Come Talk About Our Proposed Bylaws

OPEN MEMBERSHIP MEETING

Tuesday, Jan. 20, 6:30 p.m.
Summit Church Parlor Room, 6757 Greene St.
For info or to RSVP: lisah43@comcast.net

See the proposed bylaws and post your comments online at **www.weaversway.coop/bylaws.** You can also email Lisa Hogan with your feedback at **lisah43@comcast.net.**

Members who would prefer a paper copy of the proposed bylaws can get one from the Membership office. Contact Membership Coordinator Kirsten Bernal at **kirsten@weaversway.coop** or **215-843-2350, ext. 119**.

We'll also be holding a focus group Monday, Jan. 12, in Mt. Airy. Look for your invitation!

Ready to Run for the Board?

Here are some dates you should know:

Tuesday, Jan. 6, or Tuesday, Feb. 3: Attend a Weavers Way Board meeting.

Thursday, Jan. 8, or Thursday, Jan. 29: Attend an information session for prospective Board members.

Feb. 27: Candidate applications due.

For more info, see the story on Page 22, or visit www.weaversway.coop/board-elections.

The Shuttle

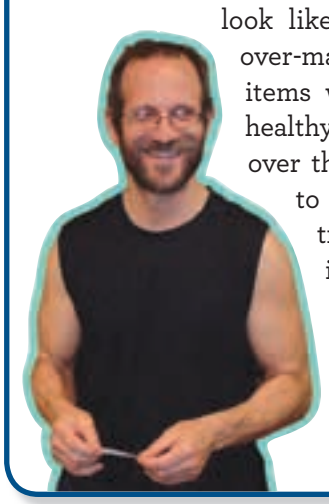
January 2015 Vol. 43 No. 1

Community-Owned Food Markets Open to Everyone

Norman Says:

WEAVERS WAY COMMUNITY PROGRAMS Board President Mira Rabin asked me to write something urging members to donate the cash portion of their patronage rebate to WWCP.

I'm interested in seeing people eat healthy food. After 40 years of participating in and thinking about our food system, I've concluded we have a very unhealthy system, and I've started to envision what a healthy food system would look like. I'm pretty sure it doesn't look like 40,000 over-packaged, over-marketed, over-produced items with many questionably healthy ingredients from all over the world being shlepped to large supermarkets in tractor-trailers. I think it looks more like when there were Victory Gardens and most people were involved in growing some of their food, within walking distance of where they lived.



Our future is probably dependent on drastically changing our food system for the better, and WWCP is actively making that happen. WWCP teaches kids to farm and work cooperatively and understand nutrition. In addition, WWCP programs help implement Co-op values, such as supporting a local food supply, achieving diversity and people working together in pursuit of health, educating our community in healthy growing and eating and providing programs that aid self-empowerment.

WWCP is funded by grants and donations and the Weavers Way member rebate really helps.

Please join me in donating the cash portion of your rebate to WWCP, which you can do as part of your regular shopping. When the cashier asks how you want your rebate, you can say, "Donate to WWCP." WWCP is a 501(c)3 so if you deduct charitable donations, add this receipt to your pile.

Thanks.

normanb@weaversway.coop

With Weavers Way Member Rebate, Cashier Pays YOU

by Nancy Pontone, Weavers Way Controller

LAST MONTH, THE WEAVERS WAY BOARD announced a $300,000 patronage rebate to eligible member-owners based on profits earned in the fiscal year that ended June 30, 2014.

Now it's January and the patronage rebate is available! Member-owners can celebrate the New Year by collecting their rebates at any cash register.

The $300,000 will be distributed to member-owners as follows:

- 30 percent in cash.
- 20 percent credited to the member-owner's regular equity account.
- 50 percent credited to the member-owner's reserve equity account.

The 30 percent cash portion of the rebate is

(Continued on Page 7)

Introducing the 'Food For All' Food Access Program

by Rebecca Torpie, Weavers Way Marketing Director

WE ARE EXCITED AND PROUD TO ANNOUNCE THE LAUNCH of Food For All, our new discounting initiative designed to put more good food and eco-friendly products in the hands of more members of our community, beginning Jan. 2.

Food For All offers Weavers Way members eligible for SNAP, WIC, TANF or Medicaid an automatic 10 percent off nearly all items.

We believe it is important that everybody have better access to everything in their shopping basket. The Food for All discount applies to items beyond what SNAP and WIC cover, from prepared foods in the deli to pet food and the high-quality sustainably produced bath and body products available at Weavers Way Across the Way and Weavers Way Next Door. (Exceptions are items like SEPTA tokens and newspapers.)

Internally, we wrestled with whether or not we should open the Food For All program to non-members. Ultimately, we decided that we wanted to be as inclusive as possible while still focusing on increasing Co-op membership and enhancing its benefits. So the program is for Weavers Way member-owners only. However, to insure that the Co-op equity investment isn't a burden to struggling families, Food For All provides for a reduced minimum equity payment of $5 per year.

Food For All participants are encouraged to become work-

(Continued on Page 9)

We Want Your 2 Cents

Co-op Prices Meeting

Wednesday, Jan. 7
7:30 p.m.
Common Room
Summit Church, 6757 Greene St.

For info or to RSVP:
outreach@weaversway.coop
215-843-2350, ext. 118

Hosted by
Weavers Way Food Justice Committee

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CHANGE SERVICE REQUESTED
www.weaversway.coop
559 Carpenter Lane, Philadelphia, PA 19119
Weavers Way Cooperative Association

Nina Berryman photo

Farmer Emma Dosch and the turnip harvest

Editor's Note

by Mary Sweeten, Editor
Weavers Way Shuttle

AND NOW, A FEW WORDS ABOUT TURNIPS.

I really like turnips. Radishes are good, but you can never tell with a radish. It might be yum, or it might burn your lips off. Turnips are never hot and they're always sweet — at least the ones we have at the Co-op this winter, grown on our farm and some of them as big as softballs.

Now, before you think I'm going all Thomas Hardy* on you, don't forget that turnips are high in fiber, potassium and Vitamin C. Wikipedia also tells me that there are folks who are genetically extra sensitive to the stinky stuff in all the cruciferous vegetables, including turnips, which explains why some people are truly horrified when I hand them one.

And like all the popular crucifers (are you paying attention, Kale People?) turnips are full of antioxidants. They also have more sugars than most. They're actually considered high glycemic, if you're counting. Told you they were delicious.

So, if, like me, you're recovering from holiday overindulgence, you could do worse than to make a snack of raw turnip strips, or slice some into mashed potatoes, or just boil and butter them — wait, this isn't helping — especially if you buy them at the Co-op, where members get 5 percent off Weavers Way Farms produce. Yes! Great produce! In the dead of winter!

msweeten@weaversway.coop

** What poor Tess of the d'Urbervilles is digging up in the driving rain is probably rutabagas, a/k/a "swede turnips." We have those too, though they aren't Weavers Way-grown.*

The Shuttle is published by Weavers Way Cooperative Association.

Statement of Policy

The Shuttle provides information about co-ops, healthy food and other matters of interest to Weavers Way members as consumers and citizens.

Weavers Way members are welcome to submit articles or Letters to the Editor. Editorial copy is due the 10th of the month before publication, e.g. Dec. 10 for January. Articles should be 500 words or less; letters should be 200 words or less. Articles express the views of the writers and not those of the Co-op or its Board, unless identified as such. No anonymous material will be published, and all submissions must include an email or phone number for verification. The Shuttle retains the right to edit or refuse any article or Letter to the Editor. Submit to **editor@weaversway.coop**.

Advertising

Advertising for each issue is due the 1st of the preceding month, e.g. Dec. 1 for January.

Ad rates are available at our stores, online at www.weaversway.coop/shuttle, via email at advertising@weaversway.coop or by calling 215-843-2350, ext. 117. Advertised products or services may not be construed as endorsed by Weavers Way Co-op.

Weavers Way Board

The Weavers Way Board of Directors represents member-owners' interests in the operation of the stores and the broader vision of the Co-op.

For more information about board governance and policies, visit www.weaversway.coop. Board members' email addresses are at www. weaversway.coop/board-directors, or contact the Board administrator at boardadmin@weaversway.coop or 215-843-2350, ext. 118.

The Shuttle is printed on 100% recycled paper.

What's in Store at Weavers Way

Five Things

Five Things is a service of Weavers Way.

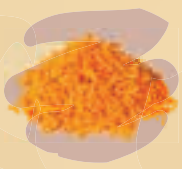
Because there's nothing that can't be improved by bringing something you bought at the Co-op!

To Make the Perfect Chili!

You've seen it happen before when you've put the chili-making task in the wrong hands. It must be made exactly right. The mantra this year: be prepared, don't skimp, follow the rules and it'll be a win-win for everyone.

1. **Koch's Ground Turkey** – Thanksgiving was just the amuse bouche. Now's the time to take turkey seriously. No antibiotics, certified humanely raised and handled. White or dark meats.

2. **Cheese** – Microplane or box grater? That is the question. We'll let you duke that one out, but the fact of the matter is cheese is a requirement for quality chili. We're not even going to suggest a certain kind because the choice is so consequential.



3. **Frontier Spices** – A little bit of this, a little bit of that. It really does come down to the subtleties of flavor, doesn't it? Buying your spices in bulk means you buy just what you need – so you always have the freshest, spiciest spice treasure trove around. Feel extra zesty about supporting Frontier, too. They're a co-op.

4. **Fage Greek Yogurt** - Forget the sour cream this time. Add a little plain Greek yogurt to your culinary masterpiece. They won't know what's different, just that it's better. Works great with your favorite French onion soup mix dip too.

5. **Litelife Smart Ground Original Crumbles** – Even vegans and veggies like a good chili. And these crumbles are GMO-, soy- and moo-free. You might actually feel a little guilty eating it because it tastes like the real thing.

On the Shelves

Sorting Out the Fire-Cider Storm

by Karen Plourde, Weavers Way Chestnut Hill Grocery Staff

THAT WONDROUS ELIXIR KNOWN AS **Fire Cider** arrived at Weavers Way Next Door and Across the Way last fall, all bite and tang and vinegar, and I was hooked right away, as were plenty of other people. Next Door staffer Molly Weisberg told me a shopper bought 23 bottles in one day to give to family and friends. So everybody's happy, right?

Wrong. Seems lower-case "fire cider," as in apple cider vinegar mixed with honey and other ingredients that are good for what ails you, has been around a long while. But the folks at Shire City Herbals ticked off a number of fellow herbalists by trademarking the term and then threatening to go after any other makers of what they claim is their invention. (You might put it right up there with trademarking "kombucha.")

These developments have created a quandary for the staff at both wellness locations. Some Co-op members and shoppers think refusing to carry Shire City's Fire Cider is the best way to show support for the entire herbal community. Next Door staffer Chris Mallam believes the controversy is good for all concerned, because it shines a spotlight on the product from which both Shire City and other fire-cider makers can benefit.

For my part, I hope the stuff stays around, under whatever name or names it's given. In the meantime, if you're a fan, it might behoove you to pick up an extra bottle, just in case.

Elsewhere at the Co-op

MA Deli: Roaring Brook Dairy from Chappaqua, NY, has a line of cheese- and butter-making kits designed to battle the winter doldrums in a productive way. The chevre and mozzarella cheesemaking kits need goats' milk and whole or 2-percent milk, respectively; the butter kit requires only a pint of heavy cream.

Adding beer to the cheese you create may seem risky. Now it's unnecessary, thanks to the dip-makers at Bath, PA's, **Key Ingredient Market**. They've teamed up with **Victory Brewing** in Downingtown, PA, to offer a trio of cheddar spreads, each infused with one of their tasty beers. **Headwaters Cheddar** dip is creamy and curryish, with splashes of Victory's Headwaters IPA. **Golden Monkey** is rich and savory, with notes of the high-octane Belgian-style trippel of the same name. And **Hop Devil** kicks it up with jalapenos, chipotles and a sprinkling of bold and spicy IPA. They're in the deli in both stores.

MA Grocery: We're not done with Victory yet. They've also lent their name and yet another variety of beer to **Righteous Felon**, a "jerky cartel" out of West Chester, PA. **Victorious B.I.G.** jerky carries the flavor of Victory Storm King stout along with a burst of black pepper. You can also find Righteous' **Habanero Escobar** jerky at Carpenter Lane.

CH Grocery: For a sweet finish to all this savoriness, pick up some **Alter Eco** chocolate truffles. Alter Eco is committed to sustainability all along the supply chain and to ethical relationships with small-scale farmers. The Hill has dark chocolate, milk chocolate, sea salt and salted caramel. One at a time, now — and make them last.

kplourde@weaversway.coop

CELEBRATING weavers way coop CHEESE OF THE MONTH JANUARY

King's Creamery Blue Cheese
Conebella Horseradish Cheddar
Conebella Smoked Jalapeno Cheddar

$1 off per pound

Philadelphia sports fans have the reputation of being fiercely loyal to Philly teams.
In keeping with the local loyalty theme Weavers Way recommends using local cheeses for your game-day snacks.
The following recipes feature some of our favorites.

Blue Cheese Dressing

- 1 cup mayonnaise
- 1 cup sour cream
- 1 teaspoon Worcestershire sauce
- ½ cup crumbled **Kings Creamery Blue Cheese**
- Black pepper to taste
- Milk to thin a bit as needed

Whisk the first 3 ingredients until smooth, then fold in the crumbled blue cheese. Sprinkle on some pepper and add a bit of milk to thin if necessary — but keep thick enough to stick to the carrots and celery and wings!

London Broil Sliders

- 6 oz. cooked London broil, sliced
- ½ small onion, sliced thin
- 1 tbls. butter or olive oil
- 4 oz. **Conebella Horseradish Cheddar**, shredded
- 4 Le Bus stirato rolls, sliced in half

Saute onions in butter or oil over low heat until lightly browned. Add London broil and heat through. Top with shredded cheese to melt. Divide among the 4 rolls.

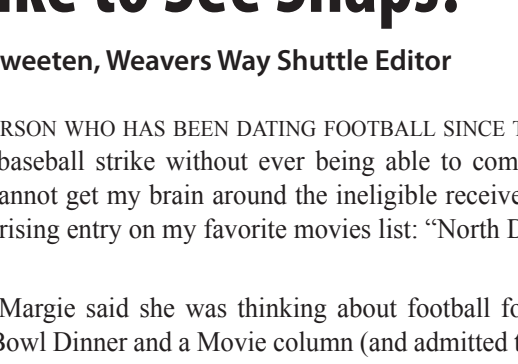
Weavers Way Nachos

The butternut squash chips add an unexpected sweetness that balances well with the smokiness and heat of the cheddar.

- 1 bag organic Butternut Squash tortilla chips
- 1-14 oz. container Better Bean Three Sisters Chili (or any favorite chili)
- 8 ounces **Conebella Smoked Jalapeno Cheddar,** shredded
- 2 scallions, sliced thin
- 1 small container sour cream
- 1 lime, zested and juiced
- 1 tbls. chopped fresh cilantro

Heat chili. Mix sour cream with zest and juice.

