

SOCIETY HILL

# Reporter

May/June 2016

The Newsletter  
of The Society Hill  
Civic Association

[www.societyhillcivic.org](http://www.societyhillcivic.org)

## 38th Annual Open House & Garden Tour



**38th Annual Open House  
& Garden Tour**  
**Sunday, May 22**  
**1 to 5 p.m.**  
**\$30 per ticket in advance**  
**\$35 per ticket at the door**  
**Comfortable shoes**  
**recommended**

### Mark Your Calendars!

It's that time again — the 38th Annual Society Hill Open House and Garden Tour will take place on **Sunday May 22, from 1 to 5 p.m.** Tickets are now on sale for this much-loved and eagerly anticipated event that showcases 10 private homes and gardens in Society Hill. Open to ticket holders: \$30 per ticket in advance, \$35 at the door.

**The Event.** Each year, the tour offers a **new selection of homes and gardens** — not the same ones as last year. The houses' exteriors vary in size and style from 18th and 19th centuries to the 21st century. The surprise comes when you step inside: some are decorated in period style, including antiques, and others are totally modern. Many attendees come to get decorating ideas for their own homes. Of course, fabulous new kitchens and bathrooms are a focal point.

**Not just a neighborhood event.** We have people coming from all over the region, including metropolitan Philadelphia, New Jersey suburbs and even New York City. If you have never taken the tour, what are you waiting for? Join us for a fun day while supporting our neighborhood organization, the Society Hill Civic Association (SHCA). All proceeds benefit SHCA and are used

for neighborhood improvement projects like "Fix the Brix," graffiti removal and Tree Tenders that make our neighborhood a great place to live.

**Dining With Discounts.** As an added treat, several restaurants are offering a 15 percent discount for ticket holders. Check the SHCA website for updates.

**A Short History.** Originally, the Society Hill Tour was part of a set of tours called Philadelphia Open House, organized by the Friends of Independence National Historical Park. In 2009, this program was suspended, and Society Hill had a choice: stop the tours or continue them on our own. Tour coordinators Linda Skale and Martha Levine, decided to continue the tours so as not to disappoint its many followers. The result was an even greater number of participants.

**Ticket Purchase.** Purchase tickets in advance to avoid long lines. To purchase tickets or to receive a brochure, contact SHCA at 215-629-1288 or email [mattdejulio@aol.com](mailto:mattdejulio@aol.com). For more information, go to our website, [www.societyhillcivic.org](http://www.societyhillcivic.org), and click on Open House Tour. Tickets may be purchased at the door on the tour day — go to Old Pine Community Center, 401 Lombard Street.

WEDNESDAY

May  
**18**

MARK YOUR CALENDAR

Society Hill Civic Association Meetings  
Wednesday, May 18, 2016

**Pennsylvania Hospital**  
**8th and Spruce Streets**

**5:45 p.m.**

**Board of Directors Meeting**  
Pennsylvania Great Court Conference Room  
All SHCA members are welcome.

**7:30 p.m.**

**General Membership Meeting**  
Pennsylvania Hospital Zubrow Auditorium  
All neighborhood residents are invited to attend.

**First Up:**

SHCA Election for Officers and Directors.

**Speaker:**

A Verizon Representative will discuss Fios Installation.

## Board Elections and Fios

All neighbors are invited to attend SHCA's General Membership meeting on Wednesday, May 18 at 7:30 p.m. in the Pennsylvania Hospital Zubrow Auditorium.

First business on the agenda is the election of SHCA officers and directors. See page 4 for the complete slate of nominees.

Representatives from Verizon will discuss with the community plans to install its Fios system, the bundled internet access, telephone and television service that operates over a fiber-optic communications network. Find out how this installation will affect you.

Plan to attend what should be a lively evening!



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Find past issues in color  
at [www.societyhillcivic.org](http://www.societyhillcivic.org).

**Submissions**

If you have news that would be of interest to Society Hillers, email Sandra Rothman at [sandra.rothman@aol.com](mailto:sandra.rothman@aol.com). Materials must be submitted in writing and include the name of a contact person. Edited submissions will be considered for publication if space permits. Letters to the Editor must be signed, with contact information.

**SHCA Mission Statement**

The aims and purposes of SHCA are to promote the improvement of the Society Hill area of Philadelphia, including its cultural, educational and civic activities, and the preservation and restoration of its historic buildings; to represent the residents of Society Hill in matters affecting the City of Philadelphia generally and Society Hill in particular; and to interpret the value and significance of Society Hill to the public.

**SHCA Board Officers and Directors**

**President**

Robert Curley

**First Vice President**

Kim Williams

**Second Vice President**

Martha Levine

**Recording Secretary**

Diane Stein

**Treasurer**

Marc Feldman

**Directors at Large**

Georgine Atacan, George Dowdall, Diane Harrison, Sissie Lipton, Fred Manfred, Mary Purcell, Heather Steiner, Vijay Verma

**Northeast Quadrant**

2016 Lisa Unger  
2017 George Kelley  
2018 Robert Kramer

**Northwest Quadrant**

2016 Amy DeMarco  
2017 Norman Lieberman  
2018 Mary Tracy

**Southeast Quadrant**

2016 Jeff Berry  
2017 Barbara Gelman  
2018 Gail Hauptfuhrer

**Southwest Quadrant**

2016 Daniel Horowitz  
2017 Carolyn Ambler Walter  
2018 Martha Moore

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# Bulletin Board

Snapshots of the people who make SHCA work.

The Nominating and Elections Committee has completed this slate of proposed Society Hill Civic Association Officers and Directors for the term commencing June 1, which will be presented to the general membership for the May 18 election.

The membership will vote on:

- Officers (five positions)
- Directors at Large (eight positions)
- Quadrant Director (four positions — one director in each quadrant has completed their three-year term)

#### President

Rosanne Loesch

#### 1st Vice President

Martha Levine

#### 2nd Vice President

Kim Williams

#### Treasurer

Madeline Miller

#### Secretary

Diane Stein

#### Directors at Large

Georgine Atacan

Jeff Berry

Amy DeMarco

George Dowdall

Shelly Hirsh

Dan Horowitz

Mary Purcell

Lisa Unger

#### Continuing Director

Bob Curley

**Note:** The roles of Continuing Director and Condo/Building Representatives are outside the purview of the election, as they are determined by the bylaws of their condo or building associations.

Additionally, note that all of the quadrant directors currently in the first and second years of their terms will remain on the board.

Thanks to committee chair Mary Purcell, as well as members Marc Feldman, Barbara Gelman, George Kelley, Norm Lieberman and Kim Williams, for a job well done.

#### NE Quadrant

Fred Manfred

#### NW Quadrant

Sissie Lipton

#### SE Quadrant

Woody Rosenbach

#### SW Quadrant

Alison T. Young

#### St. James Court

Norm Wisler

#### Penn's Landing Square

Loretta Burton

#### Independence Place

Jerry Yablin

#### Hopkinson House

Diane Rossheim

#### Society Hill Towers

Lorna Katz Lawson

#### St. James Highrise

Priscilla McDougal

## SHCA Membership with Benefits

Show your current membership card to receive a discount from this growing list of popular local businesses:

#### Bistro Romano

(Italian restaurant)  
120 Lombard Street

#### Cohen's Hardware

615 E. Passyunk Avenue  
(off South Street near 5th)

#### Everyone's Racquet

(Tennis & squash racquet sales & stringing)  
130 S. 12th Street

#### Happily Ever After

(Children's toys)  
1010 Pine Street

#### Home Helpers

(Professional, licensed in-home personal care)  
1835 S. Broad Street

#### In Good Health

(Therapeutic massage)  
232 S. 4th Street

#### La Forno

(Italian restaurant)  
636 South Street

#### M Restaurant @ Morris House Hotel

231 S. 8th Street

#### Positano Coast

(Italian restaurant)  
Walnut & S. 2nd Streets

#### Plantscapes.usa

(Interior and exterior plant scaping)

#### Show of Hands

(Craft gallery)  
1006 Pine Street

#### Twisted Tail

(Southern-style restaurant & bar)  
509 S. 2nd Street

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Nifty Neighbors in My Own Backyard: Inside WHY with Maggi Leydon

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## PRESIDENT'S MESSAGE

## Some Final Thoughts

Bob Curley recently discussed his time serving as president of SHCA.

