

# Consider Running for One of Five Board Openings

by Lisa Hogan, Weavers Way Board Secretary

IF YOU'VE BEEN THINKING ABOUT RUNNING FOR THE Weavers Way Board in 2018; if you want to have a strong voice in our future; if you're interested in helping the Co-op grow — it's time to come to a decision!

This year we will be filling five vacancies on the Board. Applications to get on the ballot for the election, to be held April 1-29, are due Feb. 28.

Before that, you must attend at least one Board meeting. The next ones are Tuesday, Jan. 9, in the second floor conference room at the Chestnut Hill Community Center,

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Community-Owned,  
Open to Everyone

# The Shuttle

JANUARY 2018

Since 1973 | The Newsletter of Weavers Way Co-op

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## New Deals: We Got 'Em

by Crystal Pang, Weavers Way Marketing Director

STARTING MID-JANUARY, WE ARE CHANGING THE format of our in-store specials flyer to make it easier for shoppers to see what's on sale. The new four-page Co-op Deals flyer will include special offers from every department, in all three Weavers Way locations — Ambler, Chestnut Hill and Mt. Airy.

To create this comprehensive flyer, we're combining the old Weavers Way Deals — our buyers' picks for fresh food, wellness products and pet deals — the old monthly Member Specials and the specials from the national Co-op Deals into a twice-a-month, four-page flyer available in stores and online.

Deals that we formerly offered as member-only specials will now be available to all of our shoppers as Co-op Deals. But we'll still be rewarding our members with a major Member Special twice a month. Look in every Weavers Way Deals flyer for this discount on a top-selling item or product line for members only.

We'll also still provide copies of the national Co-op Deals flyer, which includes recipes and other valuable in-

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## Ambler Advisory Committee Is Ready to Work!

by Carly Chelder and Wendy Fry, for the Shuttle

THERE IS AN AMAZING AMOUNT OF ENERGY IN AMBLER. Our community organized for five years before Weavers Way Ambler became a reality. The Ambler Food Co-op worked tirelessly to make our walkable neighborhood grocery store a reality, and once a partnership with Weavers Way became an option, our 550 member households were thrilled to unite with such a well-known and established cooperative.

Before our partnership, the AFC Board of Directors wanted to ensure that Ambler-area participation in the Co-op remained strong and vibrant. Will members see this new store as an outcome of their efforts? Will Weavers Way be able to effectively incorporate the unique needs of our community into its programming? Will the store become the neighborhood hub we wished for? Will our members become engaged working households — or passive non-working shoppers? It was from these concerns that the Ambler Advisory Committee was born.

Initially, AAC comprised former AFC leaders and volunteers, and our focus was the merger of our organizations and the opening of the store. Now here we are, several months later, with a store of our own in Ambler. Our membership numbers continue to grow; since our doors opened in October 2017, more than 700 new Ambler-area households have joined Weavers Way. This has exceeded our expectations and underscores how committed our neighborhood is to this movement.

Our challenge now is to engage all these new member households. It's a big job! The Co-op is getting used to Ambler, and Ambler is getting used to cooperatives. We are still at the beginning of a journey. Opening Weavers Way Ambler took an immense amount of work from both staff and volunteers. And though we are toasting with champagne, our community's work has only just begun!

Over the next several months, AAC will concentrate on meeting the current needs of our community and store. Our goals include:

- Maintaining and monitoring the Partnership Agreement originally developed by AFC and Weavers Way.
- Engaging Ambler-area members and encouraging them to share their talents with the community and support local events.

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### Here's How To Get Involved

(And Get Working Member Hours Too!)

- Run for the Weavers Way Board of Directors. See the story above for info about next steps.
- Attend a New Member Orientation. See the Online Events Calendar at [www.weaversway.coop/events](http://www.weaversway.coop/events) for times and locations.
- Have a vision for how the Co-op can better serve children and families? Attend the newly forming Ambler Youth Outreach Committee at 7 p.m. Jan. 10 in The Café at the Ambler store.
- Come to an AAC meeting! We usually meet on the fourth Thursday of the month. The next meeting is 6:30 p.m. Jan. 25 at the Ambler Senior Center, 45 Forest Ave.
- Have a talent or skill to share with your neighbors? Host a workshop, do a demo or give a talk to earn Working Member hours! Contact Programs Coordinator Stephanie Bruneau at [sbruneau@weaversway.coop](mailto:sbruneau@weaversway.coop) to learn more.
- Starting Jan. 19, attend a \$4 Friday Dinner! Every Friday, from 4 to 8 p.m., get a main course and two sides, with a vegan option available, made from scratch by the Prepared Foods staff, for just \$4. Dine in the Café, or take out! The menu changes every week.
- Volunteer for area organizations with like-minded goals, such as Wissahickon Valley Watershed Association, Ambler EAC, Plant Ambler, Ambler Main Street, Meals on Wheels at the Montgomery County Senior Adult Activities Center or Ambler STARS tutoring program, and earn Weavers Way Working Member hours! Email us to learn how to get your hours recorded.

Weavers Way Cooperative Association  
559 Carpenter Lane, Philadelphia, PA 19119  
[www.weaversway.coop](http://www.weaversway.coop)  
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# Editor's Note

by Mary Sweeten, Editor,  
Weavers Way Shuttle

**W**OW, IT'S JUST BEEN A FEW months since the city wrested control of the public schools back from the state and it's paying off already:

They repaved the lower playground at Henry School.

Actually, the paving took place in October, well before the SRC thing happened, but well after it was obvious — that would be years ago — that the battered blacktop off Greene Street was not exactly kid-friendly. Especially with all of Weavers Way Mt. Airy parking there after school and on weekends.

Well, folks, you can't do that now, what with the locked gate the School District also put in.

As Henry Principal Fatima Rogers put it to me: "Now it's a great place for the kids to play. And not just for the school, but also for the whole neighborhood on the weekends. Everybody can use the equipment without having to look over their shoulder to see if it's safe."

This is my column, so I'm saying good for Henry. I mean, really, who thought parking in the playground was a good idea anyway?



Oh, well — back to circling the block.

On Page 20 of this Shuttle, there's a nice sendoff from Farm Manager Nina Berryman for one of her staff. Brendan Stiteler, who managed our acreage

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**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 (about 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 prior, e.g., Dec. 10 for January.

No anonymous material will be published; 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](mailto:editor@weaversway.coop). Articles and letters express the views of the writers and not those of the Shuttle, 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 online at [www.weaversway.coop/shuttle](http://www.weaversway.coop/shuttle), via email at [advertising@weaversway.coop](mailto: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 percent recycled paper.



# What's in Store at Weavers Way

## Check It Out!

by Karen Plourde, Weavers Way Communications Staff

### Meat & Fish Market

**Try the sausage — we make it ourselves.**



We promised to introduce our own pork sausage once our Ambler store opened, and so it has come to pass. The full-service meat case on E. Butler Avenue boasts six varieties, all \$6.99 a pound, all made with heritage pork from Breakaway Farms of Mount Joy, Lancaster County. Although the

selection may change from time to time, there'll always be hot and sweet Italian links in the case, as well as breakfast sausages.

In time, if sales merit, the links will migrate to the Co-op locations. But for now, Ambler is the only place to satisfy your Co-op-made-sausage craving.

### Going On in Grocery

**New frozen vegetarian options from Sweet Earth. And hallelujah! (Safely) Edible cookie dough has landed.**



Some of the vegan and vegetarian choices in the freezer cases are intriguing, even to an omnivore like myself. Take, for example, the **Sweet Earth** line of frozen entrees, available in all our stores. Chestnut Hill has added the Santa Cruz burrito — the classic presentation with pinto beans and Monterey Jack — along with Pizza Mac 'n' Cheese (Tuscan veggies, two cheeses and roasted tomato). Ambler carries the vegan Kyoto and Curry Tiger burritos, while Mt. Airy stocks the Kyoto. The Hill also offers two of Sweet Earth's vegan bowls: Kyoto Stir Fry and Gen. Tso's Tofu.

Admit it: You've rolled the dice and dipped into raw cookie dough. Now, thanks to Normal, IL's **Cookie Dough Café**, you can get your fix without courting salmonella. The Ambler store is stocking one-pound containers of chocolate chip and gluten-free oatmeal chocolate chip, and four-packs of chocolate chip (3.5 ounces each).



## Ambler's Got The Frozen Blues

**A bucketful of blueberries in winter?**

Our Ambler store has them for \$3.25 a pound in the freezer section, courtesy of our pals at Common Market in Kensington. It's "scoop your own," so bring a bag or container, and they'll be weighed at checkout. Your oatmeal will thank you.

If you prefer to actually bake your baked goods, Ambler has also brought in **McCutcheon's** mixes for pie crust, biscuits and apple and spice cake. It's the same Frederick, MD-based company that provides many of our jams and fruit butters.

### Bulk & Beyond

**A candy classic and ginger cashews in Mt. Airy. And pear champagne vinegar for your winter salads in Ambler.**

Licorice is a love it/hate it item, to be sure. But licorice lovers (like myself) will be pleased to learn that organic black licorice coils are now available in a scoop bin in Mt. Airy. They're \$11.99 a pound.