On an ovenproof pan, layer half the tortilla chips, then half the chili, then half the cheese. Repeat with remaining chips, chili and cheese.



Heat in a 350-degree oven until the cheese is melted and bubbly, about 5 minutes.

Remove from oven and transfer to a serving dish (or just serve in the ovenproof pan). Top with a spoonful of lime sour cream and sprinkle with scallions and cilantro.

Dinner and a Movie

Between McMenamin's and Your Couch, Why Hike to See Snaps?

by Margie Felton, Weavers Way Mt. Airy Deli Manager

IT IS WINTER AND I TRY TO BLOCK IT OUT BUT I keep hearing about football. So I am giving in. Even if I don't enjoy watching "the game," I do enjoy the food that goes with it. (See the cheese of the month article for Game food recipes and cheese sales.) So this month's theme is football and food and I am adding in local for the local teams and where does all this come together perfectly? McMenamins! Mt. Airy's favorite sports bar has eight screens, a fantastic and ever-changing beer selection and great food. The atmosphere is welcoming to all. The bar is bursting with the local crowd and the dining room fills with families, friends and couples on dates.

In most bars, I would suggest sticking with the typical snacks, like burgers, wings and fries. And these are all winners, but at McMenamins you can be more adventurous. There are specials that change each Friday, including homemade soups and chowders, healthy salads, seasonal entrees and interesting appetizers, and it is a mistake to pass them by.

I have eaten at McMenamins many times over the years and have daringly ordered lamb chops, escargot, chicken and biscuits and a variety of salads and pasta dishes and all were excellent. On a recent visit, a friend ordered a rich, flavorful seafood pot pie with the flakiest pastry crust I have ever tasted.

This great food is created by co-op member and Chef Peter Kaiser. Peter's culinary training started in high school at Central Montgomery Tech in Norristown and then continued at the Culinary Institute of America in Hyde Park, NY. After graduation he returned to the area working in Montgomery County restaurants and as the executive chef at the Valley Green Inn on Forbidden Drive. In July 2008, right before the World Series, PJ, the owner of McMenamins and friend of Peter's, called and offered him the job as chef.

I asked Peter if he had a cooking/food philosophy. He said No. 1 is seasonal cooking. The menu changes weekly but is influenced by what is in season and at its freshest each week. He uses local ingredients when possible. His second focus is to take traditional dishes and add a creative twist. He mentioned a version of shepherd's pie using grits and barbecue instead of mashed potatoes and ground meat. I asked him to please call me the next time that dish is on the menu!

Whether or not you are a sports fan, McMenamins is a great place for food, beer and cheering on the local teams.

McMenamin's Tavern
7170 Germantown Ave.
215-247-9920

Monday-Saturday, 11:30 a.m.-2 a.m.
Sunday, 4 p.m.-1 a.m.

margie@weaversway.coop

by Mary Sweeten, Weavers Way Shuttle Editor

AS A PERSON WHO HAS BEEN DATING FOOTBALL SINCE THE 1994 baseball strike without ever being able to commit because I cannot get my brain around the ineligible receiver, I have a surprising entry on my favorite movies list: "North Dallas Forty."

When Margie said she was thinking about football for a pre-Super Bowl Dinner and a Movie column (and admitted that "Invincible" put her right to sleep), I suggested she check out the 1979 Nick Nolte dramedy. And then I decided to watch it again to see if it holds up. Which, amazingly, it does.

It's not just that Nolte, as the creaky, pain-pill-popping wide receiver, is still young and pretty. (Even Charles Durning looks good!) It turns out that this paranoid fable of players getting used up and thrown away by management still resonates. Traumatic brain injury, anyone?

Plus, it reminds us why we can't stand the Cowboys.

- I also like "Harvard Beats Yale 29-29," the 2008 documentary about a 1968 Ivy League game. Still reading? Tommy Lee Jones played for the Crimson.
- Margie's picks are "Remember the Titans" (2000, Denzel integrates football) and "Silver Linings Playbook" (2012), which is actually a dance movie disguised as a football movie and of course features local heroes such as Bradley Cooper, the Lansdowne Theater and the Llanerch Diner.
- Weavers Way Art Director Annette Aloe did not sleep through "Invincible" (2006), the Vince Papale inspirational starring Mark Wahlberg, and it's not even about her Steelers. She also recommends "Brian's Song" (1971). Spoiler alert: Crying.

All these titles are available from Amazon Instant Video. "Silver Linings Playbook" is available to stream on Netflix, and "Remember the Titans" and "Brian's Song" are on Netflix DVD only.

msweeten@weaversway.coop

Weavers Way Community Programs

Heartfelt Thanks to Our Donors

Weavers Way Community Programs is incredibly grateful to all those who have recently supported our fundraising efforts. Our budget for the current year is $361,633 — a lean budget to support four robust programs and six mighty and committed staff people. Without the generosity of individuals, foundations and local businesses, WWCP wouldn't be able to provide crucial farm and nutrition education programs to children, youth and families in our community. Many thanks to all of you who make our work possible.

Check back next month for a report on the success of our year-end campaign! ***— Jill Fink***

Foundation Support (July-December 2014)

Church of St. Martin-in-the-Fields
$1,400 for the Hope Garden at Stenton Family Manor

Claneil Foundation
$7,000 for general operating support

The Douty Foundation
$4,000 for the Hope Garden at Stenton Family Manor

Drumcliff Foundation
$10,000 to pilot a program for students with autism/ID at MLK High School

The Samuel Fels Fund
$10,000 for the Hope Garden at Stenton Family Manor

First Hospital Foundation
$40,000 for the Hope Garden at Stenton Family Manor (parent/family programs)

The Lida Foundation (Linda & David Glickstein)
$2,000 for general operating support

Hilda Mullen Family Foundation
$30,000 for general operating support in honor of Mira Rabin

Nararo Foundation
$30,000 for general operating support

The Nature Conservancy
$4,000 for youth leadership programming at Saul High School

The Leo & Peggy Pierce Family Foundation
$15,000 for general operating support

RSF Social Finance
$9,500 for the Hope Garden at Stenton Family Manor (parent/family programs)

Seybert Foundation
$4,000 for general operating support

Union Benevolent Association
$1,900 for general operating support

Henrietta Tower Wurts Memorial Fund
$4,000 for general operating support

Dover Quartet cellist Camden Shaw, above, discovers his inner collagist as he and WWCP apprentice Sarit Luban, right, work with Garden Club members.

Making Friends and Music . . .

by Jill Fink, Executive Director, Weavers Way Community Programs

On a dark, frigid evening in December, a group of young musicians, the Dover Quartet, brought warmth, light, and Beethoven to the residents of Stenton Family Manor.

Here's how it came about: A few months ago, I was approached by Erik Petersons, Education and Outreach Director for the Philadelphia Chamber Music Society, Weavers Way member and WWCP volunteer. Erik was planning the second annual "Music for Food" concert for PCMS's 2014-2015 season and asked if WWCP would be interested in partnering to raise funds for our garden and nutrition program at Stenton.

"WWCP has a vision for supporting families and nourishing souls through their work of growing and sharing food together," Erik explained. "This made them an ideal recipient for Music for Food's fundraiser at Dover's concert with the Philadelphia Chamber Music Society."

The Dover Quartet, Curtis graduates who catapulted to international stardom following a sweep of the 2013 Banff International String Quartet Competition, has become one of the most in-demand ensembles in the world. Described by The New Yorker as "the young American string quartet of the moment," the quartet comprises violinists Bryan Lee and Joel Link, cellist Camden Shaw and violist Milena Pajaro-van de Stadt.

Given their accomplishments, I felt honored that Dover would perform a concert to benefit WWCP. That they also took time from their busy tour and rehearsal schedule to visit Stenton, the city's largest shelter for homeless families, is a true testament to their dedication to share their music with underserved communities.

"I was instantly drawn to Music for Food because it literally and in a very physical way helps do what we all know music does — nourish us," Milena said.

(Continued on Next Page)

In the office.
In the kitchen.
In the driveway.

WHYY. Every day. Everywhere.

When you listen to **WHYY-FM** in the weeks to come, you'll hear 30-second episodes from our seasonal radio series that celebrates your **everyday moments** of learning and laughing with WHYY. We're releasing one a week on air, but you can check out the full archive anytime at **WHYY.org/everyday**.

WHYY

PHILOMUSICA CHORALE
GAYLE WIEAND, ARTISTIC DIRECTOR

SHADOWS

Saturday, January 24th at 7:30 pm
Sunday, January 25th at 4:00 pm

Christ's Lutheran Church
700 Pennsylvania Avenue
Oreland, PA

Tickets are available at PhilomusicaChorale.org
Advance tickets: $20 / $17 seniors, $12 students
At the door, all tickets $25 (215) 247-1283

Support provided by:
PECO
Pennsylvania Arts

Weavers Way Community Programs

Photos by John Barone

Dover Quartet violist Milena Pajaro-van de Stadt dicusses a project with an enthusiastic Garden Club member, below, and poses a question about her bow, below left, before adjourning to the music stands for the mini-concert.

. . . Dover Quartet Visits Stenton Family Manor Garden Club

(Continued from Preceding Page)

"The chance to connect musical nourishment of the soul with actually feeding people in need is so exciting and fulfilling."

And so, on Dec. 8, on the eve of their sold-out Chamber Music Society performance at the American Philosophical Society — the Dover Quartet arrived at Stenton, not only to perform, but to first take part in WWCP's Garden Club activity with the kids.

Sixteen young residents eagerly participated in a lesson on the many different items that come from trees — including violins, violas and cellos — and then made collages together.

Asked by Milena what they thought the bowstrings were made of (and given the hint that it comes from an animal), one enthusiastic student shouted "a bear!" — only to be mildly disappointed to find that it was actually just the hair from a horse's tail.

As the lesson came to an end, the excitement of having visitors made it a bit of a challenge to get the kids into their seats, yet the moment the music began, they were mesmerized.

"It was really fun to see how quickly the Dover Quartet connected with the kids at the Stenton Manor through their music," Petersons said. "They took time to discuss the emotions the music invoked and answered questions."

The kids wanted to know how old they were when they started playing and if they got to travel to other cities to play. As the music continued, a few parents joined as well.

"We were all immensely moved by our experience at Stenton Manor," Milena said. "It is such a special place, and the kids (and the few moms who were there too!) were amazingly receptive and sweet the entire time.

"We would love to come back in the spring and see what they've been working on!"

The formal concert Dec. 9 raised $2,400 from audience members, PCMS, Music for Food, and the Dover Quartet.

Music for Food was launched in 2010 by violist Kim Kashkashian as a concert series to help relieve food insecurity in the Boston area. Five seasons later, the organization's model has been adopted in other communities, resulting in benefit concerts by more than 75 international musicians who use their artistry to further social justice. Learn more at www.musicforfoodboston.org

For more photos (courtesy of John Barone Photography), visit WWCP's Facebook page. Read more about the Dover Quartet at www.doverquartet.com.

jill@weaversway.coop

SCH ACADEMY'S

Camp Fair

Saturday, January 31

11 am-2 pm (Snow Date: Feb. 8)

GEAR UP FOR SUMMER

at your one-stop resource for kids

FREE ADMISSION & PARKING

90 + local, regional, national & international camps of all kinds, including adventure, travel, arts & sports

Options for every budget

Large selection for teens & younger kids

Camp representatives available to talk one-on-one

Food & entertainment throughout the day

For more information & directions, visit

SCH.ORG/CAMPFAIR

SPRINGSIDE CHESTNUT HILL ACADEMY

Willow Grove Gym Complex | 500 W. Willow Grove Avenue

Philadelphia 19118 | 215-247-4700

Morris Arboretum

Photo: Bekka Schultz

Get Outside!

Kids Visit FREE in January

Valid January 2 - 31, 2015

Open daily 10am - 4pm

Morris Arboretum

University of Pennsylvania

For more information visit:

www.morrisarboretum.org

100 E. Northwestern Avenue, Philadelphia, PA 19118 • 215.247.5777

General Manager's Corner

Let's Advocate for a Soda Tax

by Glenn Bergman, Weavers Way General Manager

I MENTIONED IN MY COLUMN A FEW months ago the need to plan for advocacy work at Weavers Way. We want to support many causes, but we have to plan what we can do and what we can do well for you and the community. One item that I want to advocate for is a tax on soda.

Last year, there was a major victory to report in this area: The city of Berkeley, CA, passed a 1-cent-per-ounce tax on soda and other sugary drinks. And it wasn't even close — more than three-quarters of Berkeley voters supported this sensible public-health measure. In San Francisco, a solid majority (55 percent) supported an even higher (2 cents per ounce) tax, but that measure required a two-thirds supermajority. But it surely sent a shudder up the spine of Big Soda, which outspent San Francisco advocates 30 to 1.

We tried a few years ago to do this in Philadelphia. Now I hope that all over Pennsylvania, legislators will see how they can make a dent in soda-related diseases AND raise money for desperately needed health programs or schools.

How can you help? Ask your member of Congress to support the SWEET Act — the federal tax on soda and other sugary drinks sponsored by U.S. Rep. Rosa DeLauro (D-CT). Write to your City Councilperson.

Check out Marion Nestle's website, www.foodpolitics.com. Nestle is the well known nutritionist from New York University who has written on the money behind soda in grocery stores. When we talk about getting food into "food deserts," we should not be setting up a conduit for sugar and processed foods. Linear feet of soda shelf space should be controlled by legislation or by the Health Department or L&I.

A food desert is still a food desert when sugar and processed foods are the main ingredient.

Support efforts of the Food Trust, the Health Department in Philadelphia, and the urban gardening movement at the Pennsylvania Horticultural Society to help change this paradigm. Weavers Way will continue to support only a few soda products. Drink Philadelphia water — it is much better for you, and cheaper.

Food For All

In this issue of the Shuttle you will read about the Food For All program. Over the last few years, we have heard many concerns from Co-op owners about the price of food at Weavers Way. Other co-ops around the country already have programs to help those on public assistance (e.g., SNAP, WIC, SSI disability). At Greenstar in Ithaca, NY, they call it their "FLOWER" program. At Wild Oats in Williamstown, MA, and at City market/Onion River in Burlington, VT., they call it "Food for All." That's the name we decided to steal!

So I am pleased to introduce to you the Weavers Way Food For All program, starting Jan. 1, to help those on public assistance who shop at Weavers Way. Food For All provides a 10 percent discount on purchases and a reduced equity payment for those who qualify. Our Membership Coordinator will oversee the program and we will report on it to the Board and owners as we grow it over the next few years.

Patronage Rebate

Another important article for you to read in this issue is about the patronage rebate declared by the Weavers Way Board in October. The rebate is based on sales of about $20 million in fiscal 2014, before discounting, and profit of over $400,000. The Board approved $300,000 to be returned to members in cash and equity, again starting Jan. 1.

So come into the store this month to pick up your cash, use it for purchases, donate it to Weavers Way Community Programs or use it to increase your equity in the Co-op. Whatever your choice, get it done in January!

The patronage rebate is unique to co-ops. In a consumer co-op like Weavers Way, when we make a profit it does not go to my boat payment (if I had a boat), or my wine and whiskey habit (which I do have), or to expensive dinner and travel (no way that is going to happen with our new controller); it goes back to our member-owners, lowering the Co-op's taxes and enabling us to give you some of the profit.