He started by paying tribute to the ability and hard work of his fellow board members, thanking new member Bob Kramer for stepping right up to the plate to chair the Legal Committee, to work with the Parking Authority in the service of the parking lot project, to assist on the Zoning and Historic Preservation (ZHP) Committee and to chair the 5th Street Development Committee.

Longtime member Jim Moss, who recently retired from the board but still attends every meeting, deserves recognition for providing all the legal work in forming our 501(c)(3) foundation. And Marc Feldman leaves SHCA in good shape thanks to the systems he put in place while serving as treasurer for the past five years.

Bob thanks accountant Greg DiTeodoro for paying the bills; Fred Manfred and Sissie Lipton for bringing off the stellar 2015 Washington Square Affair; Mary Purcell for coordinating two excellent socials, serving as chair of the Nominating Committee and overseeing Verizon's installation of Fios in Society Hill; George Dowdall, Amy DeMarco, Bonnie Halda, Matt DeJulio and Judy Lamirand for updating the impressive *Guide to Historic Society Hill* guidebook; and Amy DeMarco and her committee for endeavoring to build a new, more interactive SHCA website.

Further accolades go to Lorna Katz-Lawson for her work with City Council relations and the Crosstown Coalition, as well as chairing the ZHP Committee; Vice President Kim Williams for his work with Interstate Land Management Corporation (ILMAC) and Jeff Berry to help secure the Front Street parking lot; Martha Levine for cochairing the House Tour, greeting

new residents with beautiful welcome baskets, fixing our "Brix" and looking after her block coordinators. And to a person, the block coordinators deserve thanks for helping keep our neighborhood informed in a timely way!

In this vein, Bob kindly acknowledged the efforts of the *Reporter* team to create a dialogue and bring news to our neighborhood.

As Bob leaves his two-year stint at the helm, as well as five additional years on the board, he reflects on what he considers to be his legacy. Certainly at the top of his accomplishments is the parking lot at Front and South Streets. Besides generating a steady monthly stream of revenue, the space provides much-needed parking for our neighborhood. Bob is also proud of his work with neighboring civic associations, his good relationship with Councilman Mark Squilla and his choice of interesting topics for our General Membership meetings, including the Mayoral Forum with our neighboring civic organizations.

Looking ahead, Bob hopes eventually to see a cap over I-95 from Chestnut to Walnut Streets and the refurbishment of what is now Foglietta Plaza. But mostly he wants to see a diversity of neighbors, young and old, join SHCA, work on its board, serve on committees and actively contribute to our community.

It's not easy to juggle a demanding full-time job with an equally demanding volunteer commitment. Bob did the volunteer part with leadership and good cheer. We thank him for all his efforts on behalf of Society Hill — the neighborhood he loves.

**Bob Curley** has been a board member for seven years, where he co-coordinated Clean-Up Day and participated with Tree Tenders. He is a partner in the law firm of O'Donoghue & O'Donoghue LLP.



**Bob Curley,**  
SHCA President



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## COMMITTEE UPDATES

## 5th Street Development

Alterra Property Group, LLC has purchased 309 S. 5th Street, presently the site of an Acme Market, formerly the Super Fresh Market. The strip of retail stores on the west side of the street at 314 S. 5th Street has not yet been purchased.

Alterra and Councilman Mark Squilla have informed SHCA that Alterra is currently negotiating a long-term land lease with Albertson Company, the parent of Acme, for 20 to 40 years. If it is agreed to, the Acme site will remain a supermarket and there will be no apartments or condominiums on top of it.

Alterra obtained a Zoning Use Permit from the Department of Licenses and Inspection

“as of right” on February 11. On March 11, SHCA filed an appeal of this permit. The appeal was based on the failure of the permit plans to have 10 percent of the parking lot landscaped, as required by Zoning Code Section 14-803(5)(e)(.1).

Alterra requested a 90-day extension of the hearing date to allow it and Acme to negotiate a land lease. If a land lease is agreed to, Alterra’s attorney advised SHCA that Alterra will withdraw the permit. The SHCA granted the extension request.

**Sign up to receive updates on this issue in the SHCA weekly email blasts. Contact Matt DeJulio at 215-629-1288 or mattdejulio@aol.com.**

**A long-term land lease with Albertson Company, the parent of Acme, is currently under negotiation.**

## CHECKLIST

- ✓ See a Franklin light that's out? Call 311 to report it.
- ✓ Use your home security system! Let it help protect you.
- ✓ See graffiti on our neighborhood public spaces? Email todd@graffitiremovalxperts.com. For removal on private property, call 311 or 215-686-8686.
- ✓ Keep our sidewalks safe. Turn on your front door lights after dark every night.
- ✓ Check your brick sidewalks for winter damage. See page 11 for how to “Fix Your Brix.”

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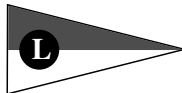
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**Z O N I N G   A N D   H I S T O R I C   P R E S E R V A T I O N**


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BY LORNA KATZ-LAWSON

## Local Firms to Bid on Neighborhood Plan

The Request for Proposal (RFP) for planning and design services for the Society Hill Neighborhood Plan was sent out to eight Philadelphia-area consultants. After the integration of comments received for review by the Philadelphia City Planning Commission (PCPC), ZHP and the SHCA Board, the Steering Group decided to “buy local” because of the high level of creativity and talent of the area firms and a desire not to incur unnecessary expenses for out-of-town consultants, such as travel.

Five firms have indicated their intentions to develop proposals for us. In alphabetical order, the firms are: Brown and Keener; Group Melvin Design; KSK Architects, Planners, Historians, Inc.; Locust Partners and Urban Partners. Proposals were due on May 2.

### **Mother Bethel Memorial/Parking Lot**

The Zoning Board of Adjustment (ZBA) approved the application that was required for Mother Bethel’s Memorial statue and parking lot project. Both SHCA and Councilman Mark Squilla supported the application. Licenses and Inspections (L&I) issued permits for the project on March 31.

### **700 Pine Street**

Despite ZHP’s unanimous vote to oppose this project, the owners applied for a zoning variance for a two-story addition to their existing home that would allow 100 percent lot coverage, despite only 80 percent allowed by the zoning code. ZHP opposed the variance by unanimous vote. The ZBA, however, approved the variance based on a letter of support from the near neighbors and the PCPC’s approval.

ZHP is disappointed in the ZBA’s decision. ZBA turned a blind eye to the fact that the owners didn’t have any hardship that necessitated the variance — “hardship” being the requirement for legal justification. The variance allows the owners to eliminate all open space, to the detriment of the community. The fact that near neighbors did not object should not have been determinative. A defining characteristic of Society Hill is its open space, trees and gardens. The ZBA ignored the importance of open space in defining the neighborhood. This decision is concerning as it shows that the new commissioners appointed by Mayor Kenney are no improvement over previous commissioners.

An appeal of the ZBA decision was discussed at ZHP’s March meeting. It was decided not to appeal in view of the near neighbor support for the project.

### **221 Pine Street**

The Philadelphia Historical Commission (PHC) legalized unpermitted construction on this site. The new construction visible from both Pine and 2nd Streets is larger and taller than the historic rear “L” structure, which was illegally demolished by neglect.

PHC legalized the construction and ignored the unanimous recommendation of its Architectural Committee, which advocated that the construction should not be approved due to the six-year string of L&I violations. PHC granted its approval based on a sympathy plea by the owner who claimed that he ignored the requirements to obtain a demolition permit and the required advance approval of the new construction because he was distraught over family matters. Only three PHC members dissented from the majority vote.

In attempting to get new permits, there might still be zoning hurdles for the applicant due to the increased site coverage caused by the larger addition.

Unrelated to this matter, Mayor Kenney recently changed PHC membership to a small degree. Robert Thomas, one of the dissenting voters, was named chairman of the commission, and the balance between development and preservation interests has been improved.

### **Crosstown Coalition**

The PCPC writes and enforces administrative regulations for Registered Community Organizations (RCO). Periodically, based on issues that have played out citywide, the Commission changes the procedures and rules that govern both RCOs and zoning applicants. The overall goal is for public review of proposed projects to be conducted efficiently and fairly.

PCPC recently published proposed changes to RCO rules. The updating effort was partially in response to the discriminatory remarks that occurred at a RCO meeting in Southwest Philly. The remarks were widely reported in the media. SHCA offered testimony on April 7 at the PCPC staff’s public meeting and worked with the Crosstown Coalition to write a formal proposal for PCPC’s April meeting. This publication will go to press before that meeting, so stay tuned for updates in the next issue.

