplace/stove ash instead. None of these actually melts ice, but each provides traction.



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Center on the Hill and Neighbors Welcome Holiday Season

by Hillary Mohaupt, Communications Coordinator,
The Presbyterian Church of Chestnut Hill

CENTER ON the Hill, the place for active adults in Chestnut Hill, is welcoming the holiday season with three special holiday events in partnership with other Chestnut Hill organizations. For the past two years, Center on the Hill has teamed up with the Presbyterian Church of Chestnut Hill Pre-Kindergarten to create gingerbread houses. This year, adults and pre-k students will create their delectable sweet houses on Monday, December 3, at 10 a.m. The houses will be on display at the annual holiday party. Registration is required, but this intergenerational decorating event is free and open to the public.

On Thursday, December 13, starting at 12 noon, the Orpheus Club will perform at the Presbyterian Church, as part of the church's monthly Speaker Series on the Hill. Founded in 1872, the Orpheus Club is the oldest men's singing group in the country. The group will perform part of their holiday show.

At 2 p.m. on December 13, the New Horizons Senior Glee Club will be the

keynote of the Center's holiday party. The Glee Club's performance, "Broadway Lights, Cabaret Nights," will feature music by such greats as Gershwin, Rodgers, Kern, Cole Porter and the melodies and harmonies of Bernstein, Sondheim and Bacharach. The concert will be followed by an appetizer buffet of delicious appetizers catered by Applebees, and homemade desserts baked by Chestnut Hill Meals on Wheels volunteers. Pre-registration is required. The cost of admission is \$10, payable at the door.

To register, call Jackie Yorke at 215-247-4654 or e-mail jjyorko@chestnut-hillpres.org. The Presbyterian Church of Chestnut Hill and Center on the Hill are located at 8855 Germantown Avenue. For more information about Christmas activities at PCCH—including Breakfast with Santa and Christmas Eve services—call 215-247-8855 or visit the church's web site, www.chestnuthillpres.org.

Chestnut Hill Welcomes Shoppers with Holiday Traditions

by Peggy Miller, Chestnut Hill Business Association

CHESTNUT HILL is trimming its trees and making the season bright as it welcomes its guests in true holiday tradition with brightly decorated shops brimming with one-of-a-kind gifts, fresh pine boughs and red velvet ribbons, and trees sparkling with lights in the winter night. Its cobblestoned streets come alive with the music of carolers, acappella groups, brass quartets, and the laughter of children. Stroll the avenue, savor the aroma of chestnuts roasting on an open fire and sip a steamy cup of hot cocoa. Last but not least, meet and greet the jolliest of visitors... Santa Claus!

The most cherished holiday tradition in Chestnut Hill is its Stag & Doe Nights which will be held on Wednesdays, December 5, 12, and 19, from 6 to 9 p.m. Shops offer evening hours with wine and

cheese or cocoa and cookies. Live music, roasting chestnuts, carolers, and merriment make the nights sparkle with holiday spirit. And everyone looks forward to greeting Santa, who also enjoys the fun of Stag & Doe.

For a special treat, Santa will also be in Chestnut Hill every Sunday from noon to 3 p.m. Children are invited to visit him at his gingerbread house and tell him their wishes for Christmas. Named "Best Main Street Shopping for 2012" by Philadelphia Magazine, Chestnut Hill is truly Philadelphia's most magical neighborhood during the holidays. Visit and experience a wonderful, old-fashioned Christmas full of holiday spirit and fun.

Chestnut Hill is easily accessible by train or car and offers plentiful parking in its seven parking lots.

Heirlooms and Hybrids

(continued from page 3)

marked and owned by their developer. Jazz® was developed in New Zealand, and SweeTango® was developed at the University of Minnesota, the same people that brought you the Honeycrisp. The Honeycrisp is actually one of its parent varieties and the other is Zestar! (Yes, the exclamation point is part of its name.) The researchers that develop these trees decide which nurseries will grow them, how many they grow, which farms get the trees, and then how they are distributed and marketed. The farmers do not own the trees; they are owned by the people who trademarked them. Pennsylvania grow-

ers have not received any of these trees, so you won't be able to get any, anytime soon, or at least not locally grown ones.

If you're in the store, look for Gold Rush and Pink Ladies, which are later-season apples that hold onto their great flavor and crunch well into the cold weather. Mutsus have also remained one of my favorites, as well as Braeburns. For as long as the season lasts, we'll have a great variety of local apples at the lowest prices you'll find for their amazing quality.

~ skane@weaversway.coop

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Holiday Recipes from the Staff at Weavers Way

SCONES

from Annette Aloe

Even though we're Italian, we serve these scones on Christmas morning to remind us of a wonderful holiday in Ireland we took many years ago as a family.

- 4 cups self-rising flour
- 3 Tbs. caster sugar (superfine)
- 1 tsp. baking powder
- 1 Tbs. salt
- 1 stick (4 oz) cold unsalted butter
- 1 egg
- 3 Tbs. cream
- 2/3 cup milk

Pre-heat oven to 375 F. Blend the flour, caster sugar, baking powder, salt in a bowl. Cut up the cold butter into 1/4" cubes and blend together until the mixture is sandy. Stir in egg, cream and milk. Knead together until mixture forms a soft dough. Pat dough into a circle on a floured surface 1" thick. Cut dough into "pizza slices" (bannock style) and lay on baking sheet. Bake for 20 minutes. Enjoy with butter or preserves.