Co-op Food Prices Meetings

As promised a few months ago, I have scheduled meetings for members to discuss the cost of food and what can be done to lower it. We had a meeting in December and we will have a second Wednesday, Jan. 7, at Summit Church. After that, we are shooting for the first Wednesday of the month. Contact Outreach Coordinator Bettina de Caumette (outreach@weaversway.coop or 215-843-2350, ext. 118) if you are interested or want more information.

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Cooperatively Philadelphia

Weavers Way Board members Chris Hill and Margaret Lenzi are among the inaugural board of directors of the Philadelphia Area Cooperative Alliance. Elected in November were, from left: Hill (Weavers Way), Mo Manklang (Kensington Community Food Co-op), Esteban Kelly (Life Center Association), Krystal Eason (Energy Co-op), Jamila Medley (Mariposa Food Co-op), Lenzi (Weavers Way), John Wieme (Energy Co-op), Teresa Mansell (Childspace Management Group). Not pictured: Susan Kavchok (Childspace)

Founded in 2013, PACA is both a co-op of a wide variety of cooperative businesses and a nonprofit, and is dedicated to growing the cooperative economy in the Philadelphia area. For more info: www.philadelphia.coop.

Patronage Rebate

(Continued from Page 1)

the largest cash percentage returned in Weavers Way's history. It is more than the 20 percent required by the IRS and represents $90,000 total.

The amount each member-owner receives is based on the amount of each household's spending during fiscal 2014 (July 1, 2013-June 30, 2014). Members are eligible for a rebate if their equity payments were current as of Oct. 2, 2014, when the Board authorized the rebate.

IS YOUR EMAIL UP TO DATE?

Check **members@weaversway.coop** and click "Edit Cooperators" under your household.

Eligible member-owners will be notified by email of the total amount of their rebate and the amount in each category: cash, regular equity and reserve equity. (Regular equity is returned to owners if and when they leave the Co-op. Reserve equity is returned only if the Co-op is dissolved. Equity helps to keep the Co-op financially strong and is an important part of our overall success.)

There are several ways members can can redeem the cash portion of the rebate at the register:

- Use it toward grocery purchases.
- Take it in cash.
- Make a tax-deductible donation to the nonprofit Weavers Way Community Programs.
- Add it to regular equity.

Adding to regular equity will get member-owners closer to their $400 membership equity cap. (Regular annual payments will still be due until the full $400 investment is reached.) Member-owners are encouraged to add to their regular equity, even if they have already reached their $400 cap. This is a way to support the Co-op; equity helps keep Weavers Way in sound financial condition.

Whatever way member-owners decide to claim the cash portion of their rebate, they need to come into the Co-op to claim it soon. Patronage rebates are available for a limited period of time. If member-owners do not claim the 30 percent cash portion within the timeframe, Weavers Way must restate the entire amount (100 percent) of the member-owner's rebate as taxable income and pay taxes on it in 2015! Member-owners lose both the regular and reserve equity portions of their rebate as well as the cash portion.

So hurry into the Co-op and claim your patronage rebate now!

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DON'T FORGET YOUR PATRONAGE REBATE.
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Pick it up in January!

The Weavers Way Pricing Conundrum

by Nathea Lee, Founder & Co-Chair, Weavers Way Food Justice Committee

weavers way coop
Food Justice Committee

How much are your values worth? If you're anything like me, you really like owning a successful grocery store, supporting local farmers and vendors who care about their employees, choosing from a variety of high-quality food options, striking a blow against capitalism and knowing that the folks who work at your store are paid an honest wage and have generous benefits. The idea that what you think impacts operations is important to you.

For the past few weeks, I've been tracking my spending at the Co-op and reminding myself of why I joined Weavers Way. I could probably save money if I shopped at the Acme or Pathmark. Both are an easy walk from my house. They're big and bright and clean. They have plenty of variety and good prices. Of course, they don't sell the tofu that I like or the gingersnap granola and I certainly can't get a falafel wrap. They have those soulless self-checkout stations and not enough of the produce is organic or local for my taste. I hardly ever see anyone I know at those stores. The staffers don't know me or greet me. I don't get warm smiles. I don't feel like it matters whether or not I shop there. I don't get invited to meetings or movies and no one's ever encouraged me to join the Board of Directors! I've never poured champagne on New Year's Eve at Acme or Pathmark, either.

Still, I do wonder about the prices at the Co-op. Does it really have to be so darn expensive? What about folks from low-income households who share my values around wholesome food and community? Could I have afforded the Co-op when I was a single mother raising my family? Is there more the Co-op can do to be accessible for low-income families and individuals on fixed incomes?

Last month, the Food Justice Committee co-sponsored a conversation led by General Manager Glenn Bergman and Purchasing Manager Norman Weiss. More than a dozen people came out to learn about pricing and brainstorm ways to make shopping at the Co-op more affordable. The conversation was tense at times, as could be expected when you're trying to balance multiple perspectives, but I expect you'll be hearing more in the coming days, weeks and months about steps the Co-op will be taking to make shopping at our stores more affordable. And there will be more meetings around pricing, so the 5,000 member households that were not represented will get a chance to join the conversation.

One of the ideas that the Food Justice Committee promoted has come to fruition — the Food For All program. (Read about it starting on Page 1.) I don't think if I and a few other folks went to the management of the Acme or the Pathmark and said we wanted them to make shopping at their stores more affordable for people with low incomes that they would have sat down and had a meeting with us and then put their staffs to work to make it happen. But that's exactly what happened at Weavers Way. My Food Justice Committee co-chair Sue Wasserkrug and other folks on the committee did some research, prepared a presentation and we sat down with Glenn to talk about it. And they took action. Food For All!

nlee626@gmail.com

Join the Conversation

Weavers Way members, including Food Justice Committee leaders, met in January in the Community Room with GM Glenn Bergman and Purchasing Manager Norman Weiss.

Next Weavers Way Prices Meeting
Wednesday, Jan. 7, 7:30 p.m.
Common Room Summit Church
6757 Greene St.

For info or to RSVP:
outreach@weaversway.coop
Hosted by the Weavers Way Food Justice Committee

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What's Up at the Co-op?

Check out our events calendar online for up-to-the-minute info on events, tastings and more.

Long-Time Member Asks: Are We Still a Co-op?

by Anne Bonn, for the Shuttle

THE LAST TWO MEMBERSHIP MEETINGS SUGGESTED to some of us a current lack of Board interest in membership input when setting the future direction of the Co-op.

There is very little cooperative about the way our organization now seems to operate. The Board makes decisions, and these decisions are then presented to the membership at the meeting to be voted on with little or no discussion. The members who come to meetings and vote do not always reflect the membership as a whole. Many older people don't go out alone at night, or may not drive at night. Other members may have work or family obligations. If the membership meeting is the only venue for a binding vote, we may be disenfranchising a lot of our members. Corporations allow stockholders to vote in absentia, and so should we.

The last two membership meetings were taken up by lots of pretty presentations (the financial fraud aside), presentations that could have been printed in the Shuttle, where they would have reached everyone, and not just the people present at the meeting. I believe that meetings should be devoted to things that cannot happen in print — i.e., discussion. The Board could then make decisions that included input from the discussions. Voting could be via computer, for the most part, and a secure ballot box in each store could serve to accommodate the votes of those members without computers.

Spending Priorities

Just because we have some extra money doesn't automatically mean we should, or need to, spend it on expansion. I don't think spending priorities have come up for discussion for a very long time. Is our main priority now to expand? Shouldn't easier access to the second floor in Mt. Airy also be a priority? As Glenn pointed out to me in a private conversation, if we put in some sort of elevator, we could amortize it over three years, to help alleviate some of the tax burden.

It's my feeling that the lack of general discussion has led to a lack of new ideas. If the same people are constantly the only ones brainstorming, the Co-op is losing the benefit of its membership's thinking capacity. Furthermore, lack of input through membership discussion removes one of the Co-op's major opportunities for true cooperation.

Pricing

I believe that the pricing issue, namely some rather high prices, is related to another issue, which is the particular products carried in the store, especially in Chestnut Hill. True, many gourmet items may be selling, but to whom? If we are now catering to whoever can pay, member or not, what's the point of belonging to the Co-op? If we didn't crowd the shelves with so many gourmet items of the same genre, five types of fig jam, for example, perhaps we'd have enough money to make larger purchases of more basic items, such as soups, Pacific Almond Milk, organic peanut butter, to name a few categories, thereby getting better wholesale prices, which in turn would enable us to offer these products for less than we do now.

I'm sure there are many things that would sell if we carried them, but that doesn't mean we should. Are we now in this only to make money or to best serve our entire community, especially our membership?

Membership

What is the point of membership these days? It seems to me that it's mainly about raising revenue. No one has to work, and those who do put in hours don't really get a significant discount.

I think we have turned into "just another store," albeit one that sells quality merchandise and values its employees. The outlook of and for the Co-op seems to have changed considerably over time, with very little membership discussion in the last couple of years. We're always talking about doing good for the neighborhoods we're in, and I think we should do good for these neighborhoods, but what about doing good for the membership?

Perhaps we need to make sure that what we do, and the direction we take, reflect a truly cooperative organization, and not simply a kinder, not necessarily less expensive version of Whole Foods.

chanib1@verizon.net

Food For All

(Continued from Page 1)

ing members and receive the 5 percent working member discount as well, for a total of 15 percent. For six hours per year per household member, working members receive their household's discount at the register — and they get the added benefit of being part of the internal workings of their Co-op and contributing to its success.

Just a reminder that that all Weavers Way members, working or non-working, can take advantage of other ways to save money. The Co-op continues to expand our 5 percent discount on Weavers Way-branded items. Deals are available on Weavers Way pickles, produce, coffee, organic snacks and now T-shirts, totes and messenger bags, mugs and reusable lunch bags — with more "merch" in the pipeline!

FOOD FOR ALL
weavers way coop
Fresh Food Within Everyone's Reach

Also, don't forget the Community Discounts that many local businesses offer Weavers Way members. Check the website at www.weaversway.coop/community-discounts, or pick up a Community Discount brochure from the Membership Office to find out which of your favorite shops and service providers take part.

We urge you to apply for Food For All. Schedule a meeting with Membership Coordinator Kirsten Bernal (member@weaversway.coop or 215-843-2350, ext. 119). Fill out the application, available online at www.weaversway.coop/foodforall, and bring it along with your SNAP or WIC documentation. All Food For All applications and transactions will be handled confidentially.

Kirsten will notify you of your acceptance into the program within two weeks. Food For All membership lasts for one year; participants must reapply every year and show proof of eligibility.

The Food For All program is being implemented in various formats and names at many co-ops around the country. But the idea is the same: an opportunity for co-ops to provide better access to high-quality food for those who need it. We thank the Weavers Way Food Justice Committee for helping us make this important commitment to our community. I invite anyone interested in such a pertinent topic for our neighborhoods and the city to join this very dynamic committee. Contact Weavers Way Outreach Coordinator Bettina de Caumette for more info: outreach@weaversway.coop or call 215-843-2350 ext. 118.

As we continue to prepare for expansion and competition, we are working hard to make our wonderful Co-op as open and accessible as possible to as many members of our community as we can. We believe Food For All will mean more people coming together to support our continually evolving cooperative. As we say, "Everyone can shop, anyone can join."

For more information, visit www.weaversway.coop/foodforall or contact Kirsten at member@weaversway.coop or 215-843-2350, ext. 119.

And, as always, we appreciate your feedback.

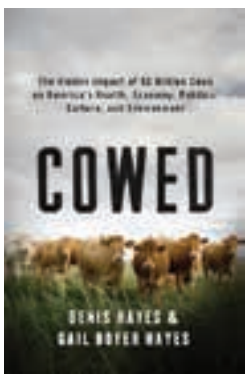
rtorpie@weaversway.coop

Authors' Beef About Beef: The Feedlot System

by Sandra Folzer, Weavers Way Environment Committee

Photo of western CAFO (Confined Animal Feeding Operation) feedlot from Socially Responsible Agricultural Project (www.sraproject.org)

RECENTLY, THE MAGAZINE GREEN AMERICAN previewed "Cowed: The Hidden Impact of 93 Million Cows on America's Health, Economy, Politics, Culture and Environment," being published in March by WW. Norton.



The authors, activist husband-and-wife team of Denis Hayes and Gail Boyer Hayes (he's a founder of Earth Day and president of he grant-making Bullitt Foundation, she's a retired environmental lawyer) describe the environmental havoc caused by confined animal feeding operations, which control most of the 93 million bovines in America. Cattle in CAFOs are confined to small areas and fed corn and soy, which are not part of their natural diet.

As Denis Hayes told the magazine, "Cows' ancestors evolved their complex stomachs eating grass, not corn. . . . The world's plains and prairies will sequester more and more carbon each year if planted with perennial grasses; when planted with annual cereals, like corn, they instead put net soil carbon into the atmosphere every year."

The Hayes' recommendation: Cut way back on beef consumption and buy grass-fed. As Denis Hayes tweeted in May" " 'Cowed' is not anti-cow. It is pro-cow with limits."

Here are some other highlights of the interview with Hayes, which you can read at www.greenamerica.org/pubs/ green american/articles/Fall2014/ too-much-bad-beef.cfm

- Just 3.2 percent of American adults are vegetarian. . . . "Cowed" is aimed at the other 97 percent. Unless we can significantly shift that vast majority who are still eating meat — often a lot of meat — we are not going to achieve enough environmental change fast enough to matter.
- We're consuming cows even when we're not eating them . . . . It's not hard to avoid jackets, shoes and belts made of leather. But cow parts are in everything from lipstick to fabric softener, and people generally don't know it.
- There aren't many economic activities more water-intensive than raising conventional beef cattle. On average, it takes 840 gallons of water to produce one pound of grain-fed beef. The Ogallala aquifer beneath many of the beef-producing states (Texas, Oklahoma, Wyoming, Kansas and Colorado and South Dakota) provides 1/3 of all ground water used in irrigation in those states and 40 percent is for growing grain fed to cattle. . . . It is estimated that the Ogallala will no longer provide water in 25 years.
- Because of the way federal subsidies operate, grass-fed, humanely raised beef is more expensive than corn-stuffed beef from miserable cows.
- As a rough rule of thumb, eating a pound of beef has a somewhat greater climate impact than burning a gallon of gasoline. . . . Overall, the climate impacts of cows stretch from the diesel machinery and fertilizer in the cornfields to the vast quantities of greenhouse gases given off by the so-called "lagoons" into which feedlots dump their poop.

environment@weaversway.coop

Get Grass-Fed At the Co-op

WEAVERS WAY SELLS GRASS-fed and "Natural" beef from N.S. Troutman (www.troutmanbeef.com), just across the Susquehanna in Freeburg, Snyder County, a mere 150 miles away,

Troutman requires its suppliers, all neighboring small farmers in central Pennsylvania, to raise their beef humanely, following good animal husbandry practices. Cattle must be raised on pasture and only fed natural rations of grass, legumes, hay and hay silage. The animals are never fattened in feedlots; growth hormones and steroids are strictly prohibited and cannot be used in food and implants. Any animal that is treated with antibiotics does not make it into Troutman's natural product line.

