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The Shuttle

February 2017 Vol. 45 No. 2

Community-Owned, Open to Everyone

weavers waycoop

WE ♥ MEMBERS

Member Appreciation
DAYS

SATURDAY TO TUESDAY, FEBRUARY 11-14

MEMBERS GET AN **EXTRA 5% OFF**

Come celebrate with us. There will be cake!

Ambler Store Plans Firm Up, One Meeting At a Time

by Heather Carb, Weavers Way Ambler Project Manager

ONE OF THE MOST EXCITING PARTS of designing the new Ambler Weavers Way is having a blank slate. The former Bottom Dollar store that will become our third Co-op location has been stripped of all its fixtures and equipment and there are no quirky walls, stairs or multi-levels to deal with. One obvious difference for us will be the size of the Ambler store — just about 11,000 square feet of retail space, more than both the Mt. Airy and Chestnut Hill stores combined.

It should be fairly straightforward just to place departments and equipment wherever we want, but unfortunately, it's not that easy. Weavers Way Purchasing Manager Norman Weiss and I have been working long hours with our architects at Strada (www.stradallc.com) and store layout designers from UNFI, one of our major food distributors (www.unfi.com) to figure out how to configure the store.



Artist's rendering of the cashiers' stations.

AMBLER FOOD CO-OP
YOUR COOP
weavers waycoop

More on Pages 20-21:

- > Ambler hopes & expectations
- > The Wissahickon runs through it
- > More store pictures

Our goal is not only to come up with the most efficient use of the space, but also to turn it into a warm, welcoming community gathering place that sells food. How do we bring in some of the intimate feel of the other Weavers Way stores?

Weavers Way is fortunate to be partnering with the passionate folks from the Ambler Food Co-op. When we started to

(Continued on Page 20)

BOARD ELECTIONS

2017

It's an exciting time to be on the Weavers Way Board of Directors.

- We're opening a third store.
- We're enjoying record sales and profits.
- We're facing more competition than ever.



Would you like to provide leadership to help expand the cooperative economic model, promote Co-op values and provide healthy food options?

Your application, written statement and photo are due Feb. 28.

Candidates should have attended one Board meeting and an informational session with the Board Leadership Committee.

Go to www.weaversway.coop/board-elections-2017 for all the details.

Email Sylvia Gentry of the Weavers Way Leadership Committee at sylviabgentry@gmail.com if you have questions.

Candidates' statements will be published in the April and May Shuttles, and online.

Voting starts in April and runs until the Spring General Membership Meeting in May.

IF THE WEATHER OUTSIDE IS FRIGHTFUL

And you're wondering if the Co-op is open ... Call us!

Mt. Airy
215-843-2350

Chestnut Hill
215-866-9150

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

What's in Store at Weavers Way

Check It Out!

by Karen Plourde, Weavers Way
Communications Staff



Finds for the Furry & Feathered

Treats for your true Valentine from Jersey's Bubba Rose Biscuit Co.

On those special days — Feb. 14, for instance — your tail-wagger deserves more than the usual bagged yummy. For that, look no further than Across the Way, where **Bubba Rose Biscuit Company** of Boonton, NJ, has a pawhold. Bubba Rose treats include decorated cake pops that look good enough for human consumption and Woof Hearts, made with cage-free eggs, natural peanut butter and wildflower honey. All of Bubba Rose's small-batch creations are free of wheat, corn, soy and gluten.

The Deli Dispatch

You'll fall in love with this Alpine-style cheese from Chesco.

For the last year, the cheese cases at both stores



have made room for offerings from Unionville, Chester County's **Farm at Doe Run**. This month, we're shining a spotlight on their **St. Malachi**, a washed-rind Gouda type named after the 18th-century church on the

hill near the farm. Try it for its Parmesan-like texture and creamy, buttery finish, with an added hint of hazelnut.

Meat & Fish Market

Ippolito's crab cakes are perfect for that romantic dinner for two. And the Hill goes steady with Stryker Farm meats.

You know **Ippolito's** — or you ought to. They've been peddling seafood in South Philly for close to a century. Their crabcakes, made of lump special and claw meat,



can be found in both stores. If you and your honey have forgotten the simple beauty of a well-made crabcake with cocktail or tartar sauce, slaw or special salad on the side, add a couple to your basket and light the candles.

In Chestnut Hill, meanwhile, the number of **Stryker Farm** products continues to grow. Meat Manager Valerie Baker has added Saylorsburg, Monroe County, pig farmer Nolan Thevnet's pulled pork to her lineup. If you have a hankering for barbecue on a bun but not the hours to DIY, this is the ticket to a nummy lunch or dinner.



Goings On in Grocery

Looking for salt in all the right places.

The choice of chips made from something other than potatoes keeps growing, as folks continue their quest



for alternative salty snacks. **Simply 7** made its bones on organic, non-GMO crunchies made of hipster staples like kale, hummus, lentils and quinoa, and in Mt. Airy, they've added Sea Salt Quinoa Chips to the shelves above the checkout line.

For more on the the healthy-and-tasty tip, Chestnut Hill is adding two varieties of organic **Late July** tortilla chips to its snack section: Sea Salt and Lime (already in Mt. Airy) and Purple Corn. They're gluten-free, non-GMO and vegan, and the Purple Corn ones are both extra pretty and brimming with antioxidants. Think of them as blueberries that crunch.

Fair-trade olive oil from Argentina, *con amor*.

The latest entrant to our bottled olive oil lineup is from

La Riojana, a cooperative from northwest Argentina that has been making wines since the 1940s but branched out in 2015 and became the first fair trade-certified olive oil producer in Latin America. La Riojana organic extra-virgin olive oil is entirely first-cold-pressed and made up of arauco, arbequina and manzanilla olives.



kpourde@weaversway.coop

For an Instant Understanding of Fair Trade, Read This

by Betsy Teutsch, for the Shuttle

WEAVERS WAY DEVOTES LOTS OF VALUABLE store real estate to coffee, much of it designated Fair Trade. But did you know about this Fair Trade coffee humbly hiding on the bottom shelf? Meet Mt. Hagen Fair Trade Organic instant coffee.

Fine java's nuances elude me, but I do care a great deal about buying fairly traded, sustainable and organic products. So Mt. Hagen — named for the original source of Arabica beans for this German company — is good news for me, and for the nearly 50 percent of the world who regularly drink instant coffee.

For coffee consumers, the Co-op's maze of options is complex. Most people make coffee purchasing decisions based on personal taste and price. For those who add a social mission to their consumption, the "Fair Trade" designation is ideal — though not simple.

The Fair Trade movement links farmer co-ops directly to the global market. This eliminates middlemen, yielding higher prices as well as providing sophisticated information about product preferences and standards. Fair Trade coffee companies work with farmers to improve their product as well as their communities. Farmers are guaranteed a price for their coffee up front, decreasing their vulnerability.

Fair Trade certifies that additional virtues are rolled into the product. Environmental standards are high, gender equity is promoted and worker education and health programs are funded. No child or slave labor is permitted.

Equal Exchange, a U.S.-based worker-owned co-op,

is a grandmother of Fair Trade. It's a for-profit, complete supply chain working directly with farmer co-ops in the developing world. (Visit equalexchange.coop for more background.) A few years ago, the certifying organization FairTradeUSA elected to certify plantation-grown products along with those grown by farmer-owned co-ops. That forced a break between FairTradeUSA and its global counterpart, Fairtrade International (known as FLO for its former name, Fairtrade Labelling Organization). Equal Exchange maintains its commitment to the FLO position, opposing Fair Trade certification for plantation-grown products.

Bulk Equal Exchange is Weavers Way's best-selling coffee. The Co-op also offers coffee that is not certified Fair Trade but has other virtues:

Single Origin — Like a vineyard, this coffee all comes from one identified grower.

Ethically Sourced — The vendor is committed to a direct, fair, transparent and mutually beneficial relationship with coffee growers. This term can be either a generic descriptor or, as in the case of Starbucks, a third-party certification.

Organic — Specifically meets agricultural regulations — though Fair Trade certification mandates eco-responsibility, including organic practices.

Shade Grown — The traditional way coffee grows, under a tree canopy. While it doesn't verify the coffee is organic, it indicates that the farmer uses eco-responsible growing methods, while providing the additional benefits of forestation and bio-diversity.



Betsy Teutsch photo

Look for it on the bottom shelf!

Bird Friendly-Certified — Requires organic certification plus a healthy canopy of trees that support wildlife. A well-managed shade-grown coffee farm has similar bio-diversity to a forest.

As I said, not simple!

Despite my husband's instant-coffee-shaming ("You can drink that stuff?"), I think Mt. Hagen is just fine. No prep. No cleanup. It comes in decaf and even in packets. And I can drink it with a clear conscience. Stephanie Kane, Weavers Way's local purchasing coordinator as a well as the Co-op's fair-trade guru, reports nine units of Mt. Hagen were sold in the last six months.

In other words, there are two of us.

Betsy Teutsch is a Weavers Way working member.

What's in Store at Weavers Way

MEMBER C♥RNER

by Kirsten Bernal, Weavers Way
Membership Manager

There is something very exciting happening this month and it is one of Membership's favorite times of the year!

Member Appreciation Days begin Saturday, Feb. 11, and culminate in a day of celebration on Tuesday, Feb. 14.

While we love our members every day of the year, Member Appreciation Days offer a unique opportunity for the staff (all members as well, so feel free to throw a little appreciation our way!) to take a moment and let all 6,223 of you know how much you mean to us and how much we all mean to each other.

Members are the foundation of this organization. Without you, without us, we could not do what we do. At the risk of getting too mushy, I have to say that I am moved by how strong and devoted our community is. We are a cooperatively owned organization that is thriving while ever-evolving and seeking to serve the needs of our members. As we reflect on the tremendous support displayed in last fall's Member Loan campaign, and as we are poised to welcome a whole new group of members from Ambler, we have so much to appreciate.

So, what do Member Appreciation Days mean for you? Beginning Saturday and ending at the close of business on Valentine's Day, all members will receive an extra 5 percent off of their purchases. That means if you're a working member, you'll get 10 percent off.

Food for All members will receive 15 percent off on Member Appreciation Days and 20 percent off Weavers Way branded items, while working Food for All participants will receive 20 percent off each day and 25 percent off of Weavers Way branded items.

And keep in mind that Weavers Way branded items are already 5 percent off for all members, every day. That means an EXTRA 5 percent off the above during Member Appreciation Days. That makes Member Appreciation days a great time to stock up on your Weavers Way vitamins and your fresh-ground peanut and almond butter! (And don't forget the pickles.)

And that's not all! I did mention that Member Appreciation Days run through Feb. 14... TUESDAY, Feb. 14! That means even more savings, one day only, for members who participate in the Senior Tuesday Discount program — 15 percent off, 20 percent off Weavers Way-branded items and, for our working seniors, 20 and 25 percent off!

Another component of Member Appreciation Days is a New Member campaign. Folks who join on any of the four days will receive a valuable bag of hand-picked grocery and wellness products as well as a chance to win a free year of membership. It's a great time to become a member — pass it on!

In closing, I will note that discounts are great, but underlying the festivities is a true spirit of appreciation, a time to pause and acknowledge the very special thing that, together, we cultivate, sustain and grow.

To all of you I say, thank you for our Co-op!

kirsten@weaversway.coop

5 THINGS

Five Things is a service of Weavers Way.

Our Members Love About the Co-op

Member Appreciation Days are Feb. 11 to up to an including Valentine's Day. It goes without saying that we love our members, but we asked members what they love about Weavers Way.



1

"It's on my way home. I like to just get a little shop every once in a while, and not have to go for a huge shop at a big-box store."

—Frank Torrisi, Erdenheim



2

"It's just like a grocery store, but without all the hustle and bustle. I know where to go if I want something."

—Morris Waxman, Mt. Airy



3

"I love the quality of the food. People are very friendly."

