

What Are The Weavers Way Ends?

by David Woo, Weavers Way Board

WE JUST SAW IN THE JANUARY 2016 Shuttle an excellent and detailed article by Weavers Way Board Treasurer Emmalee MacDonald that clarifies the whys and hows of our patronage rebates.

The article helps to show the Board's reasoning and the ways we handle our revenue and resultant federal tax obligations.

As a business that is not owned by a private entity, wealthy family or large corporation, our surplus revenue — our profit — is something that we as member-owners all share. I invite you to go back to that piece for the patronage rebate details, or come and talk to one of us on the Board or management to further your education on

the business and community complexities of running a cooperative enterprise.

While reading Emmalee's article, I realized that we regularly need to share the foundational thinking underlying why our cooperative enterprise exists in the first place. Publicly owned corporations

(Continued on Page 24)



The Shuttle

February 2016 Vol. 44 No. 2

Community-Owned, Open to Everyone

Civil Rights, Then & Now

By Laura Morris Siena, for the Shuttle

LAST OCTOBER, I WAS PRIVILEGED TO PARTICIPATE IN THE GREAT MISSISSIPPI ROAD TRIP, sponsored by the Mississippi Center for Justice (www.mscenterforjustice.org), a nonprofit legal organization committed to racial and economic justice. The tour focused on key moments in the struggle for civil rights in Mississippi, both past and present.

The guides, speakers and presenters expertly wove together the history and the most current of events. It was a masterful job of making the case for why this work needs to continue. When I returned, I jotted down a travelog that is excerpted here.

DAY 1: Jackson and Hattiesburg

We piled onto the bus and made our way to our first stop, Medgar Evers' home in Jackson. He and his family lived in a 1950s rancher with the same pink tub I had in my house.

Evers, the field secretary for NAACP in Mississippi, was assassinated in

(Continued on Page 12)



News from Chocolate World

by Sue Wasserkrug, Weavers Way Food Justice Committee

THERE IS GOOD NEWS AND BAD NEWS IN THE WORLD OF CHOCOLATE (AND sugar) since last Valentine's Day.

Of course, there's always been plenty of good news about chocolate in terms of health benefits. Chocolate is chock full of theobromine, an alkaloid that, supposedly, makes chocolate consumption simulate that feeling of being in love. And dark chocolate has lots of antioxidants, which help prevent cell damage.

A more recent piece of good news involves chocolate production on the part of a major corporation: Hershey. Even though Hershey is not my personal favorite when it comes to chocolate, it is, undeniably, a household name. So I was thrilled to learn that Hershey is cleaning up its act in two important ways: labor practices,

(Continued on Page 10)

WE'D LIKE TO PHASE OUT SAN PELLEGRINO

by Kathryn Worley, Weavers Way Mt. Airy Grocery Manager

Product selection at Weavers Way is a balancing act. How can we offer our members food they love, at prices they can afford, and also adhere to our Product Philosophy and standards? Our strategy often involves letting members decide for themselves. That's why we carry items that are more sustainable and more ethically sourced — and more expensive — alongside conventional, but more affordable selections of the same products: You decide what to buy.

So the Weavers Way Environment Committee is looking for your input in phasing out a not-so-ethically-sourced product: San Pellegrino sparkling beverages. San Pellegrino is one of many brands owned by Nestlé, a company long accused of labor abuses and poor environmental stewardship. (Google "campaign against Nestlé" for background on a variety of complaints against this multinational food company.)

Please Help Kathryn!

It's my job to see how close we can get to meeting our ethical standards without disappointing you. Please help me figure out what other sodas you most enjoy. I hope we can come up with replacements that will keep everyone happy.



Here are some brands we've been trying:



Do any of these measure up? Do you know about some other great brand — or do you know something atrocious about these brands? Leave a comment on the website (www.weaversway.coop/soda), email me (worley@weaversway.coop) or look for me in Mt. Airy. I'd love to hear your thoughts and suggestions.

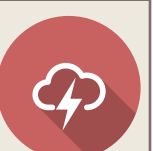
(Don't forget that as a Co-op member, you can pre-order a case of San Pellegrino (\$23.54 for 24 cans) any time you like. Email MApreorder@weaversway.coop or CHpreorder@weaversway.coop (depending on where you're picking up) or fill out a preorder slip in either store.

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In case of inclement weather, check www.weaversway.coop, Facebook or Twitter to check if the Co-op is open. Or just give us a call!



Weavers Way Cooperative Association
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www.weaversway.coop
CHANGE SERVICE REQUESTED

Editor's Note

by Mary Sweeten, Editor,
Weavers Way Shuttle



IF YOU THOUGHT JANUARY WAS TRYING, try being Shuttle editor in February. Not only is it Black History Month, it's also Valentine's Day. Not to mention that Shuttle staff scribe Karen Plourde has discovered that someone declared it American Pie Month. Then there's THIS February, which is special in a quadrennial kind of way — 'cause 2016 is a leap year.

From a publication-planning point of view, this issue of the Shuttle attempts to split the difference. In the sweets-for-the-sweet department, there's an update on what's wrong with chocolate, what's right and what's getting better. (This is a conversation that goes on year-round at the Co-op, by the way, as evidenced by the um, lively discussion at staff meetings about not carrying Asher's Chocolates at Christmas, even though they are local — though not as local as when they were actually made in Germantown.)

To give you some food for thought on racial justice, we have a travel story — a story about a tour that focuses on the struggle for civil rights, then AND now, in Mississippi. (And you can sign up for the next one.)

As for leaping, well, we're leaping into a new world of competition in Chestnut Hill with the opening of Fresh Market! (How's that for a stretch?) Did you pick up your reusable bag at their grand opening? Bring it — or your beat-up Whole Foods or Trader Joe's bag — into Weavers Way and trade it for a brand-new Shop the Co-op bag.

And I don't know about you, but I would like to be spending Feb. 29 somewhere near Clearwater, Fla. — because, wouldn't you know it, it seems that February is also national Grapefruit Month.

msweeten@weaversway.coop

The Shuttle is published by Weavers Way Cooperative Association.

Statement of Policy

The purpose of the Shuttle is to provide 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. 314. Advertised products or services may not be construed as endorsed by Weavers Way Co-op.

The Shuttle is printed on 100% recycled paper.



What's in Store at Weavers Way

5 THINGS

Five Things is a service of Weavers Way.

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

Five Things ... for Great American Pie Month

It's true — and there are only 29 days to celebrate!
So drive your Chevy (or Prius, or bike) to the Co-op to pick up what you need for your pie party.



1

Stryker Farm pure leaf lard — From Saylorburg, Monroe County. The gold standard for pie crust. Stryker Farm's heirloom pigs are free-range and fed organically.



2

If You Care paper cake and pie pans — So that dirty pie plate doesn't kill your buzz. Made from unbleached, chlorine-free paper. Four pans to a pack. On the 2nd floor in Mt. Airy.



3

The Fill-In — Oregon sweet or tart canned cherries. Farmers Market organic pumpkin or sweet potato puree. Better yet, wait until Wednesday or Thursday for local apples to be on sale and load up.



4

My House Pies — Because all you really want to do is eat pie. Baked with goodness by the Connells of West Philly. Selection changes with the season. In the bakery in both stores.



5

Griggstown Farm Pot Pies — For when your taste tilts toward the savory. Made on a 65-acre free-range poultry farm in Princeton, NJ. Two sizes of chicken pot pie and shepherd's pie. In the freezer at Chestnut Hill.

Kaiser on a Roll

Why Does the Messy Sandwich Reign Supreme?

by Chris Kaiser, Weavers Way Chestnut Hill Prepared Foods

THE IDEAL SANDWICH HAS TAKEN A 180-DEGREE TURN, GOING from compact and manageable to overstuffed and sloppy.

When the Earl of Sandwich created his eponymous bread-and-meat concoction the 18th century, it was supposedly to keep his hands neat while playing cards. Today, most eateries assume customers will be dissatisfied if their sandwich isn't bursting with excessive fillings.

"I like a luscious sandwich, but I don't want it dripping down my arms," said one of the chefs at Weavers Way in Chestnut Hill.

But another chef insists that if it isn't messy, it isn't good — and she makes great sandwiches!

An informal poll reveals — surprisingly, to me — that most of them relish the idea of a messy sandwich. Here's a sample of their comments:

- "The messier the better. Finger licking is not a consequence; it's a divine command."
- "I've had enough manageable food throughout my life. When I eat a sandwich, I want it to be fun. Part of that experience is the messiness."
- "In general, I'll go for sloppy since it usually entails having just a bit more of the good stuff than the bread can handle, and I face it as a challenge to lose as little of it as possible in the process of consuming it."

I personally don't like to eat messy sandwiches, and I certainly don't like to make them. As a result, I am constantly re-evaluating a sandwich's architecture, hoping to perfect its structural integrity for maximum orderliness. But sometimes my idea of perfection doesn't jibe with popularity.



Chris Kaiser photo

Yum or yuck? You tell us.

A few months ago, for example, Weavers Way offered a vegan gyro on naan with shredded lettuce, tomato, onion and tzatziki sauce. To me, it was a messy sandwich, so I tried to contain the chaos by reducing the "fixins." A customer told me the sandwich was good but left him hungry. I told him how I had held back to make the eating experience more enjoyable. His reply: "It's always best to err on the side of gluttony."

I took his comment to heart and figured out a way to make the gyro manageable while using an abundance of fixins.

A deep dive into the Internet reveals a fringe group of gourmards who laud the practice of cutting a V-shaped wedge into the top of the hoagie roll, placing the fillings inside the doughy valley and securing them by replacing the wedge atop the roll. This style, they claim, makes for a more manageable eating experience, with no chance of tomatoes squirting out the sides after every bite.

There are as many ways to enjoy a sandwich as there are people, but I like the way Jim Gordon, a sandwich aficionado with a strong Internet presence, put it: "If a sandwich is the use of bread as a handle for ingredients, I believe that it is a failure of purpose to have to use the hands as further (back-up) containers for the contents, or to have a plate and fork to take care of ejecta from the sandwich."

Let us know your preference.

chris.newassignment@gmail.com

What's in Store at Weavers Way

Local Vendor

Announcing Stryker Beef

by Stephanie Kane, Weavers Way Local Purchasing Coordinator

WORKING AT THE CO-OP, PROBABLY the closest we get to “The sky is falling!” is when a major supplier of an essential local product tells us they’re closing their doors. This happened in January, when N.S. Troutman Farms, where we get our locally-and-humanely raised, all-natural, grass-fed beef, let us know they were going out of the processing business.