For those who prefer their nuts with a kick, Mt. Airy and Ambler have also brought in organic ginger turmeric cashews from **GrandyOats** of Hiram, ME. They're a perfect combo of bite and spice at \$15.69 a pound.

In liquid bulk news, Ambler now carries pear champagne vinegar from **Olive Oil Source** of Santa



Ynez, CA. It's \$4.15 a pound, which is how we sell even the liquids in Bulk. Figure it this way: Since a basic vinaigrette recipe calls for three-quarters of a cup of oil to a quarter cup of vinegar, a "pound" of vinegar will make four cups of salad dressing.

[kplourde@weaversway.coop](mailto:kplourde@weaversway.coop)

# \$4 FRIDAY DINNER




STARTS FRIDAY, JAN. 19, 4 - 8 PM

Take out or dine in The Cafe.  
No reservations necessary!

The menu changes every week, and a vegan option is always available.  
Here are some examples:

Sausages and Rustic White Beans  
Franks and Beans (for kids)

Cornbread  
Mixed Steamed Vegetables

Cheese Tortellini or Penne with Rustic Sauce

Bread with Olive Oil, garlic, herbs  
Zucchini Zoodles

Loaded Fries — Sweet Potato and Regular

Topping Options:  
Cheese Sauce, Chili, Vegan Chili, Mushroom Tamari Vegan Poutine Sauce, Broccoli, Caramelized Onions, Bacon Bits

Chili Night Chili or Vegan Chili

Topping options:  
Cheese, Sour Cream, Scallions, Corn Bread

Weavers Way Ambler Winter Hours: 8 a.m. to 8 p.m. daily.





## What's in Store at Weavers Way

### Local Vendor

# Making Good Old Wood New Again

by Susan Ciccantelli, for the Shuttle

**D**ESPITE ITS LONG HISTORY OF A DIVERSE — though often besieged — tree canopy, the city of Philadelphia has but one sustainable urban sawmill — Manayunk Timber, on Umbria Street near Domino Lane

Stroll through the spacious (60,000 square feet) and well lit grounds overlooking the Schuylkill on a day when Steve Ebner or his daughter, Rebecca, are available to chat and you are bound to learn something you never knew about the past and present of Philadelphia's trees and buildings. There are stacks of old wood everywhere, both reclaimed beams and planks from demolished 100-plus-year-old buildings and logs from fallen trees that lived for hundreds of years in and around the city. Much of it is still drying out and won't be ready for use for years. (Natural curing happens at the rate of an inch a year.)

Ebner's inventory includes everyday furniture material — oak, pine, walnut, cherry — as well as less familiar woods such as Osage orange, black locust (never rots — great for boats and fenceposts), holly, white and yellow cedar (rot-resistant, so perfect for raised beds), longleaf (yellow) pine, horse chestnut, old-growth tidewater red cypress, even Western species like redwood and Douglas fir.

With experience in both construction and fine wood-working dating back to the 1980s, Ebner can answer your questions about all of them.

Ebner and his brother bought their first sawmill in 1994, the better to handle both the logs and the massive beams and planks he takes out of old buildings. He says it is the only sawmill in Philadelphia, and certainly the only one dedicated to salvaging old wood.

He traces the upswing in the popularity of reclaimed wood to around 2005, when LEED (Leadership in Energy and Environmental Design) "green" building certification gained momentum. Using reclaimed wood in new construction can earn developers credits toward LEED status.

Plugged in as he is to the area's demolition network, Ebner is knowledgeable about the city's buildings and



Susan Ciccantelli photos

Steve Ebner and daughter Rebecca, in orange jacket, operate the sawmill, above, and check inventory at Manayunk Timber.



their history. (See accompanying story on the wood used for signage at Weavers Way's new Ambler store.)

Besides selling lumber, Manayunk Timber also transforms old wood into finished products and interior environments, from floors and shelving to cabinetry and wardrobes, kitchen countertops and island tops, moldings, doors, windows, paneling and sills. The company's custom work can be viewed in many Philly bars and restaurants including Wissahickon Brewery, 3705 W School

House Lane, which features wood salvaged in 1985 from Ortlieb's and Schmidt's breweries.

A showroom is planned for spring 2018. Lumberyard hours are 9 to 3:30 weekdays, till 2:30 on Saturday. Visit [www.manayunktimber.com](http://www.manayunktimber.com) or go on Instagram @manayunktimber for some great pictures of finished products.

*Susan Ciccantelli is a Weavers Way Working Member.*

## From Factory Floor to Our Food Store



**R**eclaimed wood from Manayunk Timber is featured prominently inside Weavers Way Ambler. Just look up above the sandwich/charcuterie area! Naturally, Steve Ebner, proprietor of the city's only sustainable lumberyard and sawmill, knows exactly where this wood is from:

"The building was in Wayne Junction on Berkley Street between Greene Street and Wayne Avenue. The mill, Van Straaten & Havey, made linen children's clothes," Ebner told Weavers Way facilities manager Steve Hebden.

"The first wing was built in 1889 with longleaf

pine and the second wing was built in 1910 of Douglas fir. The longleaf pine was old-growth — more than likely the trees were 400-500 years old and they were very high quality."

The Ambler signs are made of longleaf pine.

In the 1940s and '50s, the mill made silk hosiery. Though the building was among 17 former industrial sites in the Wayne Junction National Historic District, the city's Department of Licenses and Inspections deemed it in imminent danger of collapse. Though the building was demolished in 2012, the site is still an empty lot.







An offshoot of Weavers Way Co-op

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**Thank you, Laura Morris Siena! — Love, Food Moxie**

by Tim Clair, Chair, Food Moxie Board

WE WANT TO WHOLEHEARTEDLY EXPRESS our gratitude to Laura Morris Siena for the commitment of her time, talents, and resources to this organization over the last six years. As her term comes to an end and she steps down from our Board, Laura leaves Food Moxie (Weavers Way Community Programs when she joined) a stronger organization poised to serve even more community members with important programming and resources.

Laura brought a wealth of talents to the Food Moxie Board, including many years of professional and personal experience in fundraising and community development. Her passion for local food, her roots and relationships in Northwest Philadelphia and her deep commitment to Weavers Way have helped our organization grow to meet the challenge of our vision: a world where all people can grow, cook and enjoy healthy food. All organizations have lifespans; Laura has guided Food Moxie through adolescence and has prepared us to do amazing things over the coming years.



As Mira Rabin, former Board chair and one of Laura's closest friends, shared: "You know how you're tired at the end of a long day of working on something and you say, 'That will have to be good enough'? Laura never says that." Laura raised the bar for Food Moxie and challenged us as an organization and as people to do our best.

But maybe more important than her skills and experience, Laura has been the soul of our organization. She cares deeply for the staff, our partners and participants and her fellow Board members. She shared her insights and wisdom with me, as incoming chair, to ensure we continue on the right path. And while our three new Board members, Jean Carne-Wolfe, Lauren Cohen and Catherine Kendig, will miss out on the opportunity to work directly with Laura and share the delicious meals she has shared, they will benefit from her legacy.

We are all grateful for the leadership, grace, and generosity with which Laura has guided Food Moxie and look forward to remaining connected in new and creative ways.

There are many ways you can help Food Moxie. One of them is as simple as shopping at Weavers Way! Through the **HIGH FIVE!** Donate Your Discount Program, your 5% Working Member discount is automatically credited to Food Moxie.

Sign up at the register, and thank you for your generosity!



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An offshoot of Weavers Way Co-op

FOOD MOXIE

Why I Give  
Lauren Cohen

**Food Moxie recently interviewed new Board member Lauren Cohen.**

**FM:** You not only give of your time to Food Moxie, but you also are a donor. What inspired you to get involved with and start giving to Food Moxie?

**LC:** I had wanted to get more involved with helping others in the community, and when I learned that Food Moxie not only works to feed people in need, but also gives opportunities for them to spend time on the organic garden/farm to expand their knowledge about healthy eating, I knew I wanted to get involved with this wonderful organization!

**FM:** What are your areas of expertise?

**LC:** I have spent most of my career working in marketing and advertising; I recently started working for Mim & Ray, a nonprofit that gives back to senior citizens. I am passionate about health and wellness and other ways to live a healthy, happy and balanced lifestyle.

**FM:** Describe a food experience that's important to you.

**LC:** Cooking and sharing meals together was my family's way of spending quality time together. I love that Food Moxie is educating, empower-



ing and building confidence with the families they work with, so they can eventually spend quality time preparing and enjoying healthy meals together, like I was lucky enough to experience growing up.

**FM:** You recently visited our Hope Garden and Hope Farm program sites.

**LC:** Yes! It was so nice to see organic foods growing right here in Philadelphia, where people could access it to taste fresh produce and to find a place of safety and peace. [Executive Director] Jill Fink and I spoke at length about Food Moxie and I was so impressed and inspired by the work you all do. It made me even more excited to volunteer!

**FM:** What do you hope to bring to the organization as a Board member?

**LC:** I hope to help by using my marketing skills and passions that align with Food Moxie's vision and goals. I hope to provide support for the promotion of healing and building toward a healthy lifestyle — all of which can help when facing adversity, building resilience and finding joy — for students attending Saul or MLK, and people living at Stenton Family Manor.

It's Always Arts & Crafts Season

Hello friend of Food Moxie!