---

**Lorna Katz-Lawson** is a practicing architect with John Lawson Architects. She has been a Society Hill resident since 1973 and currently chairs SHCA’s Zoning and Historic Preservation Committee.

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**'FIX THE BRIX'**

BY MARTHA LEVINE

**A Trip-Busters Rap**

*(to the tune of "Ghostbusters")*

*If there's something strange – in your neighborhood  
Like uneven brick sidewalks – not lookin' so good  
If you fall and nearly break your spine  
And you don't think that is really fine  
Whatcha gonna do to fix this mess?  
Contact SHCA and we will address.*



**Rick the Brick**

**J**oin the many Society Hill homeowners who have made their sidewalks safer by participating in the "Fix the Brix" program, which provides a subsidy for everyone who levels their front sidewalk. Current SHCA members can get a 40 percent subsidy up to \$400; nonmembers get 40 percent up to \$300.

Tree roots, loose bricks, settling soil and truck vibrations are some reasons that our sidewalks are not level. Please examine yours, and if it presents a tripping hazard, contact us.

Need a list of masons or tree experts? We can provide neighbor recommended contractors to work with you.

**Here's How to Start:**

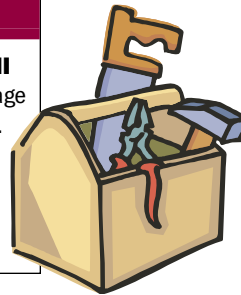
- Take a photo of your problem sidewalk and email to me at marthalev6@gmail.com.
- Contact one or more masons or arborists to give you an estimate.
- After the work is done, make a copy of your paid bill and send the original invoice and a copy of your cancelled check with an "after" photo to: SHCA, P.O. Box 63503, Philadelphia, PA 19147.
- Receive a subsidy check within a few weeks.

For more information, contact Martha Levine at 215-629-0727 or marthalev6@gmail.com.

**Martha Levine**, an active SHCA board member, has created and chaired many projects, such as block coordinators, "Fix the Brix," welcome baskets and the Franklin lights restoration project. She also co-chairs the yearly house tour.

**LIST OF CONTRACTORS**

Remember, another perk exclusively for members is access to the **Society Hill List of Contractors**, which can be mailed to you on request. This is a 12-page list of contractors who have been highly recommended by Society Hill residents. The list has hundreds of names of contractors under categories such as general contractors, painters, plumbers, electricians, masons, gardeners and even a miscellaneous category including glass replacement and custom wine cellars. To request a list, email marthalev6@gmail.com or call 215-629-0727.



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RESERVATIONS RECOMMENDED

## REVAMPING WASHINGTON SQUARE

## Laurie Olin Makes His Mark



The Square's namesake keeps watch.

For years, SHCA board member Sissie Lipton has endeavored to improve the plantings around the fountain and memorial in Washington Square and has, with her committee, done a great job!

Things stepped up a notch when Sissie read Jane Biberman's profile of renowned landscape architect Laurie Olin in the September/October 2014 *Reporter*. Sissie and Laurie met in the Square in October 2015 to exchange ideas.

This session resulted in Laurie, who lives on the Square with his wife, Victoria, offering to draw up plans to revamp the fountain and memorial areas. Laurie, his partner Dennis McGlade and associate Eve Kootchik donated their professional services for the project. In addition, SHCA is upgrading the sprinkler system to insure proper watering throughout the summer.

After the SHCA board approved the plans and budget, this gift was presented to Cynthia

MacLeod, Superintendent of Independence National Historical Parks in February.

The entire project is meant to be SHCA's contribution to celebrate the National Park Service's 100th birthday and is made possible by the generosity of all those who have attended the Washington Square Affairs. A special thanks goes to Suzanne and Norman Cohn, who made a very generous additional contribution to help with the maintenance of the area, and to Bernie and Joan Spain, Special Sponsors, who have also donated extra funds. Anyone interested in being a Special Sponsor can contact Sissie by email at momlipton@aol.com.

Work will start mid-April and will be completed before Memorial Day. Thanks to all for making this project possible. All additional contributions made payable to the Society Hill Preservation Foundation are 100 percent tax-deductible.



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## PREACHING TOLERANCE

BY AL CAVALARI

## Philly's Proud Tradition of Religious Freedom

I saw the banner pictured in the sidebar in Society Hill, and it reminded me of how Benjamin Franklin is still relevant in our everyday lives.

Recall Pennsylvania's Charter of Privileges, signed by William Penn in 1701: "...I do hereby grant and declare, That no Person or Persons... shall be in any Case molested or prejudiced, in his or their Person or Estate, because of his or their conscientious Persuasion or Practice, nor be compelled to frequent or maintain any religious Worship, Place or Ministry, contrary to his or their Mind, or to do or suffer any other Act or Thing, contrary to their religious Persuasion."

Then think about a story Franklin tells us in his autobiography. In the 1730s, the colonies were swept by the fervor of the Great Awakening. George Whitefield and other itinerant preachers moved throughout the colonies, speaking to large outdoor audiences and creating great enthusiasm among the people. Franklin wrote: "From being thoughtless or indifferent about religion, it seem'd as if all the world were growing religious, so that one could not walk thro' the town in an evening without hearing psalms sung in different families of every street."

Franklin described how Philadelphians came together to provide a proper house expressly for the purpose of hearing religious talks. "The building of a house to meet in was no sooner propos'd, and persons appointed to receive contributions, but sufficient sums were soon receiv'd to procure the ground and erect the building... and the work was carried on with such spirit as to be finished in a much shorter time than could have been expected."

The best part was the intention for the use of the building. "Both house and ground were vested in trustees, expressly for the use of any preacher of any religious persuasion who might desire to say something to the people at Philadelphia; the design in building not being to accommodate any particular sect, but the inhabitants in general; so that even if the Mufti of Constantinople were to send a missionary to preach Mohammedanism to us, he would find a pulpit at his service." A mufti is an Islamic scholar and interpreter of Islamic law. In this case, he is also a high government official.

The forward-thinking Philadelphians of almost three centuries ago were saying to the world "You're interested in religion? So are we. And we are interested in your religion. Come tell us about it. We are not afraid and we want to hear. A pulpit is here waiting for you, and you will be safe."

Incidentally, Franklin's "new building" built with donations is marked on an American Philosophical Society map published in 1966 as having been on 4th Street a little below Arch. What happened to it? By 1749, it was little-used and in derelict condition. The Academy of Philadelphia, of which Franklin was a founder, moved into it. The Academy morphed into the College of Philadelphia and eventually into the University of Pennsylvania.

This is very good yield for the investment of a little liberty and scholarly curiosity shown by those early Philadelphians devoted to religious freedom all those centuries ago.

The banner I noticed at Saint Peter's Episcopal Church seems to show that the system is still at work. The qualities in Penn's charter and Franklin's vision dwell today at St. Peter's.



**Banner hanging outside St. Peter's Church.**

**Al Cavalari** is a certified member of the Association of Philadelphia Tour Guides and gives tours as a volunteer for the National Park Service and the Elfreth's Alley Association. For a day job he operates The Flag Guys, a flag business in upstate New York.

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## BE WELL NOW

BY JULIE FEATHERMAN

## Fermenting a Powerhouse of Probiotics

Scientific research suggests most disease starts in our gut, says Olga Sorzano of Baba's Brews. What better way to boost one's health than by adding delicious fermented foods and drinks to your diet? "Fermented foods are a powerhouse of probiotics," says Carly Dougherty, cofounder of Food and Ferments. Kombucha, krauts, pickles and beets are just a few offerings that Philadelphia health-conscious foodies are finding in local co-ops, health food stores and farmers' markets.

Here are four local fermenters to keep an eye out for:



### Baba's Brews

Olga Sorzano, a Siberian native and a fourth-generation kombucha maker, watched her grandmother make the effervescent beverage growing up. Kombucha is an ancient drink produced by fermenting sweet tea with a culture of yeast and bacteria. This symbiotic culture of bacteria and yeast, or SCOBY, is a jellyfish-looking blob that is the mother of all brewed kombuchas.

Olga approaches kombucha-making a little differently than others. As a professional chef, she aims to create the perfect dish. Texture, appearance, colors and ingredient combinations are fundamental considerations when she creates a new kombucha blend. Baba's Brews, located in West Chester, offers four core kombuchas and creates different seasonal additions, depending on the harvests from local farms and orchards. This spring's kombucha is Asian Pear and Ginger. Watch for summer's Pink Lemonade, a refreshing brew made from organic lemons, verbena and lemongrass.