HOLIDAY BRUSSELS SPROUTS

from Mike Herbst

This isn't the oldest of my family recipes, but one that everyone loves. It's a must at both Thanksgiving AND Christmas.

- 1 lb. Brussels sprouts, steamed
- 3 Tbs. maple syrup
- 1 Tbs. vegetable oil
- 1 Tbs. apple cider vinegar
- 1/2 tsp. Dijon mustard
- 1/4 tsp. table salt
- 1/4 tsp. black pepper
- 1/4 cup dried cranberries

Preheat oven to 375 degrees. Coat an 8 X 8-inch baking dish with cooking spray. Place Brussels sprouts in bottom of prepared pan. Combine maple syrup, oil, vinegar, mustard, salt and pepper in a small bowl; pour over Brussels sprouts. Stir in cranberries and bake, covered, until tender and bubbly, about 30 minutes. Recipe makes 4 servings.

BLACK PEPPER COOKIES

from Rebecca Torpie

My mom has been making these cookies for as long as I can remember. My grandmother made them before that. They're a little spicy, crunchy, and always a hit at the holidays. They freeze wonderfully too.

- 3 cups sifted all-purpose flour
- 2 tsp. baking powder
- 3 tsp. ginger
- 2 tsp. cinnamon
- 1/2 tsp. cloves
- 1/2 tsp. black pepper
- 2 sticks (8oz) butter
- 1 1/2 cups sugar
- 1 large egg

Combine flour, spices and baking powder. Beat butter and sugar until fluffy. Beat in egg. Slowly add in flour mixture until just combined. Form into a log and refrigerate until firm. Preheat oven to 325 F. Slice cookies 1/4" thick and lay on cookie sheets one 1" apart. Bake for about 12 minutes, turning once. Cookies should be set but not browned on edges.

Manager's Corner

(continued from page 10)

Make sure that they are provided a living wage, benefits, and are listened to in decision making.

3. Take care of our environment and our community.

When I interview candidates for positions at Weavers Way, or speak to them after they have joined, and I hear the stories about working for the conventional food industry or retail operations, all I hear are statements like, "I could never get my health insurance, even though they promised me insurance after a year," or "I could never get the hours they told me I was going to get, in fact I only got 25-30 hours not the 40 they promised. They did that to keep me off of health insurance. After three years I had enough and left."

As a small business that is concerned about the people who make up the team that serves you, we spend over \$500,000 a year in benefits, retirement accounts, and other support that is directed towards the staff. This includes sick time and vacation time within the first year. Many of you are probably saying, "What's the big deal about sick time, everyone gets that?" Actually, only about 40 percent of the hourly non-exempt workers in Philadelphia receive any sick time or vacation time. I know that seems hard to believe, but ask people when you go into a food operation or any retail operation, or a helper at a market, or pizza shop. You will find out pretty quickly this is not the norm.

These benefits cost money, but they are the right thing to provide. The cost of

these benefits are in the product and represent about two to three percent of the cost of the product. That might not sound like a lot, but it is.

When you shop at the Co-op, you know we are working to provide you with product that is ethically produced, locally sourced, as much as we can from small independent producers, and that we support, as best we can, the lives of 150 staff members in the Northwest. These staff spend their money locally and support other local businesses.

Patronage Rebate Supports WWCP

As of November 18, Co-op members who had received their patronage rebate had donated back over \$8,300 to WWCP. Over \$40,000 was available in cash to be returned to members of the \$200,000 rebate (the rest went into your equity and reserved equity accounts). As I write this column members have received \$35,000 of their cash rebate. I hope that the rest of you will help us get to the \$10,000 level.

For those of you who have given, please let me thank you for your support. It means a lot to the children we help, the adults who participate, and the community as a whole. In February we will be rolling out the High Five program again. Right now over \$4,000 has been donated in 2012 from members donating back their working discount to WWCP.

~ gbergman@weaversay.coop

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“Jitney” at Stagecrafters through November 23

by Steve Brady

JITNEY by August Wilson will be performed at The Stagecrafters for a 3-week run ending December 9. This play by one of America’s foremost playwrights chronicles, with pointed and poetic dialog, the ebb and flow of daily existence through interwoven stories brought to life in the setting of a gypsy taxicab station and its denizens, circa 1977. First produced in Pittsburgh in 1982, this work is part of Wilson’s ten-play “Pittsburgh Cycle,” telling the story, decade-by-decade, of the twentieth century African-American experience in that city. A *New York Times* critic described *Jitney* as “...holding its audience in charmed captivity.” Wilson’s revised and expanded version of *Jitney* won in 2000 the New York Drama Critics Award for Best New Play and the Outer Critics Circle Award for Outstanding Off-Broadway Play.