During the winter months, we bring Garden Club inside, but we're far from hibernating! Our kids still want to keep their hands busy so Food Moxie will be serving up some fun arts and crafts. We would love your help in getting some extra supplies. Please consider donating the following items to help us create some winter wonderland whimsy

- Glitter
- Glitter Glue
- Neon paints
- Gel Pens
- Paint brushes
- Googly eyes
- Craft sticks (i.e. popsicle sticks)
- Pipe cleaners



Making art is a year-round concern for Food Moxie educator Melissa Powell and Stenton Manor's Garden Club.

2018 SummerSessions

June 18 - July 27  
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## A·D·V·O·C·A·C·Y

## Despite Opposition, Health Dept. OKs SEPTA Power Plant

by Karen Melton, for the Shuttle

**A** GAINST A BACKDROP OF 18 months of steady opposition from health, faith and environmental groups as well as members of the community and elected officials, the city's Air Management Services on Nov. 29 issued the final permit required by SEPTA to build a gas-fired power plant in the heavily populated Nicetown neighborhood.

Pollution from natural-gas combustion is known to produce nitrogen oxides that are precursors to ground-level ozone (or smog), as well as large quantities of ultrafine particles, which may be a significant health risk, although there is currently no EPA standard.

Nicotown is already burdened with a great deal of air pollution. The plant would be located between SEPTA's Roberts Avenue Rail Yard and Midvale Bus Depot, which serves 300 diesel buses, and close to the busy Roosevelt Expressway. In 2012, a Philadelphia Health Management Corp. study estimated that 31 percent of children in the surrounding 19140 zip code had been diagnosed with asthma.

Responding to those who raised concerns about ultrafine particles, Air Management, a division of the Philadelphia Health Department, said it had determined that "UFP emissions from the project are not expected to have a significant impact on public health or air quality."

SEPTA says the \$26.8 million, 8.6 megawatt plant, proposed as a cost-effective solution to persistent PECO blackouts that affect the northern portion of the Regional Rail system, will reduce greenhouse gases at the site. However, methane leakage during extraction and transport are not being considered; when those are taken into account, studies have found that the climate change impact of gas is just as significant as coal.

Research is under way to determine feasibility for appealing the permit. To learn more or get involved, go to [www.350philadelphia.org/septa](http://www.350philadelphia.org/septa).

*Karen Melton is a 350 Philly volunteer*

### Did you know?

You can read the Shuttle

**ONLINE.**

[www.weaversway.coop/shuttle-online](http://www.weaversway.coop/shuttle-online)

## L·E·T·T·E·R·S

## Don't Tear Down Germantown History

**I**N THE HEART OF GERMANTOWN, AT 25 W. Penn St., stands a building that is a symbol of its community. Designed by Germantown architect Mantle Fielding (1865-1941) in the Colonial Revival style, the Germantown Boys & Girls Club (built 1898-1909) provided social services for disadvantaged boys at a time when such programs didn't exist. It is the oldest building of its kind in Pennsylvania.

Perhaps the most iconic example is the story of Jack Kelly, Grace Kelly's father, who attended the club before the Kelly family was famous. The son of Irish Catholic immigrants, it was here that Kelly was able to flourish as an athlete, despite his family's limited financial resources. Although the club was originally segregated, the building, from its opening in 1898, also served as the home for a Sunday school program for African American children. These are only two of so many stories that define the importance of this building.

The Philadelphia Historical Commission will decide the fate of the Germantown Boys & Girls Club building in a historic-designation hearing scheduled for Friday, Jan. 12.

Unfortunately, the current administration of the Boys & Girls Club of

Philadelphia claims that historic designation of this historic building will destroy their plans for the site as well as its programmatic future.

This is a confusing conclusion, since the building occupies less than 6 percent of its total site. Steps have been taken to demolish the building, ignoring outcry from most of the organizations that represent the Germantown community, as well as historic preservation advocates citywide.

This effort comes at a moment when generous gifts of the Roberts family, the Ed Snider Youth Hockey Foundation and Comcast have given Germantown a wonderful opportunity to offer never-before-available programs to local children. The community wants our children to have every opportunity. At the same time, we find ourselves fighting hard every day to save historic assets that help to define the soul of Germantown and the city of Philadelphia in general. As reported recently by the Inquirer's Inga Saffron, this is a fight that Mayor Jim Kenney has repeatedly recognized as essential to Philadelphia's future and to its status as a World Heritage City. We know that there must be a way to give our children what they deserve without depriving them of the value of their past.

We are asking the Philadelphia Historical Commission to do its job — to protect this building on the merits of the historical nomination. More importantly, we look toward the Boys & Girls Club of Philadelphia and City Councilwoman Cindy Bass to preserve and re-use this building that holds more than 100 years of community stories. We encourage them to work with the community in bringing new resources to Germantown in a way that serves our children while preserving our neighborhood's precious historic character.

*Penn-Knox Neighborhood Association  
Penn Area Neighborhood Association  
SoLo/Germantown Civic Association  
Baynton Hill Neighbors  
Germantown United CDC  
Westside Neighbors  
Wakefield 49ers Development and Improvement Association  
Southwest Germantown Neighbors  
Swampoodle Neighbors  
Blue Bell Hill Civic Association  
West Central Germantown Neighbors  
12th Ward Democratic leadership  
Historic Germantown  
Preservation Alliance for Greater Philadelphia*

## Not All Straws Are Strays

**I**N RESPONSE TO MARSHA LOW'S column, "Make It the Last Straw" in the November 2017 Shuttle:

Waste from unused/unneeded disposable aids, paper and plastic, is indeed colossal. Over-generous pulls on toilet paper or tissues is sloppy.

However, some products are true boons to function. Disposable plastic straws often are in that category.

Individuals of all ages, babes to elderly persons, may be compromised in their ability to ingest liquids.

Glass breaks and truly lasts forever. Flimsy paper cylinders get squashed. Straws cannot be readily scrubbed. They may be rinsed but not fully cleansed. They develop mold.

To ask that disposable straws be available only on request seems sensible. But requiring prescriptions would overburden the professional personnel and record-keeping apparatus of pharmacies and medical offices. A simple swallow of water could become a bureaucratic nightmare.

We do need better materials, better ways to dispose of spent/unsanitary trash, better incentives for thoughtful use of stuff. At last bags are getting attention. Attitudes to consumption make a difference.

*Dena Dannenberg*

## Thanks from Solar Co-op

**T**HE NORTHWEST PHILLY SOLAR Co-op (an offspring of Weavers Way) and the Environmental Justice Center of Chestnut Hill United Church thank the Weavers Way community for your support of the solar workshop we ran in Ambler Borough Hall in November. We were delighted to have 38 people spend a Sunday afternoon learning about the feasibility of installing solar power on their properties. We promoted the workshop primarily by means of The Shuttle (online and paper editions) and a flyer placed in the Weavers Way Ambler store. Most of the participants at the workshop said they learned of it through Weavers Way.

We're delighted to be part of such a special community largely bound by social and environmental values, committed to "walking the walk." In these deeply troubling political times, as our president and congressional leaders run the opposite way from climate change by continuing to boost fossil fuels, it's great to see individuals take action towards a sustainable future.

*Joy Bergey, Director,  
Environmental Justice Center of  
Chestnut Hill United Church*

## That's Good Soup

**I** JUST WANTED TO WRITE A LETTER OF appreciation to the soup-makers of the Carpenter Lane Weavers Way. Several nights out of the week, my sweetie and I, worn from working full days and long hours, frequent the Co-op and ultimately pick up a pint (or two) of one of your delicious home-made soups. From creamy, tangy tomato basil or savory pasta fagioli to comforting chicken noodle or sweet butternut squash, we always find something delicious and satisfying. On cold, dark nights, Co-op soups are a warm and welcome addition to our table. A side of buttery and delicious cornbread adds a delightful treat. Thank you, Co-op, for helping us to stay warm and nourished!

*Susan Bash*

### SHUTTLE LETTERS POLICY

The Shuttle welcomes letters of interest to the Weavers Way community. Send to [editor@weaversway.coop](mailto:editor@weaversway.coop). The deadline is the 10th of the month prior to publication. Include a name and email address or phone number 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 publish any letter.

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## We All Can Invest in Corporate Responsibility

by Jon Roesser, General Manager,  
Weavers Way Co-op

I SUSPECT NOT MANY SHUTTLE READERS ARE IN the oil-exploration business, so chances are you're probably unfamiliar with Petrochina, a company with a name that sounds like it could be owned by a James Bond villain.

But Petrochina is, alas, all too real. Huge (market capitalization: \$219 billion), totally unscrupulous and backed by the morally uninterested Chinese government, Petrochina happily takes the pursuit of profit to frightening depths.

Among other nefarious pursuits, for the last decade or so, it has bankrolled the genocidal government of Sudan so as to exploit that country's oil resources. Petrochina's investment in Sudan effectively negated sanctions imposed by the United States and other countries, allowing the Sudanese government to continue its murderous ways.

As the president of Sudan said, "Just when some countries gave us sanctions, God gave us oil."

I'm not sure God had anything to do with it, but Petrochina sure did. Thanks to the profit-before-everything lens through which it sees the world, Petrochina is associated with the deaths of at least 300,000 Sudanese.