—Patty McGlone (Morris's mom), Mt. Airy



4

"The feeling like I'm a part of this place. I shop at Whole Foods and I shop here equally. I feel more at home here."

—Anthony Michaels, Paoli



5

"The produce is much fresher than the other stores. My wife and I are vegetarians, it's easier to find stuff here than in the bigger stores."

—Matt Schiffer, Mt. Airy

WHEN VALENTINE'S DAY AND MEMBER APPRECIATION DAYS COLLIDE

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Order online through Saturday, Feb. 11, pick up Feb. 12, 13, or 14.

Member Appreciation Days 5% discount also applies!

FOR DETAILS AND TO PLACE YOUR ORDER, VISIT:

WWW.WEAVERSWAY.COOP/ROSES

FOOD MOXIE

We dig what we eat.

Why I Give

Wendy Romig

Teaching people about nutrition and herbal medicine has been a deep passion of mine for many years. As a clinical practitioner at Sage Integrative Health Center in Mt. Airy, I have the joy of working one-on-one with individuals and families to help them overcome health challenges using these powerful healing modalities.

Last year, I was given the wonderful opportunity to present several free community-education classes and cooking demos through Moxie Tuesdays, a partnership between Food Moxie and Weavers Way. Moxie Tuesdays feature topics like cooking with beans, the benefits of roots, understanding gluten and grains, and identifying micronutrients in foods, and invite a lively discussion about nutrition and natural health with each session.

One of Food Moxie's primary principles is nutrition education for youth and families, which also is a key component of my personal mission as a natural-health practitioner. With knowledge comes empowerment — to make healthier choices for our lives, to expand our horizons and to rise above cultural norms for the betterment of ourselves and our communities.

We cannot expand and grow in a positive direction as a society without also testing our beliefs and challenging our preconceptions. Learning about nutrition, gardening and food security can help people break free from limiting paradigms and explore new, more nourishing ways of living.

Organizations like Food Moxie are critical for helping uplift communities and engender a sense of ownership in their food choices. I'm looking forward to continued collaboration with Food Moxie to bring nutrition and food-



Wendy Romig knows beans; she did a workshop on them last fall.

security education to the forefront of community outreach and development.

Wendy Romig, MS, CNS, LDN, is a licensed clinical nutritionist and herbalist and owner of Sage Integrative Health Center (www.sageintegrativehealth.com) in Mt. Airy. She specializes in helping individuals navigate complex health concerns using functional nutrition and herbal therapies.



An offshoot of Weavers Way Co-op

CELEBRATING 10 YEARS!

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THANKS TO...

Joyce Bullock
Jeane Ann Grisso, MD
The Kynett Foundation



For Their Support!

by Jackie Schrauger,
Food Moxie Program Director

ONE OF THE GREAT THINGS ABOUT WORKING AT Food Moxie is the incredible support we receive from the Weavers Way community. With the Co-op on our team, we are able to extend our reach and deepen our impact, working together to build a happier, healthier future for us all.

Interested in getting involved? As we prepare for the growing season to come, here are a few ways you can join in:

Let's Work Together!

Are you a Weavers Way member? You can do your hours with us! Whether photographing an event, helping in one of our gardens, or volunteering in support of a specific program, we are always happy to have extra hands! (Not a member? No problem – we'd love to have you too!)

Join High Five! The High Five! Donate Your Discount Program is another way working members can help: Every time you shop, your working member discount cash will be donated to Food Moxie.

Host a supply drive! Throughout the year, we find ourselves in need of different goods – back-to-school supplies, Halloween costume materials and more. If you have a knack for coordinating a donation event, we can use your help!

Participate in Giving Tuesdays! On the second Tuesday of every month, the Co-op fundraises for Food Moxie at the cash registers. All shoppers can participate – and every dollar really helps to support our programs!

Thanks to everyone who has supported Food Moxie in the past. For more info about getting involved in the coming year, drop me a note at jackie@foodmoxie.org.



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Customer Service isn't what I DO, it's who I AM!



coop basics

Good Deals Every Day.



Stevenson Fund Collection

As friends and colleagues of Anrico Stevenson, Weavers Way is gratified to announce that we received a total of \$4,270 in donations for Rico's family. Many thanks to all who contributed to the fund. Rico, who worked as a meat-cutter in the Chestnut Hill store, died last July along with his wife, Tyronda. They left four sons, MarQuel, Anrico, Dymere and Logan.

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 (approximately 500 words) and letters to the editor (200 words) on subjects of interest to the Co-op community. Editorial copy is due the 10th of the month before publication, e.g. Dec. 10 for January.

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.

Articles and letters express the views of the writers and not those of the Co-op or its Board, unless identified as such.

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.



GM'S CORNER

Indigenously Yours: That's the Co-op

by Jon Roesser, Weavers Way General Manager

PART OF MY JOB IS TO KEEP ON top of “grocery trends,” so the Co-op can best meet the needs of our member-owners (so the theory goes).

The grocery industry is a competitive one — think of how many places you can go to buy a banana — so a whole cottage industry has sprung up to advise grocers on consumer buying habits.

The bone broth we sell? That's a trend. Cold-brew coffee. Kombucha on tap. Elderberry water. All trends. Yes, it's all a little ridiculous.

But sometimes the trend prognosticators are right, so I sat up when, in my latest issue of Supermarket News — what, you don't subscribe? — the headline asked: “Are Ethnic Markets the Next Big Trend?”

By “ethnic markets,” the folks at Supermarket News are talking about grocery chains that cater to America's growing Hispanic and Asian populations. Private equity, its nose trained to sniff out profits, is dumping money into big chains like Fiesta Mart, Mi Pueblo and Cardenas.

I've never set foot in any of these places, so I don't know what I'm missing, but that's OK: Philadelphia has lots of pretty awesome ethnic grocers already.

We've got Rieker's (German), Krakus (Polish), Altomonte's (Italian) and NetCost (Russian), to name but a few. These markets don't just sell ethnic foods, they serve as a portal to another culture. So if a round-trip ticket to Seoul isn't in your budget, spend a couple of hours at H Mart on Cheltenham Avenue and Old York Road for a little Korean immersion.

There used to be a lot more grocers around here catering to specific ethnic groups, but as our city has effectively mixed us all up, our connections to the Old Country, wherever that was, have faded.

But in its place, a whole new

ethnicity has evolved: The ethnic Philadelphian.

I figure it this way. I was born here. So were both of my parents and all of my grandparents. If there's a place to which I'm culturally tethered, it's here, not some faraway land in Europe.

We have our own cuisine, accent, cultural icons and local heroes. There's a Philadelphia Sound of music, a Philadelphia School of architecture, even a Philadelphia Style of ice cream.



There are things that ethnic Philadelphians do, things we believe, things we eat and things we know. Our shared ethnicity transcends our racial divide. The African-American guy who lives across the street is as much an ethnic Philadelphian as I am.



There are things that ethnic Philadelphians do, things we believe, things we eat and things we know that no one else does.

We know why there's no 1st or 14th Street. We make a much bigger deal out of New Year's Day than we do about New Year's Eve. We can place odds on the next politician headed for the clink.

We've developed a unique, borderline-adversarial relationship with

our professional sports teams. Thanks to their historically dismal track records, our sincere love for them barely masks our seething hostility.

We even have our own diaspora. Knots of ethnic Philadelphians, living in exile in places like Atlanta and Houston, have set up social groups where they get together to munch on imported Taskykakes and complain about the Eagles.

The best part is our shared ethnicity transcends our racial divide. The African-American guy who lives across the street is as much an ethnic Philadelphian as I am.

For Weavers Way, perhaps this presents an opportunity. Maybe we can be an ethnic market, a Philadelphia Market.

When most people hear “Philadelphia Cuisine,” they tend to focus on our iconic street food: hoagies, roast pork, cheesesteaks. Which of us has not hotly debated where to get the best of these classics?

But our traditional cuisine goes beyond what you can find at places like D'Alessandro's and Tony Luke's. Only around here can you find scrapple, pork roll, tomato pie, snapper soup, pepper pot soup, water ice, butter cake and fried oysters served with chicken salad.

Actually, you might be able to find some of this stuff in other places, along with a whole catalog of foods that can trace their genesis to our city — Stromboli, funnel cake, root beer, soft pretzels — but no one does any of it quite like we do.

It's part of our cultural DNA.

I think we at the Co-op should play our part. So if you see Zitner's Butter Krak eggs on the shelves this spring, Sweetzel's spiced wafers in the fall or some snapper simmering at the soup station, consider it all “ethnic” food. Our ethnic food.

Hey, we're just keeping up with the trends.

See you around the Co-op.

jroesser@weaversway.coop

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ACADEMY



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**at this FREE public event
for parents.**

Dr. Lisa Damour | Wednesday, February 15, 7:00 pm

Dr. Lisa Damour, psychotherapist and director of Laurel School's Center for Research on Girls, is the author of numerous academic papers, chapters, and books related to education and child development, including a recent **New York Times** bestseller *Untangled*. Blending years of experience with the latest research developments, Dr. Damour will provide realistic scenarios and welcome advice for parents with children on the road to adulthood.

Event will be held in the Upper School Auditorium of Springside Chestnut Hill Academy, Cherokee Campus at 8000 Cherokee Street, Philadelphia, PA 19118.

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O.P.I.N.I.O.N

Urge City Council to Oppose SEPTA Power Plant

by Karen Melton, for the Shuttle

AN ARTICLE IN THE AUGUST SHUTTLE gave some background on the gas-fired power plant SEPTA intends to build near the Wayne Junction Regional Rail station. Much has happened since then — community meetings, hundreds of petition signatures and a letter of opposition signed by more than 50 community, faith, health and environmental groups.

SEPTA held no public hearings but did attend several community meetings to present their case. They did not respond to many of the arguments raised by plant opponents, but promised to keep the community informed; however, an agenda posted on the SEPTA website prior to the November board meeting was the only way of finding out that the plant was about to be voted on.

The public has a right to speak on board matters prior to voting; on the resolution to approve the power plant, more than 50 people were registered to speak. After only a handful had been called on, board member Robert Fox interrupted to give his own view on the merits of the plant, and the board chair called for a vote. Board members then walked out as the room erupted in protest. Meeting minutes made available weeks later said the resolution passed unanimously.

The power plant resolution began by citing a 2011 pledge to maintain budget neutrality for sustainability projects “requiring them to stand on their own financial merit via grants, financing or new revenue.” In other words, SEPTA has a

policy not to invest in preparing for a sustainable future.

Based on a best-case cost analysis, where gas remains cheap for 20 years and no actions are taken to put a price on the climate and health impacts of fossil fuels, SEPTA plans to finance the plant under the PA Guaranteed Energy Savings Act.

Opponents of the plant still hope to convince SEPTA to invest in transitioning to clean, renewable energy sources rather than committing to 20 more years of generating fossil-fuel pollution and emissions.

Next steps for the plant include zoning approvals. Neighbors opposed to the plant are urging City Councilwoman Cindy Bass to protect public health and fight for a livable climate by taking decisive action to stop the project. They encourage the public to contact Bass at 215-686-3424 or cindy.bass@phila.gov.

To learn more or get involved, go to www.350philadelphia.org/septa.

Karen Melton is a volunteer for 350Philadelphia.

SHUTTLE LETTERS POLICY

The Shuttle welcomes letters of interest to the Weavers Way community. Send to editor@weaversway.coop. The deadline is the 10th of the month prior to publication. Include a 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 reserves the right to decline to run any letter.

L.E.T.T.E.R.S

Centralized Buying Needed To Enjoy Economies of Scale

AS PART OF A MEMBER EDUCATION program, general manager Jon Roesser has been holding regular information meetings for members. One issue that comes up in discussion of the Ambler expansion suggests an ongoing problem for the Co-op as a chain of three food stores.