Said panic set in. We needed affordable beef that meets our standards — no small feat. Most producers of natural and grass-fed beef are small, and price their product for the direct market of restaurants and farm shares. Troutman had been able to scale up enough to supply us with processed beef and whole sides we could break down ourselves, at a price we were comfortable offering our shoppers.

So the calls went out around town in search of potential new farms to work with, to our friends at outfits like Fair Food Farmstand and to farmers who might be able to make a recommendation, like Stryker Farm, the supplier of our all-natural heritage pork. Cue the soothing music: By the end of the day, Stryker Farm proprietor Nolan Thevenet emailed: “We are happy to announce that beginning next week Stryker Farm will be partnering with several small PA fam-



ily farms to provide our own brand of 100 percent grass-fed beef.”

Stryker has been supplying us with pork for a couple years now. Nolan’s animals are pastured on his 48 acres in Monroe County, and enjoy forage from the forest as well as non-GMO, sustainable feed he brings in. He takes animal welfare seriously, and has always been a pleasure to work with. Stryker Farm will continue to work with Troutman’s partner farmers, who raise the steers, and the Quakertown custom butcher he already uses. So Weavers Way beef purchasers can expect the same high quality as Troutman’s along with the same high quality we’re used to with Stryker Farm.

We’ll still be able to receive half animals, which our butchers break down in-house, to be able to offer more cuts at a better price. We’ll also get a number of natural primal cuts as well as individually wrapped portion cuts.

We look forward to growing our relationship with Stryker Farm, and are excited to see Nolan’s small business grow. So look for our local, naturally raised and grass-fed beef with the Stryker Farm logo!

skane@weaversway.coop

CO-OP MEMBERS WHO PRE-ORDER GET A FREE VASE— AND A WORRY-FREE VALENTINE’S DAY.

Weavers Way roses are Florverde® certified, and come from our friends at Zieger & Son Wholesale Florist in Germantown.

Weavers Way Members can order online through Wednesday, Feb. 12, and pick up Feb. 12, 13 or 14.

For details and to place your order, visit:
WWW.WEAVERSWAY.COOP/ROSES

New on the Shelves

by Karen Plourde,
Weavers Way Chestnut Hill
Grocery Staff

All Wellness & Good

It's the time of year for some **Good Clean Love**. And Across the Way is now an outpost for SoapBox Philly.



With Valentine’s Day upon us, our thoughts wander into the fields of romance. While you’re wandering, stop at Weavers Way Across the Way or Next Door for love oils, lubricants and body candy from **Good Clean Love**, a Eugene, OR, maker of organic intimacy products. (Next Door has the two-pack love oils gift set and two types of personal lubricant.) Body candy, you say? Yes — in cocoa mint, vanilla chai and spicy orange flavors. It’s spreadable and edible. You take it from there.

For pre- or post-love cleanup, ATW offers **SoapBox Philly** hand-cut bar soaps and bar shampoo, as well as an extensive collection of beauty products

for all types of skin. (Household cleaners too.) They’re based at 6th Street near South, and their line uses only real plant materials.



Picks in Produce

Bad weather in Cali means we’re low on some winter staples. But have you tried our local turnips lately?

The new year has brought needed rain to parts of California. But according to our main organic produce supplier, Four Seasons Produce of Ephrata, Lancaster County, it also means lots of cloudy days, which inhibit growth, and mud, which inhibits harvesting. So winter veggies like broccoli, carrots and cauliflower are in short supply, and pricey and small to boot.

As is often the case, the answer is to go local — for instance, **Weavers Way Farms’ own purple-top turnips**. A quick Google search produces a good crop of recipes for roasting, mashing and braising, either



by themselves or with other seasonal produce like butternut squash or apples, both of which the Co-op also has in abundance. So think outside the bin and discover, or re-discover, a new vegetable.

Goings on in Grocery

Local Korean BBQ sauce in the Hill. And Purely Elizabeth granola comes to Mt. Airy.



Yong Chi, owner of Giwa in Center City, had a hit with his signature Korean hot sauce when he introduced it to Weavers Way a year or two ago. Now we’ve added his barbecue sauce to the shelves in the Chestnut Hill store. Try it soon — maybe on your wings (keep reading for Meat & Fish Market).

Sometimes it seems the world is half-full of granola, but not much of it is gluten-free. **Purely Elizabeth**, which has been in the Hill for a while, is now also in Mt. Airy in three flavors. Along with being safe for the celiac crowd, it’s also organic, non-GMO and free of refined sugars. Sprinkle some or grab a pinch and crunch on.

Meat & Fish Market

Just in time for the Super Bowl, wings are on sale.



Erase the memory of the Eagles’ season by focusing on the Big Game and **Bell & Evans** chicken wings. They’re on sale all month for \$2.99 a pound. Even after Feb. 7, there’s March Madness and the Flyers and pitchers and catchers report, oh my. Who knows? Maybe the Sixers will get to double-digit wins. Wing a ding ding, y’all!

kplourde@weaversway.coop

Weavers Way Community Programs

Why I Give

by Margaret Guthrie,
WWCP Board Member

I JOINED THE WEAVERS WAY COMMUNITY Programs board because I am concerned that many of our neighbors in Northwest Philadelphia lack access to good, nourishing food. WWCP's board and staff share my concerns and are addressing this issue in concrete ways. Since I am retired and a lifelong gardener, I felt I would be most useful to WWCP's work not just as a board member, but also as a volunteer in the garden at Stenton Family Manor, one of the largest emergency housing facilities for families in Philadelphia.

My first task was re-creating the herb bed, which was a mass of weeds with a few pathetic plants struggling for life. As I worked, kids from Stenton would approach me with questions as they made their way to and from Garden Club, an after-school and summer camp program WWCP staffers run in Hope Garden behind Stenton. I introduced them to the herbs, teaching them that peppermint is what flavors their toothpaste and mouthwash, and how in some places it's grown as a cash crop. The kids tasted herbs that reminded them of pizza or spaghetti sauce, others that reminded them of tur-



WWCP photo

LeBron is tall; sunflowers may be taller; but the kids at Stenton Manor are the greatest.

key and Thanksgiving. Occasionally one of them would ask for a flower to take to Mom.

Working with WWCP staff members who run Garden Club, I also did a couple of projects with the kids, including growing sunflowers that turned out to be taller than LeBron James (he's 6-foot-8) and making gazpacho. The kids love harvesting and "cutting stuff up" for salads, salsa, pizza and even gazpacho, although one boy told me, "I am sorry, Miss Margaret, but I just think soup should be hot."

In working with the kids and interacting with them in the garden, I've realized how resilient they can be, and how courageous they are. If courage is grace under pressure, many of the kids at Stenton have it in abundance. Working with them, watching them become engaged and giving their curiosity full range has been not only a life lesson for me, but an experience that remains a privilege.

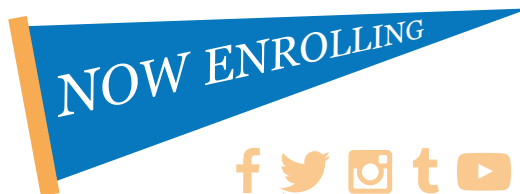
All told, my time volunteering at Stenton gives me far more than I give to it and deepens my commitment to finding solutions to the persistence of hunger in our neighborhood.

Look for "Why I Give" each month in the Shuttle to get an inside look at volunteer experiences and what inspires people to donate their time, money and skills to WWCP. Feeling inspired? Contact Jackie Schrauger at jschrauger@weaversway.coop.

Settlement Music School

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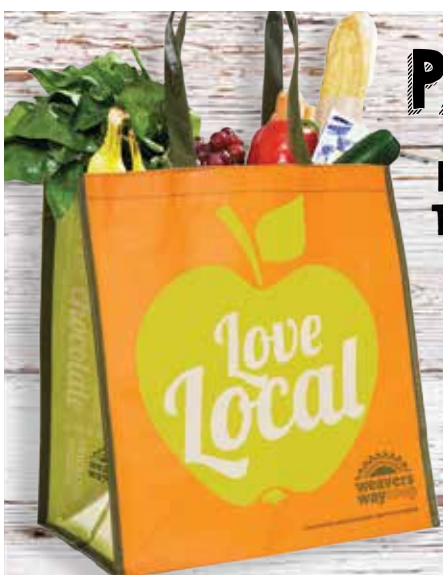


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Weavers Way Community Programs

Thank You!

by Jill Fink, Executive Director, Weavers Way Community Programs



THE GROWING SEASON WILL BE HERE SOON, AND though our programs run year-round, we here at Weavers Way Community Programs are happily planning for warmer days, eager to get back into the earth and start growing. We couldn't do any of this without you, the members of Weavers Way.

With your help, we managed to raise \$36,990 in our end-of-year campaign, money that ensures we'll be able to continue offering fun, informative and life-changing farm and nutrition education programming throughout 2016. From the bottom of our hearts, and on behalf of the people we humbly serve, we thank you.

Your generosity enables us to do so much. Highlights from 2015 include:

- Working with 1,300 people, largely at little to no cost to the participants.

- Growing nearly 6,000 pounds of food, 2,260 pounds of which was donated to Stenton Family Manor, the second largest emergency housing shelter for families experiencing homelessness in Philadelphia.

- Hosting Garden Club at Stenton several days a week, giving young children and teenagers a chance to play and build community while acquiring valuable knowledge about nutrition, biology and more.

- Launching Hope Kitchen for parents at Stenton, coming together to educate participants about healthy eating and shopping on a budget, all while cooking a delicious meal together.

- Running a one-of-a-kind horticultural therapy program at Martin Luther King Jr. High School, designed specifically for students with autism and other intellectual disabilities.

- Getting the teens at Saul out of the classroom and into the dirt at one of Weavers Way's farms, enabling them to take what they learn in class and apply it on a production farm.

With your support, we can't wait to see what we can accomplish in 2016!

jill@weaversway.coop

Giving Twosdays!

Give \$2 to WWCP! Every 2nd Tuesday Every Month

When you shop at the Co-op on the second Tuesday of the month, please consider adding \$2 to your total bill to support WWCP programs and services. Your support enables WWCP to provide a wide range of farm education and nutrition programs to local families.