August Wilson is also the author of *Fences* (produced at The Stagecrafters in

2007), *Joe Turner’s Come and Gone*, *The Piano Lesson*, *Two Trains Running*, and *Seven Guitars*, among others. The current Stagecrafters production of *Jitney* is directed by Marilyn Yoblick, with the cast led by Kash Goins, Damien Wallace, and Roderick Slocum.

Performance dates this month are December 1, 6, 7 and 8 at 8 p.m., and December 2 and 9 at 2 p.m. Tickets are available at \$17 online (no service charge), \$20 at the door. (Thursday evening performance is “Two for \$25”). Students with valid ID pay \$13 at the door. Groups of 15 or more are offered a reduced rate of \$15 ticket, paid in advance. The box office opens 45 minutes before each performance. For information call 215-247-8881; for reservations call 215-247-9913. The theater is located in the heart of Chestnut Hill at 8130 Germantown Ave. Visit www.the-stagecrafters.org for details.

~ sbrady@thestagecrafters.org

Uncorking the Past – Who Said History Has to be Dry?

by Erica S. Chase

ON FRIDAY, December 14, 2012 from 7 to 9 p.m., join Cliveden House for an archaeochemical tour of ancient fermented beverages with host Patrick McGovern, Scientific Director of the University of Pennsylvania Museum’s Bimolecular Archaeology Laboratory. Sample ancient craft brews, paired with delicious complimentary dishes from recipes around the world.

Archaeologist Patrick McGovern scours fragments of old vessels and cracks long-forgotten recipes. He has identified the world’s oldest known barley beer (from Iran’s Zagros Mountains, dating to 3400 B.C.), the oldest grape wine (also

from the Zagros, circa 5400 B.C.) and the earliest known booze of any kind, a Neolithic grog from China’s Yellow River Valley brewed some 9,000 years ago.

Ticket Price: \$60 per person; includes lecture, beer & food sampling. Checks may be made payable to Cliveden and mailed to: 6401 Germantown Avenue, Philadelphia, PA 19144. Seating is limited, reserve your tickets today! Uncorking the Past will be held in the Cliveden Carriage House, 6401 Germantown Avenue (entrance on Cliveden Street near Morton Street intersection). For more information or to make a reservation, please email echase@cliveden.org.



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*Clinical professional is defined as a physician, physician assistant or nurse practitioner. If you are experiencing a medical emergency, call 911.



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.

Big in the news this month in the natural foods industry is the defeat in California of Proposition 37, which (from voter's guide): "Requires labeling of food sold to consumers made from plants or animals with genetic material changed in specified ways. Prohibits marketing such food, or other processed food, as "natural." Provides exemptions." Partially as a result of the way large food companies funded the campaign to defeat Proposition 37, Organic Consumers Association is calling for a boycott of some of the brands of those companies. The funding companies may not surprise you—the usual big food companies. However, what may surprise you is some of the brands they own:

- PepsiCo (Donated \$2.5M): Naked Juice, Tostito's Organic, Tropicana Organic
- Kraft (Donated \$2M): Boca Burgers and Back to Nature
- Safeway (Member of Grocery Manufacturers Association, which donated \$2M): "O" Organics
- Coca-Cola (Donated \$1.7M): Honest Tea, Odwalla
- General Mills (Donated \$1.2M): Muir

Glen, Cascadian Farm, Larabar

- Con-Agra (Donated \$1.2M): Orville Redenbacher's Organic, Hunt's Organic, Lightlife, Alexia
- Kellogg's (Donated \$791k): Kashi, Bear Naked, Morningstar Farms, Gardenburger
- Smucker's (Donated \$555k): R.W. Knudsen, Santa Cruz Organic
- Unilever (Donated \$467k): Ben & Jerry's
- Dean Foods (Donated \$254k): Horizon, Silk, White Wave

While I don't know how many organizations and/or consumers are supporting a boycott, I do think it's interesting that our food system has this odd existence where some companies that proclaim to be committed to producing organic and "natural" food and have supported GMO labeling are owned by larger companies that do not share that same commitment and have contributed a lot of money to defeat GMO labeling. Weavers Way is part of the National Cooperative Grocers Association (NCGA), a nationwide group of food co-ops that work together to benefit the members. The NCGA web site has no stated position on the call for a boycott, however I've heard informally that NCGA thinks it's better for co-ops to work with companies like Muir Glens and Cascadian Farms to try and influence their parent companies from within. Of course the cynic in me wonders about how much of NCGA's revenue is from these very companies (those ads you see in the Co-op Deal flyer generate revenue for NCGA and almost always include a number of the brands OCA is recommending for boycotting).

I can see strengths and weaknesses of both sides of boycott issue and could debate either side *ad infinitum*. However I also think the fact that this debate even exists means we've already failed in asking and answering a very important yet overlooked question: "What does a healthy food system look like?" From my view, not only does it not include GMOs, it doesn't include the type of thinking that led to GMOs in the first place—thinking like "more-is-better" and not understand-

ing the differences between sustainable and unsustainable uses of technology.