According to Roesser, when Chestnut Hill opened, it was planned that about 80 percent of the products in the two stores would be the same, but currently this number is 48 percent. This is apparently the result of giving our managers great leeway in how they run the stores, but it also undercuts the argument that has been made so often that the third store will yield significant economies of scale. Those economies may appear in such things as back-office support

such as information technology, but there has always been talk of a central warehouse that will allow us to achieve savings through centralized purchasing and storage. If we continue our current policy of such decentralized freedom in product choice, it is hard to see how those economies of scale will be realized. Management is aware of this problem, and we will have to wait to see what changes are necessary.

All our enthusiasm and optimism about Weavers Way should not make us forget that we are also subject to the rules of business. We cannot automatically succeed just because our stores are nice places, our employees are treated well, we are environmentally aware and we do other wonderful things. At the same time, we cannot act as though each of our stores is an independent entity.

Larry Schofer

You're Invited to Join Up to #resisttrump

OVER 150 RESIDENTS OF NORTHWEST Philadelphia and surrounding suburbs gathered at the Garage at Weavers Way in Mount Airy on Saturday, Jan. 15 — a mere five days before President-Elect Trump's inauguration. MoveOn.org sponsored over 500 such gatherings across the United States. Although the theme was “#resisttrump,” the gathering proved to be a productive way for engaged citizens to organize and to create action plans around such topics as education, environment, health care, immigration, impeachment/indictment and security/surveillance. IndivisibleGuide.com was also on hand to provide information to those interested.

Brian Rudnick, a Weavers Way Co-op and MoveOn.org member, organized the

event and gathered interested co-hosts to help facilitate discussion topics. He says, “MoveOn's motto is ‘democracy in action’ and that is what this group is all about.”

In addition to those who were in attendance, despite the cold temperatures and other events taking place in the area, other MoveOn members expressed interest about being informed of upcoming meetings, marches, protests and other actions being planned in regard to the upcoming change in administration in Washington.

To join these efforts, please visit “Democratic Action” at groups.yahoo.com/DAction and MoveOn.org

Melissa Hall, Event Participant and Co-Host (Environment)

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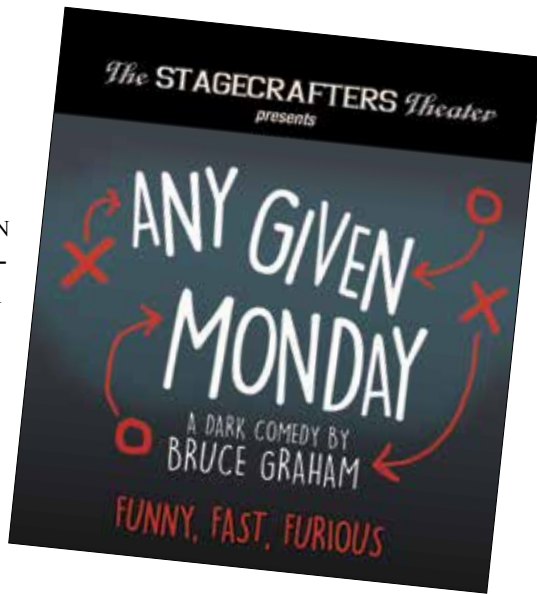
'Any Given Monday' At Stagecrafters

THE THIRD PRODUCTION OF THE 2016-2017 SEASON at The Stagecrafters, Bruce Graham's dark comedy "Any Given Monday," opens Feb. 3 and runs through Feb. 19.

As the lights come up, Lenny, a middle-aged, mild-mannered schoolteacher whose wife, Risa, has suddenly left him, is brooding in his den, the remains of a pizza on the floor and Monday Night Football blaring from the TV. Enter longtime friend Mickey with an inspired, but legally dubious, plan to get Risa to come back. This contemporary comedy-satire takes on a heady range of issues, from racism and violence to religion and free will.

Graham, a Philadelphia native, began his career as a playwright at the Philadelphia Festival Theatre for New Plays with "Burkie" in 1984. He has since authored some two dozen plays, performed all around the country, including "Moon Over the Brewery," "Belmont Avenue Social Club" "Minor Demons," "Coyote on a Fence," "According to Goldberg," "Something Intangible" and "Rizzo."

Shows are at 8 p.m. Thursdays, Fridays and Saturday, with 2 p.m. matinees on Sundays. Tickets are \$21 online, \$25 at the door, with discounts available for students and groups. A "Meet the Cast and Director" Q&A will follow the performance on Friday, Feb. 10. For info, call 215-247-8881 or visit www.thestagecrafters.org; for reservations-direct call 215-247-9913. The theater is located in Chestnut Hill at 8130 Germantown Ave.



Art Garage Pops Up at Phila. Theatre Co. 'Having Our Say'

by Haley Velletri, for the Shuttle

MT. AIRY ART GARAGE OPENS 2017 WITH A SPECIAL popup exhibition in partnership with Philadelphia Theatre Company's production of "Having Our Say," the play based on the story of sisters and civil rights pioneers Sadie and Bessie Delany. The exhibition runs Jan. 27-Feb. 19, at the Suzanne Roberts Theatre, 480 S. Broad St.

An open house/exhibition opening is scheduled for Saturday, Feb. 4, from 4 to 8 p.m., at the theater.

"Having Our Say" celebrates the sharp memories and sharper perspectives



Photo from the exhibition by Ellie Seif.

of the Delany sisters, African-American women who were both civil rights activists and pioneers in the fight for equality. The 1995 play, based on the 1993 best-seller "Having Our Say: The Delany Sisters' First 100 Years," ranges from the post-Reconstruction South and the era of Booker T. Washington to Harlem's Golden Age and Langston Hughes, W.E.B. Du Bois and Paul Robeson. Bessie breaks barriers to become a dentist; Sadie quietly integrates the New York City public school system as a high school teacher. The sisters' stories of racial injustice, personal strife and eventual success are as poignant today as ever.

This Mt. Airy Art Garage exhibition seeks to further highlight empowerment through the collective experience of overcoming obstacles and barriers. Featuring works by local artists including Melvin Chappell, Ruth Joray, Daisy Langston Juarez, Arleen Olshan, Kathy Robinson and Ellie Seif, this show provides a fine-art platform focusing on themes of pride and empowerment even in tough times.

For more information, visit mtairyartgarage.org.

'Suddenly Last Summer' at Old Academy

OLD ACADEMY PLAYERS PROUDLY PRESENTS Tennessee Williams' "Suddenly Last Summer," running March 3, 4, 10, 11, 12, 17, 18, and 19, 2017, Fridays and Saturdays at 8 p.m. and Sundays at 2 p.m.

Along with Eugene O'Neill and Arthur Miller, Williams (1911-1983) is considered one of the foremost playwrights in 20th-century American drama. He became famous with "The Glass Menagerie," the beginning of a string of successes, including "A Streetcar Named Desire," for which he won the Pulitzer Prize.

Written for the stage in 1958, "Suddenly Last

Summer" was adapted into a 1959 film starring Elizabeth Taylor, Katherine Hepburn and Montgomery Clift. It is the riveting story of a prominent Southern family mourning the sudden death of its only son, Sebastian. The genteel murmur of a mother's sorrow and doubt cannot mask the horrible secrets held by his cousin, Catharine.

Tickets are \$15, with discounts for groups. For info or reservations, call 215-843-1109 or visit www.oldacademyplayers.org. The nonprofit community theater is at 3544 Indian Queen Lane in East Falls.

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Editor's Note



by Mary Sweeten, Editor, Weavers Way Shuttle

GO TO THE PENNSYLVANIA FARM SHOW IN JANUARY SO YOU don't have to — although you really should. This year, in addition to learning about the Lineback, an old American "landrace" dairy cow breed with freckles and, yes, a white stripe down their backs, I ran into Ben Wenk, who grows a lot of our apples at his Three Springs Fruit Farm in Adams County. Ben was "helping" with a cooking demo.

And I also made this astounding discovery:

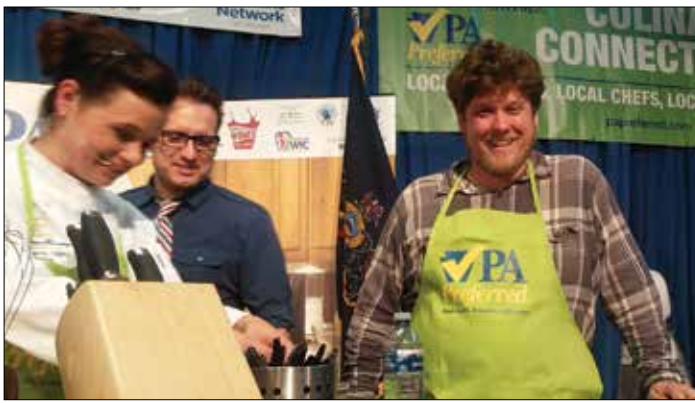
Dieffenbach's makes One Potato Two Potato.

Dieffenbach's Old Original are my favorite potato chips. Well, my second favorite, after blue Good's. No, Dieffenbach's. Probably. Anyway, what these chips, and maybe a dozen other brands concentrated in Berks, Lancaster and York counties, have in common is that they're kettle-fried in lard — the way all potato chips used to be made before PepsiCo and Frito-Lay took over the snack world.



Now, salty snacks are no one's idea of health food, but here at the Co-op, we try to minimize the damage rather than going all executive order on them. Our buyers and suppliers are always looking for tortilla chips and pretzels and potato chips and other snacks that are baked or use healthier oils or at least are organic. And one of these is One Potato Two Potato — fried in expeller-pressed sunflower-seed oil, certified kosher, no artificial flavors, no MSG, no nuts, no gluten, Non-GMO Project-certified. One Potato also makes chips out of sweet potatoes and other roots. All in all, they're doing the right thing by you people who are looking for a "better-for-you" snack — which is actually a slogan One Potato uses in its marketing.

So I'm in the vendor hall at the Farm Show, at the Dieffenbach's booth, tearing into my Dieffenbach's Old Fashion sample, when it dawns on me that I'm facing a wall of One Potato Two Po-



Ben Wenk, right: He'll do anything to sell more apples, even put on an apron at the Farm Show.

tato bags. "What?" I shriek, "Dieffenbach's makes One Potato Two Potato?" Replies Donna, who is putting out samples: "We sure do."

Well. When I got back to work, I rang up Melissa Billman, head of sales promotion for One Potato snacks at the home office in Womelsdorf (which is in Berks County, halfway between Reading and Lebanon, in case you didn't know.)

Dieffenbach's launched One Potato in the spring of 2013, "just seeing the trend in the market," Melissa said. "One Potato is performing very well throughout the U.S.," and Naked Sea Salt is the best seller. "The Dieffenbachs have been making kettle chips for 50 years," she added. "We're still family owned and operated," Is she a Dieffenbach? Chuckle. "No." (For the record, CEO Nev-in Dieffenbach is the grandson of founder Mark Dieffenbach.)

I've tried One Potato chips (Naked Sea Salt, of course) and they're OK — for being cooked in sunflower-seed oil. However, I'm all for line extension, especially if it keeps the lights on and rings the cash register. Dieffenbach's doubled its plant size and production capacity in 2013, and upped employment from about 50 people to 95 in 2015.

No, we don't carry Dieffenbach's Old Original at Weavers Way. But I know where to get them, and blue Good's too. Just ask.

msweeten@weaversway.coop

At Temple's Rad Dish Cafe, Students Cook, Serve & Cooperate

by Susan Ciccantelli, for the Shuttle

HAVE YOU EVER HEARD OF AN UNDERGRADUATE independent-study project evolving into a full-fledged and viable business — one that's owned and managed by full-time students?

We have just such an enterprise more or less right in our own backyard. And it's even a co-op! Temple University's Rad Dish Co-op Cafe started out as an independent-study project in 2011. By January 2015, Rad Dish was up and running, sourcing mostly local ingredients for their offerings. With weekday-only hours that are basically 9 a.m. to 4 p.m., Rad Dish serves breakfast and lunch, and lots of coffee all day long. The menu is vegetarian/vegan and mostly gluten-free, while the atmosphere is — well — what you might expect at a campus like Temple: Relaxed as can be, laptops all around, an eclectic music mix (no commercials) playing on a decent sound system. Customers can even bring their own food into the substantial lounge area, from home or from the many vendors that line the campus streets.