WEAVERS WAY COMMUNITY PROGRAMS

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Foundation Support In 2015

WEAVERS WAY COMMUNITY Programs (WWCP) relies on the generosity of individual donors and foundations alike to provide high-quality and unique experiential farm and nutrition education to some of Philadelphia's most vulnerable residents. WWCP is indebted to the generosity of the following foundations in 2015:

- | | |
|--|--|
| AMJ Foundation | Henrietta Tower Wurts Memorial |
| Bennett Family Foundation | Hilda Mullen Family Foundation |
| BJ's Charitable Foundation | J.J. Kalm Foundation |
| Claneil Foundation | Leo and Peggy Pierce Family Foundation |
| Connelly Foundation | Lida Foundation |
| Dolfinger-McMahon Foundation | Nararo Foundation |
| Drumcliff Foundation | Roswell Foundation |
| East Mt. Airy Neighbors Community Fund | RSF Social Finance |
| First Hospital Foundation | Rubenstein Foundation |
| Green Tree Community Health Foundation | St. Martin-in-the-Fields Church |
| | TD Charitable Foundation |

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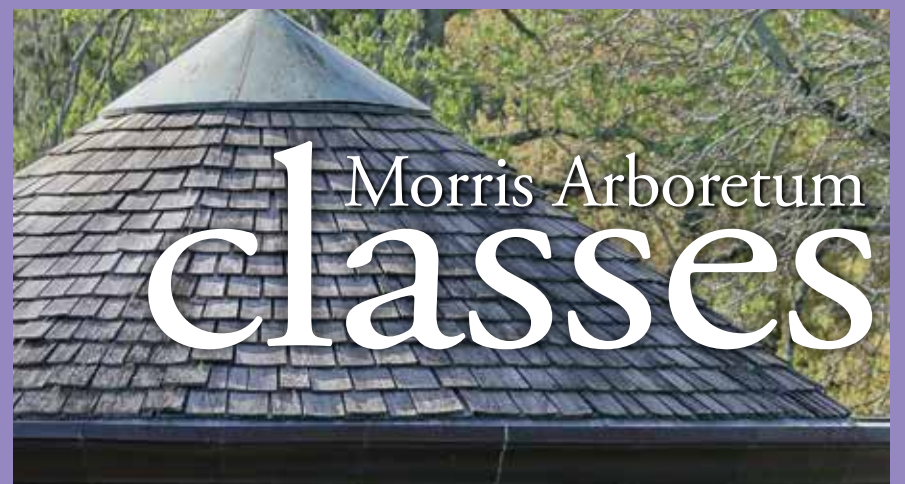
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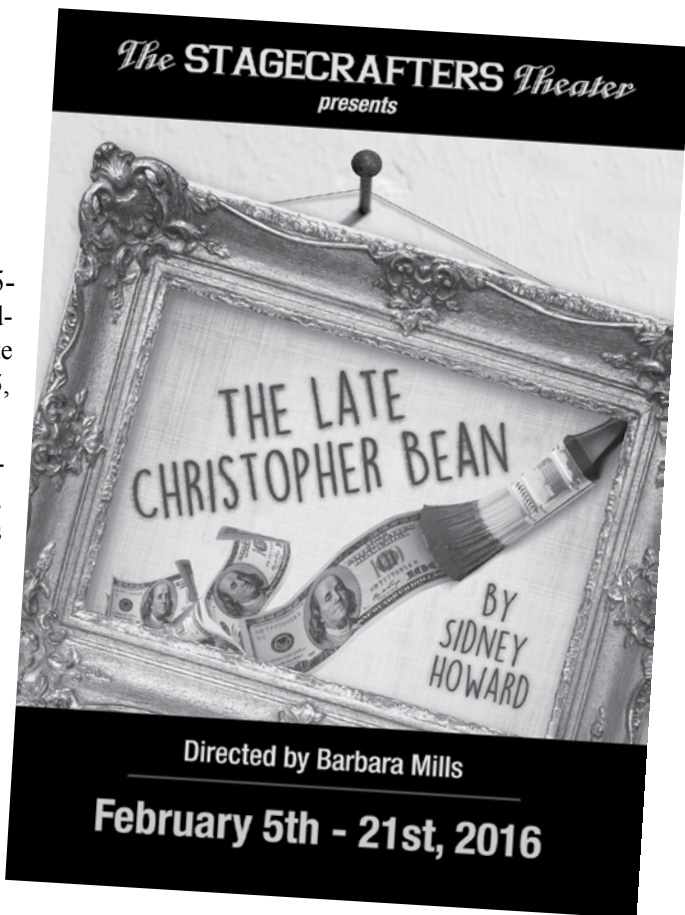
'The Late Christopher Bean' at Stagecrafters

THE THIRD PRODUCTION OF THE 2015-2016 season at The Stagecrafters, Sidney Howard's screwball comedy "The Late Christopher Bean," opens Friday, Feb. 5, and runs through Feb. 21.

The action takes place in a provincial town in New England around 1930, at the home of one Dr. Haggett and his wife and two daughters, who some years earlier had given room and board to an unknown, penniless and much-derided painter, the Christopher Bean of the play's title. How their one-time good deed unexpectedly turns into the possible money-making opportunity of a lifetime becomes the theme of this satire on greed and moral frailty.

Howard (1891-1939), a prolific American playwright and screenwriter, received the Pulitzer Prize for his stage drama "They Knew What They Wanted" (1924) as well as a posthumous Academy Award for his screenplay for "Gone With the Wind" (1940). "The Late Christopher Bean" (1932) was greatly successful on Broadway and in London, and has enjoyed several revivals: "... It's a play that has remained fresh and funny, proving once again that a strong script is rarely tarnished by time." (New York Times)

Performances are 8 p.m. Fridays, Saturdays



and Thursdays, Feb. 5, 6, 11, 12, 13, 18, 19 and 20, with 2 p.m. Sunday matinees on Feb. 7, 14 and 21. A "Meet the Cast and Director" Q&A will be held following the performance on Friday, Feb. 12.

Tickets are \$17 online (no service charge), \$20 at the door; discounts are available for Thursday evenings and for groups and students. Visit the website for details: www.thestagecrafters.org. The theater is located in Chestnut Hill at 8130 Germantown Ave.

Free Screening of Timebanking Documentary

WEAVERS WAY IS CREATING A NEW TIMEBANKING COMMITTEE composed of people who are passionate about timebanking who want to help grow Time4Time Community Exchange, a member-led timebank in Northwest Philadelphia. We're launching this effort with a free screening of "Time as Money" (2014, www.timeasmoneythemovie.com), a documentary about timebanking.

Join us at 7 p.m. Thursday, Feb. 25, at Mt. Airy Read & Eat, 7141 Germantown Ave. Seats are limited; RSVP to outreach@weaversway.coop or 215-843-2350, ext. 118.

In the way that an incoming tide has an irresistible force, "Time as Money" is a powerful film. It celebrates the wealth of community, illustrates how exchanging services for time credits instead of cash revives the traditional barn-raising concept of helping others and captures some of the creative ways in which timebanking has been used to start Repair Cafes, empower those who have few resources and promote sustainability and ecosystem renewal initiatives. We get to see how individuals who do not think of themselves as leaders become founders and catalysts when they take the idea of timebanking and put its core values into practice.

The film will be followed by a discussion of the movie and about how we can grow timebanking in our community.

— Betsy Wallace

time4timexchange@gmail.com



weavers way coop Up-to-the-minute Co-op news...



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GM'S CORNER

Making Things Better: It's What We Do

By Jon Roesser, Weavers Way General Manager

"When it's better for everyone, it's better for everyone." — Eleanor Roosevelt

MRS. ROOSEVELT'S QUOTE CRYSTALIZED the spirit of her husband's New Deal. One's prosperity and well-being is tied not just to the size of his or her own bank account, but to the prosperity and well-being of others.

Doubt it? Ask the czar how things turned out for him.

Now, we don't live in czarist Russia, but the trend isn't encouraging. The New Deal and the mobilization of the economy to fight World War II ushered in "The Great Compression," a decades-long period during which prosperity was more equally shared than at any other time in our country's history.

From the 1940s through the 1980s, there were lots of rich people and lots of poor people and society had plenty of problems, but an overwhelming majority of Americans lived comfortable, secure lives.

Men with high school diplomas who worked in factories could afford to buy a house, send their kids to college, take a modest vacation every summer and retire with a certain level of comfort.

Since the 1980s, the gap between the rich and poor has widened, which is bad, but what is worse and potentially incendiary is the growing sense among the huge American middle class that the basic prosperity of their parents and grandparents is less and less achievable today.

There are lots of reasons for this, too many to list in this short column, but there's little reason to hope that, short of a catastrophic event like the Great Depression or another world war, the trend is going to reverse anytime soon.

An influential segment of our society pines for the good old days of the robber barons — dog eat dog, every man for himself, only the fittest survive, that sort of thing. It's the economic equivalent of "Mad Max." Sounds like fun but I'll pass.

For me, the hope lies in a robust and diverse cooperative economy. And here's why: We could more-or-less scrap the Co-op's (rarely read) Mission Statement and seven-point Ends Statement and replace them with Mrs. Roosevelt's words.

When Weavers Way works the way it's supposed to work, it really is better for everyone. Member-owners get the stores they want. Local farmers and food producers have an outlet for their goods and are paid a fair price. Employees receive livable wages and good benefits.

The communities we serve are enriched by our existence. We're good for High Point Café in Mt. Airy and for Kilian's Hardware in Chestnut Hill. We're even good for residential property values.

The planet's resources are used more gently. We buy (and grow) produce that was cultivated more sustainably. The seafood we sell has not been overfished. We use renewable energy to keep the lights on and refrigerators humming.

It is, after all, what all of us as member-owners want: a store that makes things better for everyone. What would be the point of owning a cooperative that exploited its workers, mistreated the planet and squeezed profit from the neighborhoods it serves?

The Co-op doesn't always operate perfectly and no doubt each and every one of our 5,700-plus member households could find something they wish we did better or differently. Some of you may have longer lists than others!

But from my vantage point, the Co-op consistently does a better job than its equivalent for-profit competitors.

For this reason I will continue with our efforts to expand the Co-op into other communities and to increase our offerings to our current communities. For now, expansion plans are focused on a variety of fronts, from opening a third store to providing more options for our existing membership in Northwest Philadelphia.

I'm also committed to Weavers Way taking the lead in developing other cooperative enterprises, ones that can provide our communities with goods and services outside Weavers Way's core competencies.

This isn't growth for growth's sake. It's growth for the sake of developing an economy in which prosperity is more equally shared.

And that's better for everyone.

See you around the Co-op.

joesser@weaversway.coop

L·E·T·T·E·R

Three Springs Thank You

TO THE VOLUNTEERS & MEMBERSHIP of Weavers Way: Everyone here at Three Springs would like to take a moment to thank you all for your investment in local, sustainable agriculture. There's a lot of competition for your food dollars and you folks have "voted with your food dollars" to support not only our farm and the Co-op's farm, but also the others that your choosy, like-minded, vigilant produce folks source from. It strengthens our will and encourages us to do better for ourselves; you, our customers; and our environment each year. Please feel open and welcome to engage us and ask us questions.

Ben, Jerry and the crew

Three Springs Fruit Farm in Adams County is one of Weavers Way's suppliers of local, sustainable apples and other fruit.