### Food and Ferments

Dave and Carly Dougherty founded Food and Ferments in Philadelphia back in 2012.

Their operation focuses on tart kombuchas and fermented seasonal organic produce.

"There's a tanginess that only comes from natural fermentation. I think our sauerkrauts, kimchi, pickles and beet kvass have a depth and flavor to them that simply cannot be achieved with conventional pickling," says Carly. Beet Kvass is one of Food and Ferments' best sellers. Taken as a shot, this fermented ruby tonic is tangy and picklelicious! Rich with beets, ginger and garlic, it is said to cleanse the blood and liver and really hits the spot after a long night out.



### Inspired Brews

Jessa Stevens, a Texas transplant, became obsessed with all things fermented when her business partner and friend, Jennifer Snow, introduced her to home-brewing kombucha and experimenting with teas and flavor combinations. Their company, Inspired Brews, brews, bottles, kegs and distributes their kombuchas from their fermentaries in both historic Old City Philadelphia and Dallas, Texas, Snow's home.



Inspired Brews' SCOBY has a unique makeup because of the environment where it lives, as well as how it is prepared. They produce small-batch kombucha by flavoring in glass barrels and then hand-filtering into kegs or individual bottles. Inspired Brews' best-selling kombucha is their winter immunity elixir. It's made with elderberry, hibiscus and raw local honey. All kombucha is immunity-building, but the elderberry and hibiscus gives the drink an extra boost of vitamin C.

### Phickle, by Amanda Feifer

Amanda Feifer's entire fermentation world is set up around education.

Amanda's recent book, *Ferment Your Vegetables*, has just come out, and a video series is in the works.

Her goal is to try to stay on top of the current research and to provide accurate information to be as helpful and supportive as possible to the consumer. "I have some pretty strong views about the reckless claims of health benefits that aren't science-supported, or the way the word 'probiotic' is thrown around. Although many common ferments are probiotic, not all are."



Amanda's path to wellness led her, first to eating and then to making, her own fermented foods.

If you're hoping to begin fermenting at home, head to Old City for Feifer's intimate monthly or bimonthly, self-run classes. Grab a copy of her book at the Philly Homebrew Outlet, Fante's or Barnes and Noble. Look for Baba's Brews, Food and Ferments and Inspired Brews in and around the Philadelphia area, including Mariposa Co-op in West Philly and the Fair Food Farmstand at Reading Terminal Market. Inspired Brews' Fermentary is located at 263 N. 3rd Street.

**Julie Featherman** is the owner of juju salon & organics, 713 South 4th Street. Her mission is to help people live healthier, minimize their carbon footprint and think sustainably.

OUT AND ABOUT

*Let me tell you 'bout the birds and the bees  
and the flowers and the trees...*

"The Birds and the Bees," 1964, Herb Newman

**Society Hill in springtime is one of the sweetest places we know. Enjoy.**

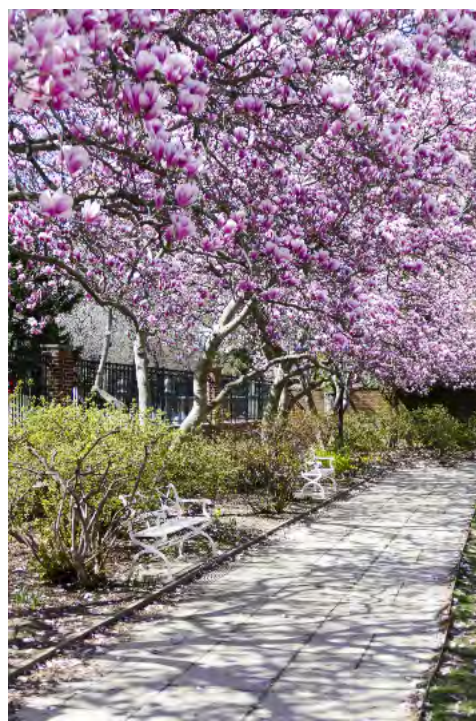




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OUT AND ABOUT

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**Bonnie Halda** is a freelance photographer specializing in historic buildings and the urban environment. She's also a historical architect with the Northeast Regional Office of the National Park Service.

# INDEPENDENCE PLACE

233 - 241 S. 6TH STREET



**SALE PENDING**

**Two Bedroom on a High Floor with a balcony and sunset views**

Recently updated two bedroom, two bathroom with a bright and spacious living room and dining room, upgraded kitchen with dark cherry cabinetry, stainless steel appliances and granite countertops, excellent closet space throughout.  
1,387 sf | **\$769,900**



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**Spacious One Bedroom with beautiful sunset views**

Large one bedroom featuring a renovated open kitchen with built-in dining area, a custom renovated bathroom, spacious master bedroom with walk-in closet, washer/dryer in unit, and hardwood floors throughout.  
940 sf | **\$379,900**



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**Beautifully Updated One Bedroom Home**

Pristine condition one bedroom home with sunrise views, renovated eat-in kitchen with French Country cabinetry, granite countertops, stone backsplash, stainless steel appliances, recessed lighting, spacious living/dining area, fully renovated bathroom, bamboo flooring, and w/d.  
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**HEADHOUSE FARMERS' MARKET**


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BY KATY WICH AND LISA KELLY OF THE FOOD TRUST

## A Fair Trade Cup of Joe

It's official. The Headhouse Farmers' Market is open for its 10th season! If you missed opening day festivities, don't despair, there are monthly events planned. For more information visit [www.thefoodtrust.org/farmers-markets/market/headhouse](http://www.thefoodtrust.org/farmers-markets/market/headhouse).

One of the merchants who has been manning his stall in the Food Trust's Farmers' Market since the first season is Joe Cesa, the founder of **Philly Fair Trade Roasters**.

Joe Cesa has coffee running through his veins. Having spent a good 20 years in the food service industry, he could always tell a good cup of coffee. Joe had a hankering forever to be a micro-roaster, producing his own label. "I'm Italian," Joe explains, "and coffee has always been a huge part of my life. The first thing my mother did in the morning was to put the coffee pot on. If I visited my aunt, as I walked through her front door, she'd push a cup my way. My family would sit round the table, and we'd talk over coffee."

Having inherited a passion for coffee, it seemed logical for Joe to set up business when the time was right. His goal is to unlock the "God-given qualities of the bean," for the enjoyment of local coffee connoisseurs. For Joe, it is equally important that the coffee is produced under ethical Fair Trade standards — he is Fair Trade certified and believes it is "crucial that everyone in the chain of production, including the grower, is rewarded for their part in the process."

There is a definite skill to roasting coffee in order to maximize the taste. "It's possible to get really unique flavors from a bean, you just have to listen to the sound of the bean," Joe points out. There has been an evolution in taste amongst coffee consumers in the last five years. Starbucks certainly helped pave the way and raise consumption, but coffee connoisseurs are looking for something more. According to Joe: "People were brought up by 'The Big Corporates' to think of intense, dark drip coffee as being 'great coffee,' but often it is over-roasted and sometimes it is burnt and bitter. A newer trend is for much lighter roasts, but occasionally these, too, are under-roasted, leaving a sour taste. I'm aiming somewhere in the middle; we allow sugars to develop the sweeter fruity notes with caramel."

As a businessman, Joe knew he wasn't going to get rich overnight, particularly sticking to his Fair Trade principles. However, by operating out



**Joe Cesa of Feltonville's Philly Fair Trade Roasters buys his shop's coffee beans at a premium price.**

of a small rented space, he has been able to keep a tight lid on costs and still produce an organic, sustainably sourced product.

His coffee, Philly Fair Trade Roasters, also sells online through his website [www.phillyfairtraderasters.com](http://www.phillyfairtraderasters.com) and is of course available at the Headhouse Farmers' Market, as well as local merchants like Essene. Joe also supplies his coffee to a number of the top restaurants in Philadelphia and New Jersey, including the award-winning vegetarian restaurant Vedge.

Next time you sit down to enjoy a cup of joe, think about the story behind your coffee. If you're drinking a cup roasted by Joe Cesa, then you can rest assured that he only deals direct with small companies who are transparent in their own business practices.

### **The Food Trust Celebrates Six Years of Night Market Philadelphia**

In 2010, the Food Trust created Night Market Philadelphia to bring communities together to celebrate the joy of food. Over the past six years, Night Market has become an institution by enlivening communities, empowering entrepreneurs and creating culinary destinations. The schedule for the 2016 Night Markets has just been published. Here are the dates for foodies who are feeling adventurous: Roxborough on May 12, Callowhill on June 23 and West Philly on September 1.