Grass-only beef is seasonal, available from May until December. In the winter and early spring, the cattle Troutman buys are supplemented with feed crops, but only locally grown in central Pennsylvania.

Troutman has their own slaughterhouse. They break the carcasses into primals and our meatcutters cut them into steaks and roasts and make ground beef.

Weavers Way also carries naturally raised pork and poultry. For more information, to ask questions or make a special orders, talk to Dale Kinley in Mt. Airy (dale@weaversway.coop, 215-843-2350, ext. 104) or Ron Moore in Chestnut Hill (rmoore@weaversway.coop, 215-866-9150, ext. 205).

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weavers way co-op
Did You Know?
WW Members can pre-order just about anything we do or do not carry! Just ask.

Counting the Ways Local Is Worth It

i'm local

by Stephanie Kane, Weavers Way Local Purchasing Coordinator

While the Co-op's commitment to local might be more readily apparent in the summer months, with our produce bins filled with vegetables and fruit from our very own farms and ones not too far away, winter is a great time to look at how it works, and whether it's worth it.

At Weavers Way, we devote a lot of our time to our local products. The amount of work that goes into finding these producers, ordering, managing deliveries and packing (as our wonderful working members can attest, those Noreen's brownies don't wrap themselves), is definitely more than if we just placed one order with one large distributor.

Reporting on our local sales allows us to reflect on why we do all of this. We are able to see, in dollars, the impact we have on our local economy. By looking at our sales, we can see just how much we are actually contributing to the small local producers where we not only get our produce, but also meat, cheese, baked good, yogurt, pasta, hummus — the list goes on and on.

Starting with the beginning of our fiscal year in July, through the end of November 2014, we did $2,891,704 in net sales of products from local vendors and farmers. We typically do about 30-35 percent of our store sales in local products (with seasonal variations), and this time period is right in line with that at 31.39 percent of our total sales of $9,212,028.

This also amounts to $298,356 more in local sales this year compared to the same period last year.

If you want to see those numbers in action, we have some new ways for you to shop local in Chestnut Hill. Visit the cash register in the back of the store and look for the "I'm Local — Philadelphia" display, featuring our selection of products all made right in Philadelphia. You can find John and Kira's chocolates, My House Pies, Jay's Gourmaze Cakes and Roz's Cupcakes. You'll also find locally roasted coffee from Backyard Beans and locally grown, dried and packed Tulsi Tea from Jubilee Hill Farm — both great accompaniments to all those sweet treats!

You also may have noticed the "I'm Local" bubble popping up throughout both stores over the past year. We'll be using this to highlight our local farms and producers, as well as note specials and samples.

And you can continue to check out our favorite products during Local Mondays, with a different local vendor, producer or farmer sampling each week from 4 to 7 p.m. Find out who's coming in the eNews, our Facebook page and the Weavers Way website.

As Weavers Way continues to grow, we will only be able to provide more opportunities for our vendors to grow with us.

skane@weaversway.coop

Local by the Numbers

Here's how local sales for July through November break down by department:

Department	Net Local Sales
Bakery	$416,839
Bulk	$ 18,017
Deli	$ 77,441
Floral	$ 5,201
Frozen	$ 67,350
Gen Merchandise	$ 9,761
Grocery	$119,890
Health/Beauty	$ 8,590
Meat	$412,920
Pet	$ 5,114
Prep Foods	$815,993
Produce	$461,004
Refrigerated Grocery	$427,527
Vitamin	$ 37,317

Local Sales July-November 2014: $2,891,704
Total Sales July-November 2014: $9,212,028

*Sales numbers based on Weavers Way's point-of-sale system. Due to accounting procedures for handling discounts, totals will not correspond perfectly to sales numbers in financial reports.

When It Comes To Compost, the News Is Pretty Much All Good

by Scott Blunk, Weavers Way Compost Tsar

It's time, whether I like it or not, to provide to the Tsardom a complete and concise report as to the state of the compost.

Last year, 2014, was a good year for the compost.

Here are the facts; I will toss in some funny stuff if you get through the facts.

Now, as you loyal readers will remember from last year's report, we diverted about 1,240,000 pounds of waste from landfills in 2013. The composted material was spread on the Weavers Way Farms, on the pastures at W.B. Saul High School and on over 150 other urban farms, gardens and flower beds.

That was good; 2014 was slightly different. In April, we were approached by the Philadelphia Zoo. They were frustrated with the system they had been using and could we talk. We talked, the School District talked, the students at Saul talked and the talking resulted in one of those famous MOUs, a Memorandum of Understanding. They would bring us all the herbivore and omnivore poo and pay the Henry Got Crops CSA program for the privilege and, here's the best part, they would buy it back when it was composted.

The Zoo also agreed to help with an educational component for Saul students and there is some discussion about a permanent Saul internship.

But the best part is, they pay us to dump and then they buy it back. I can't get over that, more good stuff.

So we added the Philadelphia Zoo to the partnership in 2014, and with our existing partners — Weavers Way, Bennett Compost, Earth Bread + Brewery and of course the lovely ladies in the Saul dairy barn, we diverted an estimated 1,934,000 pounds of waste from where ever it was being diverted to. Yes, that's 967 tons. And that's good.

Jess McAtamney photo

The compost site at Saul is a giant science lab. All sorts of interesting things are going on and the students are knee-deeply involved.

In the last several months, students have taken daily compost pile temperatures and compared them to the weather, charting how sun and humidity affect compost cooking.

Students have baked potatoes in the compost, tested compostable plastics and worked with an FRX analyzer, to analyze the FRXs I guess, I'll find out more and let you know in my next annual report in April.

The three 10th graders who baked the potatoes, Amani, Damier and Hanaiah, endured some rough weather conditions to complete the experiment. They searched for a hot spot to bury the sealed container with the potato in it. They dug with a post-hole digger deep into the steaming compost. They marked the tin with a flag and a retrieval rope. Here is the best part: The next morning, Damier was sent to retrieve the tin, the girls having forgotten their boots or some other excuse to get Damier to do all the work, respect to Damier. Now it just so happens that WWCP educator Tara Campbell was giving a tour of the farm to a group of 10-year-olds from AIM School, and what tour of the farm would be complete without a swing through the compost? The visitors found Damier pulling the tin with the potato in it from the compost, and a normally quiet Damier became the teacher. He talked with great poise to the group of younger students, explaining what he had been doing and why, he talked about Saul and his classes and answered questions from the curious group.

That was real good.

It is estimated that over 2,000 students from Saul and other schools have visited the compost site. That's good too. There are 575 students at Saul, and 264 have spent classroom time in and around the compost and many of these students will earn their Penn State Backyard Composter Certificate this year.

The compost yields many things — soil amendment, carbon capture, methane reduction, teachable moments, but no compost report would be complete without the list of interesting things gleaned from the pile.

In the last 12 months, I have recovered 468 pieces of flatware, some of it quite nice. I need three more forks from this one pattern to complete an eight-piece place setting. Of the 14 assorted kitchen knives, I have repatriated many to the Weavers Way kitchens and produce departments. Everyone says, "That's not ours but we'll take it." Three odd pieces of metal, one bent so creatively it has become a garden sculpture. Numerous pieces of clothing. One very nice pair of Victoria's Secret size 5, sort of a teal green, if you're missing these. I thought of putting up posters around the neighborhood. One very nice lambswool sweater my wife actually wears to work. Plastic, plastic will be the death of me. We have one regular who puts plastic bags inside compostable plastic bags, apparently in the belief that the compostable plastic has some sort of magical property that makes the non-compostable plastic compost. Lots of bamboo plates and little bamboo forks, slow to break down but I'm hopeful. Hopeful is better than frustrated.

It's really all good.

Reach Weavers Way Compost Tsar Scott Blunk at compost@weaversway.coop.

They Can Run . . .

And when the race is over, Saul High School student marathoners are still ready to help. After running the Philadelphia Marathon Nov. 23, members of Run Philly Style were out there on the farm the following Monday to receive the compostable trash from the route.

The Invisible Disability, or Keeping My Granddaughter Up All Night

by Sandra Folzer, Weavers Way Environment Committee

About a year ago, my 2-year-old granddaughter had to go the emergency room because her babysitter was wearing perfume. My granddaughter is highly allergic to many foods and sensitive to odors. She is not alone. According to the Arizona Center for Advanced Medicine, there are 74 million Americans who have some form of Multiple Chemical Sensitivity or MCS.

Recently, a Co-op member who wanted to join the Environment Committee warned me that she might not be able to stay at our meetings if other members were wearing perfume or other fragrant products. She brought a mask in case she had a bad reaction at her first meeting, but luckily, she felt fine. She says she cannot shop in most stores or be in many public places. Exposure to chemicals can cause her to have severe headaches, sore throat, fever, nausea, rashes and difficulty breathing. "And with a constant series of exposures, as there tends to be in daily life, the spiral of increasing symptoms tends to rise continuously," she said. "This is why so many of us with MCS retreat from public environments and interactions, in order to maintain any kind of stability. Accomplishing basic daily tasks becomes a significant challenge."

Another member who was a guest at a prior meeting explained, "I was born with a compromised immune system and have had several life-threatening exposures in my life. It's challenging on so many levels to have to be so hyper-vigilant . . . Histamine reactions can be as mild as brain fog and itchiness to more serious reactions as life-threatening narrowing of the airway and cessation of breathing."

Most of us don't have to think twice about what we smell. But then, we may not be aware of the harmful effects of what we may be inhaling.

Fragrances, whether in perfume or health or cleaning products, are not regulated. They are considered trade secrets. The Environmental Working Group reports 16 percent of perfumes they tested contained carcinogenic chemicals. Some common ingredients in perfumes include parabens, preservatives known to interfere with hormones; phthalates, preservatives that are carcinogenic and cause liver and kidney damage; and synthetic musk, linked to hormone disruption. A study by the Environmental Protection Agency found chemicals commonly used in fragrances include acetone, benzaldehyde, benzyl acetate, benzyl alcohol, ethyl acetate, among others. When inhaled, they can affect the central nervous system and cause kidney damage and respiratory failure and fatigue — even in those who are not hyper-sensitive. Material Safety Data Sheets used in industry confirm these symptoms. Toluene (methyl benzene), another chemical found by the EPA in fragrances (it's also a gasoline additive and a solvent), attacks the central nervous system, blood, liver, kidneys, eyes and skin and is a common asthma trigger.

After so much exposure, these chemicals saturate our body tissues. Our sense of smell cannot detect the same odor for long periods of time, so exposure continues even when we're not aware of it.

The cause of Multiple Chemical Sensitivity is still unknown. However, the experts at the Arizona Center for Advanced Medicine note that when the liver uses enzymes to break down chemicals such as fragrances, these enzymes become depleted or damaged, as happens to people with MCS. Eventually, the liver cannot break down these chemicals efficiently.

weavers way coop

Environment Committee

We can try to avoid scented products, though even "unscented" products may exude chemicals that our noses cannot detect. Reading labels helps. Also, don't be misled by products labeled "natural." It is a meaningless term, as many natural chemicals are toxic to humans.

Some schools, hospitals and other public places are introducing fragrance-free policies. We all know how many years it took to acknowledge the dangers of secondhand tobacco smoke. The time may come when secondhand fragrance may be controlled in the same way.

Although we may not be sensitive to fragrances, we should be conscious of air contamination caused by perfumes, after-shave lotions and other scented products. Most of us are unaware of those with acute sensitivity who are forced to avoid public gatherings — can't even tolerate a dryer vent spewing the scent of fabric softener.

When we adjust our lifestyle to avoid hurting those with MCS, we are also benefiting ourselves by avoiding many toxic chemicals. During the holidays my daughter kindly requested that all guests avoid using perfumes or any fragrances so my granddaughter wouldn't have to spend all night struggling to breathe. We should be able to do the same for our friends and neighbors.

For more information, visit arizonaadvancedmedicine.com/multiple-chemical-sensitivity-mcs.

environment@weaversway.coop

Eco Tip

From the Weavers Way Environment Committee

When Cable's Off, It's Still On

Did you know that your cable box consumes nearly as much power when it's not being used as when it is? Consider this statistic: According to a study by the National Resource Defense Council, the combination of HD DVR and HD cable or satellite boxes cost Americans twice as much when they were not being used as when they were, a whopping $2 billion vs. $1 billion a year. The problem is that cable boxes don't have a low-power or "sleep" mode as computers do. As a result, they have become the biggest single energy user in many homes. Only air conditioners consume more. What to do? Consider using an energy strip that turns off all devices plugged into it when you hit the switch. The cable box must reboot when turned back on, but if you turn it on about 30 minutes before you want to watch TV, you should be good to go. And here's another idea: Contact your cable provider to demand more energy-efficient cable boxes.

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Your House Wasn't Built to Save Energy

by Hap Haven, for the Shuttle

IT MAY SEEM AMAZING — PERHAPS EVEN STUPID — BUT YOUR HOUSE, old or new, most likely was not built to save energy. In fact, your house was not even built to keep you comfortable without a serious amount of energy being pumped in to keep you warm or cool.

Don't feel bad if you live in an older home; I see newer homes every week that are cold, under-insulated, drafty and expensive to heat. That's because, on the job site, the building trades like the carpenter, plumber, electrician and insulator tend to work in their own areas, and unless you live in an Energy Star® home, probably no one came through and sealed up all the holes left behind by the different contractors. In addition, few contractors understand how insulation and air-sealing work together.

Air-sealing is an entirely new trade that has developed slowly since the late 1970s. In the early years, air-sealing focused on weatherstripping windows and doors. Now the focus is the basement and the top floor, or where air enters and leaves the house.

A tool called a blower door is used to depressurize your house and identify leaks that can be sealed. It is used both before and after the sealing job. This way you know how effective the work was as well as being able to estimate the energy you will save.

All the research shows that installing insulation that has not been air-sealed — caulked or foamed shut at all the seams — leads to uncomfortable homes and higher heating bills In simplified terms, insulation slows down heat movement, but doesn't work well to stop air from traveling through it or around it. In either case, the insulation's stated "R value" (resistance to heat movement) takes a nosedive. A typical 2-by-4 R-13 wall is actually more like an R-6 wall without air-sealing.

Without air-sealing, attic insulation may also lead to mold and a rotting roof. Typical insulation slows heat transfer, but not moist air. If you insulate an attic but don't air seal, warm house air can leak into the much colder attic, leading to condensation.

The solution is very simple; air seal the attic floor before adding insulation. Some holes are just small cracks. Others holes can be huge. I was in a house in Germantown where I could see the underside of the roof deck from the basement four floors below through a 2-by-2-foot chimney chaseway. That's a big chute for heated air to escape 24/7, all winter long.

Get more information by attending a Co-op-workshop I'm leading, "Air Sealing Helps Insulation Work," on Wednesday, Jan. 21, from 7 to 8:30 p.m. in the Community Room at 555 Carpenter Lane, adjacent to the Mt. Airy store. In addition to being a longtime Co-op, member, I'm an energy auditor, national Home Performance trainer and author, and I'll have slides and answer questions. RSVP with your member number to outreach@weaversway.coop or 215-843-2350, ext. 118.