I had not been on Temple's main campus for quite a while, and my impression was that it has changed enormously for the better. It helped that I happen to vis-

(Continued on Next Page)

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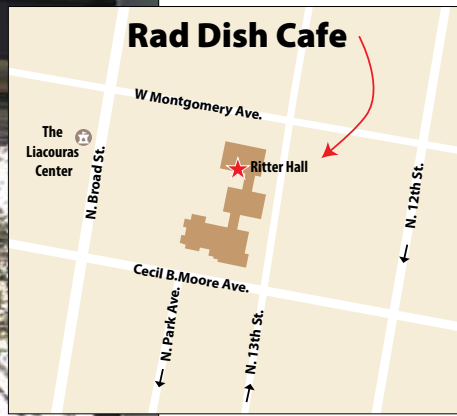
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Susan Ciccantelli photos

The view is good, the food is sustainable and posted daily and the staff — including, from left below, Samantha Swartz and Rhiannon Wright — is cooperative.



(Continued from Preceding Page)

it on one of those perfect sunny winter days. Rad Dish Co-op Cafe is located in a splendidly light-loaded corner of the ground floor of Ritter Hall, with an entire wall of floor-to-ceiling windows that looks out on campus walkways and shrubbery. The mailing address, 1301 Cecil B. Moore, is not much help in finding the place, but I asked a random student for help and he was delightful. “Oh — you mean the Cafe?” And with that he led me on a winding path through the building (home of Temple’s School of Education) to the Rad Dish space.

On staff the day I visited were Ben and Sam (short for Samantha), who managed to answer all my questions in between serving customers and whipping up sandwiches (yam burgers, apple-butter toast, hot tempeh). Rad Dish is serious about local sourcing, to the extent that they distinguish between local and what they call “hyper local.” Local means that an ingredient or food is produced within 150 miles. “Hyper-local” (such as Wild

Flour Bakery in the Northeast and Greenstreet Coffee Roasters in South Philadelphia) is even closer.

Bestsellers are the coffee and the hummus grilled cheese, which also happen to be made with products sourced from hyper-local Temple alum businesses. Rad Dish receives financial backing from Temple’s Office of Sustainability, and co-op board positions change on a regular basis. Adding to the community focus, Rad Dish Co-op is a dropoff location for Philly Foodworks, a CSA and online market that has its roots in West Philadelphia’s Urban Tree Connection. (More info on these two fabulous grassroots organizations can be found at phillyfoodworks.com and urbantreeconnection.org.)

Rad Dish is open during spring and fall semesters (they reopened after 2016-17 winter break on Jan. 23), and the public is welcome. Visit the website at templeraddish.wordpress.com, or follow Rad Dish on Facebook at www.facebook.com/raddishcoop.

Susan Ciccantelli is a Weavers Way working member.



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This lecture will be held at the Temple University Ambler Campus Learning Center Auditorium, 580 Meetinghouse Rd, Ambler, PA

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Weavers Way Farms 2016 Season Report

by Nancy Anderson and Nina Berryman

THIS PAST GROWING SEASON WAS EVEN MORE abundant and successful than last, with total 2016 sales from vegetables at \$167,561, up from \$158,282 in 2015.

But it wasn't an easy season. Spring was a little too wet and gray and summer was a little too hot. A few diseases that were marginal in 2015 came back stronger in 2016. Deer pressure was worse than ever before. But our experienced farm team worked hard to keep yields high and consistent. Thanks to the expertise of returning field managers **Emma Dosch** and **Brendan Stiteler**, navigating these diseases and pests was possible.

Field assistants **Heidi Ochsenreither** and **Renae Cairns** brought invaluable energy and work ethic to the team. And they will be greatly missed! Heidi is starting her own farm in Orwigsburg, PA, and Renae is moving on to become the director of workplace wellness operations at 9 Miles East Farm, near Saratoga Springs, NY.

The main change we made to our labor structure in 2016 was two additional positions, each working approximately half a day per week. **Chelsea Mackie** and **Josh Croston** filled these roles and they were an incredible addition to the team from early spring to late fall.

From 2015 to 2016, our staff labor hours were roughly consistent, and we increased our harvest by 7% and our sales by 5.2%.

See the table on the opposite page for a deeper dig into how the farm did in 2016.

Nancy Anderson is the Weavers Way Farms record-keeper. Nina Berryman is the farm manager. Reach Nina at nberryman@weaversway.coop.



Nina Berryman photo

Field Assistant Renae Cairns brandishes broccoli greens; she's moving on to a farm operation in New York.

Donation to Saul High School in Honor of Ms. Mac

Jess McAtamney has been a teacher at Saul High School for over a decade and was a keystone link in the Henry Got Crops farm partnership with Weavers Way and Food Moxie. This year, she's moving on to shape the lives of students at a new school (the reopening Vaux High in North Philadelphia). We will miss Jess, and we want to honor her with a gift that will help keep students at the forefront of our Henry Got Crops partnership. Every semester, Weavers Way will donate \$200 to go to a teacher at Saul who exemplifies Jess's spirit of going above and beyond. Funds can be used by teachers for classroom supplies to supplement school budgets.



In the farm office, next season's crop.

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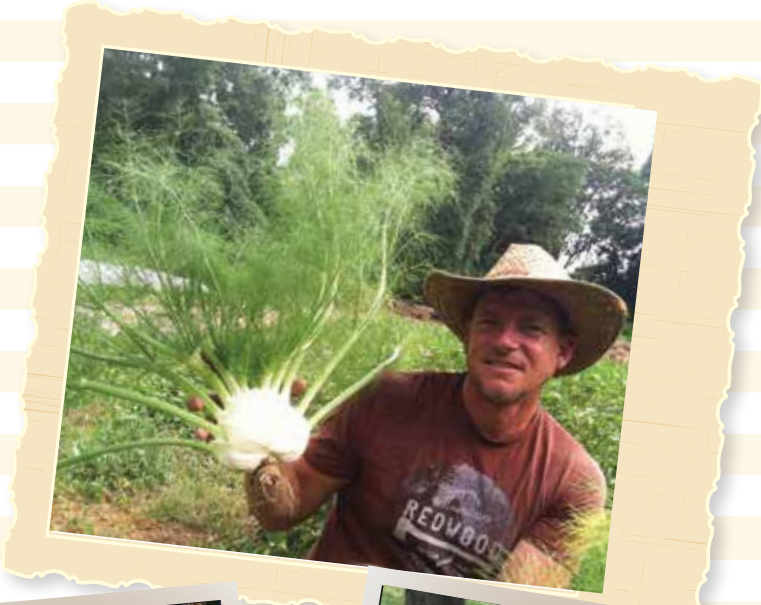
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2016 Weavers Way Farms, By the Numbers

| | |
|----------------------------|--|
| Farms | 2 (Henry Got Crops at Saul High School and Mort Brooks at Awbury Arboretum) |
| Acres in Production | 2.8 (actual growing bed space) |
| Staff | 3 full-time year-round farmers, 3 full-time eight-month field assistants, 2 part-time eight-month field hands, 1 part-time year-round record keeper. |
| Labor Hours | 13,077 (11,148 staff plus 2,259 volunteer) 2015: 13,640 total hours (11,340 staff plus 2,300 volunteer) 2014: 12,903 total hours (9,267 staff plus 3,636 volunteer) |
| Harvest by Weight | 55,689 lbs. (27.9 tons) 2015: 52,162 lbs. (26 tons) 2014: 39,821 lbs. (20 tons) |
| Produce Items Grown | 65 annual crops , 30-40 perennial herb, flower and fruit crops |
| Total Produce Sales | \$ 166,787 2015: \$158,282 2014: \$132,756 |



Outlets as Percent of Total Produce Sales

| | |
|---------------------|------------------------------|
| Henry Got Crops CSA | 43% |
| Farmers markets | 33% (Saul 6%, Headhouse 27%) |
| Co-op stores | 22% |
| Wholesale | 2% |

Top 12 Produce Items by Sales

| | |
|---------------------------|----------|
| 1. Tomatoes, all combined | \$33,791 |
| 2. Cooking Greens, all* | \$31,799 |
| 3. Salad Greens, all** | \$29,833 |
| 4. Carrots | \$9,914 |
| 5. Eggplant | \$6,190 |
| 6. Peppers, sweet | \$5,691 |
| 7. Lettuce, heads | \$5,411 |
| 8. Turnips, all combined | \$5,174 |
| 9. Radishes, all combined | \$4,066 |
| 10. Broccoli | \$3,260 |
| 11. Beets | \$3,086 |
| 12. Fennel | \$2,907 |



***Cooking Greens:** Bok choy \$6,453, chard \$4,000, collards \$1,519, dandelions \$1,625, kale (all) \$13,173, mustard \$3,375, tat soi \$1,654
****Salad greens:** Arugula \$7,100, kale (baby) \$4,457, lettuce (mixed leaf) \$11,838, mesclun \$4,420, pea shoots \$1,136



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Yes! And... Celebrates Winter Revue Thing

YES! AND... COLLABORATIVE Arts, a Germantown-based youth development organization that uses the creative and performing arts to impact their community, is celebrating 10 years of its annual "Winter Sort of Thing" performances.

This year's "A Winter Sort of Thing" will be a musical revue of the past decade of shows with all of the fun, hijinks and silliness that families throughout the city have grown to love. The show will be held March 2-5 at the Venice Island Performing Arts and Recreation Center in Manayunk.

The show is comprised entirely of songs, scenes, and characters from YACA "Winter Sort of Thing" shows from the past 10 years. These shows deal with pirates and imaginary friends, what might happen if Mother Nature decided to take a vacation and storybook characters who travel through other stories to meet their creators, to name just a few.

Yes! And... Collaborative Arts, based in Germantown, has provided arts education to Philadelphia-area youth for almost 20 years. The annual Winter Sort of Thing started as a showcase of the young talent that Yes! And... participants have to offer.

"All of our shows have started with a spark, or an impulse from the kids in our summer camps or studio classes," said Executive Director Michael Brix. "These shows are unique in that they are created alongside of the kids, involving them in a true theater-making experience."

Shows are at 7 p.m. on March 2, 3 and 4 and 2 p.m. March 4 and 5. The Venice Island rec center is at 7 Lock St., just off Main Street between the canal and the river in Manayunk. Tickets will be available at www.yesandcamp.org/wsot.

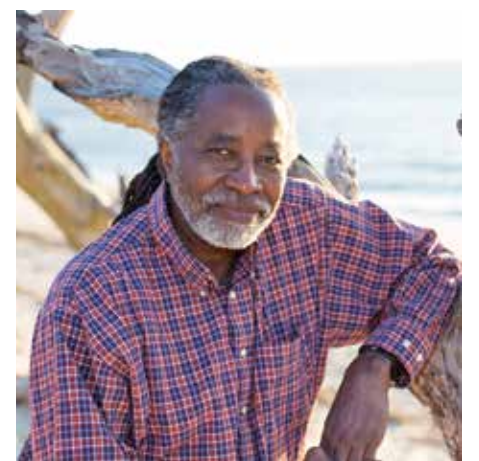
For more information about Yes! And... Collaborative Arts, visit www.yesandcamp.org.

'Planetwaker' John Francis at TU Ambler

JOIN MORRIS ARBORETUM AND Temple University Ambler for a talk by environmentalist, National Geographic explorer, activist and educator Dr. John Francis. "Approaching Sustainability" takes place Sunday, March 5, at 2 p.m., at the Ambler Campus Learning Center Auditorium.

Known as "the Planetwalker," Francis will speak about his transformation from an environmental activist to environmental practitioner and how our own journeys might lead us closer to sustainability. He began his work in 1971, when, after witnessing an oil spill in San Francisco Bay, he stopped using motorized vehicles and took a vow of silence that lasted 17 years.