We do hope you will join the Food Trust one summer evening!



**The Food Trust**

**The Food Trust**, in partnership with Get Healthy Philly, operates more than 25 Farmers' Markets in Philadelphia, including the Headhouse Farmers' Market, Philadelphia's largest outdoor market. For more than twenty years, The Food Trust has been working to ensure that everyone has access to affordable, nutritious food and information to make healthy decisions. For further information, visit [www.thefoodtrust.org](http://www.thefoodtrust.org).



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**Location** Southwest Unobstructed View from 7-11 ft. windows in living room & open kitchen — all windows have 3M protective film with shades — ceiling with 13 high hat lights & 4 speakers

**Location** South view of Delaware River and Society Hill Towers pool and barbecue area

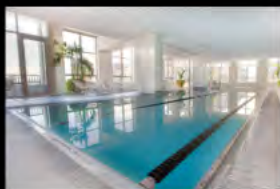
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**New Bathroom** with new fixtures, vanity with granite top, cabinet, pocket door, tempered glass wall open shower, HDTV, wall radio/phone

**Bedroom** with high hat lighting, new custom closet, pocket door, HDTV, treadmill and blackout shades

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**SOUTH STREET HEADHOUSE DISTRICT**


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BY KERI WHITE

## Something for Everyone!

*SSHD is a Destination for Food, Clothing and Home Design*

Restaurants, always a mainstay of the South Street corridor, are opening in great numbers, with places like **Hungry Pigeon**, **Malbec**, **MilkBoy**, **Don Quixote** and the relaunched **Southwark**.

If neighbors prefer to dine at home, they will soon be able to stock up at a new grocery store! **Fresh Formats, LLC**, recently acquired the lease to the ground-floor space of the Abbots Square building at 2nd and South Streets. The plan is to install a fresh-foods market in the location. Fresh Formats currently operates **Everything Fresh** at 12th and Walnut Streets, launched as a test-run for smaller-format stores in the area. Plans are underway for the South Street site, but there is not yet a timetable for construction and opening.

In terms of clothing, fashionable Philadelphians have been part of a vibrant boutique scene in the South Street Headhouse District, led by shops like **Bus Stop**, **Urban Princess**, **Totem Brand**, **Steel Pony**, **Nostalgia**, **Ernesto's** and **Ps and Qs**. Fashion Under the Shambles, to be held in September, continues to be an eagerly anticipated event, showcasing the creativity and style that is alive and well on South Street.

As for home design, South Street is now becoming a destination. **Natuzzi Italia**, the Italian custom luxury furniture store, opened a gorgeous two-floor showroom in January at 321 South Street. Veronica Renton, Gallery Manager, gushes about the new place: "We are so thrilled to be here. The surrounding neighborhoods of Society Hill and Queen Village are just perfect for our furniture. Everything is completely custom, handmade in Italy, and the clientele here really seem to appreciate the level of design, quality and finish we provide."

Natuzzi Italia's arrival on South Street may well be a watershed. Joining neighbor **Cella South** (331 South Street), another high-end home furnishing retailer, the new store is the only Natuzzi location on the east coast between New York and Miami. Veronica continues, "We know there is a market here for our luxury, couture furniture, and we wanted to provide a local-shopping opportunity for our customers. We are confident that South Street will continue to attract unique merchants because of the location between these two wonderful neighborhoods



filled with spectacular homes. And these homes need beautiful furniture!"

Now a resident of Queen Village, Veronica has fond memories of shopping on South Street: "I remember coming here with my grandmother. She would take me clothes shopping and buy me things that my mom never would." Eager to connect with the community and other local businesses, Veronica is planning various events in the coming months to welcome the neighbors to Natuzzi Italia. Visit the store for information about family-friendly brunches, open houses for locals, showroom tours for design professionals and other community-oriented events.

SSHD Executive Director Mike Harris is pleased with the recent developments: "Our goal has always been to provide a quality mix of retail and amenities for the community. With the opening of new restaurants and the Fresh Formats grocery store, the burgeoning fashion scene and now the addition of high end home furnishings, the South Street Headhouse District is revitalizing in a way that benefits everyone."

**Claire Batten and Keri White** are the dynamic duo behind Philly Food Lovers. They are business partners in KCC, a marketing and copywriting agency.

**Natuzzi, the Italian custom luxury furniture store, opened in January at 321 South Street.**

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# Hopkinson House

604 S. WASHINGTON SQUARE



Large one bedroom on a high floor with an open living and dining area, galley kitchen, a private balcony overlooking Washington Square, and ample closet and storage space throughout. 843 sf | **\$339,000**

## Penn's Landing Square

130 SPRUCE STREET



Three bedroom, two bath bi-level home with impressive outdoor deck and entertainment space in a secure gated community in the heart of Society Hill! This sun-soaked home features beautiful maple hardwood floors, a fully renovated kitchen with a large center island, wood cabinetry, and stainless steel appliances, versatile three-bedroom layout that can easily be converted into two bedrooms and a den/dining room/family room, impressive closet and storage space throughout, spacious master suite, and an expansive roof deck and outdoor entertainment space overlooking Delancey Street. 1,630 sf | **\$769,900**

# THE LIPPINCOTT

227 S. 6TH STREET



High-end, fully custom 2 bedroom plus den, 3 bathroom home with custom lighting, an open chef's kitchen with granite counter tops and wood cabinetry, brick walls in the living area, 11 foot ceilings with exposed beams, fireplace, private terrace with city views, and beautiful dark oak floors throughout. Parking and storage space in the building are included. 2,189 sf | **\$2,100,000**  
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## WELCOME BASKET PROGRAM

BY MARTHA LEVINE

## Welcome Baskets Welcomes New Contributors

Welcome Baskets are SHCA's gift to new first-time homeowners. We're happy to welcome four new contributors:

**Don Quixote Tapas & Things, 526 S. 4th Street.** This little BYOB, just off South Street, is one of our newest restaurants. Friendly service, good-sized portions with reasonable prices and a complimentary glass of sangria make this a destination for locals.

**Frieda for Generations, 320 Walnut Street.** With its classic European minimalist setting, this cafe provides a venue for groups to gather and knit, write poetry or play mahjong. Open

for breakfast, lunch and afternoon tea. The menu includes freshly baked goods, omelets, soups, sandwiches, quiches and, of course, coffee.

**Gnocchi Italian restaurant, 613 E. Passyunk Avenue** (near 5th & South). Original owner Chef Sandro is back after 10 years in Rome and is creating authentic Italian food made from scratch. Everything is "fresh and made with love." A well-known and popular neighborhood BYOB restaurant.

**Malbec Argentine Steakhouse, 400-402 S. 2nd Street.** Located near Head House Square, this is one of the

newest restaurants in our area. Have a glass of Malbec (the house wine) from their fully stocked bar, and order from their extensive menu of grilled meats. With reasonable prices and lovely setting, this is also a good choice for happy hour.

**New neighbors:** If you are a new first-time home or condo owner in Society Hill in the last year (2015-2016), please let us know if you would like to have a Welcome Basket presented to you. Contact Coordinator Martha Levine at marthalev6@gmail.com or 215-629-0727.

Since 1999, we have presented more than 775 baskets.