Weavers Way Movie Night At Mt. Airy Read & Eat!

Mark your calendar for Thursday, Jan. 8, for the Weavers Way-sponsored screening of "Bag It," a documentary that explores the value and safety of plastic bags and packaging. (More info about the movie: www.bagitmovie.com.) It's at Mt. Airy Read & Eat, 7141 Germantown Ave. Co-op member Alisa Shargorodsky, a solid-waste consultant who is passionate about plastic, will lead a discussion. Doors open at 6:30 p.m.; the movie rolls at 7. Free for Co-op members, but space is limited. RSVP with your member number to outreach@weaversway.coop or 215-843-2350, ext. 118.

Prevent Plastic Trash Before It Starts

by Alisa Shargorodsky, for the Shuttle

DID YOU KNOW THAT EVERY TIME YOU buy something, you spend a quarter of the price on the package? This is why most grocery stores make me completely insane. I find myself walking the aisles and despite my gratitude for food access, I can't for the life of me see past that single-use container.

Long after my body is decomposed, this trash will still be here. All these polymers, no matter what type, they do eventually degrade, however. Where do they go? To the landfill, the incinerator, and sometimes they get into our aquifers and inevitably the water!

As a student at the University of Pennsylvania, I spend my time reading about landfills and polymer destabilization. What I have learned is horrifying. Mostly I am horrified because every day I see people who are trapped in the single-use loop.

It's heartening, though not enough, that more and more people are becoming aware of the physiological threats posed by polymers in general. Destabilized polymers have the potential of releasing endocrine disrupting chemicals (EDC's) into their bodies. (Mother Jones magazine recently published an article about the estrogenic effects of even BPA-free plastic.) Basically, this means that these biologically alter our body's ability to replicate estrogens. There are also studies that point to the link between EDCs and obesity as well as heart disease.

As a researcher, I can safely say I'm concerned for my local community as well as our greater global community.

Philadelphia keeps working hard to improve recycling. According to the Streets Department, the City earned more than $6.6 million in recyclable revenues and saved more than $8 million by not having to dispose of recyclables in the trash. However, truth be told, according to the Environmental Protection Agency, only 8 percent of all of our plastics end up recycled.

What can we do as a community to start to phase this stuff out? I'm interested in joining forces and forming a coalition to improve the availability of bulk goods and I believe that in doing so, we can also foster a stronger local economy.

I can easily imagine a local bulk dish -soap-making initiative or bulk buying for shampoo. Can you?

Alisa Shargorodsky is a Co-op member, Mt. Airy mother of two, student, teacher and solid-waste consultant. Contact her at asharg@sas.upenn.edu

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To Get Fit in 2015, Just . . . Write It Down First!

by Tema Esberg, for the Shuttle

Happy New Year! If you made a resolution to get in shape in 2015, you are not alone. Losing weight and getting fit are among the top five New Year's resolutions.

Did you know that, for overall cardiovascular health, the American Heart Association recommends 150 minutes of moderate physical activity a week, or 75 minutes of vigorous physical activity? Physical activity is anything that makes you move your body and burn calories — dancing, hula hoop, swimming, jumping on a trampoline, working out with a trainer . . . whatever you find rewarding!

Not used to exercising? Something is always better than nothing, and it's never too late to invest in your health. Already active and ready to challenge yourself with a new pursuit or improve your speed or strength? This is a great time to power up!

Help set yourself up for success by taking these steps:

Determine and record your goals: Come up with a long-term goal, such as working up to a 5K walk or run in the spring, losing 15 pounds, hiking with your dog 30 minutes a day every day or improving your cholesterol.Write it down!

Then, each month, articulate your short-term goals. Evaluate where you are, and then set a realistic monthly goal and a goal for each week. Write them down! If you want to lose 15 pounds by the end of 2015, you can start with: "In January, I will lose 1 pound. In the first week of January, I will go to two group fitness classes."

For both the long- and short-term goals, be sure to take the time to establish and record goals that are "SMART": Specific, Measurable, Attainable, Relevant and Time-Bound.

Figure out how fit you are now: How many proper push-ups can you do in a row? How long does it take you to walk/run a mile and what is your heart rate immediately before and after? How much do you weigh?

Record your starting point and track your progress. Keeping track will help you stick to your program and achieve your goals. Write it down!

Identify barriers and problem-solve solutions in advance: Between work, family and other obligations of life, it can feel difficult to find the time or energy for regular physical activity. It helps to identify your personal barriers and figure out how to work around them.

If you feel that time is your obstacle, monitor your activities for a week and then find three 30-minute slots you can use for physical activity.

If you find that you lose motivation, find a workout buddy to help keep you accountable.

And keep in mind that working with a group towards a greater good can be quite inspiring, rewarding and motivating. Various organizations help raise money for good causes by training teams for races, triathlons and cycle events. Check out these organizations to learn more:

Leukemia & Lymphoma Foundation Team in Training, www.teamintraining.org

American Heart Association Heart Walk, www.heartwalk.org

Juvenile Diabetes Research Foundation, www.jdrfwalktocure.org

American Cancer Society, www.teamacs.acsevents.org

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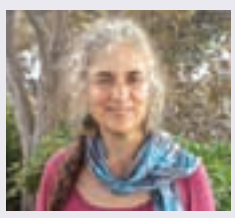

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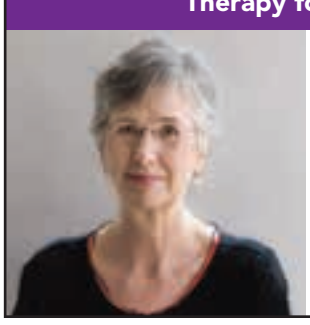

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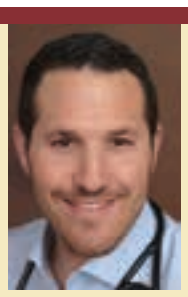

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Stressed? Too Many Balls in the Air? Consider Juggling

by April Lynn James, for the Shuttle

I DON'T REALLY KNOW WHAT CAME OVER ME THAT day, but I remember being bored. I was in my native New York City working as an intern for a public TV show that shall remain nameless, and all they had me doing was filing, copying and running errands. Ho hum.

During my lunch break, I walked over to the Barnes and Noble at 18th and Fifth Avenue, mostly to look at career guides. But I stopped when the title, "Juggling for the Complete Klutz," caught my eye. The slim paperback came with three square beanbags in a little mesh bag. I bought it, musing, "Well, if a klutz can do it, then certainly I can."

I took those beanbags everywhere and practiced whenever I could: at the office copier, on the subway platform, in my parents' backyard. And within a month, I could juggle.

The following year, I returned to Queens College, CUNY, to get a music degree. There, I met other jugglers. The three of us formed a club, practicing together at least once a week. I learned to juggle and pass clubs, I joined the International Jugglers Association and went to conventions, I taught friends and acquaintances this fine art. The combined joy of studying music full-time and juggling part-time made my second BA a breeze to complete.

Then I went for my doctorate at Harvard. It is a very serious place where one has to be erudite about juggling, at least in public. One of my fellow grad students asked me why I juggled. Trying to figure out what he wanted to hear, I started to go on about how it makes one smarter, because it gets both sides of the brain working together. He said, "But you do it because it's fun, right?"

Now, anyone who has toiled in what I lovingly call "boot camp for the intellectually inclined" knows that graduate students spend an awful lot of time sitting in libraries and at desks typing at computers. Often these desks and tables are placed at a height conducive to poor ergonomic habits, with the result that one winds up sitting in unhealthy positions for hours on end. One day, while typing in my usual chair in one of the usual reading rooms, I noticed a tightness in my right forearm. My doctor diagnosed tendonitis, and sent me to a physical therapist. I was given stretches, advised to soak my arm in ice water, to take anti-inflammatories and to get massages to relax my shoulders, back and arms. All these helped, but I wanted more than temporary relief. I wanted complete healing.

Since I believed that the main issue — aside from the mental anguish of being a graduate student — was that I spent way too much time sitting, I resolved to get moving. Not only that, I decided to get moving in fun ways. I took dance classes. I took mime workshops.

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Health & Wellness Committee

I joined the Harvard Juggling Club as its only graduate-student member.

Sure enough, the tendonitis went away, and I made it through graduate school having learned a more valuable lesson than anything taught in my musicology classes: Self-care includes play. It's something we know as children and forget as adults. Focused play, which is what juggling is, helps alleviate life's stresses.

Juggling teaches us how to defy life's gravitational pull. In fact, juggling can reverse the gravitational pull that directly affects the corners of one's mouth, turning a frown into a smile as one masters new skills. It teaches perseverance, and gives us the ability to laugh at our mistakes.

After all, everyone drops the ball from time to time, and learning to be at ease in handling the little drops can help one deal with seemingly bigger drops in other contexts.

Give it a try!

Views expressed are those of the author, not necessarily the Health & Wellness Committee.

April Lynn James, PhD, is an artist and entrepreneur who is passionate about body-mind-spirit wellness. Contact her at alj@aprillynnjames.com.

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Help Wildlife/Animals Survive the Winter

by Brenda Malinics, for the Shuttle

A HELPING HUMAN HAND TO THE COLD, THIRSTY, hungry animals, domestic or wild, that do not have adequate shelter or food this winter can mean the difference between life and death.

Many wild animals hibernate, but others, including birds, foxes, rabbits, opossums, raccoons and squirrels, struggle to survive 365 days a year. Homeless dogs and cats are even more vulnerable than wildlife because their normal body temperatures are higher than that of humans. They get frostbite and hypothermia quickly.

In winter, food becomes scarcer, and while some animals can live with reduced amounts of food, they cannot live without water. Dehydration will claim a life sooner than starvation. In addition to food, we can provide shelter and water that won't freeze. Consider purchasing an outside water heater (found online or in pet stores) with specially designed submersible coils or a heated water bowl to place outside when temperatures hit freezing.

Birds are the most obvious critters active during winter daylight hours. These feathered powerhouses have a very high metabolic rate and they must eat every 20 to 30 minutes. Our most common backyard birds eat between 30 and 80 percent of their body weight each day. That's comparable to a 150-pound person requiring 45 to 120 pounds of food! Without the availability of bugs and seeds, birds have come to rely on the generosity of humans to provide seed and suet.

Debris piles from branches and limbs provide birds excellent night roosting sites and serve as shelter during storms. When I clean my garden in the fall, I save the dried grasses, and after the holidays, I gather evergreen boughs to add to my "bird shelter station."

Housing is something I do for the stray animals. I set out one or two large plastic storage containers, with a small hole cut in one side. I insulate and fill the container with straw for weary creatures to get a warm night's rest. I rest them on pallets, not on the cold ground, and I make the entrance hole higher than ground level.

Note that cardboard boxes with blankets do not provide adequate warmth for animals. Blankets freeze and retain moisture. The best insulator in any container is straw. Animals burrow into it; straw traps body heat and dries easily. You can buy straw at any garden center.

I usually compost my food scraps, but after October I put them in my garden for any hungry creature to enjoy. I created a feeding station with a heated food and water bowl. Place a box on its side to prevent rain from wetting the food and set the box on a large board covered with straw so that animals feeding won't have to stand on ice or freezing ground. Weight the box so it can't blow over.

I would be remiss if I didn't mention bats, one of my favorite animals, who should be hibernating, but often juveniles are found in peoples' homes in the winter. Never ever put a bat outside when it is cold. Bats need insects to survive, and since there are no insects in the winter, the bat will surely starve or freeze to death. If you capture a bat, contact me at 215-872-1636 or bring it to the Schuylkill Wildlife Rehabilitation Center (215-482-8217) so it can be overwintered until spring.

A member of a feral cat support group stockpiles tub shelters

Bats, the cornerstone of a healthy environment, along with most animals who have a defined purpose in this tapestry of life, need our help to survive the cars, the chemicals, the development, the humans and the long, harsh winter.

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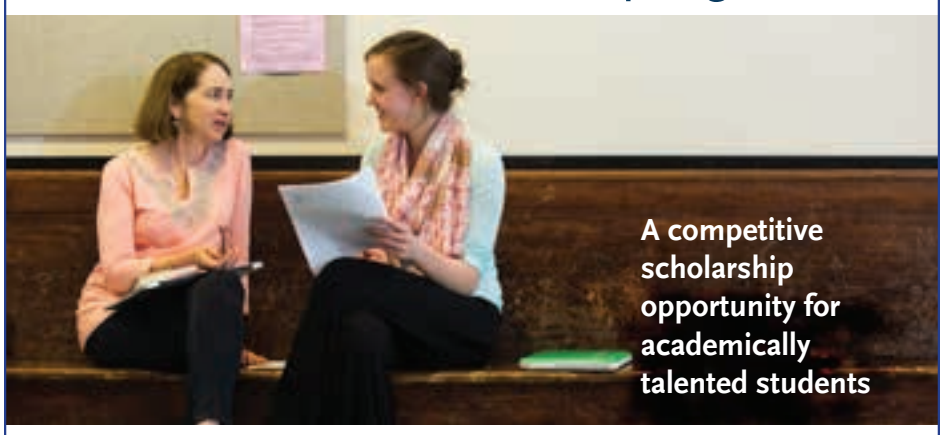

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Fox Is a Learning Opportunity At Wissahickon Charter Awbury

by Alex Evenson, for the Shuttle

SOME SAY THERE ISN'T NATURE IN the city, but at Wissahickon Charter School we believe nature is all around us. WCS is an environmental school with the mantra of "We take care of the earth that takes care of us." This became especially apparent to Melissa Greenwald's third-grade students when they first spotted a fox running alongside the fence outside their classroom window at the WSC Awbury campus in October. They quickly spotted the fox's den, located on the other side of the fence from the school. The fox was seen several times after that, either curled up in the den or running on the hill in back of the school.

Discovery Teacher Liz Biagoli told the class it is in fact a red fox, most likely young in age. The fox, whose gender is unknown, probably has a couple more dens in addition to the one in back of WCS, she says. Red foxes adapt well to human environments and are known to make their homes in suburban areas such as parks, cemeteries, golf courses and large gardens. WeaversWay Mt. Airy Store Manager Rick Spalek confirmed that a red fox has also been seen at the Co-op's Mort Brooks Memorial Farm at neighboring Awbury Arboretum. Apparently, this fox gets around.

Like any skilled teacher, Ms. Melissa saw the excitement surrounding the fox as a "teachable moment" for her students. The class began coming up with possible names for the fox (Wisskers, Charter, Champion and Fantastic were the final four) and learned about the different ways to vote in the process. Students hung informational posters around the school with facts such as, "Red foxes live for five years in the wild" and "Foxes come out at dusk and dawn."

Although the fox has been seen less frequently during these colder months, WCS students still light up when asked about the beloved canid. The fox has become an unofficial mascot and something of a legend at WCS Awbury. The debate is still heated over whether the fox is a male or female. "Boy because he's fast!" students exclaim with their mouths full of food in the cafeteria. "Boy because he's big!" as more bits of corn fly onto the table. (It is true that male red foxes are bigger than their female counterparts.) India McLeod said that she thinks it's a boy because it is a darker shade of red.