SHUTTLE LETTERS POLICY

The Shuttle welcomes letters of interest to the Weavers Way community. Include your name and email address or phone number so we can contact you for verification; no anonymous letters will be published. Letters should be 200 words or less and may be edited. The Shuttle may decline to publish any letter for any reason. The deadline is the 10th of the month prior to publication. Send to editor@weaversway.coop.



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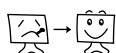
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Announcing Bottle Brick Project #1

by Betsy Teutsch, for the Shuttle

THE WEAVERS WAY ENVIRONMENT COMMITTEE HAS embraced bottle-bricking as a great upcycling technique, allowing households to capture lots of inorganic, non-recyclable waste that would otherwise wind up in the trash, and then in the landfill. Committee members have been dutifully filling bottles, in some cases donated by others — several committee members are so eco-conscious that they don't purchase any bottled drinks!

We now have an inaugural construction project: Fifth-graders at Plymouth Meeting Friends School will be spearheading an on-campus construction project this spring guided by their teachers Leann Stover Nyce and Amanda Davis. The class is busy measuring how much non-recyclable trash they can divert and how to effectively compact waste into each bottle brick.

Leann reports on her students' bottle-brick activity: "They are having a blast, really and truly. Amanda is also the Lower School science teacher, so she brought in her scale and they love weighing each brick. One student brought in batteries to try to make them heavier. It also acts as a 'fidget.' They can work on it while doing other things. It is so fun."

They plan to build a GaGa* wall, a recycling center and/or a raised bed/bench combination. It will depend on how much building material they can create and collect.

That is where we, the community, come in. Anyone who would like to make bricks in the designated sizes (20 oz. energy drinks or 1-liter bottles) is invited to do so. Just leave them at a designated dropoff site. Or maybe you know a family with students at Plymouth who can take your bricks directly to school.

Dropoff locations are:

- Weavers Way Mt. Airy Community Room, 555



Leann Stover Nyce photo

Fifth-graders check the weight of a bottle brick.

Carpenter Lane, in the marked milk crate

- Cara and George Herold's front porch, 6515 Wayne Ave., between Hortter Street and Lincoln Drive.
- Leann Stover Nyce's home at 5912 McCallum St., between Haines and Rittenhouse streets.

Directions for fabricating bottle bricks are posted at BottleBrickPhilly.blogspot.com, our new blog. Be sure to stick to the bottle sizes indicated; construction requires consistency. Instructions will be available at all the dropoff points as well.

We hope this is the first of numerous projects. I am finding the bottle-brick habit quite Zen. Hope you will embrace it as a new eco-habit, too.

Reach Betsy Teutsch at bpteutsch@comcast.net

*You might call GaGa a kinder, gentler form of dodgeball.



Environment Committee

ECO TIP

Don't Be an Idler!

by Marsha Low, for the Environment Committee

It's a frigid February morning, and you're sitting in your car waiting for the engine to warm up. If this describes you, you're not alone. Many car owners believe it's necessary to warm up their engine for about 5 minutes before hitting the road. That might have been true for cars built before 1990, but modern fuel-injection systems need only about 30 seconds to reach ready-to-drive condition. So every time you warm up your engine, you're wasting money on gas and polluting the air. Breathing in exhaust is bad for health, especially for children, the elderly and anyone with asthma; the hydrocarbons in exhaust have been linked to increases in asthma, allergies, heart and lung disease and cancer. And idling is actually not good for your engine — fuel is only partially combusted if the engine isn't operating at its peak temperature, leading to a buildup of residues that can damage engine components and increase fuel consumption. This is true whether you're warming up your car, idling in traffic or waiting to pick up friends or family.

Think of the time you'll save by not having to wait for your engine to warm up! Not idling is a win-win: less pollution, more money in your pocket and more time.

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It Was Almost Like Being at the Climate Change Conference in Paris

by Sandra Folzer, Weavers Way Environment Committee

I WASN'T INVITED TO THE UNITED NATIONS Climate Change Conference in Paris last December, but I did get to go to a followup forum Dec. 19 at the Friends Center in Philadelphia. Titled "What Comes Next After the Climate Summit?" it featured two local activists who did go to Paris: Dr. Pouné Saberi from Physicians for Social Responsibility, who has been doing research on the health impact of fracking and climate change and was a member of Mayor Jim Kenney's transition team, and Anthony Giancotarino, chair of the policy committee of Green Justice Philly.

The forum was sponsored by 350 Philly, the Clean Air Council, Citizens Climate Lobby-Philadelphia Chapter, Energy Coordinating Agency, PennEnvironment, Pennsylvania Interfaith Power & Light, Philadelphia Physicians for Social Responsibility, Protecting Our Waters, and Sierra Club-Beyond Coal Philadelphia.

Both Saberi and Giancotarino talked about the excitement of being at such a momentous event only to return home and find people blasé about it.

Giancotarino said he felt like apologizing for being American after seeing a replica of the Statue of Liberty with immigrants wanting to enter. Both were saddened that the United States is so far behind so many other countries in sustainable energy practices, including countries in Latin America.

Saberi referenced the film "The Island President," a 2011 documentary set in the Maldives about the crisis on island nations. Representatives of island nations at the conference held placards inscribed "1.5," representing the maximum number of degrees Celsius they believe temperatures can rise before they are inundated by rising seas. Unfortunately, the Paris agreement set the acceptable temperature change at 2 degrees C, while endorsing "efforts to limit the temperature increase to 1.5 °C."

Saberi described the heightened security for the conference, with police holding assault rifles on the subway. Organized protests were few because they had to be pre-approved by UN security. They did witness the indigenous peoples' kayak and canoe flotilla on the Seine, drawing attention to the outsize effects of climate change on traditional societies, defending their right to water and calling attention to genocide in Brazil, where rainforest is being cut to grow monocrops and the indigenous people are be-

ing kicked out.

While there was clear agreement that climate change is a real threat, many believe the meeting didn't go far enough. As Saberi said, the problem with cap and trade proposals that allow polluters to buy carbon credits and plant a few trees is that they merely offload the problem.

Many felt betrayed that fossil fuels were not discussed. Net zero carbon is not "no" carbon. No surprise, the Arab nations were the biggest blockers.

Monsanto was a big sponsor, emphasizing "climate-smart agriculture" — in other words, GMOs. There was also a small-farmer contingency, with suggestions such as meatless Mondays.

Both Saberi and Giancotarino believed a "Right to Health" should have been included in the Paris agreement since climate change potentially can cause serious health problems. The United States pushed for human rights language in the preamble, but not in the agreement, which would have given it

more accountability.

The United States did take a significant leadership role, in contrast to past UN climate conferences. Secretary of State John Kerry was in Paris for the entire second week.

The issue was "climate finance." How can the world pay for adaptation or remediation? Countries talked about "mobilizing" money, not giving it.

The fear here in the United States is the role of climate-change deniers and how those in power could sabotage the advances, despite the fact that most Americans believe manmade climate change is a problem. We have the technology to address it. What is stopping us is political will. Saberi and Giancotarino said we need candidates to fight for alternatives to fossil fuels, and support climate justice. If it's not on their agenda, they shouldn't be elected.

As the speakers said, this is a people's movement, so the people will have to force politicians to represent what their constituents believe.

Here in Philadelphia we are fortunate to have Mayor Kenney, who seems open to sustainability. Saberi is on his transition team. There is a local movement, Green Justice, which is bringing together different groups talking across issues, like Black Lives Matter, Environmental Justice and Climate Change.

"Nothing is the same," the speakers said. I hope they are right.

environment@weaversway.coop

GRANTS AVAILABLE FOR GREEN COMMUNITY PROJECTS

Weavers Way Environment Committee invites groups from Mt. Airy, Germantown, East Falls, Roxborough and Chestnut Hill to submit proposals for \$100-\$400 grants to make tangible improvements for the community. Grants may be used for such projects as planting trees and gardens, purchasing garden equipment or environmentally based educational programs.

The deadline for proposals is March 8, 2016. Decisions will be announced by early April. Download a form and guidelines at www.weaversway.coop/community-grants, or pick up from the Environment Committee mailbox upstairs at Weavers Way Mt. Airy or along the front wall at Weavers Way Chestnut Hill.



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Cheese of the Month

Love Stinks (Oui, Oui)

by Shawn O'Connell, Weavers Way Mt. Airy Deli Manager

THE PROCESS OF "WASHING" A cheese encourages the growth of good bacteria on the rind, which in turn facilitate the ripening of the cheese. Salt-water brine or some type of alcohol is most commonly used. You'll be able to spot a washed-rind cheese by the color of the rind. It's going to range from an orangey brown to a rusty pink. Once you open it, you will have no doubt, even from a few feet away. Your nose will lead you. It may, umm . . . stink. Don't be turned off right away. Give it a chance and you may find a cheese you love.

For February, we are featuring four French washed-rind cheeses: Gruyère-style raw-milk Comté from Franche-Comté (sweet and nutty with some

notes of chocolate); Époisses from Burgundy (creamy and runny with intense earthy/beefy flavor); Pont l'Évêque from Normandy (semisoft, grassy, buttery); and St. Nectaire from Auvergne (semisoft, aged on rye hay, flavors of mushroom and cellar). All are \$1 off per pound, except the Époisses, which is \$1 off per piece.

The deal with cheeses that smell like gym socks is that once you get past the first impression, you'll be pleasantly surprised by their complexity and wonderful flavor. The stinkiness is in the rind, not usually in the paste of the cheese.

Though not for everyone, many cheese lovers find the unapologetic and honest funk of a washed-rind cheese truly a breath of fresh air.

soconnell@weaversway.coop

Cheese of the Month
February
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St. Nectaire Auvergne **Pont l'Évêque Normandy** **Comté Franche-Comté** **Époisses Burgundy**

Chocolate

(Continued from Page 1)

and use of genetically modified sugar.

Hershey has long been known as one of several chocolate companies that looked the other way when it came to the horrendous child labor practices on cacao plantations in West Africa, where most cocoa is grown.

Last spring, Hershey announced that in 2016, it would be able to source enough cocoa from ethically certified farms for some (although not all) of its brands of

weavers way coop
Food Justice Committee

chocolate candies, including Kisses.

This announcement might technically be considered good news-bad news:

This commitment is rather controversial, as it may be a re-hashing of a commitment made years ago and never acted upon. In fact, a lawsuit alleging false advertising was filed in the fall. (For more information on chocolate and child labor, check out www.greenamerica.org.)

Hershey also said that this year, it intends to switch the sugar it uses in its Kisses and Bars from GMO sugar beets to non-GMO sugar cane. Not a renunciation of GMO sugar, but at least a first step.