The founder of Planetwalk, an environmental awareness organization, he ended his silence on Earth Day 1990, tell-



John Francis: Activist, author & "Planetwalker"

ing the assembled crowd, "Environment is about how we treat each other."

He is the author of "Planetwalker: 22 Years of Walking, 17 Years of Silence" and "Ragged Edge of Silence: Finding Peace in a Noisy World," both published by National Geographic Books.

Tickets are \$20 (\$15 for Arboretum members). Visit the Morris Arboretum website, www.morrisarboretum.org, for more info and to register.

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Priscilla Becroft photo

Norwood neighbor Peter Saylor's TreeCycle trek was shorter than some.

A Cold Day to Save the Planet

by Sandra Folzer, Weavers Way Environment Committee

I WAS REMINDED OF WASHINGTON'S ARMY IN THE WINTER OF 1778, many of whom were walking through snow with only rags tied around their feet. OK, it wasn't quite that bad, but my feet were freezing, as were those of other volunteers from the Weavers Way Environment Committee and GRinCH (Green in Chestnut Hill) who stood in 15-degree weather for nearly two hours on Jan. 8 collecting Christmas trees for mulching. Bartlett's Tree Experts also generously donated their time and chipper (and knew how to dress).



Our mission was clear: To divert as many trees as possible from the methane-producing landfill. Many Philadelphia residents don't realize that when they put their trees out on trash day that they are not recycled. We estimate we saved about 100 trees from that fate.

Amy Edelman and Noreen Spota from GRinCH have been recycling Christmas trees for years. This was the first year we partnered with them. The requested \$10 donation was shared by GRinCH's Green Warrior student grant program and the Environment Committee's community grant program. (Applications for Environment Committee grants are currently being accepted; the deadline is March 8.)

Despite the cruel weather, there were some bright spots. The camaraderie was ebullient. And Amy brought some coffee cake from her Night Kitchen bakery to share with workers and volunteers. Some of the folks who brought trees were inspirational, like the two young guys who dragged theirs all the way from Andorra, a distance of nearly 3 miles. A father and two small children dragged their tree from St. Martins Lane in Chestnut Hill, which couldn't have been less than a mile! As a treat, the boys then watched their tree go through the chipper to become mulch.

Thank you to all in the community who drove or dragged their Christmas trees to our event and cheered us on. Hopefully, next year, others will join you.

environment@weaversway.coop



ENVIRONMENT COMMITTEE COMMUNITY GRANTS

Grants Available For Green Community Projects

Weavers Way Environment Committee invites community groups from Mt. Airy, Germantown, East Falls, Roxborough and Chestnut Hill to submit proposals for grants to make tangible improvements in the community. These \$100-\$400 grants are drawn from funds raised during Weavers Way Environment Committee events, such as electronics recycling. Grants may be used for such projects as planting trees and gardens, garden equipment and environmentally based

educational programs.

Deadline for submission of proposals is March 8. Decisions will be announced by early April.

For more information and to download an application, visit www.weaversway.coop/community-grants. Or pick up a form and guidelines from the Environment Committee mailbox upstairs at Weavers Way Mt. Airy (559 Carpenter Lane) or in the front of Weavers Way Chestnut Hill (8424 Germantown Ave.)



eco tip

Got Recyclebank Points? Put Them to Good Use

by Marsha Low, Weavers Way Environment Committee

Have you checked your Recyclebank account recently? You've likely accumulated lots of points just by putting out your recycling on trash day. Now what? A good option is to contribute them to Recyclebank's Green Schools Program. Participating schools get \$1 for each 250 points donated. There are 21 Philadelphia schools with proposals in the program this year, including

- **Saul High School**, "The Eco Equine Experience: Horse Manure from Pollution to Product"
- **C.W. Henry School**, "Single Stream School-Wide Recycling"
- **J.S. Jenks School**, "Full Circle: Turning food waste into garden produce"
- **John B. Kelly School**, "Kelly Grows Greener"
- **Springside Chestnut Hill Academy**, "Water Bottle Filling Stations"
- **Waldorf School**, "Biodynamics Taking Root"
- **Germantown Friends School**, "Exploring Sustainable Farming"

Go to www.recyclebank.com/contest for more information and to learn how to donate your points. The deadline for donating points is March 15.





FOW photo by Chuck Uniatowski

When the leaves are down, things look different along the trails. Take a walk and see.

Get a Winter Perspective on The Wissahickon

by Erin Mooney, for the Shuttle

WITH WARMER THAN USUAL TEMPERATURES, many of us have been spending more time outside this winter. And with some days feeling almost spring-like, it's a great opportunity to explore the Wissahickon Valley Park.

With less leaf cover, it becomes much easier to see things that may be obscured during other seasons. And though the bird and animal life may not be immediately apparent, the Wissahickon is full of activity.

Take a walk and look for some of the trees whose distinctive features make them stand out in the winter woods. You will see river birch, with its pink, peeling bark; black cherry trees, with their "burnt potato chip" bark; and hackberry, with smooth gray bark punctuated with warty ridges. The shagbark hickory is easy to identify with its namesake bark. Sugar maples, seen throughout the park, have a fairly distinctive bark — smooth, with long flaps of raised areas. These trees will soon be ready for maple-sugar tapping near Cedars House and on the trails near

the Wissahickon Environmental Center.

Along the hills, you can see Eastern hemlock, the evergreen that is also the Pennsylvania state tree. Native rhododendron (*Rhododendron maximum*) can be seen clinging to the slopes. They are nature's thermometer — the leaves curl tighter in cold temperatures. The green of Christmas fern brightens the bracken everywhere you look — this evergreen fern grows throughout the park.

Walk to higher spots throughout the park — with the leaves down, you will be rewarded with gorgeous vistas of the park and surrounding area.



There is still a great deal of animal life in the Wissahickon in the winter months. Gray squirrels, red fox and white-tailed deer are active throughout the winter, and some of the species of birds that call the Wissahickon home stick around in the colder months. You might spot woodpeckers, nuthatches, creepers, juncos, sparrows, cardinals, kingfishers, chickadees, goldfinches, owls, robins, bluebirds and several kinds of hawks. And of course, mallard ducks and Canada geese often congregate in or along the creek, especially near Valley Green.

Want to explore bird life in the park this month? Join us on Sunday, Feb. 26, from 8:30 to 10:30 a.m. for a walk with local expert birder Martin Selzer through Houston Meadow. For info and to register, visit www.fow.org.

Backyard Birds Waiting to Be Counted

by Steven Saffier, for the Shuttle

HOW FORTUNATE WE ARE TO LIVE IN a place where large trees, tracts of forest, creekside habitat and open space abound. And the birds — so many birds. More than 200 species regularly occur in our area. They're lucky too. Resources are plentiful; if you're a forest-dwelling bird living in, or traveling through, the Wissahickon Valley, you're a happy camper.

They are also looking to our properties, regardless of size, for resources. Whether you measure yours with a yardstick or need a tractor to get to the other side, there's something for at least a few species of birds and things you can do to attract others.

If you have room for even one more native plant, be it an oak tree or a native shrub, go for it! You'll be amazed at how one good plant changes your ecological footprint for the better. It might provide berries, cover, a great nesting site or tiny insects important for baby birds. The fact is that chickadees and other common backyard birds don't go very far to find food for their young, so more native plant diversity will yield more food sources and birds will be more likely to stay.

At this time of the year, bird feeders are especially rewarding. While wild food such as seeds may linger nearby, birds like blue jays, cardinals, titmice and woodpeckers will happily visit feeders for an easy meal. What better way to get acquainted with these visitors than by becoming a citizen scientist?

For 19 years, the Cornell Lab of Ornithology and National Audubon have collaborated to conduct the Great Backyard Bird Count (www.birdcount.org). This is crowd-sourcing with a purpose! The information submitted by backyard birdwatchers provides a snapshot of bird populations and trends that is invaluable to professional ornithologists.

Here's the real beauty of the count:

Birds can be counted from the comfort of your home. And because typically there are only about 15 predominate species that visit winter feeders, you don't need to be able to identify 200 species!

Audubon invites you to participate in this year's Great Backyard Bird Count. It's always held over President's Day weekend (Feb. 17-20) and if you have kids or grandkids, they'll be home to help. Audubon has created a website that has some great resources and an easy explanation of how to get involved. It's free and fun. Just go to pa.audubon.org/news/pa-counts.

Pennsylvania is consistently in the top five when it comes to state participa-



Debbie McKenzie photo



Howard B. Eskin photo

Red bellied woodpeckers, left, and blue jays are among the winter residents you might see while keeping a tally for the Great Backyard Bird Count.

tion numbers in this international program. Last year we were a few thousand checklists short of the top state, California. With your help, we can become No. 1 in 2017 — so mark your calendar!

Steven Saffier is a member of Weavers Way, a longtime Ambler-area resident and program manager for Audubon Pennsylvania (pa.audubon.org). Reach him at ssaffier@audubon.org.

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The Passionate Gardener

Corn Can Be a Sweet Choice For the Home Gardener

by Ron Kushner, for the Shuttle

CORN (*ZEA MAYS*) IS TRULY AN American native, cultivated for more than 4,000 years by many civilizations. Sweet corn is the home-garden favorite, either white, yellow or bicolor. To me, fresh corn on the cob is the essence of summer (along with a fresh-picked ripe tomato).

You don't need a huge amount of space to grow corn. A 4-foot-by-4-foot raised bed will easily handle 16 stalks. Plant three different sections, if possible: End of May, mid June and July 4th. This succession planting will give you fresh corn well into the fall, as you can usually depend upon two ears per stalk.

Corn is a cold-sensitive crop and should not be planted until at least two weeks after the last frost date, May 15 in our area. The soil should be 60 degrees F. before planting seed. It will not germinate at lower temperatures and could easily rot if spring weather is wet and cool. Seed should be planted directly in the garden, as seedlings don't adapt well to being transplanted. Seed generally lasts two years if kept in a cool, dry place.

Grow corn in full sun. It is a heavy feeder, especially on nitrogen, and likes a rich, well-drained soil. It is a good idea to enrich the soil the previous fall with lots of compost and if possible, a cover crop

of beans, alfalfa or clover. Cut down the cover crop, turn under and mulch before a hard freeze. In the spring, remove the mulch to allow the soil to warm up faster and apply more compost before planting.

Corn should be planted in blocks rather than rows, with seeds about a foot apart in all directions so that there is no need to thin the plants later. This spacing will also promote complete pollination. In an early planting, sow seeds 1 inch deep. Later plantings in hot weather should be deeper, 2 to 3 inches. If you are planting different cultivars, you must keep them at least 400 yards apart to avoid cross-pollination.

You can cover seeds with floating row covers supported by hoops to maintain soil temperature and protect seeds and seedlings from frost and birds. The cover can be removed once night temperatures are above 60 degrees.

Control weeds by mulching well. The soil should be kept evenly moist but not wet. The plants should never dry out and should be watered especially well when tassels, which are the pollen-bearing male flowers, begin to appear. Water around the base of the stalks so as not to wash away the pollen — drip irrigation is an excellent way to insure adequate moisture.

Fertilize with a granular fertilizer when stalks are about 6 inches tall and again when tassels begin to show. If using liquid fish fertilizer, fertilize weekly



Always plant corn in blocks, to assure that the wind can shake the pollen from the male flowers (the tassels, left) onto the female flowers (the cornsilk, below). Each pollinated silk strand will generate a single kernel.



for the first month. Don't remove any side shoots or suckers. They won't affect production and you could damage the shallow root system.

In order to produce kernels, wind must deposit pollen from the tassels onto each of the silks on the ears. Every unpollinated silk results in an undeveloped kernel. When ears begin to show, check leaves for holes and ears for tunnels through them, which are signs of the corn earworm. This insect is an inch or two long and striped in yellow, green or brown. If the pest is showing, spray mineral oil, vegetable oil or neem oil on the tip of each ear. The oil will drown the worms. Make sure to apply the oil only after the silks wilt and start to turn brown. This indicates that pollination occurred. You can also spray Bt (*Bacillus thuringiensis*).