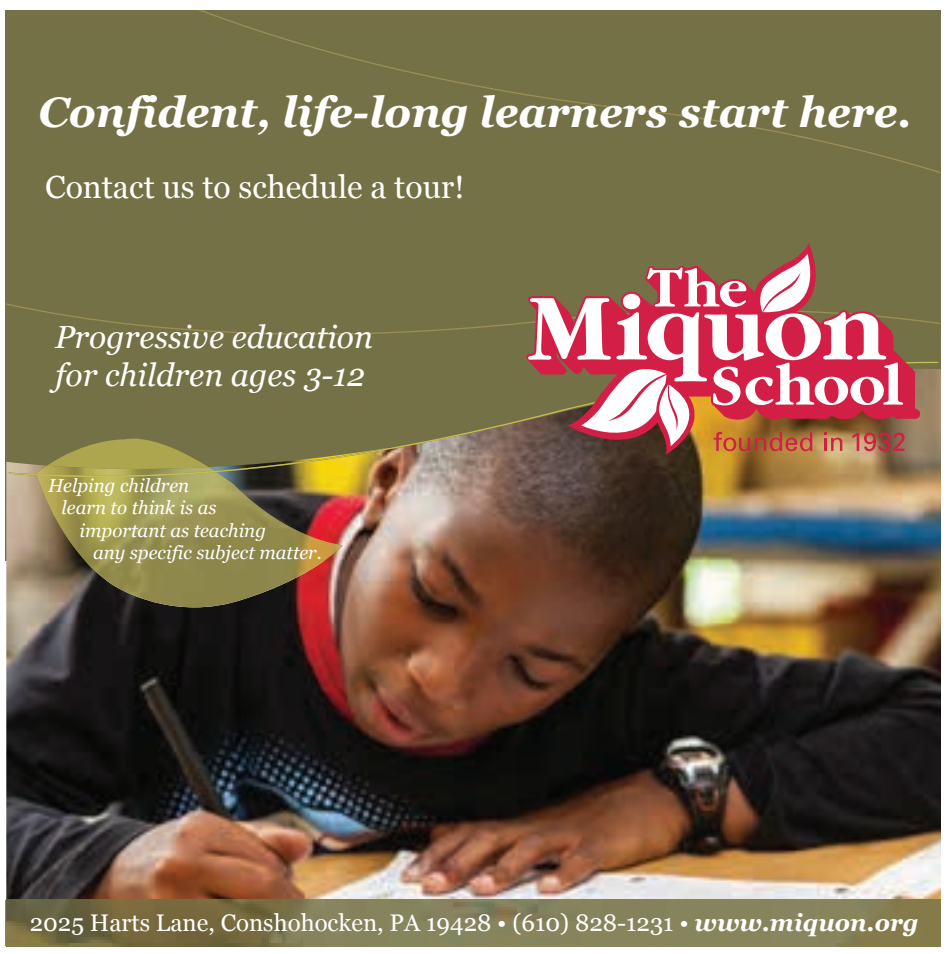
Wissahickon Charter lunch teacher LaShae Holt snapped a photo of the WCS Awbury fox.

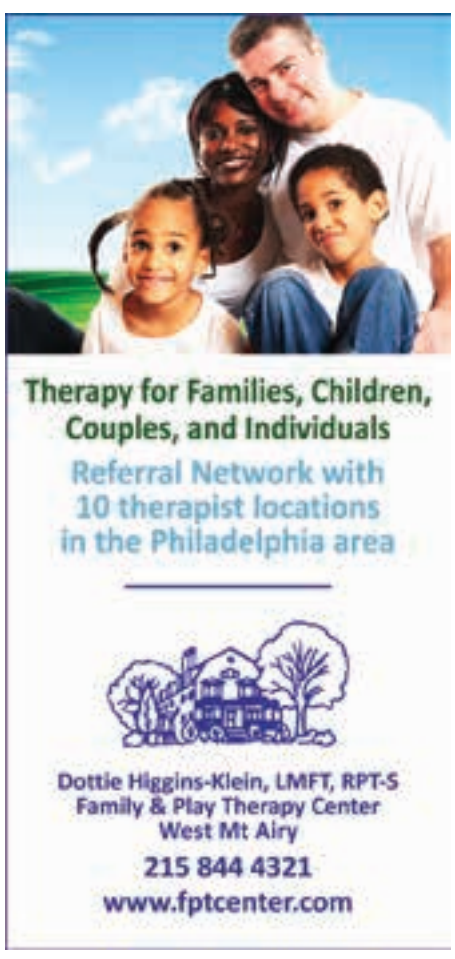
Where has the fox been lately? Many students said that the fox is hibernating in its den and won't be seen for another couple months. But that view is not unanimous. "I think he went to Africa!" Abdul-Hadi Anderson said.

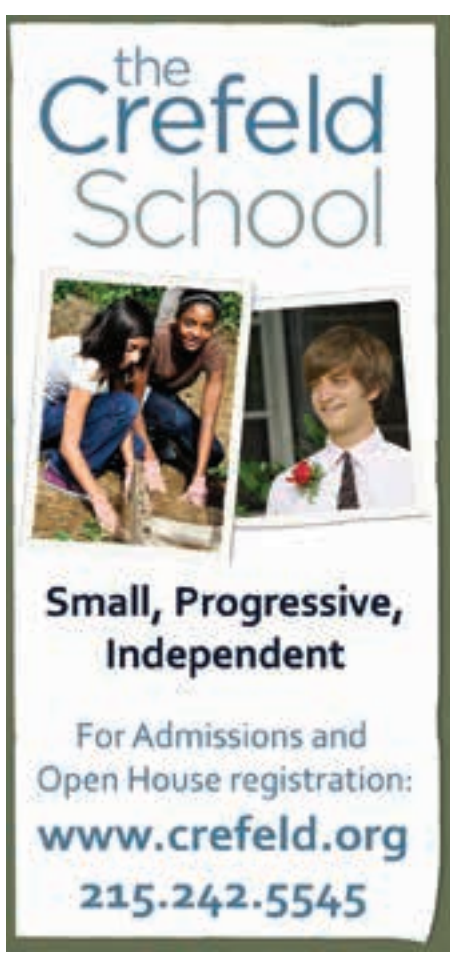
More will become clear about the fox as the school year progresses, but in the meantime the students enjoy speculating about the fox — its gender, its behavior and its whereabouts. "I think it's trying to find a fox it loves," Salahudeen Cicero hypothesized, "but it's too cold."

Salahudeen is on to something, because December to March is the red fox's breeding season. We could all learn a valuable lesson from this furry friend: It's never too cold to find love.

alex@wissahickoncharter.org







Suggestions

by Norman Weiss, Weavers Way Purchasing Manager

Greetings and thanks for writing. As usual, suggestions and responses may have been edited for brevity, clarity and/or comedy. In addition, no idea, concept, issue, remark, phrase, description of event, word or word string should be taken seriously. This also applies to the previous sentence.

You may have noticed we recently switched brands of white sugar from Krasdale, a house brand of our conventional grocery supplier, to Zulka, which comes from that same supplier. Sugar is one of those "bad" food stories (like slavery chocolate and exploitative bananas). Conventional white sugar is likely to be made from GMO sugar beets, and to have undergone a multi-step refining process that ends with a fairly nutritionless but very sweet substance with a long shelf life and many negative health effects. Plus there are labor abuses and environmental impacts that come with growing and refining sugar and sugar beets. The Zulka sugar we switched to (thanks, Heather) seems to be at least a little bit better as it is certified by the Non-GMO Project. It's also claimed to be minimally processed, comes from thousands of family sugar-cane farmers in Mexico and is less refined. It does seem to have more flavor, and is in same price range as what it replaced. See what you think.

suggestions and responses:

s: "Can we get whole wheat linguine?"

r: (Heather MA) We already carry whole wheat fettuccine, spaghetti, penne, gobbetti, chicciole and lasagna, but we don't have room for every shape and size.

s: "Rising Moon Organic ravioli is disappearing! Please bring more varieties back. Like it better than P&S (yuk!) or the other local brand."

r: (Heather MA) The Rising Moon space shrank because it doesn't sell as well as P&S (yum!) or Talluto's. If there is a kind you like, you can pre-order a case of six.

s: "Can we stock Talenti Moroccan Mint ice cream? It's delicious!!"

r: (Heather MA) With our limited freezer space, it's difficult to carry all the great Talenti's flavors. We may start to rotate some varieties and will keep this one in mind.

s: "How come we don't carry at least the

quart size of Merrymead chocolate milk? The pin size is really just for a one-time drink and it's always less expensive to get a bigger size. I know they have it in quarts because I've seen it other places.

r: (Heather MA) With our limited dairy space we can't carry all varieties of everything. (Norman) Heather can be prone to overstatement, but of course we can't carry "all varieties of everything." And what does that even mean, since if you have everything then you already have all the varieties, which, of course we don't have room for. However, in the spirit of good customer service — which we are getting training in, and one tenet of the training is to avoid saying "no" to a customer, and if you can't get them what they want, try to change what they want to something you can provide — I'd like to point out we do have room for all the varieties of one thing, which is nothing, since nothing takes up no space, no matter how many varieties we to stock. Guess we'll have to have a shelf tag, though.

s: "Hi Norman, I don't know about gluten-free gluten, but if you could stock bread made without grain, it would solve a lot of problems for a lot of people. Just saying."

r: Hmmm, grain-free bread, made from what, potatoes? Insects? The Weavers Way R&D department is experimenting with creating flour from organic celery; if successful, we will be the first to market celery flour, which will be grain-free, gluten-free, cruelty-free, sugar-free, fat-free, kosher, vegan, fair trade, non-allergenic, non-GMO, bird friendly, earth grown and certified photosynthesized. Look for it once we figure how to fit all this on a shelf tag.

s: "Egg bagels please. P.S. please don't respond that we can pre-order or there's no room: There are 20 bins for bagels and shelf room on top of the bagel bins."

r: (Matt MA) I'll be adding egg bagels to our daily delivery from Fill-A-Bagel.

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s: "Le Bus sliced breads are sealed with tape that doesn't open easily and ends up tearing the bag. Can you please suggest that they try another tie that doesn't cause customer frustration? And also perhaps a smaller bag that corresponds to the size of the loaf? "

r: (Matt MA) I will request that loaves arrive with twist-ties instead of tape. I'm not sure if Le Bus has multiple bag sizes but I will find out.

s: "After 20-plus years as a working member, I feel I've gained some skills through working my cooperator hours, for which I would like to be recognized. I'm sure others feel the same. I would like cooperating to get a bit competitive in one (or both) of these ways: 1) All working members get rated by their staff supervisor (accuracy, speed, attitude, etc.) when they work. At end of year, the highest-rated cooperator is recognized/gifted. 2) At a general meeting, set up cooperator "Olympics" — bagging lettuce, stickering, sweeping — events in which members compete for Weavers Way merchandise/cash.

r: (Glenn) I love this idea. This could be a lot of fun at the General Membership Meeting. (Norman) This raises the question of the role of competition in a cooperative society. Also, how to judge things like attitude? And what about people with arthritis or other physical issues, are we going to have a "Special Olympics" for them? My fear is we'll soon have cooperator competitors seeking sponsorships from bag suppliers, broom makers, etc. Then we'll find out some staffers are receiving kickbacks. It's a slippery slope — look at the NCAA.

The Zulka sugar is certified by the Non-GMO Project and also claimed to be minimally processed, comes from thousands of family sugar-cane farmers in Mexico, and is less refined.

s: "This is about Organic Girl. We've purchased a product two times that is labeled "I ❤ Baby Kale" with the second line about kale being a superfood. Then we get home and realize it is partly kale, mostly other greens. This is deceptive packaging. I don't like being fooled and I don't think I'll buy it again, even though it isn't bad —I just don't want to support deceptive, tricksy advertising."

r: (Jean MA) You're right. We're discontinuing this item for just that reason, and we're lodging a complaint with our vendor. (Norman) Organic Girl is one of the brands of New Star Fresh Foods, a produce company out of Salinas, CA, that grows both conventional and organic produce. Notwithstanding their labelling problem, their website has this language, which I love: "Because we grow organic as well as conventional, we embrace practices with Mother Nature in mind. We utilize laser and GPS during field preparation to maximize use of land and water, further reducing and at times eliminating unnecessary cultivation." While it's great they are conserving resources, I'm not clear how using lasers and GPS is an example of keeping Mother Nature in mind. Maybe Mother Nature has something you could relate to GPS in that some animals use the earth's magnetic field in navigation. GPS uses electromagnetism, one of the four natural forces of interaction (along with gravity, weak nuclear, and strong nuclear forces — combined, I think they equal the Force). Of course, so far, Mother Nature, without human intervention, has not launched any satellites with radio transmitters built by large tech companies. Nor do you come across many lasers in nature. Sunlight, optic nerves, electric eels, lightning, static electricity, yes, but if lasers exist in nature, I haven't seen them. Of course, I do have friends who tell me I need to get out more.

s: "In the Mt. Airy Pet Store we sell cat food, dog food, fish food, but the food for chickens is not chicken food, it's chicken feed. I find this kind of inconsistency unsettling, which I cope with by taking herbal remedies known to have calming effects. I hope this is not a deliberate attempt to increase herbal remedy sales."

r: (Norman) While co-ops (like most retailers) in general do some manipulative things to get people to buy things (end caps, promotions, managing "price image"), they in general do not play word games as a form of cross-merchandising. Nevertheless we are here to help and if you are feeling unsettled, a quick Google search will show Lemon Balm, Passion Flower, Lavender, Kava Kava and St. Johnswort can be beneficial. We stock all of them at of our Wellness stores.

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GFS Students Help Set Up Emlen Library

by Laura Jamieson, for the Shuttle

GFS middle schoolers take a break from their work at Emlen School in Mt. Airy. (Organizer Dan Gordon is third from right; Emlen Principal Tammy Thomas is third from from left.)

Thirteen Germantown Friends Middle School students spent a recent day off helping Emlen Elementary School in Mt. Airy organize a library.

Several local schools collected and donated thousands of books. The GFS students age-classified them, giving each one an "Emlen School" stamp, and prepared them for shelving in the new library.

Emlen Principal Tammy Thomas explained that age-classifying helps the younger students find a "just right" book for themselves independently, and allows teachers to borrow bins of books for their classrooms easily.

"These students could be sleeping-in and relaxing, but instead they are here working to make this library happen, and we really appreciate that," said Thomas.

"The staff is overwhelmed by all of the help that we have received, and the parents and students are very excited. It's wonderful to see what we can accomplish when we come together as a community." she added.

The students also assembled shelves and removed 45 desks from the classroom that will become the new library. The room has new bookcases, a fresh coat of paint. When it's complete, it will also have four computers, a SMART Board, a comfy sofa and beanbag chairs.

Earlier this year, community organizers, including former GFS parent Dan Gordon, raised funds for 33 new iMacs for Emlen's computer lab, and made setting up a library their next priority.