And guess what? I own it.

Now before you judge me, it's quite possible you own it too. Here's how:

Like most Americans, I save for retirement primarily through my employer's 401(k). To comply with IRS regulations, 401(k) plans must offer participants a broad range of investment options (domestic stocks, international stocks, large-cap, mid-cap, small-cap and so on).

These investment options come in the form of mutual funds, which take the assets of many, many investors and use them to buy the stock of many, many companies.

Retirement-planning professionals preach the importance of diversification. Keep some of your money in domestic stocks, some in international stocks, some in bonds, some in cash.

Play this game right, and some day you'll own your own vineyard, or private island, or whatever.

Since 2014, the Co-op's 401(k) has been through Vanguard, the Malvern-based mutual-fund giant. Switching to Vanguard was very good for the Co-op's retirement-plan participants. Fees are low, investment options are diverse and returns are generally good.

But Vanguard's style of investing is passive. The heart of its model is "index investing," in which a mutual fund's holdings match a particular index, like the S&P 500 companies.

One of the funds available in our 401(k) plan is the Vanguard Total International Stock Index Fund (VGTIX), which at last count has investments in 6,132 non-U.S. companies. One of those companies is Petrochina, and since I have some of my retirement savings in this particular fund, presto: I own Petrochina.

Gross.

Vanguard, along with other big mutual-fund companies, has responded to squeamishness among investors by adding "social" index funds to their lineups (alternatively these are called "green" or "sustainable" funds).

Vanguard's Social Index Fund (VFTSX), which is also part of the Weavers Way retirement plan, avoids investments in companies involved with weapons, tobacco, gambling and nuclear power.

That's a good start, but it doesn't stop the Social Index Fund from investing in companies like JP Morgan,

Johnson & Johnson and Nestlé. These companies might not be Petrochina, but they're not very socially conscious.

There are mutual funds out there that have stricter criteria than Vanguard's Social Index Fund, but because most of these funds tend to be smaller and more volatile than their benchmarks, offering them in a 401(k) risks breaching fiduciary obligations. The plan sponsor (the employer) cannot offer plan participants (its employees) investment options that the IRS deems reckless or irresponsible.

And so every week, as each of us gets one pay period closer to retirement, a steady stream of our hard-earned wages flows into mutual funds that invest our money based on maximizing return and little, if anything, else.

But this steady stream of money is where the hope lies. If, as Benjamin Disraeli said, "money is power," then American workers, through our retirement savings, have power we have so far not unleashed.

Advocacy groups like Investors Against Genocide are starting to lead the charge, pressuring mutual-fund companies to sell their holdings in companies associated with Sudan and other thug governments around the world. TIAA-CREF, T Rowe Price and American Funds have all taken steps forward.

Vanguard alone has investments of \$4.4 trillion (that's right, trillion). That's a lot of money. That's a lot of power.

And that power can force the companies in which we invest to do a better job.

We are still a moral people. We can insist our money is invested in ways that reflect our morality.

See you around the Co-op.

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# Compassionate and Green Clutter Control: Where to Start?

by Gari Julius Weilbacher, for the Shuttle

**M**ANY OF US ANTICIPATE THE NEW YEAR WITH A sense of excitement combined with purposeful preparedness. Images of nesting at home mingle with the scent of hot cider and a good book as we hope to make this the best year ever.

This year, use that tingle of anticipation in your home to create an environment that allows your work and your passion to flow. In the true spirit of interconnection, the world needs you activated and thinking clearly. As a clutter coach, I know you can't get out there and make it a better place if you have to snake through your stuff or can't find your keys to get out the door.

I get that it's hard to part with things that you once held dear, inherited or are in front of you right now for some reason. I understand that feelings of being overwhelmed sometimes combine with guilt or even shame.

But I also believe it when you say you want your life to flow and you want to clear your space and your head.

My philosophy is based on respect for you and the objects you valued or thought you needed. I want you to feel success each time you do this work, so start by breaking things down into manageable steps. Aim for sustainability so you can keep going until your environment allows you to flow with ease.

Honor the objects that were once meaningful to you by keeping as much as possible out of the landfill by donating or recycling them. Most of the stuff you want to get rid of still has life to it, and we do no good when we simply toss it. Clients have told me that this green aspect of clutter coaching has made it easier for them to part with their things. (You can find a list of places that will accept donations on my website.)



Clutter may be a trial, but it's not a test — you're allowed to tackle it the way that works best for you.

Set up a workspace with four bags: one for the thrift shop, one for recycling, one for trash and one for shredding. Consider these five queries to get yourself started:

**1. Which area is most urgent to clear?**

Urgent can mean many things. Perhaps you need to find a missing check in a pile of papers. Maybe you need to do some writing now and want a clear surface, or you have guests coming. This category brings natural energy to the task and things get cleared quickly.

**2. Which area would be the easiest to start work on?**

You know the answer to this one — you know that you can find a home for the things in that pile over there. This category is more methodical because you have already brought the concept of ease to the task and you can envision the outcome.

**3. Which area is bringing you down the most?**

I am sorry about this one. Some people want to start out this way even though they immediately encounter tough emotions that get in the way. Perhaps you may have too many things belonging to a loved one who has passed on and you feel guilty getting rid of them. Or it may bring up feelings of inadequacy because it's just so hard. Feel these emotions; you will come out the other side. A loved one's objects will be valued when you donate to a thrift shop or to an organization that helps people set up new homes. You honor your beloved's treasures more when you release the things you do not want.

**4. What is calling to you for no logical reason?**

Roll with it! Do it! Don't think too hard!

**5. Where is the light shining, even in the smallest way?**

This is not a test — you are allowed to take the "easy" way out. If you see a little light, literally and figuratively, start there!

These work sessions usually max out at two hours before emotional and physical fatigue sets in. Because we only want a successful — and sustainable — outcome, end sooner if you need to. You're creating a new way of being, a new environment that lets you flow and contribute your best self to the world; I want this for the long haul and I bet you do too.

*Weavers Way member Gari Julius Weilbacher is a communications consultant and life coach. After the death of her father, she was the recipient of his elephant collection, so she knows about elephants in the room and the power they have. Visit her website, [www.declutter2delight.com](http://www.declutter2delight.com).*



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eco tip

## Please Stop Glittering

by Marsha Low,  
Weavers Way Environment  
Committee

You may be aware that microbeads (a type of microplastic), which are used in exfoliating personal products such as body scrubs and facial cleansers, have been banned in rinse-off cosmetics as of July 2017. The law is aimed at protecting U.S. waterways, since microbeads cannot be filtered out in wastewater treatment plants. Beginning in July 2018, the sale of over-the-counter drugs containing these plastic particles will also be banned. Toothpaste is one example. And despite an extensive online search, I (thankfully) could not find any other OTC drug that contains microbeads.

But there's another type of microplastic that ought to be phased out as well: Glitter.

Microplastics are a well-known environmental hazard for the world's oceans, as they leach chemicals into the water, take hundreds of years to break down and harm marine life if ingested. Glitter, being a microplastic, is no exception.

But here's some good news for those of us who just can't give up the shiny stuff, or whose children would sorely miss it: Some companies make more environmentally friendly alternatives that are biodegradable. A Google search will reveal the names of several. (A caveat: While these products are biodegradable, some surely contain artificial colors or other ingredients that might not be all that great for the environment. The savvy environmentalist will have to choose carefully among the biodegradable glitter brands available.)

## Buy Nothing, or When Freecycle Met Facebook

by Betsy Teutsch, for the Shuttle

**B**UY NOTHING GROUPS ARE A MASHUP OF FREecycle and Facebook, a dynamic updating of the sharing ethos. Closely moderated member-only networks, BNGs operate in micro-locales and utilize Facebook's photo, commenting and messaging capacities.

More than 14 years ago, Meenal Raval and I launched NWPhilly Freecycle, which peaked at over 10,000 members. Thousands of items have been shared freely, though the site now runs on an independent platform and is down to 4,000+ participants. Meanwhile, over the ensuing decade, a host of monetized sharing-economy businesses have sprung up, like Airbnb, allowing people who don't know each other to buy and sell goods and services. But in Freecycle and BNGs, the spirit of non-monetized sharing lives and thrives.

BNG members post offers along with photographs and repartee. Attempts to honestly portray items are (ideally) balanced by witty commentary. People add quips, ideas and suggestions even if they don't want the item, something not possible to do via Freecycle.

Members may also ask for stuff. Kids' gear has a very short life span. A member requesting a pregnancy test on my BNG had many offers.

BNG user Amy Cohen reports: "After a party at my house last November, the caterers left behind heavy plastic serving pieces, plastic and aluminum trays and unused paper tablecloths. The collection seemed too random to donate to Goodwill but too substantial to throw away. After I posted photos of the items on Buy Nothing, everything was claimed by grateful neighbors within hours. So satisfying!"



This summer I discovered my 10-inch Pyrex pie plate had gone missing from its elegant silver serving stand. I decided to view this as an opportunity.

A person thrilled to acquire the pie stand first offered me a replacement pie plate: "Are you sure you don't want to keep it? I have an extra 10-inch pan!" I resisted her generous offer, instead acquiring a vacant parking spot in my cupboard.