Harvest the corn when the silks are brown and damp at the very ends and the kernels feel plump and tender. To confirm

an ear is ready to harvest, pull back the husk just enough to press a kernel with your thumbnail. If a milky liquid squirts out, it is ready. To harvest, twist the cob off the stalk. Pick corn in the early morning, when the sugar content is at its highest, then refrigerate in the husk until ready to eat.

After harvesting corn, chop up the stalks for faster composting. The smaller the pieces, the faster they break down.

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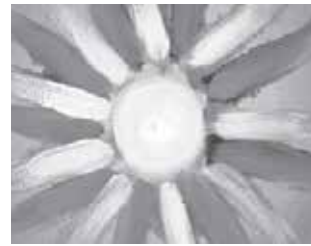
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The Sustainability of Wellness Care

by Rachel Kriger, Weavers Way Health & Wellness Committee

ARE YOU AN ECO-CONSCIOUS PERSON who is always doing your best to live in harmony with nature in a modern, technology-driven society?

If so, you are probably into recycling, organic food, bicycles, LED lightbulbs, clotheslines and other practices that are your small yet hugely important contributions to the health of our planet.

As an acupuncturist and lover of nature, I am always doing my best to walk my talk and live in harmony with Mother Nature. I'd like to suggest the necessity of also using inner wellness practices to achieve planetary sustainability. How do you refuel your energy? Do you have enough? Do you use it sustainably?

Breathing, body movement and resting are all free and renewable resources that restore energy. When we choose these methods over caffeine and pushing through tiredness, we are choosing a sustainable way to live. And since we are part of nature, we are contributing to the sustainability of our planet.

As a five-element-style acupuncturist, I view human health through the lens of nature. In wintertime, the trees are dormant, the seeds rest underground and nature is relatively quiet and still. When we use the wintertime for its intended purpose to rest and restore, we can refill our energy reserves and have enough force to spring into action when springtime arrives. This is why when people suffer from springtime allergies, I encourage them to receive acupuncture in the wintertime before their symptoms emerge.

Another way to fuel our energy and act sustainably is to receive regular acupuncture treatments for wellness maintenance. When we do this, we are less likely to get sick at all and more likely to recover quickly when

we do. As a pediatric acupuncturist, I encourage parents bring their kids in for regular wellness visits.

Let's view this from the wider perspective of the growing trend of antibiotic resistance. According to the U.S. Centers for Disease Control and Prevention website, "Antibiotic use is the leading cause of antibiotic resistance. Up to one-third to one-half of antibiotic use in humans is either unnecessary or inappropriate. . . . Antibiotics do not fight infections caused by viruses like colds, flu, most sore throats, and bronchitis. Even many sinus and ear infections can get better without antibiotics. Instead, symptom relief might be the best treatment option for these infections." (www.cdc.gov/features/getsmart).

We must remember that kids need to get sick and heal in order to build strong immune systems. So I always encourage coming for acupuncture at the first signs of sickness to boost the immune system and reduce the likelihood of antibiotic use.

What would it look like if we really trusted in our body's ability to heal and created lifestyles to support and nourish that healing? What would change in our own lives? How would this support the health of our planet?

Rachel Kriger has a Masters in Acupuncture from the Maryland University of Integrative Health. She has a passion for working with families and specializes in treating children and helping women through their process of fertility, birth, postpartum and beyond. Her practice is located at the Cedars House on Forbidden Drive in Wissahickon Park. Her website is www.PointsOfReturnAcupuncture.com.

Views expressed in this article are those of the author, not necessarily the Weavers Way Health & Wellness Committee, and are not a substitute for talking to your doctor.





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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 made up a suggestion and response about asbestos water. (*Editor's note: Norman occasionally makes things up. See disclaimer above.*) When I wrote it I thought it was mildly funny, but then I heard from some Ambler residents that they didn't find it humorous. They said they are proud of their history and are concerned with the health of their community and found my joke offensive. That was my mistake, for which I apologize. In retrospect, and now knowing a little bit more about Ambler's history and asbestos (it's an ongoing issue), I realized that people's long-term and severe health problems due to a product of what was once a thriving industry that both gainful-



ly employed tens of thousands of people but also horribly sickened many is not an appropriate place to look for humor, especially if the effects are still with us.

In other news, Philly's sweetened beverage tax that went into effect Jan 1. The tax is supposed to be paid by the distributor, i.e., the people who deliver the product to retailers like us, and we've been waiting to see how our main supplier was going to handle it. We recently got the answer and I would sum it up as "not well."

While the tax has some gray areas — Is Silk creamer a beverage? Is kombucha sweetened? — we've seen reports that both suppliers and retailers are misidentifying what items are subject to the tax. Many 100% juice beverages have

been classed as subject to the tax. (They aren't.) I've even seen club soda listed (ingredients: water, minerals, carbonation). We recently concluded our best bet is to identify what items are subject to the tax ourselves so we can check if our suppliers have handled them accurately, and we'll also consider paying the tax ourselves, which is allowed, so we're sure we're paying the correct amount.

The good, or bad, news for shoppers is we will pass through most of the tax, so in the end customers will pay most of this tax, which is good if you can afford it, like where the money is going (expanded pre-K, improving rec centers) and trust the city to spend the money wisely, but bad if you can't afford it or don't think it's the government's role to act in this way. When I was first learning about the tax, I didn't think affordability would be an issue since most of the items affected were said to be non-essential sugary beverages. But the way the law ended up being worded and the way some beverages are formulated and labeled means the tax also hits things like some soy, almond and hemp milks and similar items you wouldn't have thought of as unhealthy, empty-calorie beverages.

More details as we work them out.

suggestions and responses:

s: "Please go back to stocking regular Santa Cruz applesauce in glass (not apple apricot). Field Day is not as good and we got a moldy one. Not pleased, even with refund. Which raises the question: quality control?"

r: (Norman) Sorry about your Field Day experience; this is the first complaint we've had about this item. For pre-packaged items like applesauce in jars, we depend on the manufacturer and vendor for quality control, unless there is a quality problem that is visible to our staff. Note we also have Beechwood applesauce, from a York County orchard we deal with directly. Beechwood apples are not organic but are grown using Integrated Pest Management. We'll consider bringing Santa Cruz back too.

s: "I'd like to know periodically (monthly perhaps) what is available currently in bulk departments. Could this info be emailed, perhaps included with sales info? For me, it's the Mt. Airy store I'm interested in, where I make "special" trips via two buses, vs. the Chestnut Hill store where I regularly shop and that's more easily reached. Being carless, I'd find it

(Continued on Next Page)

SPRING MARKET TIPS

The best things to do to get ready:

1. Start Packing! Clear out long-term storage to get a head start on packing.
2. Clear away the clutter. De-personalize so others can see themselves moving in.
3. Make repairs. Apply fresh coat of paint and patch any holes.
4. Curb Appeal. Make the outside of your house clean and tidy.
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(Continued from Preceding Page)

helpful to know what is available in advance, to bring along my reusable containers and to count on finding particular items. What happens often is I end up getting bulk at Whole Foods, while I'd much prefer to get all possible at the Co-op."

r: (Norman) This is an interesting idea, and it's possible we could implement it to a certain extent. We are going to be offering Instacart online ordering and delivery as a convenience for Weavers Way shoppers in the next few months; as part of that we have to produce an online list daily of all our products, with prices, which could include bulk. While the products published are supposed to be in stock at the time we send the data to Instacart, it's just a "snapshot," so if someone in the store just bought the last two pounds of spelt flour, the item won't be available despite showing on the website. Our buyers try to have adequate inventory of most items, especially popular ones, but sometimes there is an unexpected run on an item, or our supplier shorts us, or some other reason, and the item may not be available in the store. Stay tuned for our progress with Instacart.

s: "There is so much waste outside Mt. Airy — cardboard, trash, compost. Is there a way to cut down?"

“ We know we have room for improvement in our internal management of waste and are working with a Zero Waste consultant to see if we can improve internal practices. ”

r: (Norman) Good question. Our stores, like most groceries, generate a lot of waste. There is so much packaging in our food system, and lots of resources go into creating packaging to begin with and then dealing with the resulting waste, even if some of it does end up getting recycled. Of course, buying bulk helps, but even bulk items come to us in single-use containers — typically cardboard boxes lined with plastic. We know we have room for improvement in our internal management of waste and are working with a Zero Waste consultant to see if we can improve internal practices.

s: "Would like to see some reminders posted to let people know that placing their

basket in the checkout line while continuing to shop is a bad practice. Perhaps new and non-members are unaware. It happens a lot. Reminders could be placed on the counters under the chips and in the Shuttle. Thanks for considering."

r: (Rick MA) That's an issue. We'll work on that! Thanks.

s: "Thank you WW staff for your friendly and calm attitudes."

r: (Rick) On behalf of the staff — thank YOU!

s: If the paleo diet, otherwise known as the caveman diet, builds upon the idea that human beings should be eating like our ancestors did during the Paleolith-

ic Era, I'm wondering if we should go a step further and eat like our ancestors' ancestors, — you know, the Primate Diet?"

r: (Norman) The primate diet might be on the right path as it kind of "trumps" the World Health Organization's recommendations to eat five servings a day of fruits and vegetables. Primates eat more like 50 servings a day, although it's mainly fruit, not vegetables. Many primates also eat insects and foliage. Due to our cooperative relationship with Friends of the Wissahickon, we've arranged for a Weavers Way member benefit that basically makes the Wissahickon a self-serve cafeteria for followers of the Primate Diet. Feel free to eat any leaves and insects you come across there, but remember to present your Co-op membership card first to whatever bug you eat so they know they have just become eligible prey.

s: "Can we do anything about the soda tax? I think it's unfair."

r: (Norman) Yep. Since we came out in support of the sweetened-beverage tax, we realized it's a little slanted against sweet beverages, so in the interest of fairness, equality, yin and yang, we're asking Mayor Kenney for a tax on sour beverages.

normanb@weaversway.coop



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Ambler Advocates Check In on Co-op Future

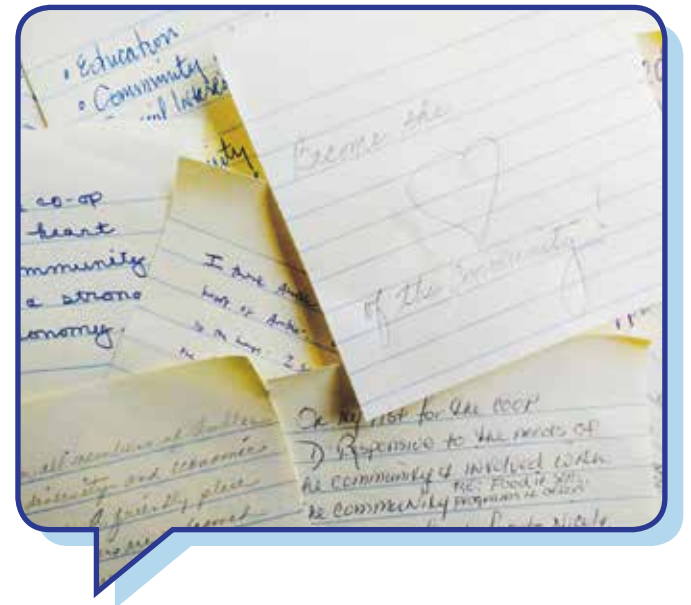
With fewer meetings ahead than behind us, the Ambler Food Co-op Board of Directors stepped away from business at our Jan. 12 gathering to “check in” on everyone’s dreams and aspirations for the Co-op. January 2017 marks the five-year anniversary of our organizing effort. So we asked ourselves: Now what? What else — beyond getting our doors open — do we hope to accomplish as a co-op?