I also can't resist pointing out the acronym for the food co-op group NCGA is also the same acronym for the National Corn Growers Association, which of course is very pro GMO. Almost all of the non-organic corn and soybeans grown in the U.S. are from GMO seed.

On a positive note about GMOs, since this technology has genetic engineers pretty directly manipulating genetic material (as opposed to the sexual reproduction method of crossbreeding/hybridizing type of manipulation in the past), we as a culture can be said to be more "in touch" and "hands on" with parts of nature we couldn't before. Maybe next we'll figure out a way to directly manipulate the sun to our advantage, think of the great savings in heating and lighting we could accomplish if we could turn small parts of the sun off and on as needed and could bring it close or far away. Roundup Ready Sunlight may just be a few Monsanto research and development dollars away.

Suggestions & Responses:

s: "Cheap, recyclable containers (deli ones are ok) for bulk olive oil and vinegar- I am likely to never bring a bottle with me. I'm sure I'm not the only one who resists bulk liquids due to lack of container. I won't pay for an expensive bottle I won't need."

r: (Norman) Interesting statement, which illustrates a great deal of ignorance regarding plastic packaging, bulk shopping, sustainability, and the nature of oils. Since part of my job is replacing ignorance with knowledge, here goes (FYI, I have an M.C.S.—masters degree in common sense, hence my qualification to pontificate on topics like this): we do have many plastic containers available, including the ones we use in our deli. However, "never" bringing a bottle to shop defeats one of the reasons we created a bulk liquid department, which allows people to reuse containers and thus lower the overall negative impact of single-use containers (even recyclable containers are single-use and although recycling is preferable to landfilling, recycling still has lots of environmental costs in the pick up, materials processing, and re-making of things). Re-using a bottle eliminates these steps. In addition, I've seen lots of info online stating that oils, and especially olive oil, are very reactive and can take on properties of the plastic including leaching toxic substances out of the plastic. Olive oil is sensitive to heat, light and air

and most experts agree the best way to buy it is in small batches in dark glass bottles with tight fitting lids. That's why we chose the dark glass containers we feature in the oil section. Admittedly glass is heavier, but I think the benefits outweigh the costs.

s: "1) Demi-baguettes? Often we can't finish a whole one before it goes stale. 2) Those nice brownies (salt caramel, peanut butter) that began to have not long before the renovation? Thanks"

r: (Molly MA) 1) You could pre-order demi-baguettes if you like from Metropolitan. I stopped carrying them because they were a slow seller. 2) BT? We still carry those but the salted caramel flavor is seasonal. Current seasonal flavor is pumpkin.

s: "Can you carry the large Rice Dream organic, please?"

r: (Chris MA) We'll keep this in mind as we refine our rice milk shelf arrangement. Thanks.

s: "Can we order more Metropolitan sliced whole grain bread? I can't seem to be sure of getting it unless I shop before 10 a.m., which isn't usually possible for me. It doesn't seem to be a product that is ever in the discount bin, so I don't think there's a danger of ordering too much."

r: (Molly MA) I've increased the order. Let me know if you still can't find it. Thanks for the feedback.

s: "Zsa's Ice Cream."

r: (Chris MA) Now in.

s: "Mary's Gone Wild crackers. Please stock them. They are a staple!"

r: (Chris MA) These crackers are now stocked in our gluten-free section on our second floor.

s: "Fresh cut, kiln roasted chocolate covered French fries. This was a staple of the indigenous people of Ireland, especially red-heads."

r: (Norman) Thanks for suggestion, we'll add it to our indigenous ethnic food section. We decided to pair it with roasted buffalo hide, thereby uniquely mixing Native American and Irish cuisine and culture right here in Northwest Philly. Look for the teepee in the Chestnut Hill store backyard.

(continued on page 25)

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Suggestions

(continued from page 24)

s: "What are the crinkly bulk bags made of? Are the current ones the same as the crinkly bags that were used to pack bulk items (pre-renovation) when the Co-op switched from regular plastic? If not, what were those?"

r: (Norman) The crinkly bags are made of mostly cellulose, with a microscopic amount of plastic (improves properties allowing FDA approval for food). The current bags are the same ones we were using for bulk packing pre-renovation. Cellulose is a renewable resource and the bags are considered biodegradable and compostable in some scenarios. The "regular plastic" bags we switched from were made of polypropylene, neither recyclable or biodegradable and made from petroleum, a polluting, non-renewable resource.

s: "Please raise the temperature here (MA)! It's 55 degrees today. Yes, I brought a thermometer with me today. I know grocery stores have to be cool, but not cold. Not this cold."

r: (Rick MA) Sorry, we are aware of the problem, and we are working on it.

s: "Can we please carry quarts of vegetable broth?"

r: (Chris MA) They're in.

s: "Saltines?"

r: (Chris MA) We carry "Late July" brand saltines.

s: "Skim milk buttermilk not on shelf. Temporary?"

r: (Chris MA) We had quality problems with the Crowley Low Fat Buttermilk, we're looking for another brand to bring in.

s: "Paper lunch bags? We used to carry them?"

r: (Chris MA) We'll try to bring the paper bags back, they got lost in the fog of post renovation.