Members also ask to borrow anything from weed-wackers to punchbowls; in that sense, there is a great deal of trust built into the group.

Freecycle and Buy Nothing participants both complain about no-shows. It is annoying to offer an item, find an enthusiastic taker, and agree to a pick-up plan, only to discover the item is still cluttering up your porch. And, as in all active Facebook groups, members have little control over the order of posts. Any comment on an older post bumps it to the top of the feed. As the group grows, it will fill an ever larger proportion of your news stream — at least until Facebook changes the algorithm!

To join a Buy Nothing group, you must be on Facebook. To find out if there is a group serving your neighborhood, first visit the website [buynothingproject.org](http://buynothingproject.org). Under Our Groups, click on Find a Group. If you see a likely location, click Join Group and answer a few questions. You'll be contacted by the moderator.

No group in your area? Go ahead and start one! Carolyn Rahe started the Buy Nothing Mt. Airy/Cedarbrook Group in 2015 and continues as moderator; her Seattle siblings were part of the original BNGs.

*Betsy Teutsch is a Weavers Way Working Member.*

## Women's Clothing Exchange Is Jan. 28

The Women's Clothing Exchange at Germantown Jewish Centre, to be held this year on Sunday, Jan. 28, is an annual community and charitable event that serves many functions. People call this event a win-win-win!

Every year, women in the community donate clothing and accessories that are in good condition, but which they no longer use. These donations are collected at GJC, 400 Ellet St., during the week before the event. (This year that will be Jan. 22-26.)

The event itself is set up like a giant

bazaar, with participants paying \$20 to "shop" from 11 a.m. to 1 p.m. It's a festive atmosphere, with music, friends and a private place for trying things on.

Proceeds this year will support GJC's work with POWER, the interfaith organization committed to implementing systemic change for the betterment of Pennsylvania communities. (Info: [powerinterfaith.org](http://powerinterfaith.org).)

Leftover items will be donated to Whosoever Gospel Mission in



Germantown, which supports people who have been homeless and struggled with addictions in getting clean and sober and obtaining job training. So it is a win-win-win!

For more information, contact Genie Ravital at [geniebud@gmail.com](mailto:geniebud@gmail.com).

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## Editor's Note

(Continued from Page 1)

at Awbury, is leaving to pursue his goal of having his own farm (and to live his short-term dream of not having to drive in from Media every day).

We all wish Brendan well. But another longtime farmhand also departed last fall under less positive circumstances: Anna Danusiar is gone, too. She worked at the Saul farm and for WWCP over the course of three years — and is one of my favorite people, I confess, because I adore her dog, Penny. She and her Colombian husband, Gabriel Esteban Arias Narvaez, got spooked by the changed immigration-enforcement climate in the United States.

In an email, Anna said Gabi had visited her in the United States multiple times in the past five years. He never worked here for money (which would be a tourist-visa no-no), never overstayed his visa, is college-educated and has never been convicted of a crime anywhere. “Only

this July did we start to notice a difference in how he was treated,” she wrote. Immigration in Miami took him aside for secondary interrogation, decided his protestations that he really was just coming to see his girlfriend didn’t wash and denied him entry. He tried one more thing. “The reason I am coming into the States is to propose to marry my girlfriend,” Gabi told them. Sure, show us the ring, they said. He pulled it out of his pocket and — how corny is this? — they let him in. Anna and Gabi had an American wedding in September. Problem solved? Not so fast. The Trump Administration has been very busy changing all the ground rules, including getting rid of one called the “30/60 Day Rule” that applied in their case. Based on the experiences of people they knew, and on the advice of immigration lawyers, they decided to leave.

“It would have meant a certain legal battle ... likely multiple years instead of one to two, and ultimately the feeling of being guinea pigs for future generations of immigrants. That is not what we wished for our first years of marriage to-



My pal Penny (left) settles into her new home in Bogota with Anna and the new pup. (Behind the camera: Anna's human honey, Gabi.)

gether,” she wrote. In their new home in Bogotá, “we await a much simpler process of internationally validating our marriage, requesting a visa status change for me, and obtaining legal residency for me here in Colombia.”

Colombia “is a most beautiful country and a great place to live and raise a family,” she added.

At least Penny got to go with them, and now she has a brother, a street dog who

curled up on her blanket and never left.

Nevertheless, leaving the Weavers Way Farm team behind was “heart-wrenching.” “We ask our Weavers Way community to hold us in the light in these coming months,” Anna wrote.

This is my column, as I mentioned above. So I’m also saying this: Anna, Gabi and Penny having to leave really stinks.

*msweeten@weaversway.coop*



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# Death Café Movement Comes to Mt. Airy

by Barbara Adolphe, for the Shuttle

**W**HAT IN THE WORLD IS A “DEATH CAFÉ?”  
by Barbara Adolphe, for the Shuttle

A Death Café is an opportunity to join people of all ages and backgrounds for a group-directed discussion of death . . . while eating cake! It provides an open, supportive forum for the discussion of mortality free of taboo and social stigma. A Death Café has no agenda, objectives or themes. It is not a grief-support group or counseling session, but rather an evening of respectful, open sharing about death in a relaxed atmosphere, over coffee, tea and snacks.

Over the past seven years, the Death Café phenomenon has spread across Europe, North American and Australia, with thousands of Death Cafés being offered throughout the world. Since the movement began in 2011, more than 5,000 pop-up cafés have been held in 51 countries, with the majority being held in the United States, including one ongoing group in Philadelphia since 2013.

Ron Palacio, who has attended Philadelphia Death Café events with his wife Donna Wolf-Palacio, says about 25 attend the monthly sessions. “The group provides a very relaxed and

nurturing setting where we can join in an open and honest discussion to explore and share the curiosities of a very difficult topic,” Ron said. “Despite the fact that we certainly talk about life, dying and grief, there is a lot of humor from the many different stories and cultures and venues that people experience.”

Five organizations — Weavers Way, Northwest Village Network, East Falls Village, Mt. Airy USA and Ralston My Way — have formed the Northwest Coalition for Healthy Aging and are bringing a Death Café to Mt. Airy on Wednesday, Feb. 7, from 7 to 8:30 p.m. It will be held in the beautiful new community meeting room at the reopened Lovett Library, 6945 Germantown Ave. The organizer of the Philadelphia Death Café, Pat Bubb, along with her cohost Simcha Raphael, will facilitate. It’s free and people of all ages are welcome. Registration will begin at 6:45. You can also register in advance; secure your spot or get more information by emailing Barbara Adolphe at [barbaralynn427@gmail.com](mailto:barbaralynn427@gmail.com) or by leaving a message at 973-903-2018.

For more information about Death Cafés, visit [www.deathcafe.com](http://www.deathcafe.com) or check out “Welcome to Death Café,” a recent article in Philly.com: [bit.ly/2ofKCoL](http://bit.ly/2ofKCoL)

*Barbara Adolphe is a Weavers Way working member.*

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The other winners were Lauren Ouziel in Chestnut Hill and Rose Elnitski in Ambler. (Look for them on Facebook!)

Weavers Way will also be making a \$100 donation to Whosoever Gospel Mission in Germantown to help those in need.



The book, the author and her daughter, Sophonisba. (The aprons are important.)

## When Life Gives You *That Guy* . . . Write a Book

by Lucy Bell Jarka-Sellers, for the Shuttle

**T**HE BAD NEWS HASN'T LET UP SINCE Donald Trump took office, but back in February we didn't even have Mr. Mueller to look to. A month after the inauguration, I stood at my kitchen counter kneading bread dough and listening to the radio and wishing that I could conjure some power to combat the dark forces that were gaining ground in America.

That's when the idea for John Dough came to me: A dough hero — a sourdough hero, made with local yeast spores, who would come to our rescue.

"Meet John Dough, Superhero" (Nyoka Press, \$15, nyokapress.com) is fantasy about a group of high-minded conspirators from Northwest Philadelphia who solve all our political woes. This is a funny book about serious ideas, and it's set in our neighborhood. Oh, and one of the main characters is a dog.

"I'm afraid," I said to my childhood friend, now a movie maker, as I walked with my dog on Forbidden Drive, "that my hero is too kind and good. People don't like that kind of thing."

He reminded me of movies with sweet heroes and encouraged me to focus on and develop the sweetness instead of qualifying it. He mentioned Frank Capra's "Meet John Doe" and "Mr. Smith Goes to Washington." Is it just a fantasy to imagine that kindness and goodness are ultimately the greatest forces for positive change?

One tiny compensation for the Trump nightmare has been that it draws our attention to the best American traditions: Our democratic principles, our belief in the beauty and benefits of a multicultural society. I wanted to celebrate and defend these things as characteristically American — characteristically Philadelphian — without denying the ugly side of American history.

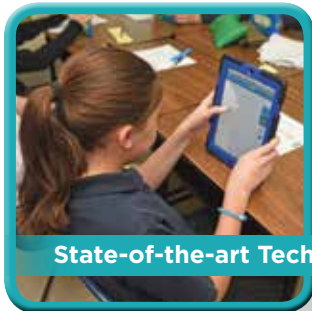
Did I mention I drew 36 pictures to illustrate this story? Did I mention there is poetry? My mother, Lucy Bell Sellers, composed "Song of the Passenger Pigeons" and "Dispatching Verse."