Directors and guests at the meeting, including members of the Ambler Advisory Committee, our transition team for becoming integrated and represented within Weavers Way, wrote their answers on sticky notes.

We all agreed that it was refreshing to get our

heads out of the weeds of “development” and hear about our “dreams,” especially as we gear up for increased community engagement and membership recruitment. For me, it brought goosebumps for a second time that day! The first was during a conversation with a woman from Oreland who came to join as a new member. She joined, in part, out of solidarity with a friend — one of our oldest members at 85, unable to drive, but within walking distance of our proposed store. We are equally anxious to greet her at the door — with not only healthy food, but also a wall of notices of community and education programs, working member shifts and a whole lot more.

— Kathleen Casey, President, Ambler Food Co-op

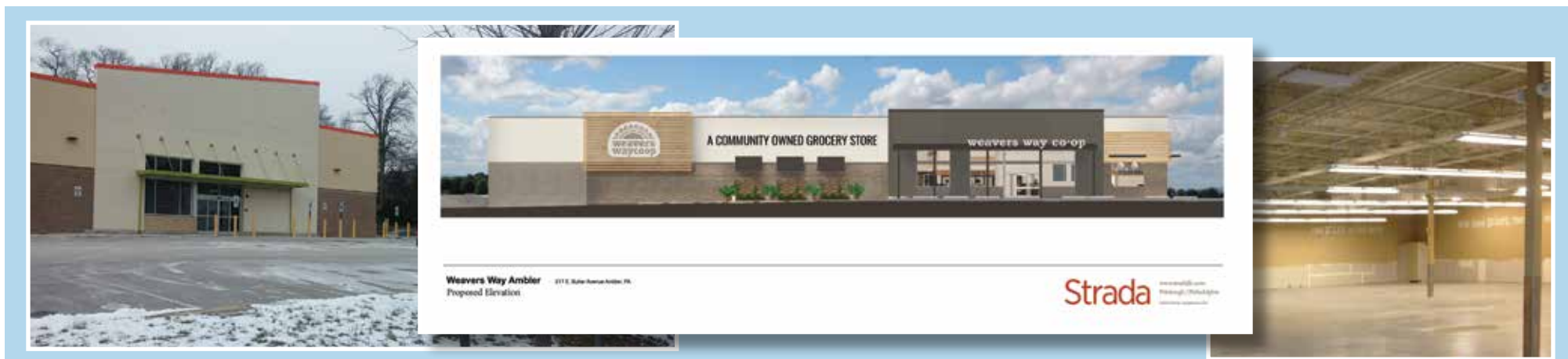


- “ I want the co-op to be the heart of the community and create a strong local economy.
- “ An organization relevant to the community, representative of the people who live here.
- “ A store for all members of Ambler in their diversity and economic differences. A friendly place where customers are welcomed warmly and recognized.
- “ Like Ambler — a close-knit community.
- “ A community center that works well with other businesses and organizations. Fully integrated in community.
- “ Friendly, non-sterile, willing to help, compassionate but not patronizing. Broad variety of healthy food that is affordable.

- “ I want our co-op to feel like more than just a place we go every week as consumers. I want our neighbors to feel excited when they walk in or drive by and proud of the organization we’ve built. It should feel like a second home where we are eager to connect, participate and support one another in all sorts of ways.
- “ Inclusive:
 - Anyone can afford to buy food / comfortable there, welcomed.
 - Variety of events.
 - Volunteer enthusiasm.
- Community:
 - Meeting space.
 - Involved outside store (school, events, community cupboard).
- Green:
 - Classes, zero-waste options.
- “ Responsive to the needs of the community and involved with the community re: food it sells, programs it offers.

- “ A co-op that reflects the needs and interests of the people who live there. One that is involved in the community by:
 - Offering opportunities to creatively participate in making life better for all.
 - Providing ways to engage our young people.
 - Helping our older residents.
- “ I want to see programs like seed exchanges and partnerships with local organizations, member engagement, kid-friendly concerts.
- “ To walk into the store and feel connected — feel like staff are your friends and not just there to fulfill your needs but like they are your peers (all of equal importance = family).
- “ Community center, community nutrition, active volunteer participation.

- “ Education, community gathering, special interests —making connections, community builder — a resource for all of Ambler.
- “ One that is involved in the community by:
 - Offering opportunities to creatively participate in making life better for all.
 - Providing ways to engage our young people.
 - Helping our older residents.
- “ Like the kitchen is to the house, I see everyone gathering in the co-op. I want food that promotes health, community and environment. I’d like a lovely place to shop that is convenient to get to by foot, bike, bus or car. I see it as a place for ideas to germinate on how to make the community better. A way to tackle hunger in the community. Oh, and I’d like the food to be affordable.



Recent photos outside and inside 217 E. Butler Pike flank an artist’s concept drawing of Weavers Way Ambler’s front facade.

Ambler Store

(Continued from Page 1)

design the store, we reached out to the Ambler advisory committee to get ideas for what the Ambler folks want in their community store. With that feedback in mind, Norman and I started to map out the store.

I’ve been able to pull from my years of working for Whole Foods to understand the “flow” of a grocery store. Enter to the right, have the produce and floral department

(in-your-face color and freshness) be first and foremost. Group your “fresh” departments (prep foods, deli, specialty cheeses, meat and seafood) together. Center store, the grocery aisles; dairy and frozen to the far left. Now, circle back to the registers. This is simply Grocery Store 101. Here are some special considerations:

- We are going to have Weavers Way’s first full-service meat and seafood department (since there is no longer a butcher in Ambler).
- Working with Executive Chef Bonnie Shuman and Alisa

Consorto from Chestnut Hill prepared foods, we have designed a kitchen line and work areas that will enable the department to produce more of their delicious foods. We plan for the Ambler kitchen to provide the soups and some grab-and-go items for our two other stores.

- There is ample floor space in the produce department for custom bins, to be designed by longtime produce manager Jean MacKenzie and handmade by Ambler community volunteers.

(Continued on Next Page)

Upstream, It's the Wissahickon Valley Watershed Association

by William Hengst, for the Shuttle

WITH THE PENDING EXPANSION to a third Co-op store in Ambler, Weavers Way will soon be serving shoppers in both Philadelphia and Montgomery counties. Another way of looking at this is through the lens of nature: The Co-op will be broadening its membership base to households living within the upper portion of the Wissahickon Creek watershed — a large area of land that drains the surrounding streams and tributaries into the creek, encompassing 64 square miles in all, or parts of 16 municipalities.

Current Co-op members are probably more familiar with the lower portion of the Wissahickon drainage, which is part of Fairmount Park and known for Forbidden Drive, Valley Green Inn and an extensive network of hiking and biking trails. This portion is under the stewardship of the nonprofit Friends of the Wissahickon, founded in 1924.

The “friend” of the Montgomery County portion is the Wissahickon Valley Watershed Association, a nonprofit conservation organization founded in 1957 to preserve and protect the natural landscape of the upper creek corridor. The mission of WVWA is to preserve open space and disappearing wildlife habitat in order to protect water quality and the natural beauty of the creek and surrounding watershed.

Over the years, the gradual replacement of woods and farmland by housing and commercial development has resulted in more stormwater runoff and flooding, causing increased pollution to the creek and its tributaries. In other words, whatever happens to the surrounding watershed affects Wissahickon Creek, which also holds for the Philadelphia portion of the creek.

Since its founding, WVWA has preserved roughly 1,400 acres of open space by acquiring undeveloped properties through conservation easements, outright acquisition or landowner dona-

tions, and actively manages these lands as a chain of natural preserves. Today, WVWA administers 11 preserves.

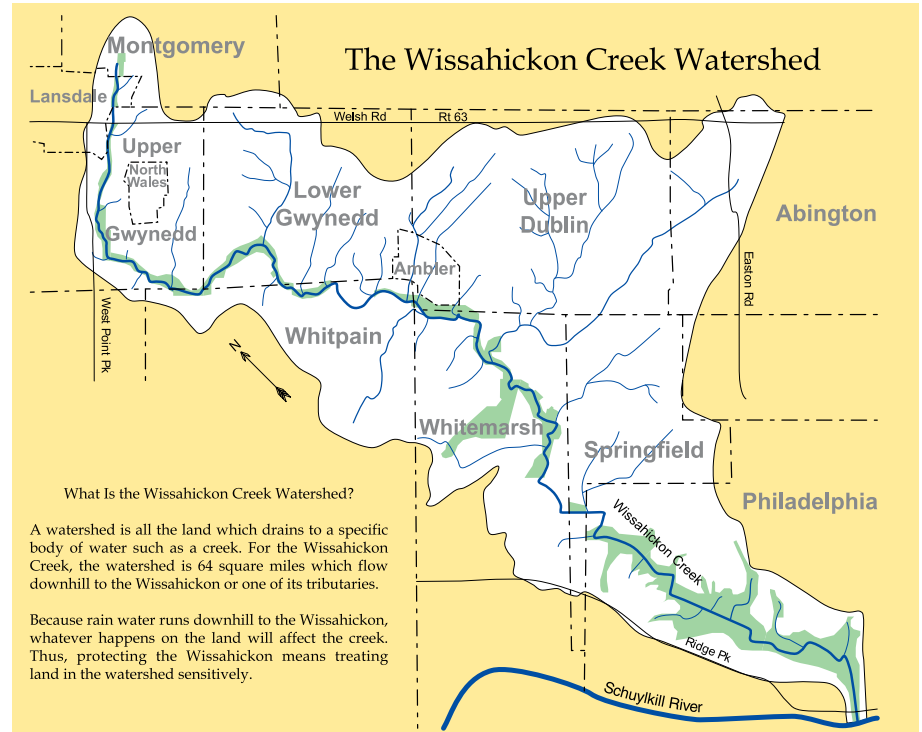
WVWA has also sought to preserve the riparian corridors along the creek and its tributaries. It has created the 12.6-mile Green Ribbon Trail, a continuous passive recreation trail for foot traffic only (including dogs on leashes) that follows the creek.

This trail begins near the Wissahickon headwaters in Upper Gwynedd Township, skirting Ambler as it crosses Butler Pike, and ends at Stenton Avenue in Whitmarsh Township at the Bloomfield Farm portion of Morris Arboretum, within a short walk of Forbidden Drive. It connects some of other natural preserves and parks, including Fort Washington State Park. All told, the WVWA either acquired or received permission to allow trail access over more than 40 properties and 200 acres to complete the trail. In 2014, WVWA started a Trail Stewards Program, working closely with the FOW's Trail Ambassadors, to provide trail users with everything from the history of the creek to plant identification and proper pruning techniques.

WVWA is committed to scientific research to better understand nature and its challenges. A primary concern is excessive stormwater, the effects of which are erosion, nutrient overload and sedimentation. Essential to improving water quality is addressing the degradation at the creek's headwaters and its nearby tributaries. More recently the association has tackled the problem of an overabundance of deer in southeastern Pennsylvania, which results in destruction of native plants from deer browse.

WVWA has also become active with environmental and outreach programs seeking to foster a deep appreciation for the natural world by engaging participants in hands-on activities.

Volunteers are always needed to staff seasonal special events, such as a Creek Watch Program of trained citizen scientists, who monitor the water quality



The Wissahickon Valley Watershed Association welcomes volunteers large and small.

WVWA photo of “Serve the Preserve” event at Piszek Preserve in Oreland by David Freed.

and aquatic life. WVWA offers various education programs including ones for those interested in birding, such as bird walks, bird banding and bird biology.

Each year, WVWA and FOW co-sponsor a Creek Clean-Up, which offers a great opportunity for individuals, families and groups of all skill levels and ages to participate. This year it is scheduled for April 28.

Headquartered at Four Mills Barn

and Nature Reserve on Morris Road near Ambler, WVWA recently welcomed a new executive director, Gail Farmer, who was formerly the Director of Education at the Schuylkill Center in Upper Roxborough. For more information, including membership and events, visit www.wvwa.org.

William Hengst is a Weavers Way working member.