s: "Circumstances apparently out of my control have forced me to eat only foods that begin with the letter 'U.' I'm tired of eating udon, uglifruit, and umeboshi plums. Can we please stock some others? I have a feeling the cause of my condition is psychological, maybe having to do with when I was a child my first grade teacher would only let us eat lunch while watching Sesame Street. Maybe there is a natural treatment for this in Wellness departments?"

r: (Norman) Although WW staff is not supposed to try and diagnose or treat any disease (leaving that to trained professionals like pharmaceutical salesman) I will venture a guess that you are suffering from Post Traumatic Sesame Street Syndrome (PTSSS). If you were my patient, I would ask a few more questions, like do you have panic attacks when eating cookies or when playing with female pigs in dresses. If so that would confirm the diagnosis. Treatment is to gradually take small nibbles of foods that start with the next nearest vowel, in this case "O." Maybe something gentle and friendly like oats as opposed to octopus. If this succeeds, continue progressing to another vowel or two, then try a consonant, and always be ready to go back to a more secure letter and start again. If this doesn't work unfortunately the next treatment is surgical, removal of your undabillian gland. This is a relatively painless procedure, as it's the only surgical procedure that is performed homeopathically, with nothing touching the patient's body except energy. Unfortunately side effects include hallucinations and denial of reality. As a result many sufferers end up living in new-age neighborhoods such as those in northwest Philadelphia. Or supporting GMOs.

~ normanb@weaversway.coop

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L • E • T • T • E • R • S

Regardless of your stand on fossil fuels, the people of Appalachia need our help. For over five years, they have been trying to get a two-sentence bill passed. They always have lots of support in the House of Representatives with lots of sponsors and cosponsors, but still, the bill languishes and dies each year in Washington. HR 1375 is two sentences a will hopefully make the lives of so many people in West Virginia, Virginia, Kentucky, and Tennessee so much better.

The pictures and videos on their website www.iLovemountains.org speak for themselves, but consider these facts from a 2005 brochure:

- 3,000,000 pounds of explosives are used against West Virginia mountains every working day.
- The 800+ square miles of mountains already destroyed is equivalent to a one-quarter mile swath of destruction from New York to San Francisco.
- 1000 miles of West Virginia streams have been permitted to be buried in valley fills. This is longer than the Ohio River.
- In 1950, there were 125,000 miners in West Virginia; in 2005 there were about 15,000.

Today, over 500 mountaintops and over 2,000 miles of streams have been destroyed. Imagine having Wissahickon Creek, Pennypack Creek, Coobs Creek, and thousands of miles of other Pennsylvania creeks filled with exploded rocks, dirt, and toxic and sometimes radioactive debris from 200, 300 or 400 feet dynamited off the top of a mountain. Then imagine the flooding follows after a heavy rain. Imagine living on a small street and having six neighbors all dying of cancer at the same time – including infants and middle age victims.

Thirteen community organizations have been trying for years to stop the devastation to their land, their lives, their culture, but they need communities across America from New York to San Francisco, from Mount Airy to Venice Beach, to convince Congress that the People of Appalachia are not expendable.

Learn more on Youtube or just go to www.ilovemountains.org and link with many other online educational groups to help the people of Appalachia. You can learn about the Philadelphia/Appalachia connection and ways we can help them. If HR 1375 does not get passed this year then it must get passed next year. American Voices must be heard in Washington.

~ Frank Schaller

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. 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!

Mt. Airy

Weaver Way Community Room
555 W. Carpenter Lane
(next door to WW Mt. Airy Store)

Wednesday, December 5, 6:45 p.m.

Wednesday, January 9, 6:45 p.m.

Saturday, January 19, 10 a.m.

Chestnut Hill

Chestnut Hill Community Centre
8419 Germantown Ave
(across the street from
WW Chestnut Hill Store)

Saturday, December 8, 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.

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Richard Josiassen, Rebecca Torpie,
Heather Zimmerman

Arboretum Kicks Off Extended Holiday Hours with Hat Parade



photo courtesy of Morris Arboretum

'Tis the season to enjoy Morris Arboretum's Holiday Garden Railway, a magical miniature village with twinkling lights surrounded by an outdoor quarter mile track with model trains. On December 15 at 4 p.m., Morris Arboretum will kick off extended hours, until 5pm, with a holiday hat parade. You're invited to wear your favorite holiday hat and march down to the Holiday Garden Railway exhibit to see the trains. Morris Arboretum is closed Dec 24 and 25. More info at www.morrisarboretum.org

Arboretum Lecture Series Concludes with Grounds for Art Curator

by Susan Crane, Morris Arboretum Director of Marketing

MORRIS ARBORETUM'S 2012 lecture series, Connections Beyond Our Garden; Talks on People, Plants and Place concludes Wednesday, December 5 at 2 p.m. with Tom Moran, Chief Curator and Director of Artistic Development, Grounds for Sculpture, who will discuss Art Inspired by Nature and Nature Inspired by Art. A reception and refreshments will follow the discussion.