I predict that "Meet John Dough" will make you laugh and cry (at least sniff) and somewhat revise your views of American history. I predict that you will fall in love with John Dough.

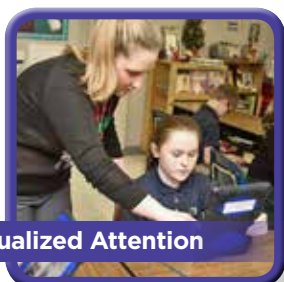
*Lucy Bell Jarka-Sellers is a Weavers Way Working Member.*

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# Unleashing the Conversation on Dog Safety in the Wissahickon

by Maura McCarthy, Executive Director, Friends of the Wissahickon



## To Free or Not to Free

**D**OGS RUNNING OFF-LEASH IS AN ISSUE in all of Philadelphia's parks. However, an increased number of incidences of dog attacks, biting and fights, as well as reports of poisonings and discussion of aggressive citizen-control measures prompted Friends of the Wissahickon to host a community meeting last month to address growing safety concerns surrounding unleashed dogs.

Despite pouring rain, nearly 100 park users and representatives from Philadelphia Parks and Recreation and adjacent neighborhoods and police districts, gathered at Valley Green Inn, beginning a productive dialogue and considering feasible short- and long-term solutions that balance varied interests and available resources while promoting safe, responsible, enjoyable park use for all.

## A Matter of Enforcement

Philadelphia requires that dogs be under owner control and on a leash no longer than 6 feet. The ordinance applies to all city parks, and in the Wissahickon includes Forbidden Drive, the Andorra Natural Area, Carpenter's Woods and all hiking and biking trails.

FOW volunteer Trail Ambassadors do their best to educate park users on using dog leashes, but cannot enforce regulations. Police officers and park rangers may fine dog owners or hold them responsible for damage or injury caused by their dogs, but there just aren't enough of them.

Dog owners and professional dog walkers at the meeting made it clear that they want to be responsible citizens and support the need for safety, agreeing that dogs with an aggressive history or behavior should be kept under control. But they asserted that dogs are born to run and play, and a properly exercised dog is happier and healthier, and that people violate the leash law because there are few alternatives to let them do that. Indeed, there is a lack of off-leash dog parks and dedicated dog runs in Northwest Philadelphia — there should be more options.

Proponents of leashing cited safety as their top concern, describing experiences of unleashed dogs posing threats to themselves, their children and their own leashed dogs, as well as disturbing bird habitats and regularly harassing horses, both on the trails and in the stables. Some said fear is changing their perception of the park and determining how they use it, which is a serious problem.

## Moving Forward

To a certain extent, FOW is biased on this issue. We are committed to the safety



FOW photo

While children can run free in the Wissahickon, please think twice about unleashing your dog.

of all park visitors (including dogs), but also to preserving the fragile urban-forest understory and habitat and preventing contamination of our water supply. We love dogs — as long as they don't compromise these priorities.

The real issue here, though, isn't about dogs. It's about people and how we can use the park together in a safe, respectful way.

Based on the many recommendations voiced at the meeting, four main categories emerged for further dialogue and participation among selected organizational leadership and interested individuals:

- Policy and enforcement review and enhancement (Parks and Recreation).
- Designated space and times for dogs to be off-leash.
- Special licensing/certification (for example, dogs could undergo specific park training).

- Increased FOW Trail Ambassador and park ranger presence and signage, including special instructions on activating policy and animal control in the event of an incident

To those who attended the meeting, thank you for your thoughtful, respectful input. For those who were unable to come, but who want to weigh in, please share your feedback and read the minutes from this meeting at [fow.org/fow-public-meeting-on-dog-safety](http://fow.org/fow-public-meeting-on-dog-safety).

We come to the Wissahickon to find peace — as one speaker at the meeting said, we all need the opportunity to “unleash” — and that's what we hope to achieve on this important community issue as well. We will get there by working together.

For more information about Friends of the Wissahickon, visit [fow.org](http://fow.org).



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# And You Thought Your Representatives Represented You

## Rep. Greg Vitali Discusses 'Marcellus Money and the Pennsylvania Legislature'

by Sandra Folzer, Weavers Way Environment Committee

IT WOULD BE NICE TO THINK WE ACTUALLY lived in a democracy, but that doesn't seem to be the case. Even here in Pennsylvania, much of our welfare is decided upon by lobbyists.

What? You're not surprised?

On Nov. 28, Weavers Way's Environment Committee hosted a panel and discussion on fracking featuring Delaware County State Rep. Greg Vitali, an active environmentalist in his 13th term in the General Assembly. He was introduced at the event, held at the Mercantile in Mt. Airy and cosponsored by the Women's International League for Peace and Freedom, by our own Philadelphia State Rep. Chris Rabb.

While the focus was on fracking, Vitali's presentation could relate to other issues as he described the influence of lobbyists. In Pennsylvania, we have 203 lobbyists from the gas and oil industries, and we have 203 representatives. These lobbyists have spent over \$66 million since 2007 "educating" our elected officials on how to vote. And Pennsylvania is the only gas- or oil-producing state that has no severance tax.

Vitali presented a list of state officials who received the most contributions from fossil-fuel interests. Senate President Pro Tem Joseph B. Scarnati received nearly half a million dollars. And while we know the amount of political contributions, gifts are another story.

While monetary gifts are supposed to be recorded (and often they are not), gifts "in kind," like the all-expenses-paid football trip Scarnati reportedly received, are rarely acknowledged.

Vitali described how you can go into any restaurant in Harrisburg when the Assembly is in session and find lobbyists wining and dining legislators; the lobbyists generally pick up the tabs. Pennsylvania is only one of 11 states that has no limit on campaign contributions; Vitali says we really need a ban on gifts.

While there is a bill to add a severance tax on gas drilling, Vitali will not sign onto it. Here's why:

Riders to the bill include one allowing a third party instead of the state to award drilling permits, and another knocking out the methane-reduction program. During fracking, methane is vented into the air, instead of being captured. Remember that methane is 25 times more potent in creating greenhouse gases than carbon dioxide.

While some states are moving toward more sustainable energy, Vitali noted that



Northwest Philadelphia State Rep. Chris Rabb, left in photo, with Susquehanna County resident Craig Stevens at the fracking session. Stevens holds a bottle of polluted well water.



only 4 percent of the energy used in Pennsylvania comes from sustainable sources.

What to do? Vitali believes it is crucial to elect more ethical legislators to make the changes we need. He also believes the courts have a chance of blocking harmful legislation. Vitali advises donating to environmental groups, like the Delaware Riverkeeper Network, who have the ability to sue. He also suggests supporting environmental groups like Food and Water Watch and others who can flood legislators with environmental petitions. Vitali believes there is a chance we can ban fracking in the Delaware Basin but not in the entire state.

After Vitali's talk, Gayle Simmons from the Women's League showed photos of her visit to Dimock, Susquehanna County, where residents' drinking water was polluted during the fracking process. She described the beautiful countryside and seeing the devastation of abandoned homes, ponds with dead fish and methane-spewing wells in front yards.

Even more impactful was the presence of Craig Stevens, a sixth-generation landowner in Montrose, about 5 miles north of Dimock. He travels around the country to educate the public about the horrors of fracking, and brought with him a sample of his mustard-colored well water, which cannot be used even for bathing because it contains diesel fuel, among other toxic substances. He described how gas-drilling companies temporarily supplied water to residents whose wells they poisoned in return for their silence. He believes his appearances in Florida were critical in getting that state to ban fracking. Contact Craig at [ciscraigstevens@earthlink.net](mailto:ciscraigstevens@earthlink.net) or 949 456 6104

John Randolph from the organization MarchOnHarrisburg invited others to join him to stop official corruption in Pennsylvania by visiting [marchonharrisburg.org](http://marchonharrisburg.org).

Because corruption affects all issues, including fracking, MarchOnHarrisburg is also advocating for a gift ban for public officials and an end to gerrymandering.

Another participant was Tammy Murphy, representing Physicians for Social Responsibility. She wants people to join her in writing letters to editors; contact her at [tammy@psrphila.org](mailto:tammy@psrphila.org) or 215 749 0960. I noted that letters to smaller papers across the state have a greater chance of being published, which has been my experience.

The scariest issue for me is how the gas-and-oil industry has succeeded in keeping serious water and health issues secret. We know that asthma and cancer rates are significantly higher within a half mile of wells. Yet research into health effects is stymied by the industry's ability to buy silence. Because victims' resources are limited and they have medical needs, they are dependent upon industry handouts, which come with gag rules attached. Meanwhile, huge amount of wa-

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ter needed for fracking becomes poisoned and can never be used again. What to do with this water is a serious problem because when it is stored in flimsy plastic containers, it can easily seep into ground and surface water.

We should take Vitali's advice and work to elect more legislators who can't be bought. We need to be active in environmental groups, and write letters to editors about the harm of fracking.

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# Shining New Light on Alzheimer's, Parkinson's & Other Brain Disorders

by Marvin Berman, for the Shuttle

**T**HERE IS GOOD NEWS ON THE HORIZON about how people can think about memory loss and dementia, including Alzheimer's disease, which leads to eventual global loss of cognitive functioning and control of our most basic physical functions.