## 2016 SOCIETY HILL WELCOME BASKET CONTRIBUTORS

**Coffee Shops**

Old City Coffee, 221 Church Street/Reading Terminal Market  
Starbucks Coffee Inc., 8th & Walnut Streets

**Food Stores**

Acme Markets, 5th & Pine Streets

**Restaurants**

Bistro Romano, 120 Lombard Street  
Bridget Foy's, 200 South Street  
City Tavern, 138 S. 2nd Street  
Creperie Beau Monde, 624 S. 6th Street  
Don Quixote Tapas, 526 S. 4th Street  
Fork, 306 Market Street  
Frieda's Café, 320 Walnut Street  
Garces Group: Amada, 217 Chestnut Street;  
Rosa Blanca, 707 Chestnut Street; and others  
Gnocchi, 613 E. Passyunk Avenue (near 5th and South)  
High Street on Market, 308 Market Street  
La Buca Ristorante, 711 Locust Street  
La Fournò, 636 South Street  
Le Pain Quotidien, 801 Walnut Street  
Malbec Argentine Steakhouse, 400-402 S. 2nd Street  
Mustard Greens, 622 S. 2nd Street  
Positano Coast Restaurant, 2nd & Walnut Streets  
Ristorante Panorama, 14 N. Front Street  
Serpico, 604 South Street  
Talula's Daily (cafe & takeout), 208 W. Washington Square  
The Farm & Fisherman, 1120 Pine Street

**Specialty Foods**

Homemade Goodies by Roz, 510 S. 5th Street  
Knead Bagels, 725 Walnut Street  
Melange Tea & Spice, 1042 Pine Street  
Metropolitan Bakery, 262 S. 19th Street (Rittenhouse Square)  
South Street Bagels, 613 S. 3rd Street  
The Bagel Factory, 510 Walnut Street (Penn Mutual Building)

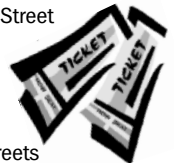
**Specialty Shops**

Adornamenti (jewelry), 1106 Pine Street  
Cohen & Co. Hardware, 615 E. Passyunk Avenue (near 5th & South Street)

Happily Ever After (toys), 1010 Pine Street  
Head House Books, 619 S. 2nd Street  
Lolli Lolli (children's clothing/toys), 713 Walnut Street  
Paper On Pine (invitations/stationery), 115 S. 13th Street  
Show of Hands Gallery (crafts), 1006 Pine Street  
Yarnphoria (yarn and supplies), 1016 Pine Street

**Theaters/Entertainment**

Annenberg Center for the Performing Arts, 3680 Walnut Street  
Arden Theater, 40 N. 2nd Street  
Ballet X at Wilma Theater, 265 S. Broad Street  
1812 Productions (all comedy theater), 215-592-9560  
Ghost Tours of Philadelphia, 610-587-8308  
Historic Philadelphia Inc., SW corner 6th & Chestnut Streets  
Independence Seaport Museum, 211 South Columbus Boulevard  
InterAct Theater Company, 2030 Sansom Street  
Lantern Theater Company, 10th & Ludlow Streets (south of Market Street)  
National Museum of American Jewish History, 5th & Market Streets  
National Liberty Museum, 321 Chestnut Street  
Pennsylvania Ballet and Academy of Music, Broad & Locust Streets  
Penn's Landing Playhouse at the Seaport Museum, 211 S. Columbus Blvd.  
Philadelphia Chamber Music Society, 215-569-8080  
Philadelphia History Museum, 15 S. 7th Street  
Philadelphia Shakespeare Theatre, 2111 Sansom Street  
Philadelphia Society for the Preservation of Landmarks, 321 S. 4th Street  
Philadelphia Theatre Company, S. Roberts Theater, Broad & Pine Streets  
Piffaro, The Renaissance Band, 215-235-8469  
Prince Music Theater, 1412 Chestnut Street  
The Chamber Orchestra of Philadelphia, Kimmel Center, 215-545-1739  
The Philadelphia Chamber Ensemble, Old Pine Church  
Wilma Theater, 265 S. Broad Street

**Other Services**

In Good Health, Therapeutic Massage, 232 S. 4th Street  
Judy Moon Massage Therapy, Hopkinson House, 604 Washington Square  
Liberty Tree & Landscape Management, 215-725-3637  
Petmoir, A Memoir of Your Pet, 215-803-0723  
Riff Cleaners, 314 S. 5th Street  
SCULPT – Personal Trainer, 215-803-0723  
The Worth Collection, New York (women's fashions), 215-925-8813

# THE ESTATE HOME AT 4TH AND LOCUST



5th Floor

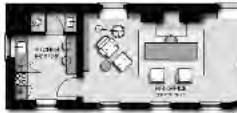


4th Floor

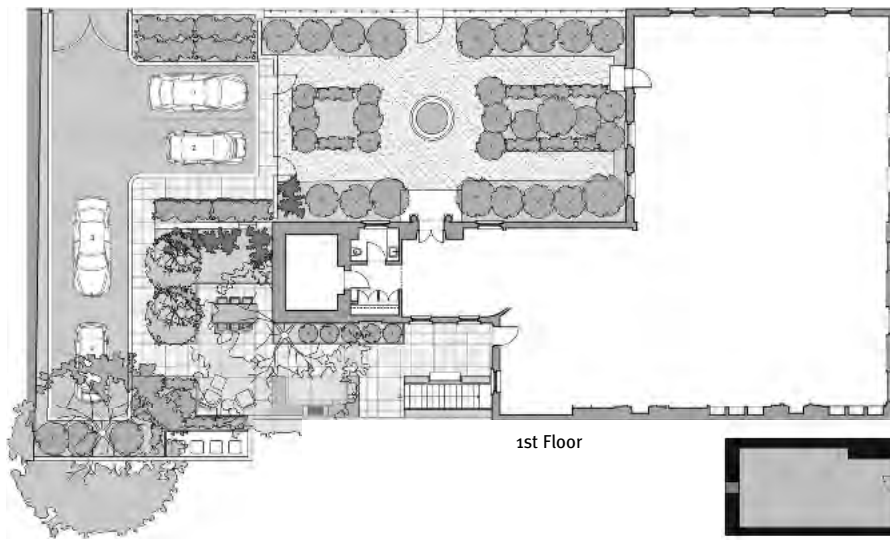
Once-in-a-lifetime opportunity to create the most spectacular estate home in all of Society Hill by combining The Shippen-Wistar House (built in 1750) and The Cadwalader House (built in 1829). These adjacent residences offer tremendous history, an unparalleled location in the heart of Society Hill, and endless possibilities in terms of layout and design. The Estate Home at 4th and Locust has a large private garden and approval for up to four parking spaces. The historic properties are also available separately and may be sold as 2 individual homes. For more information including images, a drone video and sample floor plans done by architect Cecil Baker, visit [www.allandomb.com](http://www.allandomb.com) or [www.shippen-wistar-cadwalader.com](http://www.shippen-wistar-cadwalader.com). 13,673 sf | \$4,950,000



3rd Floor



2nd Floor



1st Floor





## SAFE AND SOUND IN SOCIETY HILL

BY MARILYN APPEL

## You Can Help Keep Crime Rates Down

It's good to report that crimes such as vandalism, car break-ins and bicycle thefts are down in our neighborhood. Not so for burglaries — especially in apartments. You are inviting in thieves by not locking doors, keeping windows open or leaving the door unlocked when you leave. Get used to carrying your keys, even if you're just going down the hall.

It's spring again, and we love to dine al fresco. A few helpful hints: ladies, do not hang your purse over the back of your chair, even if it has a zipper; men, keep your wallet in a breast pocket, not in the back pants pocket.

**City news:** on March 31, there was a citywide Police District Advisory Council (PDAC) meeting. Each police district — 21 in total — came with their captain, their community relations officer and five or more civilian volunteers. We heard reports from each district about the things that they are doing in their communities, for their communities.

SHCA hosts a Thanksgiving dinner for district officers and a Christmas party for children of

the district. We collect phones for abused women and the elderly and books for tots to teenagers, which are donated to shelters. We host National Night Out, an Easter egg hunt for children and many more things, thanks to our Community Relations Officer, Julie Carpenter.

The goal is to make children aware that police officers are real people and can be of actual help to them. PDAC meets once a month, each time at a different venue, and we invite community volunteers to join us any time. We meet on the last Wednesday of each month at noon. We talk about what's happening in our particular area and what to do about problems. To find out where the next meeting is and how to attend, call me at 215-922-2626.

It's important to know that the Internal Revenue Service NEVER contacts people by phone or email, only by mail through the U.S. Postal Service. Hang up — it is a scam to get your personal info.

**Marilyn Appel** has served as chair of our Sixth District's Police District Advisory Council since 1980.

## EXERCISE &amp; SOCIALIZE

Spring is here and it's time to step outdoors and consider joining one or both of these local groups for some walking and talking.

**Tuesdays and Thursdays, 8:15 a.m.**

**Walkie/Talkies** meet at Three Bears Park (Delancey Street between 2nd and 3rd Streets) for a one-hour stroll through our historic community. Anyone is welcome to participate in this non-stressful exercise-and-socialize program.

**Mondays, Wednesdays and Fridays, 8 a.m.****Philly Is Walking In The Park!**

meets at the fountain in the center of Washington Square (6th and Locust) for a half-hour, self-paced walk through our historic, beautiful park, led by neighbor Dr. Lisa Unger. All are invited to join us.