Meanwhile, as if child labor wasn't bad enough, Green America released a report (www.cocoabarometer.org) last June about the overall sustainability of chocolate, and it's not a pretty picture. The bottom line: cacao farming, again mostly in West Africa, pays such low wages that there is some concern that younger farmers will choose not to grow it at all. In addition, the cocoa industry is becoming more and more concentrated, which is never a good thing for small farmers. And although certification (of sustainability and fair trade practices) is becoming more popular, it's a long way from having a major impact on the industry overall.

Both labor and environmental conditions tend to be better in South America, the other major area where cocoa is grown. Many chocolate lovers argue that South American cocoa is of better quality, too. Not surprisingly, it's generally more expensive, as well.

What to do? Personally, I'm not about to give up on chocolate: not on Valentine's Day or any other day, for that matter. I am, however, very particular about my chocolate, and I won't buy it if the label doesn't convince me that it's ethically produced. It seems like more and more fair-trade chocolate products hit the market every year. Many of these are available at the Co-op, and even more small producers' varieties are available in specialty shops and online.

Maybe someday we can stop reading labels and taking action; unfortunately, that day is not today.

Fortunately, I have just the thing to keep my spirits up — this sustainably produced and fairly traded piece of chocolate right here.

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Farming in the Off Season

An American Jibaro in Puerto Rico

by Brendan Stiteler, Weavers Way Farms Field Manager

AN HOUR OR SO OUT OF SAN JUAN, we were on the south side of the island of Puerto Rico, circling around winding turns, climbing the steep tropical mountains. My 5-year-old daughter was getting more and more excited — “You chase the chickens while I get the eggs.” Before we left, our friend whose mother we were visiting told her that the hens hide the eggs, and if you want to eat them you have to get them before they sit on them. I told her “I guess,” with a little hesitation. I was getting worried that the stories might have been a little exaggerated and I didn’t want her to be disappointed. So perhaps I was more surprised than she when within minutes of arriving we spied two eggs sitting conspicuously in an empty planter next to the door and another clutch beneath a small bush.

Our friends live in a modest concrete home on a small plot of land similar to the hundred other concrete houses and small plots that make up their small village, which could be any other village dotting the mountainous interior of Puerto Rico. Everyone had some chickens, at least a handful of banana and plantain trees and bushes of peppers and pigeon peas known as gandules. A handful of villagers also had towering mango and avocado trees. Yet even with everyone growing food, when I explained that I too am a farmer, on a small organic farm in Philadelphia, I felt like I was met with a bit of skepticism.

Puerto Rico shifted from a largely agrarian economy to an industrialized one through programs initiated in the 1940s known as Operation Bootstrap or Manos a la Obra, which roughly trans-

lates from Spanish as “hands to the task.” The programs were orchestrated by politician Luis Muñoz and his Popular Democratic Party and received U.S. aid modeled after the New Deal.

The familiar story of industrialization can be put into a Puerto Rican cultural context through the idea of the jibaro. Jibaro is a colonial-era term for “la gente de la montaña” — people who live in the mountains. It can be understood as peasant, agrarian country folk who lived in the mountainous interior of the island, but its connotation has evolved over time and has taken on both positive and negative aspects. For instance, it implies a proud association with tough, hardworking and independent pioneers, and Muñoz’s Popular Democratic Party in 1938 even adopted the jibaro straw hat, the pava, as its symbol with the words “pan, tierra y libertad” — “bread, land and freedom.” Agriculture subsequently modernized and centralized, favoring monocrops like sugar cane and bananas, neither of which proved competitive on the international market. So the economy switched more to manufacturing, but that did not increase wages, and spurred waves of emigration to the United States. Today Puerto Rico imports over 80 percent of its food and manufacturing is in decline. Nevertheless, the term jibaro acquired a connotation similar to “hick” or “hillbilly.”

Maybe I don’t look much like a jibaro, but even at home I have had difficulty making people understand my decision to be a small-scale organic farmer. Maybe generational or socioeconomic differences make it harder to understand why someone would pay higher prices for food or take a lower-paying job after spending so much money on higher education.



Brendan Stiteler photo



Kim Massare photo

Sol and Seraphina explore banana trees in the tropics, above; at left, Brendan working last summer in a Weavers Way hoop house in the temperate zone.

But the seeds of change have taken root even in Puerto Rico. As the burgeoning market for sustainably raised food has grown in Europe and the United States, so too has it emerged here on this tropical island. Public radio featured a profile of a young farmer in the mountain town of Aibonito. The World Wide Organization of Organic Farms describes 18 different farms to work on, and the major cities of San Juan and Ponce as well as the travel hub of Rincon have farmers markets featuring fresh, sustainably raised food.

Early in the morning with a cup of fresh Puerto Rican coffee in hand, I gazed down from a patio over this sleepy mountain village. Roosters could be heard everywhere, crowing across the valley. In a place where everyone seems to have at least a little involvement in growing their own food, it looks like the independent, industrious jibaro might have a chance to shine. Maybe the face of the new jibaro will be one of the many young Puerto Ricans returning from the city to plant the seeds of the growing sustainable movement in Puerto Rico.

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Civil Rights Tour

(Continued from Page 1)

his carport on June 12, 1963, the day after President Kennedy made his nationally televised speech on civil rights. In his relatively short tenure, Evers was enormously effective in promoting voting and other civil rights. He was shot while unloading his car after an evening meeting: the bullet went right through him, entered the house, ricocheted off the refrigerator in the kitchen and ultimately ended up in a watermelon on the kitchen counter — that's how powerful it was. He was taken to the local hospital, where staff initially refused to treat him because of his race. When arrangements were finally made to treat him, it was too late and his life could not be saved.

Tougaloo College archivist Minnie Watson, who also staffs the Evers home, was riveting in speaking about Evers, whom she knew personally — his life and death, and also about a recent meeting with Bryon De La Beckwith Jr., the son of the man who shot him. The elder De La Beckwith was tried three times for the murder: the first two ended in hung (all-white) juries. He was finally convicted the third time.



Mississippi Center for Justice photo

The writer's tour posed for a group shot outside the Medgar Evers house.

We got back in the bus and headed south to Hattiesburg, where we met in the Forrest County Courthouse. We heard from a panel that most memorably included the widow and three children of Vernon Dahmer Sr., who, as president of the NAACP in Forrest County in the 1960s, worked to promote voting rights among the county's black residents. Dahmer owned a farm and grocery store. In January 1966, the Ku Klux Klan firebombed his house and the store. He helped his family escape, but

died of injuries from the fire.

His widow and children each shared their remembrances of that time and there wasn't a dry eye in the house. Ellie Dahmer is 90 years old and remarkably clear in the way she described what happened and the aftermath. Photos of four of Dahmer's sons in Army uniform viewing the burned-out wreckage of their family home were unbearably poignant; they

(Continued on Next Page)



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we APPRECIATE OUR MEMBERS.

(Continued from Preceding Page)

had been serving our country at the time of the firebombing.

There were a number of perpetrators, one of whom turned state's evidence. Vernon Jr. described visiting this man in jail and forgiving him.

Also speaking at this luncheon was Oscar Chase, a fellow participant on our bus tour. He recounted that he had some time after graduating from Yale Law School in 1963, so came down to Mississippi to work on voter registration. He participated in a protest at the very courthouse where we were sitting. A white man, he got himself arrested for trying to purchase a bus ticket from the "Colored" window. When his white jailmates found out why he was locked up, they beat him badly. (Howard Zinn wrote about this incident in *The Nation* — available in *The Nation's* online archives.)

Back in the bus, we headed farther south, to Biloxi.

DAY 2: The Gulf Coast

First up was a visit to Turkey Creek, a historically African-American community just north of Biloxi. We watched part of an award-winning documentary, "Come Hell or High Water: The Battle



We heard from a panel that memorably included the widow of Vernon Dahmer Sr., the Forrest County NAACP leader who died in a Klan firebombing in 1966. Photos of his sons in Army uniform viewing the burned-out wreckage of their family home were unbearably poignant.



for Turkey Creek" (2014; www.comehellorhighwaterfilm.com), which describes the environmental degradation of the town by developers and the community's efforts to restore the watershed. Filmmaker Leah Mahan and Derrick Evans, the leader of the effort, then spoke movingly about why they made the film and the efforts to pursue environmental justice for Turkey Creek. Mississippi Center for Justice has been deeply involved in these efforts, so it was a way of connecting us to MCJ's current work.

Next, we went back to Biloxi, which, like much of the Gulf Coast, has a man-made beach to protect it from hurricanes. African-Americans were not allowed to enjoy the beach for many years. Dr. Gilbert Mason Sr., head of the local NAACP chapter, organized protests — "wade-ins" by large groups of volunteers —

from 1959 to 1963. Police and specially recruited thugs intervened, resulting in violence. We heard from three wonderful older people who had participated in the wade-ins when they were teenagers, including Mason's son. Ultimately, African-Americans were allowed to use the beaches, but it took a long time.

Finally, we toured a boatyard used by Vietnamese crab and oyster fishermen who, with the help of a community activist/interpreter, described the environmental degradation caused by the BP oil spill. Their livelihood has been significantly impacted by the spill, and they have been working with MCJ to sue for damages and to have the waters restored to health.

The tour wasn't all serious civil-rights study: We shared lovely dinners, got to know our fellow travelers and took

a truly beautiful sunset cruise on the Gulf.

For me, to meet and hear from the people who experienced Jim Crow, the terrorism of the KKK and the White Citizens Councils, and all the daily insults of racism, was extraordinarily powerful. As I have found with other veterans of the civil rights movement, they really know themselves and are very clear in their analysis of the arrangements that promoted and continue to promote inequality.

In 2016, The Great Mississippi Road Trip will head to the Delta and will feature an opportunity to meet relatives of Emmett Till, the Chicago teenager who was lynched in 1955 while visiting relatives in Mississippi. In 2017, the tour will focus on Jackson, with the opening of the Mississippi Civil Rights Museum.

If you are interested in participating in a future tour, contact me (lauramsiena@gmail.com) or Lauren Welford Childers at MCJ (lchilders@mscenterforjustice.org).

In addition, Reilly Morse, MCJ's president, is planning to be in Philadelphia in March and would be happy to answer any questions about the tour in person. Let me know if you would be interested in meeting him.

Laura Morris Siena is a member of the Weavers Way Board of Directors.

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Each month, the Co-op Advantage helps participating co-ops like Weavers Way offer their members tremendous savings on dozens of items. Most food co-ops were formed by people who realized that by pooling their resources, they could save money and have greater control over their purchases. A few years ago, the co-ops of the National Cooperative Grocers Association formed the Co-op Advantage Program, or CAP, now called "Co-op Deals." When co-ops combine their buying power to get volume discounts, their members save money!