Grounds for Sculpture, the 42-acre public sculpture garden and museum in Hamilton, New Jersey was envisioned by J. Seward Johnson, sculptor and philanthropist, to make contemporary sculpture more accessible to people from all backgrounds. Tom Moran will share an inside view of how landscape and art work together to create a unique experience for visitors. Visitors will be given an armchair

tour of some of these significant public artworks located within a short distance of both Grounds for Sculpture and Philadelphia. Mr. Moran will also discuss the ways in which the most successful public art is inextricably linked with its surroundings.

The lecture will be held at Morris Arboretum's Widener Visitor Center. A reception with refreshments will follow each talk and a guided tour of the Arboretum is available after the reception. The cost for each lecture is \$18 for Arboretum members and \$20 for non-members, which includes admission to the garden. Advanced registration and payment are required. Please call 215-247-5777, ext 125 or education@morrisarboretum.org to make your reservation.

~ cranesj@upenn.edu

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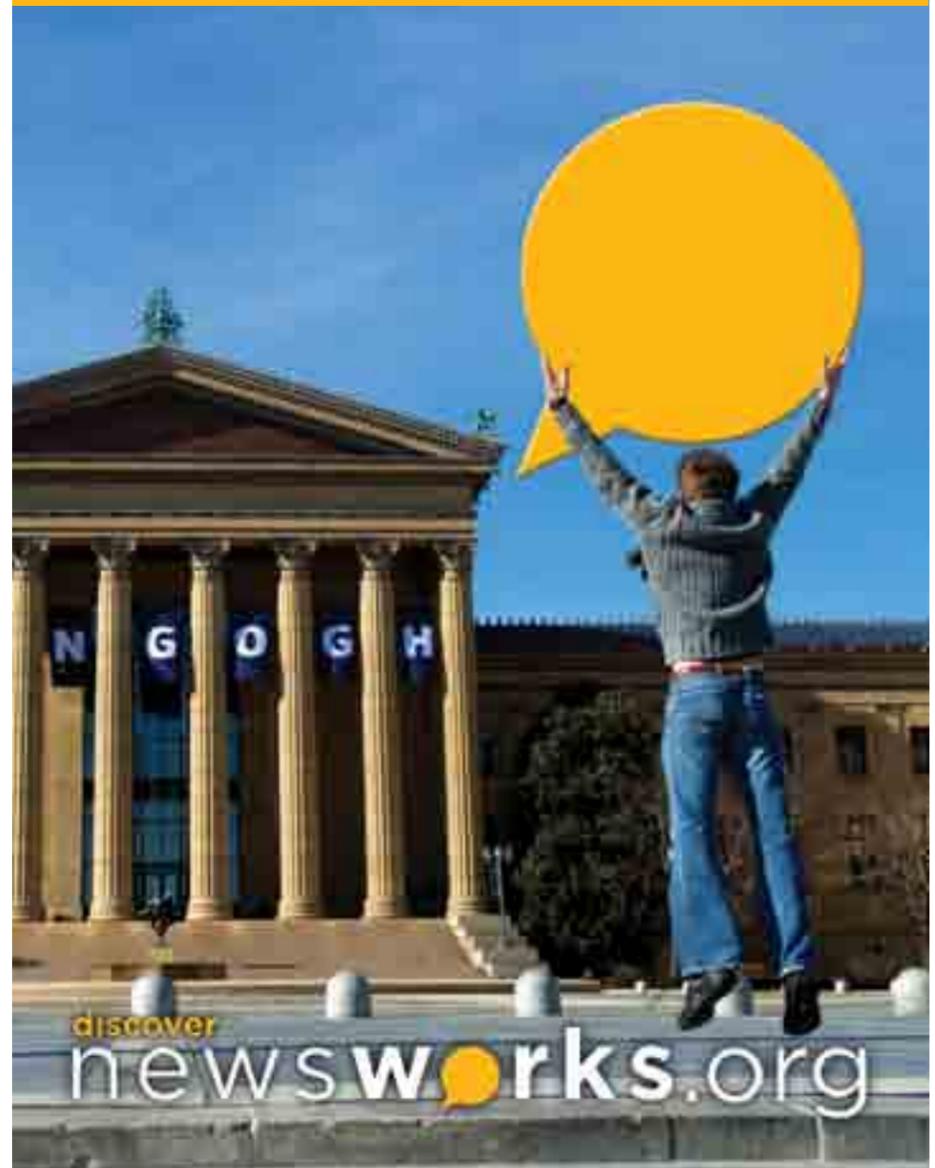


The Second Floor at Mt. Airy is a Peanut Allergen Zone.

Upstairs there are a number of bulk items containing peanuts, as well as peanut oil and a peanut butter grinder.