## IN MEMORIAM

**Rita Marie De Wyngaert**

We offer our condolences to former SHCA president Richard De Wyngaert for the recent death of his mother, Rita Marie De Wyngaert. She was 93 years old and leaves behind six sons, 15 grandchildren and one great-grandchild.

**William Landy**

We're sad to inform readers of the death of William Landy, who passed away on March 28 after a brave fight with a yearlong illness. He was 48 years old.

Bill served on the SHCA Board and was a block coordinator. He was also involved in the

formation of Penn's Village, which exemplified his concern for others.

A proud graduate of Penn State, Bill completed his master's degree at the University of Pennsylvania, where he helped grow the Penn Alumni Association. Bill last served as the corporate accident product manager for AXIS Capital in Princeton, New Jersey, completing a fulfilling career path in the insurance and financial service industries.

In addition to his wife, Sandra, Bill is survived by his mother, father and six siblings. Memorial contributions may be made to the National Brain Tumor Society at [www.braintumor.org](http://www.braintumor.org).

**William Landy**



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## COMMUNITY CALENDAR

## McCall School Annual Fundraiser

McCall, our neighborhood's elementary school, is having its Fourth Annual Casino Night and Silent Auction on Saturday, June 4 at 7 p.m. at the Philadelphia Marriott Downtown. This exciting gala will help raise thousands of much-needed dollars.

Everyone is invited to attend and bring a friend! Tickets start at \$65 and include food, drinks, gambling chips and entertainment.

Event sponsors are also needed. All sponsorship levels receive name and logo recognition displayed at the event, at McCall School and on the association's website. Businesses, please consider donating a gift certificate to our silent auction!

Donations are tax-deductible, as McCall Home and School Association is a designated 501(c)(3) organization.

Make donations and purchase tickets online at [www.mccallhsa.schoolauction.net/casino2016](http://www.mccallhsa.schoolauction.net/casino2016) or via mail to McCall School, 325 S. 7th Street, Philadelphia, PA 19106. Please make checks payable to "McCall Home and School Association." Donors will be listed on the website and recognized at the event.

Thank you for your continued support of our neighborhood school! For questions, please contact Laurel Landau at [president@meetingmccall.com](mailto:president@meetingmccall.com).

### Calling All Green Thumbs

#### Pennsylvania Hospital Seeking Physic Garden Volunteers

The Pennsylvania Hospital Physic Garden, a beautiful collection of medicinal plants at 800 Spruce Street, needs volunteers to weed, prune, deadhead and water. Perks include free lunch in the hospital cafeteria and \$5 parking. Scheduled workdays are on either a Monday or Thursday for two hours, from 10 a.m. to noon, from May to mid-November. Bring your own hand tools, gloves, water and a hat. For more information, contact Kate McGrann at 215-334-6111 or [kmgrann@aol.com](mailto:kmgrann@aol.com).

### Unraveling History's Mysteries

#### Landmarks' Summer Sleuths Day Camp

August 8-12 and August 15-19

Landmarks is offering a great opportunity for summer day camp right here in our own historic neighborhood. Based at the Physick and Powel Houses, it allows kids ages 5 to 12 to explore history, colonial crafts and fine art. In addition, campers take several field trips each week to places like the Magic Garden, Philadelphia History Museum and Pennsylvania Hospital. The children even cook their own snacks, including baking snickerdoodles and churning ice cream! Contact camp director Donna Baldino at 215-925-2251x5 or email [education@philalandmarks.org](mailto:education@philalandmarks.org).

### Fantastic Philly Fun

#### City Wild Summer Day Camp

Four Two-week Sessions from June 27 through August 19



City Wild is a camp for curious kids ages 10 to 13 that offers off-the-beaten-path adventures and behind-the-scenes excursions to discover nature in the urban environment. Walk across the Ben Franklin Bridge, fountain-hop down the Parkway, kayak on the Schuylkill River and discover abandoned cemeteries! Philly's full of unexpected fun and unusual places to explore.

A partnership with Camp Miquon in Roxborough facilitates afternoon activities like swimming, creating or just plain chilling. Miquon also offers before- and after-care, as well as transportation from selected Philly stops.

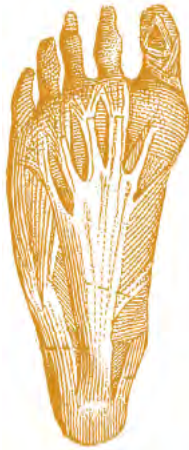
Check out [www.landhealthinstitute.org/camps](http://www.landhealthinstitute.org/camps) for the where and when of it all, as well as a very cool video!

**Follow the flush to Philadelphia's waste treatment plant!**

LET'S GET PHYSICAL

BY BRYAN KRACYIA

# That Stabbing Pain in Your Foot



**The plantar fascia is the thick band of tissue that connects the heel and the toes.**

As active Society Hillers, we take pleasure in being out and about — in our community and on our feet. Have you had a sharp pain in the heel or bottom of the foot when walking or even stepping out of bed? If so, do these symptoms persist longer and eventually begin to hinder your ability to walk for long periods or participate in your favorite recreational activities?

Sharp heel pain may be plantar fasciitis. Plantar fasciitis is the irritation of the thick band of tissue that runs along the bottom of the foot connecting the heel and your toes and supports the arch of your foot.

The plantar fascia can become tight in a variety of ways — first and foremost, by repetitive loading of the plantar fascia, leading to micro tears that don't heal due to overuse. This is common in someone who walks or runs frequently, especially for long periods of time or long distances. A second possible cause is improper footwear — as in a sneaker with no support, boots in the winter or flip-flops in the summer. A third factor may be a loss of arch in the foot. Often, it can be a combination of all the causes listed above that leads to that stabbing pain first thing in the morning.

Fortunately, there are some actions that you can take to alleviate your plantar fasciitis symptoms without the need for long-term medicines, injections or even surgery. The key is starting early, when you first notice the pain, but before it limits your ability to function. Before running (or limping) to your doctor, try these things first:

**Stretch.** Pull your toes back to stretch your calf and the arch of your foot. Hold for 30-second

increments. Perform this once an hour. Keeping the fascia extensible is paramount to avoiding the tightening of the tissue.

**Mobilize.** Place a semi-firm ball (tennis ball, racquet ball, etc.) or frozen bottle of water under the mid-portion of your foot and place your body weight on it. Gently roll the ball/bottle back and forth, from the heel to the ball of your foot. This can be done for minutes at a time throughout the day and is best performed right before bed and first thing in the morning.

**Strengthen.** Promote foot and ankle strength, and subsequent arch height, by performing some simple heel raises (going up on your tiptoes). Three rounds of 10, twice a day, will be appropriate.

Consistently perform these exercises for two to three weeks. Assess your response. If you have little to no relief, physical therapy is most likely going to be needed. A skilled physical therapist (PT) will perform a thorough evaluation to determine the precise causes for your plantar fasciitis, perform hands-on techniques and tailor a home-exercise program for you. In some cases, a shoe insert or therapeutic sock may also be utilized to bolster your therapeutic care. You can discuss this with your physician or PT.

Don't put off doing something about your plantar fascia pain until it is too far along and is affecting your daily life. Take action, resolve the problem before the nice weather rolls back around, and nip the pain in the bud — or in this case, the heel.

**Brian Kracyla** is a Doctor of Physical Therapy and is currently practicing in Washington Square at Excel Physical Therapy.

## Guide to Historic Society Hill Now Available for Purchase

If you would like to secure one or more copies, please fill out the form below and forward with a check or money order to SHCA, P.O. 63503, Philadelphia, PA 19147. Make check payable to the **Society Hill Preservation Fund**.

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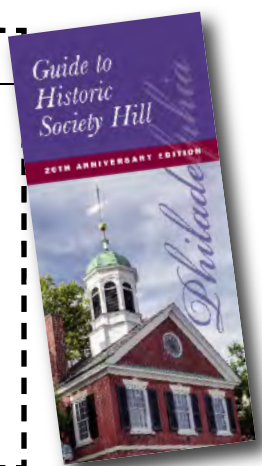
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MEMBERSHIP REPORT

BY MATT DE JULIO

# On Course to Exceed the All-Time Membership High

By early April, 1,014 Society Hill residents had either renewed their SHCA membership or joined for the first time – slightly ahead of the same time last year. We are on course to possibly exceed the all-time high of 1,103, reached last year when we beat the 2013 record of 1,068.