Drawing of proposals for the new store's “front end,” or cash register area, left, and the prepared-foods displays.

Drawings from Strada Architecture LLC

(Continued from Preceding Page)

- We have planned a large bulk department to continue the movement toward less expensive food options and reduced packaging.

We are still working on the essential areas of the store for community building: a cafe seating area, bulletin boards and a membership information area.

Of course, once you've decided where the departments will go, it's time to hit the road—taking field trips to drool over fancy new Whole Foods stores; gapping at the

salad, kielbasa, caviar and cake bars at NetCost; meeting (and lunching!) with equipment vendors.

We will soon be wrapping up our large equipment list, getting quotes and ordering custom-built long lead-time items. Making sure all the equipment is high-efficiency is a priority that will cost more up front but saves money and resources in the future.

I am looking forward to visiting a few reclaimed wood vendors to see what's available for us to incorporate into bins and tables. Choosing paint, tiles, flooring and other decorative elements will be enjoyable also. Weav-

ers Way Art Director Annette Aloe and I have a Pinterest board to share ideas we like.

Construction documents should be finished by mid-February and we are hoping to start work at the site in March. We are close to our original timeline, looking to open the store by summer 2017. We'll have more detailed plans to share as we make progress, so be sure to keep an eye on the website (www.weaversway.coop) and the Shuttle for updates!

hcarb@weaversway.coop

COOPERATOR OF THE MONTH

Yoshiko Kendall



Joined Weavers

Way: Summer 2014, with her husband, Stephen, shortly after they moved to the area.

Lives in: Mt. Airy

Former job: She was a kindergarten teacher at Waldorf schools in a few different cities. They moved several times over the years to accommodate Stephen's job changes. He's a professor emeritus of architecture from Ball State University in Muncie, IN. He also

taught at Marymount University in Arlington, VA, and the University of Colorado, Boulder, among others.

Why they joined: They both come from a long tradition of eating organically. Yoshiko grew up on a farm in southwest Japan, near Hiroshima. They belonged to the Limit Avenue Co-op in St. Louis in the 1970s and to buying clubs in Boulder and Muncie.

Why she's a working member: "First of all, I wanted to know the organization here and how things worked. And also, [I wanted to] get to know people, because we were new in town."

Fun family fact: Their daughter, Yumi, is the assistant principal cellist for the Philadelphia Orchestra. Their son, Nicholas, lives in Washington, DC and is a violinist with Time for Three, a classically trained string trio that performs in a variety of musical genres. Both are alums of the Curtis Institute.

Favorite Co-op products: Chalk up two more fans of The Incredible Bulk. She does her own baking, and buys wheatberries in bulk to grind into flour for bread. They also enjoy the cheese and tea selections.

A little Co-op love: "I think it's vibrant, and it's really friendly. I like the people who work there. They make me feel welcomed and like I'm a part of the community. I go to [Fit Life] in the morning and I see people there, and then I see them here. It's a tight-knit community."

—Karen Plourde

WEAVERS WAY WORKSHOPS



Workshops are held in **The Garage, 542 Carpenter Lane** (across the street from the Mt. Airy store) or at other locations as noted.

RSVP on Eventbrite

It's easy — find the item at www.weaversway.coop/events and click the link. Or do it the old-fashioned way: outreach@weaversway.coop or 215-843-2350, ext. 118.

Give a Workshop Yourself!

Weavers Way members can earn three work hours. Propose a topic by contacting Bettina at outreach@weaversway.coop.

WEAVERS WAY AND FOOD MOXIE ARE PUTTING IT ALL ON THE TABLE!

Join us on the second Tuesday of every month for free **Moxie Tuesday** workshops exploring themes such as ayurveda, plant-based proteins, food as medicine, herbal infusions (and cocktails!) and how to work without recipes to whip up quick and delicious whole-food meals.

Pick up a copy of the year's schedule in our stores on Valentines Day and sign up right away! Or email Rachel@foodmoxie.org for more info.

We'll have special gifts for members who attend four or more **Moxie Tuesday** workshops in 2017!

COMING UP IN FEBRUARY

The Wonderful World of Worm Composting!

Wednesday, Feb. 22, 7-8:30 p.m.

Would you love an easy and fun (no joke!) way to reduce and recycle food scraps and paper trash — including junk mail? Learn how to enlist red-wiggler worms in this project! Led by Stephanie Bruneau, local vermiculture and sustainable living enthusiast. Worm bins will be available for order at a discount.

Support Group: Uniting Against Sugar

Six Mondays starting Feb. 27, 7-9 p.m.

Join other courageous Co-op members ready to face down sugar in all its guises. We'll share knowledge, experience and concerns; review challenges; set action plans; and offer lots of recipes and product information. Clinical nutritionist and herbalist Wendy Romig kicks things off with an explanation of how sugar acts on our bodies and brains.

ALL THE DETAILS: www.weaversway.coop/events

AMBLER FOOD CO-OP

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EVENTS

Kids' Yoga

Saturday, Feb. 4, 10:30 a.m., Ambler Food Co-op Office, 131 E. Butler Ave.

Come enjoy a yoga class for children! We will learn yoga poses, breathing exercises and relaxation techniques as we move, stretch, balance and breathe through stories and song. Taught by AFC member Jana Gunby, M.Ed., RYT. Parents are welcome to stay; tea and other treats available. To RSVP, visit www.amblerfoodcoop.org/kids_yoga.

Niti Sanghrajka: Savor India Cooking Demo

Wednesday, Feb. 15, 6:30 p.m., Ambler Food Co-op Office, 131 E. Butler Ave.

Niti Sanghrajka is an Ambler resident who was born and raised in Mumbai. She is a graduate of the Institute of Integrative Nutrition in New York and the author of "Savor the World," an international vegetarian cookbook.

To RSVP, visit www.amblerfoodcoop.org/niti_sanghrajka_savor_india_cooking_demo_feb_15.

Tea & Scones Co-op Q&A

Tuesday, March 7, 6:30-8 p.m., Ambler Library, 209 Race St.

For more info, visit www.amblerfoodcoop.org/tea_scones_mar_7 or email membership@amblerfoodcoop.org.

For more info, visit www.amblerfoodcoop.org



OFFICE VOLUNTEERS NEEDED!

Spend time in the office at **131 E. Butler Ave.** with another volunteer to talk to people about the Co-op, or do other organizing.

OFFICE HOURS

Monday-Saturday, noon-2 p.m.
Wednesday-Friday evenings, 6-8 p.m.

(Saturday mornings and some evenings are currently being sought.)

Contact membership@amblerfoodcoop.org for info. Or just stop by!

Cineaste Alert!

Hollywood Night at the Ambler Theater
It's an annual tradition!

Sunday, Feb. 26

6:30-8 p.m.

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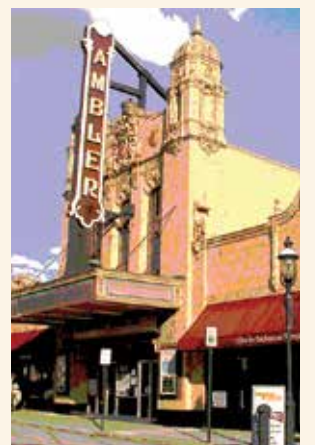
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Bass Player Is Slap-Happy About His Role As Assistant Chestnut Hill Store Manager

by Karen Plourde, Weavers Way Communications Staff

FOR NICK ROSICA, ASSISTANT STORE MANAGER at Weavers Way Chestnut Hill, working at the Co-op started out as a way to earn money during college. Later it was steadier income while he was trying to play music full-time. But as his role evolved and his responsibilities increased, he's grown into the job and made it his own.

Nick, who turns 27 this month, grew up in Hamilton, NJ, the youngest of three brothers. He went Philadelphia University in 2008, originally as an industrial engineering major but switched to environmental sustainability after his freshman year.

In the summer of 2009, Nick landed a weekend cashier job at Weavers Way Mt. Airy. He soon added shifts doing cash reconciliations (if that sounds responsible, it is), and before long, he was also helping out in the point-of-sale department, updating price tags on the shelves.

In between classes and working at the Co-op, Nick played bass with hardcore punk band The Great Explainer. He started playing guitar at age 12, and had been in bands since age 15, but this one began to develop a real following. The Great Explainer played clubs in Philly, Asbury Park and New York, released an EP on Chunksaah Records and toured the South. Even so, they made almost no money.

In the summer of 2013, The Great Explainer released a self-titled, full-length album, this time on Panic State Records. But they didn't see a big uptick in their popularity — or their bank balances. Having graduated from PhU in 2012, and moving up to a full-time cashier job in the Chestnut Hill store, Nick touring and work weren't matching up all that well. Coincidentally, the band started to run out of steam. The Great Explainer disbanded in 2015.

Meanwhile, Nick was promoted to cashier manager. But his duties continued to expand, and last year, that job, with Nick in it, morphed into assistant store manager.

He appreciates the autonomy he's been given, and the wide range of tasks he's asked to perform.

"I don't know where the end of my job description is," he said. "There's so many things I do that are like, weird little things, that I wouldn't have thought would be part of my job, like talking to the trash people, plunging toilets...."

The Brewerytown resident still makes time for music. He currently plays bass for Brackish, which put out an EP in October 2015, and he recently lent his efforts, along with Chestnut Hill grocery staffer and drummer Chris Wood, to Madalean Gauze, which also features former Hill cashier Maddie Gaus.

Staff Celebrity Spotlight: Nick Rosica



Karen Plourde photo

Nick Rosica in a rare not-busy moment.

Nick's other passions include ice hockey — he plays center on his adult league team in the Hamilton/Lawrenceville, NJ, area — and sustainability.

On the list of positives about his job, Nick ranks his colleagues near the top. "I like everyone I work with," he said. "I feel like we have a really great team, especially on the front end that I'm directly overseeing. I feel like everyone on my team respects me, and we all work together pretty well."

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 Board meets at 7 p.m. on the first Tuesday of every month — except August! The next meeting is scheduled for Tuesday, Feb. 7, at Summit Church, 6757 Greene St.

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.

2015-2016 Weavers Way Board

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The Shuttle

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OPEN EVERY DAY

www.weaversway.coop

Mt. Airy main number: 215-843-2350

contact@weaversway.coop

Chestnut Hill main number: 215-866-9150

Mt. Airy

8 a.m.-8 p.m.
559 Carpenter Lane

Chestnut Hill

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

Across the Way

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

Next Door

9 a.m.-8 p.m.
8426 Germantown Ave.
215-866-9150, ext. 221/222

HOW TO REACH US

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jroesser@weaversway.coop

Finance Manager
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Chestnut Hill Store Manager
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Executive Chef
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Next Door Manager
Amira Shell, ext. 220
ashell@weaversway.coop

Mt. Airy Wellness Manager
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lwhitlock@weaversway.coop

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

Grocery
(MA) Matt Hart, ext. 140
matt@weaversway.coop
(CH) James Mitchell, ext. 217
jmitchell@weaversway.coop

Prepared Food
(MA) Dave Ballentine, ext. 102
dballentine@weaversway.coop
(MA) Bonnie Shuman, ext. 218
bonnie@weaversway.coop

Deli
(MA) Shawn O'Connell, ext. 109
soconnell@weaversway.coop

(CH) Matt Budenstein, ext. 209
mbudenstein@weaversway.coop

Meat, Poultry & Seafood
(MA) Dale Kinley, ext. 104
dale@weaversway.coop

(CH) Valerie Baker, ext. 205
vbaker@weaversway.coop

Produce
(MA) Jean MacKenzie, ext. 107
mackenzie@weaversway.coop

(CH) Josh Magnitzky, ext. 211
jmagnitzky@weaversway.coop

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., in Mt. Airy or Chestnut Hill.
RSVP to:

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

NEXT MEETING: Wednesday, Feb. 8
Community Room, 555 Carpenter Lane
(adjacent to the Mt. Airy store)

weavers way coop



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Weaver's Way Co-op!*



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