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The Passionate Gardener

This Year, Try Growing Apricots

by Ron Kushner, for the Shuttle

APRICOTS ARE STONE FRUITS (ALSO called “drupes”), all of which contain a single, hard, woody pit. They originated in China, even though they were long believed to have come from Armenia, hence the Latin name *Prunus armeniaca*. Apricots reached Italy around 100 BC and had spread throughout Europe’s temperate parts, including England, long before America was discovered.

The earliest Spanish settlers brought apricots to various regions of Mexico and seedlings were planted in the California missions in the 18th century.

Most people eat apricots canned or dried but fresh apricots right off the tree are truly delicious!

The apricot is not well adapted to the climate of the eastern United States. A hint is in the name “apricot,” which comes from the Latin “praecoquum,” meaning “early ripe.” Apricot trees “break bud” very early in the spring and blossoms are often killed by spring frosts. Also, in warm, rainy weather, the fruit tends to crack and decay. Commercial growing in the United States is confined mainly to California, but the fruits are also grown in Washington, Oregon and Utah. That being said, my trees generally do just fine in our Philadelphia-area climate. They were bought as dwarf trees and are currently approaching 20 feet in height prior to annual pruning.

Don’t plant apricots near members of the Solanaceae family (tomatoes, peppers, potatoes) to avoid transmission of certain diseases. It also is a good idea to keep them away from melons and berries. Amend our normally clay soil with “Soil Perfector” or pine fines to create better drainage.

Plant one-year-old trees early in the spring while still dormant, if possible. They are deep-rooted and need to be watered really well. Don’t fertilize much, if at all. A low-nitrogen, balanced fertilizer like fish emulsion is ideal after they have been in the ground their first year. All varieties need to go through a freezing period during dormancy.

The trees generally drop some fruit on their own before summer but thinning is still recommended. Fruit should be thinned to about 3 inches apart when they are small.

Head back the top of the trees when they reach the desired height. The trees grow wider high, so prune to keep the tree open, allowing air and sun to reach the inner branches.

Expect to harvest fruit after three years; it should be picked when ripe and can be removed with no effort. There are many varieties available. Most are self-pollinating, but two different varieties will enhance fruit production.

My trees are “Moongold” and “Sun-



Apricots on the tree.

gold,” planted in the spring of 2010. They have produced fruit beautifully for the past three years with no maintenance other than pruning.

Other dwarf fruit trees to consider planting this spring include sweet cherries, nectarines, peaches, plums, pears and Asian pears. And don’t forget apple trees, which are also available in dwarf varieties. Many of these dwarf trees have shallow root systems and so may require staking when young. All should be mulched year-round, and heavily through the winter. The mulch not only protects the roots and crown from winter injury but also helps retain moisture and keeps weeds from competing with the tree.

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

A Valentine For the Valley

Come! and walk with me
Where sweetest memories quicken,
That once again the charms that brood
Through all the sylvan solitude
May bless the wooer and the wooed --
Along the Wissahickon.

— From “Along the Wissahickon,”
Thomas Augustine Daly (1871-1948)

by Erin Mooney,
Friends of the Wissahickon

MORE THAN A CENTURY AGO, THE poet Thomas Augustine Daly wrote about the magic of the Wissahickon as a the perfect setting to celebrate love. And though the park has seen dramatic changes since the time that poem was written, it still holds true. As it is a place that is cherished by those who know its paths and terrain, we offer this-valentine to the Wissahickon Valley Park.

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6. Where else can you walk across a covered bridge within the city limits?
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8. It's free! No membership fees!
9. Through thick and thin, the Wissahickon will always be there for you. Period.
10. We LOVE the many, many volunteers and FOW supporters who help us maintain the park. Thank you!

Show your love for the Wissahickon Valley Park — we need volunteers every Wednesday from 9 a.m. to noon, and other times throughout the month as other projects come up. Email John Holback for more information at holback@fow.org.

erinrosemooney@gmail.com



Making a Great Entrance

Scott Walker of Axe Handle Timber and a crew from Hanson Construction installed the long-awaited trellises for the Gateway Project at Lincoln Drive and Johnson Street last month. The Gateway Project, which involved repairing the Stotesbury pillars at the entrance to Wissahickon Park at Lincoln Drive and designing, building and installing replacement pergola structures, is a project of the West Mt. Airy Neighbors Streetscapes Committee. For more info, visit www.wman.net.



Photos by Doris Kessler, Streetscapes Committee

phillywaldorf.com

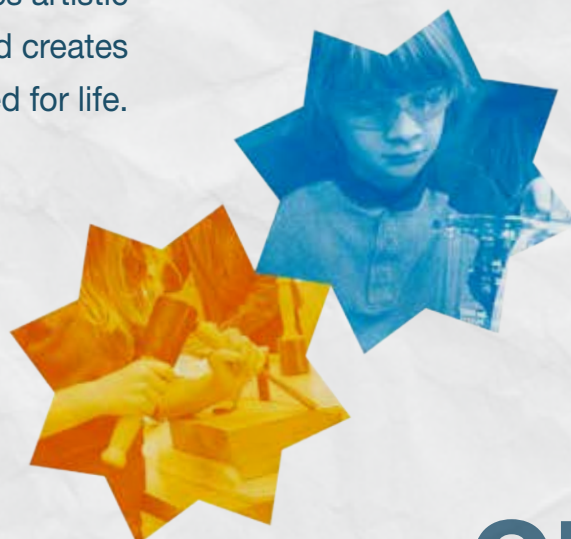
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Trolley Car Teacher Grants Top \$14K

WHILE GOVERNOR WOLF BATTLES with Republicans in Harrisburg for more education funding, Trolley Car Diner and Trolley Car Café are covering a local need — resources for teachers' educational projects.

Now in its seventh year, the Trolley Car Teacher's Fund has awarded more grants this school year than ever to public school teachers in Mt. Airy, Chestnut Hill and East Falls. A total of 39 teachers at AB Day, Emlen, Henry, Houston, Lingelbach, Jenks, McCloskey, Mifflin and Parkway Northwest received Teacher's Fund grants, totaling \$14,156. Awards ranged in size from \$95 to \$500.

The Trolley Car Teacher's Fund was created to help local public school teachers fund projects that educate their students. Many teachers were previously forced to pay for educational projects out of their own pockets or decided to not pursue educational opportunities because they could not obtain funding from the Philadelphia School District.

"We can't wait for Harrisburg to act," said Trolley Car Diner and Deli owner

and Trolley Car Teachers' Fund founder Ken Weinstein. "Our public school teachers, and their students, need resources in and out of their classrooms now."

The grants approved were diverse and ranged from a trip to Morris Arboretum, a teambuilding canoeing adventure, and a Mural Arts tour to supplies for a 6th-8th grade floor-hockey team, a puppet storytelling kit and autistic support musical instruments.

The Teacher's Fund received a grant from the Elizabeth B. and Arthur E. Roswell Foundation and the Sidewater Family Foundation, along with other private donations, allowing more teachers the opportunity to receive grants. The Fund is overseen by Trolley Car Helping Hands, a 501(c)3 non-profit community organization, and administered by Mt. Airy resident and former Masterman teacher Amy Cohen, who headed up the effort to solicit applications from teachers and make sure the best projects were chosen.

For more information about the fund, contact Ken Weinstein at 215-247-5555, ext. 204, or Ken@TrolleyCarDiner.com.

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WB Saul High School photo courtesy of Gail Koskela

Hey — We Know Some of These Kids!

Saul High School students did well at the 2016 Pennsylvania Farm Show in January, said Ag Sciences teacher Gail Koskela. A total of 15 students participated, showing lambs, pictured above, and pigs. Seven Saul students also received FFA Keystone Degrees, left, the highest honor bestowed at the state level by the youth organization formerly known as Future Farmers of America.



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.

Last month I wrote about the Food and Drug Administration and its quest to figure out what to do with the term “natural” on food labels. Now our government’s food agencies are in the news again, this time with meat labeling. Again, it’s a glimpse into how our government works, and in the case of COOL (Country of Origin Labeling), how trade in the rest of the world affects us, and how our friends in Mexico and Canada basically threatened us into repealing a regulation. In the case of “grass fed,” it’s about how different agencies work, even agencies within the same department, as in the Department of Agriculture.

From Forbes online 12/21/15: “Congress repealed the country-of-origin-labeling rule (COOL) on beef and pork after the World Trade Organization (WTO) imposed \$1 billion in retaliatory import tariffs against United States if the rule was not overturned.”

COOL requires labels on packaging that disclose the country (or countries) where the meat animal was born, raised and slaughtered. While beef and pork will no longer have to comply with COOL rules, chicken and lamb must still be labeled.

Canada and Mexico had argued that

(Continued on Next Page)

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Suggestions

(Continued from Preceding Page)

the mandatory U.S. labeling program discriminated against meat imports and violated WTO limits on what sorts of product-related “technical regulations” WTO signatory countries are permitted to enact. Meatpackers also complained that the cost of complying with the COOL program was too burdensome. The United States has lost two rulings and two appeals with the WTO regarding COOL since 2011. WTO authorized the tariffs on Dec. 7, 2015.

At Weavers Way, we started adding COOL info to our meat labels in 2013 (since we are good, compliant citizens), and we’ll keep doing it to the extent we can since we think it’s useful info for consumers. But it’s interesting to note that a World Trade Organization event has affected our relatively tiny world, impacting the words that print out on our scale labels and appear on our products.

I’m still trying to process the concept of “retaliatory tariffs.” Basic to retaliation is the concept of “you hurt me, so I get to hurt you back,” and that will somehow



At Weavers Way, we started adding County of Origin Labeling info to our meat labels in 2013 (since we are good, compliant citizens), and we’ll keep doing it to the extent we can since we think it’s useful info for consumers.



make things right. Not sure where this fits in a cooperative economy, or even a peaceful society. I wonder if there is such a thing as healthy retaliation. Probably not. I suspect if you get to the point of retaliating, something already has gone wrong, and what you should really do is travel back in time and rework the event that provoked retaliation. Fortunately, the WTO has no agreements on time travel so there are no tariffs on it.