In the developed world, fear relating to memory loss has become greater than concerns about being diagnosed with cancer. Treatments now exist for many forms of cancer; life expectancy with cancer has improved dramatically. Meanwhile, there is no drug therapy now available that can stop, let alone reverse, dementia.

Some clinicians and researchers are questioning the assumption that dementia is a disease with a single cause, like polio, that can be cured with a single therapy. They see neurodegenerative diseases as systemic in nature and therefore needing to be treated by evaluating and re-establishing the healthy balance within our brain-body-mind system.

Research by doctors practicing functional medicine, i.e., treating root causes rather than symptoms, like Dr. Dale Bredesen, director of the Buck Institute at UCLA, shows that "Alzheimer's disease stems from an imbalance in nerve-cell signaling: In the normal

brain, specific signals foster nerve connections and memory making, while balancing signals support memory breaking, allowing irrelevant information to be forgotten. But in Alzheimer's disease, the balance of these opposing signals is disturbed, nerve connections are suppressed and memories are lost."

Studies evaluating cell signaling are prompting doctors to share with their dementia patients the possibility that they can stop and reverse the cognitive decline, especially in the early stages. They believe it is possible to repair damage to the central nervous system by lifestyle changes, especially diet and exercise, and increasing brain blood flow, reducing inflammation and normalizing brain electrical activity patterns.

Another promising development arises from a 2017 study on people with dementia by Anita Saltmarche and colleagues using the Vielight Neuro Gamma, a commercially available transcranial and intranasal infrared-light stimulation device. Results showed positive response in tests of both short- and long term memory in subjects who completed 12 weeks of five once-a-day stimulation sessions.

Similarly, Quietmind Foundation, a nonprofit applied clinical-research and neuropsychiatric health-care clinic in Elkins Park, has been studying the



application of brainwave biofeedback training and near-infrared light therapy using light-emitting diodes to effect changes in brain signaling, mood and quality of life. Our most recent randomized, double-blind, placebo-controlled clinical trial of intensive home-based infrared light therapy involved 12 people using the stimulation device over 28 consecutive days. Subjects' brainwave activity and cognitive functioning were tested at the beginning, middle and end of the treatment process. All subjects had been diagnosed with early- to mid-stage probable Alzheimer's and some were also diagnosed with Parkinson's disease. Preliminary findings showed significant improvements on short- and longer-term memory tests, processing speed and reported improvement in mood, verbal communication, sleep quality and appetite. The subjects reported no negative effects.

It is hoped that findings from these pilot studies will persuade the institutional monitoring committees responsible for human-research safety, scientific merit and ethical-treatment monitoring to approve a proposal to expand the sample size in a future study.

Meanwhile, such findings lend support to our recognizing dementia and other neurodegenerative conditions as being treatable, although it may involve making significant lifestyle changes. It should also encourage those with early stage dementia to become more proactive about their health and to take action to protect their memory.

*Marvin Berman is founder and president of Quietmind Foundation, which offers comprehensive neuropsychiatric and neurological consultation and treatment to help people of all ages with mood, memory, movement and learning difficulties. Several free clinical trials are under way for older adults with age-related memory difficulties and for those diagnosed with Parkinson's disease. Visit [www.quietmindfdn.org](http://www.quietmindfdn.org) for more information.*

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

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# Suggestions

by Norman Weiss, Weavers Way Purchasing Manager

**G**REETINGS 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.

“Price image” and “price perception” are buzz words in retail for how customers think of pricing — be it high, low, in-between or a mix. Retailers are encouraged to manage their customers’ — and potential customers’ — perceptions of prices using a variety of practices, including keeping prices low for items many people are price-conscious about, like milk, eggs, bread and bananas, and making up for it with items people are not so price-conscious about — fancy meats and cheeses and gourmet groceries like olive oil.

While we and most co-op groceries participate in this practice, the purist in me views this practice as lying to consumers, partially because it turns buying and sell-



ing food in to a retail game of how to generate the most income instead of how to create and sustain a healthy, fair food system. A product has a measurable cost to produce, transport and otherwise get it to the shelf (including the grocer’s overhead) that should be possible to calculate. In a fair food system, that should be the price, since that’s the reality of the processes involved and therefore a kind of truth.

In the past, part of the role of a consumer co-op role was to represent the consumer’s interest in the marketplace. Part of that interest is truth in pricing. For a short while, there were even some co-ops that experimented with “direct charge” pricing. In direct-charge co-ops, the shelf price was basically what the producer or wholesaler charged — there was no real markup. The expenses of actually running the co-op were tallied up and shared equally by the members. This was pretty transparent and members could see both what the food cost and what it cost to run the store. There is still one operating direct-charge co-op that I know about, Fredericton Co-op in New Brunswick, and it gets great reviews.

Direct-charge co-ops have their issues, but they are one example of more truthful pricing, and they avoid the how-can-we-manipulate-the-consumer think-

Continued on Next Page)

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**AS A RESULT OF ALL WE DO:**

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



Continued from Preceding Page)

ing that's now as common in co-ops as it is in profit-oriented food stores.

Major ingredients in the management of cooperative groceries these days include sale prices and end caps and category management and similar efforts to maximize sales and margin, as opposed to working more directly to empower consumers to understand the system and figure out the healthiest possible way forward, which might look more like a Community Supported Agriculture program than a retail grocery.

Speaking of CSAs, I recently visited Pennypack Farm and Education Center in Horsham, PA. Pennypack Farm staff were hosting a tour and talk about the practices and materials they use to extend their growing season through the winter, including low tunnels and hoop houses — greenhouses that keep temperature and humidity high and wind pressure low. This allows suitable plants to grow well in the winter so Pennypack CSA members can have vegetables like carrots, kale and lettuce through most of the winter. They've also perfected storage techniques like surrounding sweet potatoes with playground sand after curing, which makes them available all winter long. Overall the farm operations were pretty interesting, as is the organization itself, great examples of a healthy food system.

Also, the farmers work hard and expend a lot of calories growing and getting the food to CSA members. In my perfect world, honesty in pricing would dictate prices be shown in joules, a measure of energy, but so far no one has bought into this value system.

Maybe after the Bitcoin business settles down, joules can be next.

**suggestions and responses**

**s:** "Did not know Cabot Creamery was also a co-op."

**r:** (Norman) Cabot Creamery is indeed a producers' co-op, formed in 1919 by 94 farming families in Cabot, Vt. Currently it has more than 1,100 farmers producing milk for cheese, yogurt, butter, and other dairy products. Cabot is also a certified B Corporation. We purchase Cabot products from wholesalers, but with the opening of our Ambler store, we may be approaching enough volume that we can deal directly with Cabot. We have also been included in some talks with other Philadelphia-area co-ops about dealing directly with Cabot, as it would fulfill our common value of co-ops cooperating with other co-ops.

**s:** "Many people assume their milk has vitamin D in it and drink it as a source of calcium and vitamin D. But vitamin D has to be added to milk. I just discovered that Merrymeade does not add vitamin D (or anything else) to their milk, which is probably a good thing. But people who buy it should be aware that it won't give them any vitamin D. There are no natural sources of vitamin D other than sunshine, so we have to either take vitamin D pills, or eat or drink foods that have it added."

**Major ingredients in the management of many co-ops these days include sale prices and end caps and category management and similar efforts to maximize sales and margin, as opposed to working more directly to empower consumers to understand the system and figure out the healthiest possible way forward**



**r:** (Norman) Good point, we used to have signs up that explained Merrymeade doesn't add vitamin D. We'll re-post. Thanks!

**s:** "Can we get buses to stop at our Ambler store, or do they?"

**r:** (Norman) SEPTA's Route 94 bus goes from the Chestnut Hill Loop, up the Avenue from our Chestnut Hill store, to the Montgomery Mall via Ambler, mostly along Bethlehem Pike. It stops at Lindewold and E. Butler avenues, just across the street from the Ambler store. In addition, the Lansdale-Doylestown train goes from Center City to Ambler via Wayne Junction. The store, at 215 E. Butler Ave., is less than a half mile — about eight blocks — from the Ambler train station.

**s:** "I bought a doggie coat using EasyPay and immediately afterwards started getting Google ads for doggie coats. Does Weavers Way share data?"

**r:** (Norman) We do not share any identifiable shopper or member data with any other organization. Our Board has historically been pretty strict about this. We do share scan data — items passing our checkout scanners are sent to SPINS, an industry data-analytics company. This data con-

sists of UPC number, quantity and price. It is not grouped or batched with any other data, other than that it comes from Weavers Way. No shopper or payment data is included. This is common in our industry and required by our trade group, National Cooperative Grocers. The data is aggregated with other co-ops, natural food stores and independent supermarkets. NCG uses the data to help co-ops with things like category management, negotiating deals with suppliers and in general understanding what people are buying, both at co-op stores and non-co-op stores. It seems more likely there's some other reason the doggie goods people found you — if you recently researched dog coats online, or even if you have a smartphone app with location services that recognize you visited a pet-supply store.

**s:** "Ever since I updated my iPhone to ios11 the battery runs low before the day is two-thirds over. Since I'm rarely on my phone while shopping (shopping at Weavers Way seems to require two hands most of the time), and since our stores are often buzzing with energy, I was wondering if there was a way to capture some of that energy for charging my phone as I shop."