Gordon, a Mt. Airy resident, reached out to GFS students to help the community effort. "After finishing the computer lab, we decided to move on to installing a library," he said. "We want to have it up and running by early January."

"Dan Gordon has done an amazing job pooling resources and talent from the surrounding neighbors," said Sally West Williams, GFS director of advancement and a volunteer at Emlen. "It is great to have GFS included in this effort."

Leap Forward for Mt. Airy Cohousing

by Karey Bacon, for the Shuttle

It's starting to feel real, folks.

On Nov. 18, developer Ken Weinstein hosted a tour of what will become the site of Wissahickon Village Cohousing, at Mt. Airy Presbyterian Church, Mt. Pleasant and Germantown avenues. About 50 people walked through the sanctuary and school building, envisioning condos and community space in place of the current classrooms and basketball court.

After taking a year to purchase the property and secure a zoning variance, Ken is moving forward quickly with designs and construction plans, and intends to finalize pricing in early 2015. The community will include one-, two- and three-bedroom condos, all of which will be visitable and/or fully accessible to people with disabilities. There will be an elevator connecting the three levels and the ample common facilities, including a commercial kitchen and dining room where the community intends to share meals several times a week.

WVC currently has 13 active member households, and our members would love to talk with you about whether cohousing is right for you and your family.

Cohousing offers innovative answers to today's environmental and social problems by creating community that balances privacy with sustainability and connection. The distinctive characteristic of cohousing is that homes are individually owned while the community is designed to encourage interaction and cooperation among residents. WVC is an intergenerational and diverse group of people who have been working together since 2010.

WVC hosts regular information sessions at Mt. Airy Read & Eat, 7141 Germantown Ave. Check out our website,wvcohousing.org, to learn more and find a time to visit.

Brenda Malinics of the eponymous Brenda's Cat Rescue, with someone's future best friend, accepts a donation of cat food from Co-op Pet Products Purchaser Anton Goldschneider.

Buy the Bag, Help an Animal

by Anton Goldschneider, Weavers Way Pet Products Purchaser

Part of our mission at Weavers Way is to lend a helping hand to local animal rescue groups. In the past year, I have been delighted to see a number of new ideas take flight in the Mt. Airy Pet Store that help contribute to this.

The main groups we have been supporting are Brenda's Cat Rescue, Green Street Rescue, Animal Rescue Network and the PSPCA on Erie Avenue.

We recently started hosting regular adoption events in the Pet Store at Across the Way, 608-610 Carpenter Lane. Brenda's and Green Street are taking turns nearly every Saturday, usually 10 a.m.-2 p.m..Check the eNews, or call the Pet Store at 215-843-2350, ext. 276, to check for the exact time to visit the cats.

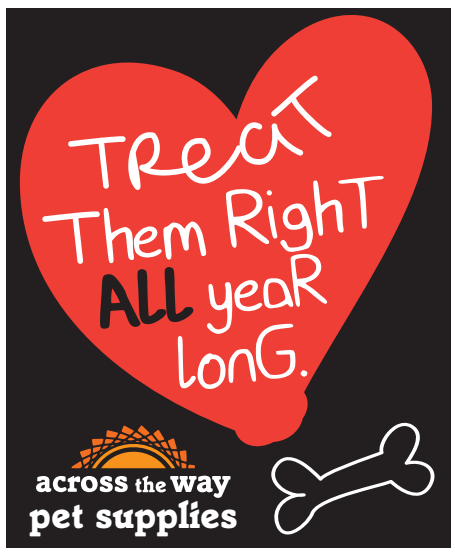
Then, while visiting the wonderful Lakewinds Co-op in Minneapolis during a NCGA retail workshop, I discovered a new and simple method for shoppers to help rescue groups. Lakewinds shoppers can purchase a bag of pet food, which then gets donated to animal shelters. It seemed like such a great idea that I decided to give it a try here at Weavers Way. In just a few weeks, we have already collected about 200 cans of cat food for the rescue groups. I think it is nice because you can see the actual product you're donating. The price range for the bag is $5-$6. The next time you're in the Pet Store, ask us about it.

We're also still collecting used pet supplies, such as bedding and toys. You may always drop them off with us and we will make sure they find their way to animals in need.

If you have been considering adoption, my advice is: Go for it! In addition to the many cats and dogs in need of homes, the animals will give back to you by showing love for the rest of their lives. I have discovered through personal experience that animal companion relationships can become some of the most important in our lives.

Thanks everybody for donating/adopting and a big thank you to everybody who volunteers for a rescue organization, helping our non-human friends.

anton@weaversway.coop



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Containers of salad are easy to care for, easy to harvest just off the edge of the deck

The Passionate Gardener

A Vegetable Grows in a Container

by Ron Kushner, for the Shuttle

DON'T LET A LACK OF GARDEN "real estate" keep you from growing your own vegetables this year. Special containers and hybrid seeds and plants are now available so that even a small deck can produce fresh produce throughout the season. All you need is at least six hours of sun a day.

Containers can vary in size from 6-inch pots for herbs to a 24-inch container for corn. Yes! Sweet corn on the cob in a container! Burpee now carries a new corn seed called "On Deck Hybrid." Plant nine seeds per container and you'll have sweet corn in about 60 days from plants that only grow to about 4 or 5 feet tall. (See sidebar for other seed varieties intended for containers.)

Make sure all your containers have drainage holes in the bottom, to allow you to totally soak the container when watering and let excess moisture drain out the bottom. There also are specialty containers designed specifically for growing vegetables. The "Earth Box" is one, complete with its own reservoir system, fertilizer, mulch cover and an optional staking system. Two cherry-tomato plants in my own Earth Box on my deck produced at least 200 tomatoes last season.

The "soil" for containers should actually be soil-less, with no actual topsoil or garden soil. Many potting mediums are available, both organic and inorganic, with or without fertilizer. In my experience, "Gardener's Gold" has proven an excellent choice. It is certified organic and contains compost, peat moss, aged bark, lime and perlite.

By the way, no drainage items such as stones or broken pieces of pottery are ever necessary in the bottom of any pot (including your house plants). Simply fill with your container mix. Once the pot is watered the first time, no soil will come out of the bottom drainage holes.

Almost all container-grown plants should be watered in the same manner: Sprinkle the soil until the container is totally saturated and water is running freely out of the bottom. Then let the plant "approach dryness." In the summer, with temperatures over 80, this could happen daily. In the cooler spring or fall, twice per week may be all that is required. The smaller the pot, the faster it will dry out.

Saucers are not needed, unless you like the "look" of them or to protect the surface underneath. Never allow your container to sit in a saucer filled with water. That is a sure way to kill your plants or at the least, cause their roots to become waterlogged, making them more susceptible to disease and insect damage.

If you are growing tomatoes, it is a good idea to add a handful of gypsum to each container. The gypsum will provide the required calcium to help control blossom-end. A bit of fertilizer also needs to be added. Use a balanced product with low nitrogen, such as 2-3-2. Liquid fish fertilizer such as "Neptune's Harvest" does the trick, although many others on the market will work as well.

Remember that when you are watering frequently in hot weather, nutrients will wash out faster, so fertilizer should be added on a weekly basis.

Contact Ron at ron@primexgardencenter.com or visit his website, www.ronsorganicgarden.com.

Some Varieties Specifically for Containers

Tomatoes: "Tiny Tim," "Red Robin," "Small Fry," "Patio F Hybrid," all from Burpee, and "Super Bush" from Renee"s Garden.

Beans: "Pencil Pod" from Botanical Interest.

Carrots: "Caracas Hybrid" and "Romeo," Burpee

Melon: "Minnesota Midget," Botanical Interest

Cucumbers: "Spacemaster," Botanical Interest, and "Bush Slicer," Renee"s Garden

Chard: "Pot of Gold," Renee's Garden

Eggplant: "Little Prince," Burpee

Zucchini: "Astia," Renee's Garden

Peas: Burpee has a new snap pea called "Peas-in-a-pot." Three plants can be grown in an 8-inch pot.

Most varieties of greens, strawberries, scallions and radishes will grow in pots.

Any herb should do well if trimmed often.

AWBURY ARBORETUM

Hearth & Horticulture Series
Classes, workshops, and tours for adults and families

Biodynamic Orchard Workshop
with Sebastian Kretschmer of One Village Farm
Saturday
Jan 17th

Backyard Kitchen Garden Basics
with Anna Herman of the Backyard Farm School
Sunday
March 8th

Spring & Fall Blooming Crocus & Snowdrop Sale
with Awbury Landscape Manager Denis Lucey
Saturday
Feb 21st

Roses: How to Grow the Queen of Flowers
with Nicole Juday of the Barnes Arboretum
Saturday
April 18th

Visit www.awbury.org for more information & registration
Awbury Arboretum | One Awbury Road, Philadelphia, PA 19138

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25% Off
Jan 16th–Jan 31st 2015
Featuring: Heirloom, Open-pollinated, Organic & All Non-GMO Vegetables, Herbs & Flowers
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Anyone Can Join

Membership Corner

Above, Outreach Coordinator Bettina de Caumette leads a recent Welcome Meeting for new members; one of the newest was Wyatt Williams, 2, of East Falls, who joined with his parents, Chris and Marissa, in December.

Return of Notary and Other Big Things for 2015

by Kirsten Bernal, Weavers Way Membership Coordinator

As I write this, it is hard to imagine that the New Year is upon us — 2014 seems to have flashed before my eyes! I will look on the bright side; New Year, new beginnings — a time for renewal and setting goals. That suits us very well in the Membership Department, because we have progress on our minds.

There are a number of important projects on our to-do list this year. At the top is the rollout of our low-income discount program. Food For All was conceived by our Food Justice Committee as a means of making quality food more accessible to more people. We are very pleased to be implementing this valuable program and hope that all members who qualify will take advantage of the additional discount. Whether or not you participate in the program, if you are concerned about food justice, please consider attending a committee meeting and lending your support to the cause! For more information, contact co-chairs Nathea Lee (nlee26@gmail.com) or Sue Wasserkrug (wasserkrug@gmail.com).

Also in January, Notary Services return to Weavers Way. Yes, I have added another skill to my bag of tricks! I've just completed Notary training and passed the exam. In the last six months without a Notary Public on site, we were reminded that there is a great demand for this service, so we are very happy to be able to offer it to our members and shoppers again. The service is likely to be available during most Membership Office hours, but a quick call to 215-843-2350, ext. 119, will confirm that I am available.

In addition to those great improvements, we have big plans for the Membership Department in 2015. Our first undertaking is to reinvigorate and resuscitate the Membership Committee. We are seeking motivated and dynamic members who are interested in collaborating with us and forming a productive, progressive committee that will bolster the Membership Department and assist us in building a vibrant and dedicated team. Things we want to address immediately are:

- Revitalizing our Community Discount program.
- Overhauling our Working Member program.
- Devising a plan for supporting our senior members.
- Member retention.

If this sounds like a good fit for you, we would love to hear from you. Contact the Membership Department at 215-843-2350, ext. 119, and let's get to work!

I am hopeful that everyone has had a peaceful and joyous holiday season. I wish you all of the best in the New Year. May we all find a year filled with love, tranquility and much cooperation!

kirsten@weaversway.coop

Board Corner

Consider a Leadership Role At the Co-op

by Laura Morris Siena, Weavers Way Board of Directors

If you have been thinking about running for Weavers Way's Board of Directors, now is the time to take action! The slate of candidates must be finalized by the end of February, and if that slate is to include you, you'll need to visit www.weaversway.coop/ board-elections to learn about the process.

Important Dates:

Please plan to attend an information session for prospective Board members:

- Thursday, January 8, 6:30 p.m.
- Thursday, January 29, 6:30 p.m.

Both sessions will be held in the Community Room at 555 Carpenter Lane (adjacent to the Mt. Airy store).

Also, if you've never been to one of our regular Tuesday Board meetings, plan to attend Jan. 6 or Feb. 3, or both. The January meeting will be held at Summit Church, 6757 Greene St., just down the block from the Co-op in Mt. Airy. The location of the February meeting is still to be determined, but will be posted on the Weavers Way website. Both meetings start at 7 p.m., with refreshments at 6:30.

Participation in at least one Board meeting is a prerequisite for running for the Board. The Leadership Committee will also be scheduling one-on-one meetings with candidates in February.

Board of Directors Election Dates

Information meetings for prospective candidates:
Jan. 8 and **Jan. 29**
Applications due: **Feb. 27**
More info:
www.weaversway.coop/ board-elections

Candidate applications, including a short biography that will introduce you to members, are due Feb. 27. You'll also need to submit a photograph of yourself, which will run with the bio in the April and May 2015 editions of the Shuttle.

As I wrote in last month's Shuttle, this is a particularly exciting time to join the Board: The Co-op is actively researching opening a third store, we are taking a leadership role in helping a record number of startup food cooperatives in our region and we are enjoying record sales. As Weavers Way Board members, we provide essential leadership to this growing and vital effort to expand the cooperative economic model, promote the values the Co-op stands for and to provide healthy food options for residents of Northwest Philadelphia.

Let the Leadership Committee know now if you are interested! That way, we can answer any questions you might have and assist you as you go through the process. Contact me, Laura Morris Siena, Leadership Committee Chair, at lauramsiena@gmail.com.

Preserving the Co-op Legacy, or Bring Out Your Stuff!

by Jane Easley, for the Shuttle

You may think you know everything there is to know about Weavers Way, but you may not know that we have archives.

Over the years, as you've eyed the dreamy French raclette, selected apples from the annual parade of local varieties and pondered once again whether to submit to the call of the giant emu egg, the Co-op has been accumulating publications, posters, reports, building plans, meeting minutes, news clippings, photographs and more.

Not yet stored and catalogued according to conventional archival practice, the material for the archives currently resides under desks, high up on shelves and in the dark corners of Weavers Way offices. It also lives digitally on the Co-op computer server and out there on the Internet. In recent years, some of you have even reported finding boxes of Weavers Way records and memorabilia in your own basements and attics.

After 40-plus years, it is time to get organized, to make sure these items that tell Weavers Way's story are safely preserved and accessible to members, researchers and to the public. Though we are unsure at this point what will ultimately happen to the Weavers Way collection once it is assembled and described, there have been talks with a university library and a special library, both of which house archival collections from local institutions that have the potential to reveal stories of community in Philadelphia.

So, now I hope you're asking, "What do I do if I have boxes of Weavers Way stuff, and how do I know if it is worth keeping?" The first step would be to email or call me, Jane Easley (contact information below). Please tell me what you think you have and where it is currently housed. I will be glad to come and look at anything you think is even remotely relevant to this project.

A little bit about your Co-op archivist: I am a librarian who has worked in both school and academic settings. I also had an incarnation as a technical writer, writing user documentation for software. In the long ago past, I was a Peace Corps Volunteer in Botswana, where I taught English and had my first taste of library work. I am interested in literature from all over the world, both oral and written, and am a proponent of research and promoting access to content.

Thank you in advance for your contributions to this worthy project. Please feel free to contact me with questions about what is tentatively being called "The Weavers Way Collection: Records, Papers, Memorabilia."