The other food label issue is “grass fed.” This is from the USDA’s Agricul-

tural Marketing Service division website: “Grass (Forage) Fed — On January 12, 2016, the Agricultural Marketing Service withdrew the Grass (Forage) Fed Claim for Ruminant Livestock and the Meat Products Derived from Such Livestock (Grass (Forage) Fed Marketing Claim Standard). A copy of the standard will remain on the website for reference; however, AMS will no longer verify applicant’s programs to the Standard.” So now “grass fed” on a label can mean whatever the producer wants it to mean. Part of what’s interesting about this is that the

AMS branch of the USDA defined a marketing term, “grass fed,” very specifically; the standard stated, among other things, that “grass, forbs and forage needed to be 99 percent or more of the energy source for the lifetime of a ruminant species after weaning in order to qualify as grass fed.” Now, a producer can label something “grass fed” and then state it means the animal ate grain most of its life, but had a little grass mixed in once in a while, and the label will be in compliance with the other USDA agency responsible for meat-label verification, the Food Safety Inspection Service (who is also responsible for the USDA seal you see on all retail meat packages). Confusing, yes; in the consumer’s interest, no. I suggest consumers retaliate by labeling our government “Big Government,” and talking negatively about it.

suggestions and responses:

s: “Second time in two weeks that whole-wheat pizza dough is undated. I told a staffer last time.”

r: (Matt MA) Thank you for letting me know. I will try to keep an eye on that going forward.

(Continued on Next Page)

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(Continued from Preceding Page)

s: "Soy flakes, can we get?"

r: (Kathryn MA) Thanks for the suggestion, we don't have a source of soy flakes at this time.

s: "Blue Diamond Almond Milk, Regular half gallon (not vanilla), 30 calorie please. Thank you."

r: (Kathryn MA) Thanks for the suggestion! We'll definitely consider it if we discover other members are also interested. (Norman) It's of interest to note that both Blue Diamond and Silk brands of almond milk have class-action lawsuits against them for misleading consumers into thinking significant quantities of almonds are used in their almond milk products when apparently it's only 2 percent of the product. The "milk" mainly consists of water, thickeners, sweeteners and other ingredients. In the UK, labels must disclose more info; that's how the almond content percent was discovered, but the United States is less stringent.

s: "The sandwich makers in Chestnut Hill are wizards, but I am wondering whether there can be more vegetarian options, particularly using tofu and seitan."

r: (Bonnie CH) Thank you for your feed-

back. Your timing is perfect as we are updating our sandwich menu in Chestnut Hill. I am currently meeting with my sandwich station chefs to develop more vegan/vegetarian options, and we will be adding some of these to our new menu, as well as running some as specials. If you have anything that you specifically like, we are happy to make it for you — and if it's really good, we might name it after you! Please look for new items in the next few weeks, and if you have any more questions or concerns, do not hesitate to contact me.

s: "I'd like to see the Bionaturae organic canned tomatoes — no calcium chloride or citric acid in them and they taste much better than the other organic brands."

r: (Kathryn MA) Thanks for the suggestion! We're always looking for better tasting and cleaner products. I'll look into it and see if there's interest among other members. By the way, it's really helpful that your suggestion included specific rea-



sons why Bionaturae organic tomatoes are different than the others.

s: "Pretty please keep the Dr. Praeger's potato patties in stock! (Great for breakfast.)"

r: (Kathryn MA) Thanks for the suggestion. Lots of members like those pancakes, but we can't get them anymore. I've looked high

and low and can't find a single source for frozen potato pancakes from a vendor with a minimum we can meet. Our Prepared Foods department is considering making some fresh because there is such a demand. Also, please let us know if you ever come across a local source! (Norman) Potatoes are pretty healthy food. Supposedly they raise serotonin and also rate high on the "satiety index," meaning they help you feel full so you're less likely to eat too much. But they also are on the Environmental Working Group's "Dirty Dozen" list, as large amounts of pesticides and herbicides are used in conventional potato production. Organic baking potatoes are part of our Basics program

and at \$1.29/lb. are only about 30 cents more than their conventional counterpart, so this is one instance where affordability shouldn't be a barrier to making a healthier choice. Remember when choosing organic items that there may be controversy over issues such as nutritional value, antioxidant value and pesticide residue degree of harm, but there is little controversy about soil health; organic growing practices are better because they emphasize natural soil-health practices such as mixed plantings, crop rotation, cover cropping and limited tillage.

s: "That's It all-fruit bar, can we get?"

r: (Kathryn MA) We can order "That's It" bars through one of our suppliers, but we need to hear more requests. Meanwhile you could pre-order a case of 12 for about \$17.


s: "I'm trying to get more minerals in my diet. Can we get some bottled water from Flint, MI?"

r: (Norman) Shipping water in bottles is a waste of resources. We stock lead powder, made from recycled bullets collected from eco-conscious hunters who are lousy shots.

norrmanb@weaversway.coop

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Quick Tips for Health and Digestion

By Vishnu, for the Shuttle

IN AYURVEDA, THE OLDEST SYSTEM OF holistic medicine, perfect health begins with perfect digestion. Ayurveda speaks of Jatharagni (“digestive fire”), located in the stomach, as the primary location where either health begins or disease manifests. According to Ayurveda, diseases start in the digestive system; this includes conditions of the mind, since the mind is transforming information by nature. Digestive fire is like the furnace in a house. If it’s not properly working, then the house will suffer the consequences. Linked to digestion, according to Ayurveda, are all the other organs that are part of a sequential process that takes in the essence of food that nurtures every cell on every level, not just physical.

Here are some basic tidbits to ensure better digestion:

Eat 2-3 meals a day. Breakfast is meant to be the lightest meal of the day. We are “breaking fast” from having had our last meal at least 12 hours prior. Digestive enzymes aren’t yet fully available, as the morning is when the body is starting to awaken (those of us who have normal schedules) and the body hasn’t enough momentum until we are fully up and about, getting our juices flowing. If we aren’t hungry for breakfast, this is the meal would could skip and have a cup of tea in its place. Lunch is meant to be the main meal of the day, since stomach enzymes are at their peak, as is the Sun. If

we skip this meal, this is when we are more likely to have hormonal imbalances, digestive imbalances such as cravings or sugar crashing, along with affected sleep. From my experience with my clients and from the standpoint of

Ayurveda, simply adjusting the meal situation of the day corrects numerous health conditions. Dinner is “supper time,” also known as the supplemental meal. I typically recommend that this meal be around half the volume of lunch.

Eating schedule. Breakfast should be no later than 8-8:30 a.m., lunch between 10 a.m. and 2 p.m. — preferably around noon and at least three or four hours after breakfast. Have dinner no later than 7:30-8 p.m. The later the meal, the lighter it should be.

Cold and ice. In Ayurveda, there’s a saying, “Hot water is the nectar of life and cold water is the poison.” Avoid cold beverages and ice. Cold compromises our immunity, depresses digestion and affects our nervous system. Ice is even worse, and in Ayurveda, along with traditional Chinese medicine, ice is only meant to be applied externally for wounds, burns and fevers. It is never meant to be taken internally.

Sipping hot water. Sipping hot water throughout the day supports hydration, digestion and lymphatic drainage. Sipping hot water with meals is ideal. Sipping is



different than gulping. Taking in too much liquid with meals can dilute the digestive enzymes, whereas sipping supports them. Your last bite and last sip should be coupled together. Wait at least an hour after a meal to drink again.

Snacking. Ayurveda suggests that we shouldn’t snack or at least treat the in-between times as an opportunity for another meal. Usually, when we think we are craving a snack, the body is trying to tell us to drink more water. The mechanism in the brain for hunger and thirst are the same. If you’re feeling like you need a snack, drink a glass of hot water and wait 15 minutes. If you’re still hungry, eat a light snack.

Snoozing/Napping. Avoid napping right after a meal. Actually, take a walk for about 15 minutes to shake off the lethargic feeling that tends to follow eating. Napping turns off digestion and keeping it moving after eating stimulates metabolism.

Eat Seasonally. If it’s warm out, eat cooling foods. If it’s cold out, eat warm foods.

Greens/Veggies. Eat salads/vegetables after the meal as opposed to before. This is clean eating and supports cleansing of the digestive tract and healthier bowel movements.

Dessert. Best to eat an hour to an hour and a half after meals. Right after causes the digestive system to shut down.

Sitting. It is best to eat meals while seated. Standing while eating stresses digestion by forcing the food out of the system due to gravitational pull. Humans weren’t meant to eat like horses.

Focus. It is best to be focused on digestion while you eat rather than lap tops, TVs or cell phones. Digestion and the mind are connected. If the mind is distracted, so is digestion. This can increase imbalances such as cravings and instability in the nervous system. Put down the phone. Turn off the tube. Enjoy eating. One bite at a time.

Following these simple rules can enhance health. Ayurveda is about conscious living and enjoying. If you have any questions and would like a consultation, please feel free to contact Vishnu.

Vishnu M. Ayu, BA Psy., LMT, CSP, E-RYT, CS2, is a licensed massage therapist with more than 15 years of experience and Master’s of Ayurveda/Yoga from Hindu University of America. To learn more about Vishnu and his practice, visit at hiddenhealthcenter.com.

Views expressed here are those of the author, not necessarily the Health & Wellness Committee, and are not meant to be a substitute for consulting your doctor.

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BOARD ELECTIONS 2016

Time Is Short!

by Lisa Hogan, Weavers Way Board Leadership Committee

YOU STILL HAVE TIME TO GET INTO THE race for the Weavers Way Board of Directors in 2016, but just barely.

This year we will fill three vacancies on the Board. Candidate applications are available at:

www.WeaversWay.coop/board-elections

The application includes an agreement to fulfill the duties of the Board, a conflict-of-interest disclosure and five candidate questions, with the responses, strictly limited to 250 words, to be published in the Shuttle in April and May. A photo is also required and will be published in the Shuttle.

Although applications aren't due until Feb. 26, there are a few things that you need to do before then, including having attended at least one Board meeting.

Let us know if you are interested! We can answer questions and otherwise assist you. Contact me directly:

LisaH43@comcast.net

NOTICE of ELECTION

Weavers Way Co-op Board of Directors

Members may vote online beginning on or about April 1, 2016, through 6:30 p.m. on the day of the Weavers Way Spring General Membership Meeting

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

Candidate application and instructions are available at www.weaversway.coop/board-elections. For assistance, contact the Membership Department at member@weaversway.coop or 215-843-2350, ext. 118.



Newly minted Weavers Way members listen to GM Jon Roesser, left, and Membership Manager Kirsten Bernal, above, at the Welcome Meeting in January in Chestnut Hill.



Photos by Dennis Brookshire

Get Informed, Get Inspired at a Welcome Meeting

by Kirsten Bernal, Weavers Way Membership Manager

IF YOU HAVE BEEN A MEMBER OF THE Co-op for more than five years, you will likely remember that attending a New Member Orientation was a requirement of membership. In those days, meetings were held once a month and we usually had 40 to 60, and sometimes more, attendees at a time. New members could meet one another while they learned about the Co-op. This was pre-Chestnut Hill and pre-Mt. Airy renovation. We outlined procedures on shopping in our quirky Mt. Airy store. We explained how to order from the deli, how to weigh your produce and where to find the marshmallows!