So far 103 new members have signed up this fiscal year – well ahead of last year at this time of only 66 – but 157 residents have not yet responded to two mailings. If you have delayed in sending in your renewal, or wish to join, please do so today.

As a special bonus this year, every member may receive a **free** copy of the recently published *Guide to Historic Society Hill*. To get yours, just email mattdejulio@aol.com and ask to be put on the distribution list. You may receive the guide electronically if you prefer that over the spiral-bound edition. An order form is included on page 28 for those who wish to purchase extra copies by mail.

We welcome each of over 3,600 households to join SHCA. Your civic association helps protect your real estate investment by funding many of our improvement projects, as well as providing subsidies to neighbors who plant trees and fix their sidewalks. We help enhance your quality of life when we advocate on your behalf regarding zoning changes, real estate taxes, crime problems and traffic issues. All of this is accomplished through the hard work of our dedicated board of directors, committee members, block coordinators and most importantly, your membership dues.

Without member dues, SHCA would cease to function. Protect your neighborhood and your real estate investment. **Sign up today!**

Email mattdejulio@aol.com with questions or comments, which will be shared with our board members, who represent every quadrant of our unique historic neighborhood.

If you have delayed in sending in your renewal, or wish to join, please do so today.

**Don't forget the extra perks of membership:**

- Discounts at participating businesses
- An extra \$100 subsidy for fixing your bricks
- A free contractor's list
- A free historic window decal for your house, along with a copy of the historic register
- Preferred pricing at social events such as the Washington Square Affair
- A free copy of the updated *Historic Guide to Society Hill*.

**Matt De Julio** is a retired publishing executive, serving SHCA as its administrator since 2001.



*Society Hill*  
CIVIC ASSOCIATION

## Membership Application

Name \_\_\_\_\_

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

Home Phone \_\_\_\_\_

Work Phone \_\_\_\_\_

Email (print clearly) \_\_\_\_\_

**IMPORTANT:** Today, most everyone communicates via email. Please be sure that we have your current email address – so that you can receive important updates between publication of our community newsletter. All SHCA emails will be judiciously screened, and rarely will we send emails more than once a week. Nor will we share your email address with anyone else. This convenient, 21st-century system helps save our civic association postage costs, while keeping you regularly informed.

**Residential Memberships**

- \$ 50 Basic Household Membership
- \$ 40 Senior/Student/Single
- \$ 100 Federal Friend
- \$ 150 Georgian Grantor
- \$ 300 Jefferson Benefactor
- \$ 500 Washington Benefactor
- \$ 1,000 Benjamin Franklin Benefactor

**Business Memberships**

- \$ 100 Institutions – 5+ employees
- \$ 60 Institutions – fewer than 5 employees

**Additional Contributions**

\$ \_\_\_\_\_ Washington Square Beautification      \$ \_\_\_\_\_ Franklin Lights

\$ \_\_\_\_\_ Sidewalk Cleaning/Graffiti Removal      \$ \_\_\_\_\_ Tree Tenders

\$ \_\_\_\_\_ Zoning and Historic Preservation      \$ \_\_\_\_\_ McCall School

Total Enclosed \$ \_\_\_\_\_

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The following topics are of special interest to me. I welcome receipt of email updates on these topics.

- Clean-Up Day       Washington Square       Zoning & Historic Preservation
- Franklin Lights       Social Events       Fundraising
- Dilworth House       Property Taxes       Local Crime
- Reporter       Casino Issues      Incidents and Alerts

Please return completed application to:

**Society Hill Civic Association**, P.O. Box 63503, Philadelphia, PA 19147

## NIFTY NEIGHBORS IN MY OWN BACKYARD

BY JANE BIBERMAN

## Inside WHYY With Maggi Leydon

Since she graduated from Temple University, Maggi Leydon has done many things: driven to California in a VW van, started a legal-assistant business in Laguna Beach, worked for many law firms there and in Irvine, returned to Philadelphia, managed the development staff at the Philadelphia Museum of Art for four years and, since 1999, worked for WHYY.

“The ever-changing nature of media makes for an exciting and fast-paced culture,” says Maggi, who is the network’s director of donor relations. “Each day is different, with new experiences to offer donors and members.”

Although much of her day is taken up with administrative work, Maggi gets to attend donor events in the evening — a concert at the Kimmel Center, an opera at the Academy of Music, a preview of PBS attractions. “Work hours are long,” she admits, “but I’m always amazed how the time flies.”

WHYY has many cultural partnerships though its underwriting department, so she is also able to take advantage of the many offerings throughout the region. “I particularly enjoy the Constitution Center’s events, and I’m a big fan of Jeff Rosen,” she says. “He has elevated the Center’s mission in ways that create interest and engagement.”

For years, Maggi commuted from the Jersey shore. “In 2005, my husband, Austin Hogan, and I moved back to Philadelphia because I was heading up a WHYY capital campaign,” she explains. “I knew that we needed a place that would be more convenient. We also loved the vibrancy of the city. Abbotts Square provided us with a great location and wonderful amenities.” Now widowed, Maggi shares her home with Jasper, a cat she rescued from Morris Animal Refuge.

A WHYY enthusiast myself, I asked her whether “Downton Abbey” had raised the network’s profile. “Not only raised it, but brought in many new members and donors who never watched PBS programming prior to the show,” says Maggi. She reveals that author Julian Fellowes is writing a new series whose working title is “Belgravia.”

I also learned that Terry Gross, her Society Hill neighbor, has the most popular show after the news. “Fresh Air” now airs on over 624 public-media stations across the country. Her podcasts are equally popular. “Terry is the hardest-



Maggi Leydon

working interviewer I’ve ever met,” says Maggi. “Her attention to detail before each interview is incredible. We strive to have Terry or ‘Radio Times’ host Marty Moss-Coane as our special guests at parties for major donors.” Speaking of Society Hill neighbors, Maggi adds, “Jerry Blavat is a great guy. He helps WHYY with our TV fundraising. He’s the consummate professional and very generous with his time and support of public media.”

Fundraising is not easy. “It always fascinates me when I review the data on who is listening or watching,” notes Maggi. “Did you know that only one

out of 10 people are actually members of their local public media station? The reason to support WHYY is simple. It’s your station and *your* resource. For only \$50, a basic member receives invitations to unique events, lectures, receptions and civic engagements while supporting local education for students of all ages.”

In her free time, Maggi enjoys orchestra concerts, reading (she’s a self-described news hound), movies at the Ritz theaters, eating out at neighborhood BYOBs and shopping at the Headhouse Farmers’ Market.

If she has one concern, it’s about the South Street Headhouse Business District’s plan to revitalize 2nd Street. “While I completely understand the idea of having a gathering spot, residents of my building literally have to leave their apartments when there are loud bands. This is a diminishment of the quality of life for all the people who live on the east side of 2nd between Lombard and South. That’s one reason I joined our civic association — to address these issues.”

Maggi has little time for extra-curricular activities, but she does serve on the board of Historic Fair Hill in North Philadelphia, where Lucretia Mott is buried. “When I retire, I most certainly will get involved with some additional local institutions,” she adds.

In the meantime, Maggi enjoys a bit of pastoral life not far from WHYY headquarters. “Many times, I walk home from work on North 6th Street, through Washington Square. I’ll stop and just sit and enjoy the beautiful park.”

---

**Jane Biberman**, former editor of *Inside Magazine*, is a freelance writer who has contributed to a variety of publications.

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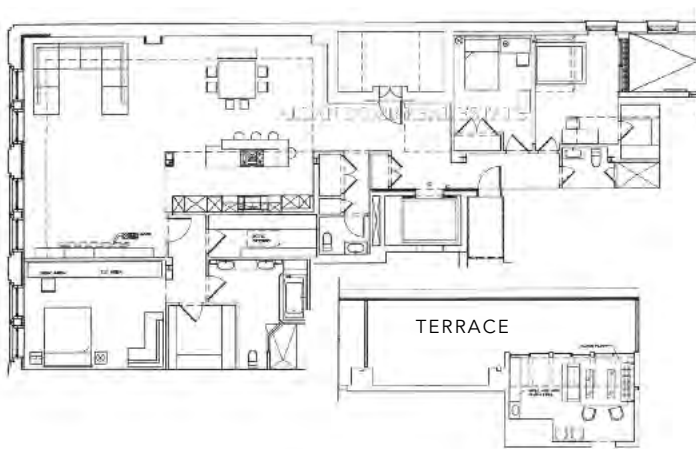


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