If you have any records or memorabilia that you think might be destined for the Weavers Way archives, please contact me!

Jane Easley
janeoeasley@gmail.com
215-776-0238

Staff Celebrity Spotlight: Angie Rosen

Pickles to Brooms to Shift Manager: Growing into a Weavers Way Career

by Karen Plourde, Weavers Way Chestnut Hill Grocery Staff

Weavers Way has played a big role in Angie Rosen's life ever since she started buying pickles and chocolate cupcakes from the Mt. Airy store at age 8. Now, after college and working elsewhere, she's ready to settle in and grow with the Co-op.

Angie, 33, is another Weavers Way multi-tasker; she's a shift manager in Mt. Airy and also works the cash register, helps with home delivery and does cash reconciliations. A native of the Bethlehem/Allentown area, she went into foster care at age 6 and lived in a couple of different homes before she landed with Mark and Shelley Goodman, longtime Co-op members.

From her first trip to Golden Crust Pizza with Shelley, Angie realized Mt. Airy was different.

"Jimmy, the owner of Golden Crust, had given my mom too much change, and my mom realized it after we had walked to the car," she recalled. "And my mom ran back, and gave him back like, 12 dollars or 15 dollars that he'd given her in error. . . . . So, integrity, honesty and pride in local business, I saw that right away."

When Angie was 12, Mark and Shelley adopted her brother, Alex, from Texas. Three years later, the family moved to Cheltenham. After graduating from Cheltenham High in 1999, Angie went on to Stony Brook University in New York. While there, she discovered through an internship at Alloy magazine that she had a talent for photography.

"They'd asked me to do some photography [of] people for an article," she said. "And I did it, and the editor of the whole magazine came up and was just like, 'those are really good photos.' I thought, 'Oh, my goodness. Really?'"

Angie earned a bachelor's degree in English and education from Stony Brook, worked as a teacher's aide for a year, and then enrolled in Antonelli Institute in Erdenheim to pursue her interest in photography. After getting her associate degree there, she worked for agencies that took portraits of students all over the East Coast. But 16-hour days and living out of hotels for a week at a time drained her enthusiasm for her art after a few years. She left her job in 2011, moved to Northwest Philly and began working as a paid cooperator at Weavers Way, trying to figure out her next move.

Angie Rosen works on staff schedules on a recent afternoon. Yes, she likes the shift management part of her job.

As a paid cooperator, Angie did her share of cleaning shifts in Mt. Airy. Rebecca Katz, who headed up the cleaning crew, was leaving and encouraged her to apply for a staff position. Angie got the job, picked up a few cashier shifts in addition and was on her way.

Of the four jobs she does, Angie likes shift managing best. She hopes to build on her management experience and work at Weavers Way for 10-15 years.

"I like that I can provide stellar customer service or have a hand in what customers are feeling and solve their problems, as well as staff," she said.

"There's an atmosphere of conversation and acceptance, and we try to be that way with our members as well."

Angie, who recently moved to Roxborough, brings to the job that sense of belonging she felt when she frequented the Co-op as a girl. "It was a very special place where I felt like I could go and ask for things you wouldn't be able to ask for at a regular store," she said. "You can certainly come into the Mt. Airy store and ask for things you need, or be helped. That's what I try to do as a manager."

kplourde@weaversway.coop

What's What & Who's Who at Weavers Way

The Shuttle

Editor
Mary Sweeten, 215-843-2350, ext. 135
editor@weaversway.coop

Art Director
Annette Aloe, 215-843-2350, ext. 130
annette@weaversway.coop

Advertising Billing
Virginia Herbaugh, 215-843-2350, ext. 117
advertising@weaversway.coop

Proofreaders for this issue: Barbara Jaffe, Penelope Myers, Barbara Sheehan

Contributors for this issue: Glenn Bergman, Kirsten Bernal, Scott Blunk, Anne Bonn, Jane Easley, Tema Esberg, Alex Evanson, Sandra Folzer, Margie Felton, Jill Fink, Anton Goldschneider, April Lyn James, Stephanie Kane, Dale Kinley, Ron Kushner, Nathea Lee, Marsha Low, Brenda Malinics, Karen Plourde, Nancy Pontone, Laura Morris Siena, Rebecca Torpie, Norman Weiss.

Mt. Airy

Monday-Sunday, 8 a.m.-8 p.m.
559 Carpenter Lane, 215-843-2350

Chestnut Hill

Monday-Saturday, 7 a.m.-8 p.m.
Sunday, 9 a.m.-8 p.m.
8424 Germantown Ave., 215-866-9150

Across the Way

Monday-Sunday, 8 a.m.-8 p.m.
610 Carpenter Lane, 215-843-2350, ext. 276

Next Door

Monday-Sunday, 9 a.m.-8 p.m.
8426 Germantown Ave., 215-866-9150

www.weaversway.coop
contact@weaversway.coop

Follow us !

Weavers Way Managers/Department Heads

Mt. Airy main number: 215-843-2350 **Chestnut Hill main number:** 215-866-9150

General Manager
Glenn Bergman, ext. 131
215-913-9437 (cell)
gbergman@weaversway.coop

Purchasing Manager
Norman Weiss, ext. 133
normanb@weaversway.coop

Controller
Nancy Pontone, ext. 116
npontone@weaversway.coop

Marketing Director
Rebecca Torpie, ext. 121
rtorpie@weaversway.coop

Finance Manager
Susan Beetle, ext. 110
sbeetle@weaversway.coop

Human Resources Manager
Jon Roesser, ext. 132
hr@weaversway.coop

Membership Coordinator
Kirsten Bernal, ext. 119
member@weaversway.coop

Outreach Coordinator
Bettina de Caumette, ext. 118
outreach@weaversway.coop

Executive Chef
Bonnie Shuman, ext. 218
bonnie@weaversway.coop

Mt. Airy Store Manager
Rick Spalek, ext. 101
rick@weaversway.coop

Chestnut Hill Store Manager
Dean Stefano, ext. 212
dstefano@weaversway.coop

Across the Way Manager
Lisa Whitlock, ext. 114
lwhitlock@weaversway.coop

Next Door Manager
Amira Shell, ext. 220
ashell@weaversway.coop

Pet Products Manager
Anton Goldschneider, ext. 276
petstore@weaversway.coop

Farm Manager
Nina Berryman, ext. 325
nberryman@weaversway.coop

Floral Buyer
Ginger Arthur, ext. 317
floral@weaversway.coop

Department Heads

Grocery
(MA) Heather Carb, ext. 113
hcarb@weaversway.coop
(CH) Riley Luce, ext. 217
rluce@weaversway.coop

Prepared Food
(MA) Dave Ballentine, ext. 102
dballentine@weaversway.coop

Deli
(MA) Margie Felton, ext. 109
margie@weaversway.coop
(CH) Shawn O'Connell, ext. 209
soconnell@weaversway.coop

Meat, Poultry & Seafood
(MA) Dale Kinley, ext. 104
dale@weaversway.coop
(CH) Ron Moore, ext. 205
moore@weaversway.coop

Produce
(MA) Jean MacKenzie, ext. 107
mackenzie@weaversway.coop
(CH) Mike Herbst, ext. 211
mherbst@weaversway.coop

Weavers Way Community Programs

Executive Director
Jill Fink
jill@weaversway.coop

Office Manager
Angela Faranda
afaranda@weaversway.coop

Farm Educator
Tara Campbell
henryeducation@weaversway.coop

Farm Manager
Andrew Turner
aturner@weaversway.coop

215-843-8289
www.weaversway.coop/wwcp

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Weavers Way Welcome Meetings

We wholeheartedly encourage new members to attend one orientation meeting. Learn all about our cooperative market, the benefits of buying in, the resources that become available to you and how co-ops contribute to local communities around the world. Meet staff and other member-owners and share in some refreshments and conversation. Bring your questions, your curiosity or your experience with other co-ops. Working members will receive two hours credit for attending. We look forward to meeting you!

Attend a Weavers Way Welcome Meeting, Get 2 Hours Work Credit!

Meetings start at 6:30 p.m., in Mt. Airy in the Community Room, 555 Carpenter Lane, or in Chestnut Hill at various locations (call for details). Current members who help host also get work credit!

RSVP: **outreach@weaversway.coop** or **215-843-2350, ext. 118.**

NEXT MEETINGS

Jan. 14, Chestnut Hill (Friends Meetinghouse, 20 E. Mermaid Lane)
Feb. 11, Mt. Airy (555 Carpenter Lane)

January Member Specials

Valid from Dec. 31 - Feb. 3

For more member savings, visit www.weaversway.coop

ANCIENT HARVEST QUINOA
Organic Quinoa Flakes 12 oz
$6.99 REG $8.35

ORGANIC VALLEY
Low Fat Sour Cream 16 oz
$2.99 REG $3.35

LING LING
Vegetable Potstickers 13 oz
$3.99 REG $4.89

FOOD MERCHANTS
Organic Polenta 18 oz
$2.99 REG $3.25

ORGANIC VALLEY
Organic Ricotta Cheese 15 oz
$4.99 REG $5.95

DR. BRONNER'S MAGIC SOAPS
Unscented Castile Soap 16 oz
$7.99 REG $8.69

GUAYAKI
Og Traditional Yerba Mate 25 ct
$4.99 REG $6.25

LING LING
Chicken Potstickers 13 Oz
$3.99 REG $4.89

SOOTHING TOUCH
Lemon Cardamom Lip Balm .25 oz
$.99 REG $3.45

JANUARY

Weather closings are posted on www.weaversway.coop, Facebook and Twitter.
Or just give us a call at 215-843-2350!

CALENDAR OF EVENTS

ALL MONTH LONG: WW CHESS CLUB, Mondays, 7 p.m.

Thursday, January 1

HAPPY NEW YEAR!
Weavers Way stores are closed for the holiday. See you Jan. 2!

Tuesday, January 6 — **7 p.m.**

Monthly Weavers Way Board of Directors Meeting
What's our Board up to? Head for the Parlor Room at Summit Church, 6757 Greene St., to find out. RSVP with your Co-op member number: boardadmin@weaversway.coop or 215-843-2350, ext. 118.

Wednesday, January 7 — **7:30 p.m.**

2nd Weavers Way Member Forum on Pricing & Food Access
Join the discussion with Purchasing Manager Norman Weiss, General Manager Glenn Bergman and the Weavers Way Food Justice Committee. How do product selection and values compare? Is shopping at Weavers Way as affordable as it can be? The Common Room at Summit Church, 6757 Greene St. RSVP with your Co-op member number: outreach@weaversway.coop or 215-843-2350, ext. 118.

Wednesday, January 7 — **7:30 p.m.**

Weavers Way Environment Committee Meeting
Join this Co-op committee dedicated to saving the planet. Community Room, 555 Carpenter Lane (adjacent to the Mt. Airy store). RSVP: environment@weaversway.coop or 215-843-2350, ext. 118

Thursday, January 8 — **6:30 p.m.**

Weavers Way Board Candidate Informational Meeting
Want to learn more about running for a seat on the Board of Directors? Participate in this session sponored by the Leadership Committee to get a better understanding of the role and responsibilities of the Board. A second meeting is scheduled for Jan. 29. RSVP: outreach@weaversway.coop or call 215-843-2350, ext. 118.

Thursday, January 8 — **7 p.m.**

NEW! Weavers Way Movie Night at Read & Eat: "Bag It"
"Bag It" follows everyman Jeb Berrier as he explores and questions pervasive disposable plastic. Doors open at 6:30 p.m. at the Screening Room at Mt. Airy Read & Eat, 7141 Germantown Ave. Casual discussion afterwards. RSVP with your Co-op member number: outreach@weaversway.coop or 215-843-2350, ext. 118.

Wednesday, January 14 — **6:30 p.m.**

Welcome Meeting for New Members
Let us introduce you to Weavers Way Co-op! Earn two hours credit towards working member status just for for attending. Chestnut Hill Friends Meetinghouse, 20 E. Mermaid Lane.
RSVP: member@weaversway.coop or 215-843-2350, ext. 119.

Tuesday, January 20 — **6:30 p.m.**

Weavers Way Health & Wellness Committee Meeting
Join this think tank of alternative and traditional health practitioners as they develop ways of improving the well-being of our community. Community Room, 555 Carpenter Lane (adjacent to the Mt. Airy store). RSVP: rtorpie@weaversway.coop or 215-843-2350, ext. 121.

Tuesday, January 20 — **7:30 p.m.**

Member Forum on Proposed Changes to the Weavers Way Bylaws
The Co-op's Board of Directors invites all members to discuss proposed changes to the Bylaws. The Parlor Room at Summit Church, 6757 Greene St. RSVP with your Co-op member number: boardadmin@weaversway.coop or 215-843-2350, ext. 118.

Wednesday, January 21 — **7 p.m.**

MEMBER WORKSHOP: "Air Sealing Helps Insulation Work"
Hear from nationally recognized energy expert Hap Haven about how homes are traditionally built for show, not comfort or energy conservation. Members will also hear about the PGW Home Energy Rebate Program. Community Room, 555 Carpenter Lane (adjacent to the Mt. Airy store). RSVP with your Co-op member number: outreach@weaversway.coop or 215-843-2350, ext. 119.

Thursday, January 29 — **6:30 p.m.**

Weavers Way Board Candidate Informational Meeting
Want to learn more about running for a seat on the Board of Directors? Participate in this session sponsored by the Leadership Committee to get a better understanding of the role and responsibilities of the Board. RSVP: outreach@weaversway.coop or call 215-843-2350, ext. 118.

Pick Your Spot for MLK Service Day

If the Martin Luther King Day of Service is, as the saying goes, "a day on, not a day off," there's nowhere as "on" as Philadelphia.

On Jan. 19, more than 100,000 volunteers are expected to participate in MLK Day service projects in the region.

Nonprofits, schools, faith communities, businesses, grassroots organizations and other terrific local groups of all kinds are looking for volunteers to make their King Day of Service projects a big success. Volunteer opportunities include hands-on service projects, educational workshops, donation drives, advocacy events and community celebrations.

Weavers Way is doing its part by donating fruit, chips and drinks for workers at the Greater Philadelphia Martin Luther King Day of Service signature site at Girard College.

One good option for volunteers is the Unitarian Society of Germantown, which is continuing its decades-long MLK Day tradition of service. "Service is an exercise in compassion," said Rev. Kent Matthies, USG minister. "Acts of compassion make our neighborhood a place where all of us want to live."

In the building on Lincoln Drive, children can make posters and and decorate lunch bags. Families can pack bag lunches for homeless shelters. Offsite projects include visiting and playing music for seniors at a local nursing home, work projects at local schools, picking up trash and more. The day starts with registration, coffee, tea and bagels at 8 and a brief service at 9. Projects begin at 9:30, with most completed by 12:30 p.m.

Joanne Davis photos

Last year, Unitarian Society of Germantown volunteers packed lunches and visited with seniors, below.

Get more information and register at www.mlkphillyuus.org. The Unitarian Society is at 6511 Lincoln Drive; parking is in the rear off Johnson Street.

Or visit www.mlkdayofservice.org to find out what other volunteer opportunities are available.