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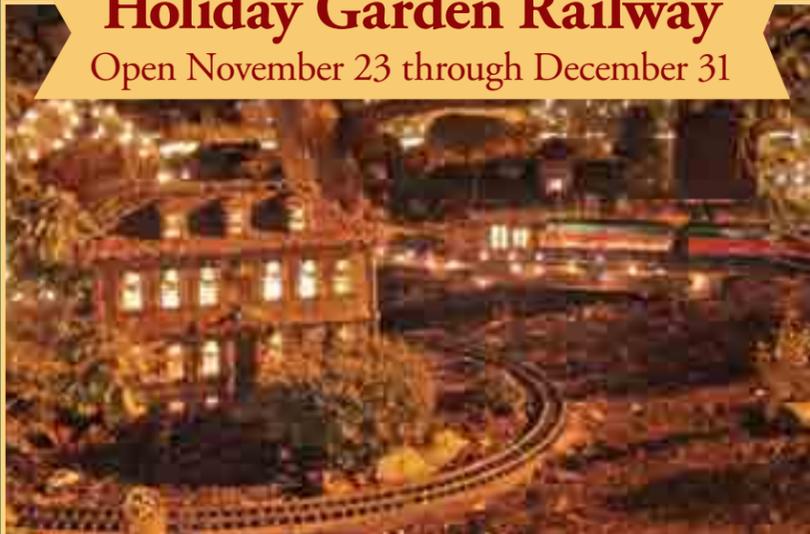


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Morris Arboretum

Holiday Garden Railway

Open November 23 through December 31



Thousands of sparkling lights adorn a miniature village surrounded by a quarter mile track with model trains zipping in and out of tunnels, over bridges, and through the woods... all outdoors in the winter garden.

Open daily Nov 23rd – Dec 31st
(Closed Dec 24 and 25)



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Construction Proceeds on New Quaker Meetinghouse

by Nikka Landau

THE CHESTNUT Hill Friends Meeting (CHFM) is busily preparing for a new year and a new Quaker meetinghouse. Construction began in August on the new site on East Mermaid Lane and has been moving along on schedule, with a finish date of late spring in sight! Soon Philadelphians and area visitors will be able to experience the magic of a Skyspace by internationally acclaimed light artist James Turrell.

In early November, the construction team formed footings for the remainder of the building and poured over them. They also waterproofed the walls and backfilled around the basement.

The new Quaker meetinghouse in Northwest Philadelphia will include a Turrell Skyspace open to the public year-

round. Groundbreaking for the new building took place on May 15, 2012, and the facility will open in May of 2013, providing a new home for the Chestnut Hill Friends Meeting, which has outgrown its current meetinghouse just up the hill from its new location.

As Preservation Alliance of Greater Philadelphia executive director John Gallery pointed out in a recent talk during DesignPhiladelphia2012, the earliest Quakers to arrive in Pennsylvania came without an established tradition of meetinghouse architecture. As a persecuted sect in England, they had met in homes, businesses and often, outdoors. Arriving in William Penn's colony, they celebrated their newfound freedom to worship by developing a unique style of worship space.

Chestnut Hill Meeting's architect James Bradberry, and light artist James Turrell have kept these influences in mind in their design of the new, environmentally-friendly building, which will be reminiscent of traditional Friends' architecture. As money is available, the landscape will be planted to remove invasive species and knit the site into the surrounding Wissahickon woods. It is expected that visitors from all walks of life and of all faiths will appreciate this urban oasis just off Germantown Avenue and take the opportunity

to explore a currently little-used section of Fairmount Park that runs alongside the site.

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

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Equal Exchange Fair Trade
December Coffees of the Month

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French Roast Decaf
 reg. \$14.53 **sale \$11.99/lb.**

Dec. 5 - Jan. 1

Santa Claus
 is Coming to Mt. Airy!

All are invited to visit with Santa at Rothe Florists on Friday December 7th, from 6 ~ 8:00pm - bring your camera!

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Savor the Season

MEAT

Beef Stew (2 lb or more pk) (reg. \$5.39/lb)	\$5.39 lb
Bottom Round Roast (3 lb and up) (reg. \$6.99/lb)	\$5.99 lb
Rump Roast (1 lb and up) (reg. \$7.99/lb)	\$5.39 lb
Stir Fry (1 lb pk) (reg. \$5.79/lb)	\$6.99 lb
Stir Fry Kit (heavy pk) (reg. \$5.69/lb)	\$6.99 lb
Ground Beef 85/15 (1 lb pk) (reg. \$6.34/lb)	\$5.49 lb
Ground Beef X-Lean 93/7 (2 lb or more pack) (reg. \$6.29/lb)	\$7.29 lb
Filet Roast (oven ready w/ veggies)	\$19.99 lb

POULTRY

Bell & Evans Cornish Hens 24 oz each	
Koch Whole Turkey , order online	
Koch Bone-in or Boneless Turkey Breast D'Artagnan	
Capons 9-11 lbs	\$6.55 lb
Pheasants 2.5-3 lbs	\$11.25 lb
Pekin Duck	\$4.79 lb
Goose 8-10 lbs	\$10.99 lb

Duck Breasts

HOLIDAY HAMS

Wellshire Farms Spiral Cut Ham

Prices that aren't listed will be posted in the stores.