A longtime member shared with me the best orientation story I've heard: When he and his wife moved to the neighborhood, on the day they closed on their house, their Realtor had news for them. Since he was absolutely certain that they would want to join the Co-op, he had signed them up for the orientation that very night! Before they had even unpacked a box, the two found themselves learning the ropes and getting acquainted with Weavers Way. They are loyal members to this day!

Today, we call those gatherings Welcome Meetings and they are no longer required. They are still held once a month, but members receive two hours of work credit for attending. When the meeting went from "mandatory" to "highly recommended," the unfortunate consequence, as you might guess, was that attendance declined significantly. This is a trend we want to reverse, for good reason.

Attending a Welcome Meeting is an important first step toward committing to the Co-op. As Weavers Way has grown and evolved, so have the meetings. They are still informational and serve to orient and inform, but there is so much more to explain than where to put your basket when you shop!

The meeting allows us to demonstrate why Weavers Way is so much more than a grocery store.

These days, we explain the cooperative movement, discuss our own rich history and outline the manifold connections and inner workings of Weavers Way, including our farms and our affiliated non-profit, Weavers Way Community Programs. Members have an opportunity to ask questions and learn about all aspects

of membership, including working membership, member benefits and equity payments. The New Member Welcome Meeting is one of the best opportunities for new members to engage with their Co-op, which they now own.

As I write this, I have just come from January's Welcome Meeting. I always leave inspired. I love meeting new members, hearing more about them and sharing my experience. My hope is that we can grow attendance in the coming year. If you have never attended a Welcome Meeting, whether you are a new member or an old-timer, I urge you to RSVP today. Welcome Meeting dates, times and locations are listed in the online Event Calendar at www.weaversway.coop/events.

A veteran member at tonight's meeting summed it up best. She said that the Co-op is community. She eloquently expressed that, at the Co-op, we all participate in ways that are swiftly disappearing in today's fast-paced culture that leans towards anonymity and disconnect. At the Co-op we know each other and we make a difference in our community. "Let's hold on to that for as long as we can," she said.

Kirsten@weaversway.coop

Cooperator of the Month



Gabrielle Mahler

Joined Weavers Way: 2006

Lives in: Mt. Airy, with her husband, Rico Griffiths and 8-year old son, Massimo.

Current job: Freelance photographer and filmmaker. Wrote, directed and produced programs for The Travel Channel, The History Channel and WHYY, among others.

Co-op job history: After she took photos of the 2015 Harvest on Henry festival, Shuttle Editor Mary Sweeten asked if she'd be interested in doing

a video. The result, "The Dance of the Cooperative Shopper," is on the Weavers Way website.

Her Co-op hours philosophy: "My advice to people is always to find work at the Co-op that you can do that's fun — 'What can I do that I can get hours for that maybe uses my skills?'"

Favorite Co-op products: PTG Aurora sauce, chicken cutlets filleted by the butchers in Chestnut Hill, Talluto's mushroom and pesto ravioli.

More thoughts on Weavers Way: "The boxes are the bane of my existence . . . They should do a box-getting contest.

You get a \$5-off coupon — whoever can get the most boxes without killing anybody."

A little Co-op love: "I just like that they're trying to get food that's local and fresh and good for you. I did a documentary . . . on this farm in Bucks County, then I go get lunch at a diner two miles away, and there's iceberg lettuce and tomatoes that weren't ripe. I was like, 'Do you know that you're surrounded by farms? You can use them.' And once you eat fresh food, from a farm, you're like, 'Oh, my god, it's so good.'"

Staff Celebrity Spotlight: Andrew Gerulsky

Chef Steps Back from the Stove To School Himself on the Science

by Karen Plourde, Weavers Way Chestnut Hill Grocery Staff

ANDREW GERULSKY STARTED working in kitchens at age 14, and continued on that path for 16 years. Along the way, the chef in Prepared Foods at Weavers Way Chestnut Hill cooked at some landmark eateries in town. But now he's cutting back his time at the Co-op for a new pursuit: a food science degree from Delaware Valley University in Doylestown.

Andrew, 33, moved around a lot as a child. By the time his parents divorced, when he was 3, he'd already lived in Texas and West Virginia. After the divorce, his mom, Ann Marie, went to work full time and became a full-time student. They eventually settled in Abington, and Andrew and his sister, Jennifer, spent every other weekend with their father, Joe, in South Jersey.

As a teenager, Andrew was eager to earn spending money, so he got a job washing dishes and busing tables at Rizzo's Pizza in Glenside. Over time, he started doing short-order cooking there.

"There were a lot of older guys [cooking] there and it was fun," he recalled. "We would work late . . . it becomes, like, a lifestyle."

After graduating from Abington High in 2000, Andrew headed to Temple University to study teaching, but left after a year. He worked for a few months, then enrolled at the Restaurant School at Walnut Hill College. That stuck; he earned his bachelor's degree there in 2005, interned with Chef Fritz Blank at the legendary Deux Cheminees in Center City, then joined the staff of Pif in South Philly.

He'd stay at a restaurant long enough to build on his knowledge, then move on.

By the time Andrew became chef de cuisine at Valley Green Inn in 2011, he was getting tired of the long hours and demands of the restaurant industry. "It's just so all-encompassing that I just wanted to have a real life," he said. So he left Valley Green and took some time off.

Andrew was already living in Mt. Airy and shopped occasionally at the Co-op on Carpenter Lane. Attracted by the more normal hours — and the health insurance — he applied in late 2013 and started working in the deli in Chestnut Hill in January 2014. But it wasn't too long before he was cooking again.

During his time at Weavers Way, Andrew has worked on bringing more modern techniques and presentation to the food in the service case. He got



Karen Plourde photos

Prepared Foods' Andrew Gerulsky is going places.

Executive Chef Bonnie Shuman to bring in a sous-vide immersion circulator, which cooks by circulating hot water around food that's sealed in vacuum bags. For the last two years, he put together Weavers Way Community Program's gala Farm to Table Dinner at Awbury Arboretum.

"It was like a learning process, transferring from working in fine dining to a supermarket, basically," he said. "I'm used to everything being a certain way, and it's like a different game over here."

Andrew's new academic adventure

will have him doing four to five semesters full time at DeVal, and only working weekends at the Co-op. Once he gets his degree, he could pursue a job doing research and development or working for a government agency. But at this point, he's not really sure what direction his education will take him.

"I think I want to do something creative, because I'm just naturally inclined to being creative," he said.

"But we'll see."

kplourde@weaversway.coop



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

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.

The February Weavers Way Board meeting is 7 p.m. Tuesday, Feb. 2, upstairs at the Chestnut Hill Community Center, 8419 Germantown Ave. The March meeting is 7 p.m. Tuesday, March 1; check website for location.

For more information about board governance and policies, visit www.weaversway.coop/board. 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.

2014-2015 Weavers Way Board

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Vice President: Joshua Bloom

Treasurer: Emmalee MacDonald

Secretary: Laura Morris Siena

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

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9 a.m.-8 p.m.
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(CH) Mike Herbst, ext. 211
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Floral Buyer

Ginger Arthur, ext. 317
floral@weaversway.coop

Weavers Way Welcome Meetings

We 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 of credit for attending. We look forward to meeting you!

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

Meetings start at 6:30 p.m.
For exact location and to RSVP:

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NEXT MEETING: Wednesday, Feb. 10

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Ends

(Continued from Page 1)

have a primary duty toward shareholder value, usually in profits over other priorities. Cooperatively owned businesses have always moved in another direction where surplus revenue is concerned; profit is important to our economic sustainability in a competitive marketplace, but is not the prime reason for our existence.

Emmalee's explanation is a great segue to elaborating on our Ends, the place we'd like to see our community arrive. The Ends are the things and places we aspire to, and our job as member-owners is to do or delegate tasks and projects that lead up to our arrival at those Ends.

I will elaborate here on our global Ends:

"Weavers Way Cooperative Association exists to provide commercial and community services for the greater good of its members and community, to champion the cooperative model and to strengthen the local economy."

This fairly simple and open statement guides our activities and our philosophy in how we conduct business. Weavers Way doesn't focus on monetary enrichment of its member-owners by seeking to increase their profit over all other objectives. We operate to provide our members and our community the products and services they want. Our hope is to anchor and maintain a vibrant local economy that is less dependent upon national chains and to increase the circulation of our money within our own area and region.

For our Co-op that requires a Board of Directors that is first and foremost drawn from our membership and made up of people who actively use or purchase goods or services to be able to have a consumer's perspective. We live here and we shop at Weavers Way as do many of our neighbors and friends. Our Board is linked and engaged to a degree with our membership that very few corporate boards can match because we are members of our Co-op.

Over a decade ago, the Board took up a system

WE WANT YOUR COMMENTS

Visit www.weaversway.coop/ends-comments to leave comments on the website. Note that online comments are public and will be moderated.

You may also send comments directly to Board members. Board emails are available at www.weaversway.coop/board-directors.



called "Policy Governance" as a better, more efficient way to direct the business of the Co-op. In that process, the Board also adopted the global Ends and seven more local "sub-Ends" (see right) — boiling down the essence of the will of our potentially diversely opinionated membership into language that is understandable and agreeable to our membership as a whole.

Our Board regularly revisits our Ends statements to update and better define the direction we want to go. This article is a part of that process, providing you with the background you need so you can contribute to the process by connecting with the Board and management. The issues, ideas, comments and even feelings you provide inform our process and our sensibilities as we discuss and debate how to move Weavers Way forward.

In the end, we get to keep our Co-op if we as its owners do the things that keep us a going concern.

Take a look at the sub-Ends here. (You can also find them at www.weaversway.coop/weavers-way-ends.) Please give them some thought and send us your comments and questions.

wooo3d@gmail.com

WEAVERS WAY COOPERATIVE ASSOCIATION **ENDS**

(Adopted 3/2/04, last revised 5/1/12)

Weavers Way Cooperative Association exists to provide commercial and community services for the greater good of its members and community, to champion the cooperative model and to strengthen the local economy.

AS A RESULT OF ALL WE DO:

- END 1** There will be a thriving and sustainable local economy providing meaningful jobs, goods and services to our members and the community.
- END 2** Our community will have access to high quality, reasonably priced food, with an emphasis on local, minimally processed and ethically produced goods.
- END 3** There will be active collaborative relationships with a wide variety of organizations in the community to achieve common goals.
- END 4** Members and shoppers will be informed about cooperative principles and values, relevant environmental, food and consumer issues, and the Co-op's long-term vision.
- END 5** Members and shoppers will actively participate in the life of the Co-op and community.
- END 6** The local environment will be protected and restored.
- END 7** Weavers Way will have a welcoming culture that values diversity, openness, inclusiveness and respect in all that we do.

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