SEAFOOD

Live Maine Lobsters 1 1/4 lb lobsters for steaming or broiling. Due to live nature of this item, they are preorder only:	\$9.99 lb
Frozen Canadian Lobster Tails 6oz tails. Excellent firm meat.	market price
Mexican Shrimp: Jumbo wild shrimp from a co-op of shrimp boats that operate out of Mazatlan, in the state of Sinaloa. Premium quality and free of additives!	\$10.99 lb <i>Other sizes available.</i>
Bagged Frozen Cooked Shrimp Ready to eat! Large, no antibiotics, no additives. Farm-raised in Vietnam, 2 lb bag.	\$29.39/bag
Scotland Organic Raised Salmon	\$13.59 lb

Domestic Caviar Good Ikura Salmon Roe from 1A grade salmon, this inexpensive roe has full flavor and robust pop. Deep orange is great for appetizers: 2oz container \$15.26 each

These are just a few ideas. Other possibilities include mussels, oysters in the shell or jar, crab meat or any fillet, steak or whole fish.



Entrée Platters (available in Mt. Airy & Chestnut Hill)

Antipasto Platter, Classic Shrimp Cocktail, Deli Meat and Cheese, Ducktrap Nova, Smoked Fish, Fresh Mozzarella & Tomato, Fruit & Cheese: Domestic, Fruit & Cheese: Imported, Fruit Platter, Grilled Vegetables, Mediterranean Feast, Dolmas & Hummus, Veggies & Dip

To place an order please call the meat department:

Chestnut Hill 215-866-9150

Mt. Airy 215-843-2350

catering menu available exclusively at our Chestnut Hill Store

Cold Hors D'oeuvres

MINIMUM ORDER OF 15 EACH

Asparagus wrapped in smoked salmon with creamy dill dip	\$2.50 ea
Smoked salmon crostini with red onions, capers and chive cream	\$2.50 ea
Belgian endive stuffed with triple cream bleu cheese, dried cherry and toasted almonds	\$2.00 ea
Crostini topped with filet mignon, pickled onion and horseradish cream	\$2.50 ea
Curried chicken salad in puff pastry cups	\$1.50 ea

Hot Hors D'oeuvres

MINIMUM ORDER OF 15 EACH

Chicken satay with peanut dipping sauce	\$2.00 ea
Parmesan-panko chicken tenders	\$1.50 ea
Mini crab cakes with Sriracha aoli	\$3.00 ea
Moroccan spiced lamb lollipops with tahini garlic dipping sauce	\$2.50 ea
Coconut shrimp with sweet chili dipping sauce	\$2.00 ea
Pigs in a blanket with spicy mustard dip	\$1.00 ea
Mini potato pancakes with sour cream and chives	\$1.00 ea
Grilled polenta squares with marinara and fresh mozzarella	\$2.00 ea

Entrees

MINIMUM ORDER 12 PEOPLE

Whole roasted filet mignon	M/P
Whole poached salmon with cucumber dill sauce	\$75.00 per side
Whole turkey breast with cranberry walnut stuffing	M/P
Tandoori chicken breast with cucumber raita	\$6.50 per person
Chicken picatta	\$6.50 per person
Chicken kabobs with spicy yogurt sauce	\$6.50 per person
Tilapia stuffed with spinach and fontina cheese	\$8.50 per person
Tilapia à la meunière	\$7.50 per person
Hoisin roasted salmon	\$8.50 per person
Lemon oregano chicken	\$5.50 per person
Chicken parmesan	\$6.50 per person
Eggplant parmesan	\$6.50 per person
Cheese lasagna	\$65.00 1/2 pan*
Turkey or beef lasagna	\$75.00 1/2 pan*
Vegan "sausage" lasagna	\$75.00 1/2 pan*
Butternut squash white lasagna	\$80.00 1/2 pan*
Vegan black bean farro burger	\$4.99 per person
Mushroom risotto cakes	\$4.99 per person
Acorn squash stuffed with wild rice and dried cherries	\$7.50 per person
Grilled polenta topped with wild mushrooms and gorgonzola	\$7.50 per person

*1/2 pan feeds 12-15 people

Accompaniments

MINIMUM ORDER 12 PEOPLE

Pommes Anna	\$2.00 per person
Scalloped potatoes	\$2.50 per person
Wild rice with butternut squash	\$2.00 per person
Mashed potatoes/sweet mashed potatoes	\$2.00 per person
Roasted cauliflower with olives and walnuts	\$2.50 per person
Green beans almondine	\$3.00 per person
Roasted butternut squash with cranberries	\$3.00 per person
Whipped butternut squash with caramelized walnuts	\$3.00 per person
Scalloped baked tomatoes	\$2.00 per person
Steamed asparagus with citrus dressing	\$3.00 per person
Garlic-sauteed broccoli rabe and white beans	\$3.00 per person
Wheatberry Waldorf salad	\$2.50 per person
Grilled vegetables	\$2.50 per person
Roasted Brussels sprouts with honey mustard glaze	\$2.50 per person

Ordering Information

We prefer to have one week's notice for all orders but will accommodate last-minute orders whenever possible. Two day's notice is required for cancellations or change of guest count.

Available for pick-up in Chestnut Hill only. Please call WEAVERS WAY CHESTNUT HILL at **(215) 866-9150 ext. 209** and speak to the prepared foods department.

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