**r:** (Norman) While it sounds far-fetched, this is not impossible. You might remember some of characteristics of electromagnetic radiation from high school physics: When you are shopping, you are basically moving charged particles in your body around, creating electromagnetic radiation, so the potential energy to generate some current is there. Next step is to visit the Mt. Airy Learning Tree website and sign up for Jedi training, which will allow you to use the Force to channel that current to your phone.

Keep in mind that the Force uses lot of calories, so you might want to munch some high-calorie foods like nuts, which if you tell people about this, they will think you are what you eat.

*normanb@weaversway.coop*

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## Now Scene at Night: Ned Wolf Park

**N**ED WOLF PARK, THE NEIGHBORHOOD garden oasis perched at the corner of Ellet and McCallum streets around the corner from the Mt. Airy Co-op, now has its own dedicated electrical source — and it's free.

Last month's holiday lighting, operated by a daylight sensing timer, was a big hit with neighbors, said Eric Sternfels, long time Ned Wolf Park volunteer who coordinates the park's annual plant sale fundraiser.

"We got the electrical hook-up when we reached out to Heather Pierce, a neighbor who chairs the West Mt. Airy Neighbors Quality of Life Committee," Sternfels said. "The city was able to provide us with a padlocked outlet off the internal lamppost within the park."

Having electricity available opens up the park to host more events and activities, Sternfels added.

"We received word from the City of Philadelphia Office of Arts, Culture and Economic Development that Ned Wolf



Holiday light show was courtesy of a new electrical hookup from the city.

Park was chosen to host a 2018 event: art, dance, music, theater, or film performance. But it may be a while before we learn the specifics."

The Friends of Ned Wolf Park funded the physical light strings, laser projection fixture, timer and extension cords from its cash reserve (plant-sale proceeds and occasional donations). Lighting to the Little Free Library box, however, is battery-operated.

Next on the wish list: water.

"We are still in communication with Councilwoman Cindy Bass, who indicat-

ed publicly that she will direct some General Budget discretionary funding to help Ned Wolf Park with another long-hoped-for improvement, dedicated water service," Sternfels said.

"Since setting up the lighting Nov. 26th, we have had reports and witnessed people with children and pets captivated by those lights. People are breaking out their cell phones to video the effect . . . That's the kind of impact that makes us feel good about using a pretty tiny amount of electricity for community joy."

Check out the lights until around MLK Day, Jan. 15.

## Volunteer Jan. 15 for MLK Service Projects

**T**HE GREATER PHILADELPHIA MARTIN Luther King Day of Service is the largest King Day event in the nation. Here are a couple of opportunities for "a day on, not a day off" on Monday, Jan. 15, from Weavers Way partners.

**The Unitarian Society of Germantown**, Lincoln Drive at Wayne Avenue, has celebrated Dr. King's legacy with a service day for over two decades. Projects on and off site this year include assembling winter essential kits for local seniors; soup-making for a local soup kitchen; and work and cleanup projects at Henry, Linglebach and Houston schools.

On-site registration and check-in will begin at 8 a.m., with coffee, bagels and other refreshments available. A brief non-denominational worship service will begin at 9 a.m., led by Rev. Kent Mathies, focusing on Dr. King's life and accomplishments. Most projects will be completed before 12:30 p.m.

Get details about all of this year's projects and also pre-register by visiting [www.mlkphillyuus.org](http://www.mlkphillyuus.org).

**At Awbury Arboretum** at Chew Avenue and Washington Lane in Germantown, volunteers are invited to participate in two projects from 9 a.m. to 1 p.m., then share a hot soup lunch.

Volunteers will lay wood-chip trails in the newly restored Wingohocking watershed spring area and current wetlands location at the arboretum. Meanwhile, teen volunteers will learn and use wood-working skills to rebuild a tool shed in the Agricultural Village.

Visit [awbury.org/events](http://awbury.org/events) to sign up online, or contact Volunteer Coordinator Leslie Cerf at 215-205-6561.



### Bye, Bye Brendan

Brendan Stiteler, the field manager at our Mort Brooks Memorial Farm at Awbury Arboretum, is moving on to pursue new farming opportunities closer to where he lives with his family in Media. Brendan has farmed with us for the last three seasons and has worked tirelessly to increase the productivity and efficiency of our farms. He was in charge of our greenhouse and improved the quality of our transplants, which is the first step to a strong growing season. He implemented the addition of new crops, such as winter squash and onions, that have been huge successes with our Community Supported Agriculture shareholders. He has cultivated a loyal following of cooperators and shareholders who have volunteered at our farm at Awbury for multiple seasons, and he has mentored three different field assistants.

We will miss you, Brendan, and we wish you the very best in your upcoming farming ventures!

— *Weavers Way Farms Manager Nina Berryman*

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# How to Keep Your Poinsettias Blooming Year After Year

by Ron Kushner, for the Shuttle

**P**OINSETTIAS ARE LEAFY PLANTS, typically with dark green leaves topped with colored, modified leaf bracts which are often incorrectly considered flowers or flower petals. The real flowers are tiny, mostly berrylike structures in the center of each colored leaf bract.

The common name for this popular winter-holiday plant was given in honor of Joel Poinsett, a gardener and botanist from South Carolina who in 1825, was the U.S. Ambassador to Mexico where he found the native Mexican plants growing.

The botanical name is *Euphorbia pulcherrima*. The genus was named by taxonomist Carl Linnaeus for Euphorbus, a Greek physician of the 1st century BC. The species name “pulcherrima” means “very beautiful.”

Contrary to widely circulated misinformation, poinsettias are not poisonous to humans or animals. If ingested in enormous quantities, they might cause mild stomach discomfort. The white sap of some other Euphorbias can cause skin irritation, but poinsettias, snow on the mountain (*E. marginata*), crown of thorns (*E. milii*) and other popular members of the very large “spurge” family don’t deserve this rap.

When the poinsettia’s bracts age and lose their aesthetic appeal, there is no reason to throw out the plant or toss it into the compost. With proper care it will rebloom! The process can be a bit of a challenge but it can be done.

By late March or early April, cut your poinsettia back to about 8 inches



What U.S. Ambassador Joel Poinsett saw in Mexico in 1825 — or something like it.

in height. Continue regular watering and fertilize with a balanced, all-purpose fertilizer. By the end of May you should see plenty of new growth.

Place your plants outdoors after all chance of frost has passed, normally after mid-May. Night temperatures should be above 55 degrees F. Some morning sun is fine but the plants do best in indirect sun. Continue regular watering and fertilize every two to three weeks.

About June 1, transplant into larger pots (no more than 4 inches bigger in diameter than the original pot). Use any soil-less potting mixture sold in garden centers. Some pruning may be required during the summer to keep the plants bushy and compact. Late June or early



A reflowering poinsettia trained as a bonsai.

July is a good time to do this; don’t ever prune after Sept. 1.

Poinsettias set buds as the autumn days get shorter. In their native Mexico, they naturally come into bloom during November or December, depending upon the individual cultivar.

To get this to work at home, starting Oct. 1, keep the plants in complete darkness for 14 continuous hours each night, followed by 6 to 8 hours of bright sunlight daily. To achieve the required darkness, it is best to move the plants to a totally dark room or cover them with a large box. Stray light of any kind, such as from a household lamp or even a streetlight, could delay or entirely halt the reflowering process. It’s also important to control night temperatures: no lower than 60 degrees nor higher than 70.

Continue normal watering and fertilizing and the nighttime darkness regime for 8 to 10 weeks and you should have tiny blooms — and large colorful bracts — for the holiday season.

Fertilizer is not necessary while the plants are in bloom. Water thoroughly, saturating the soil completely, allowing them to drain. Do not allow the pots to sit in water in saucers. If you see leaves or bracts wilting, water immediately.

Poinsettias thrive in humid air. In dry, interior environments, placing pots on a pebble tray or misting the leaves frequently will help. Keep plants away from drafts, fireplaces and ventilating ducts.

For questions or comments: ron@primexgardencenter.com.

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## New Deals

(Continued from Page 1)

formation. But the new version of the flyer, which is provided to us by the National Cooperative Grocers, will finally be customized so it only features what we sell at Weavers Way!

With all of these, you'll find more deals (and Deals) at Weavers Way than ever before. But you really should come in and see, because we always have more specials than we can advertise — a very short-term deal from a vendor, for example, a discount that's only available in one store or a last-minute produce price break.

Our goal in making these improvements is to support our shoppers in getting the high-quality products they want at a great value. So the next time you're in any of our stores, look around for the hundreds of green "Co-op Deals" and "On Sale" tags!

And don't forget those purple tags: Those are Co-op Basics, items that are ALWAYS a good deal, with everyday low prices.

Happy shopping!

*cpang@weaversway.coop*



## Run for the Board

(Continued from Page 1)

8419 Germantown Ave.; and Tuesday, Feb. 6, location to be determined. Both start at 7 p.m.

You must also attend one of the Leadership Committee's information sessions for prospective candidates:

- Thursday, Jan. 18, in Chestnut Hill.
- Monday, Jan. 22, in Mt. Airy.
- Wednesday, Jan. 24, in Ambler.

All sessions start at 7 p.m. RSVP in the Online Events Calendar ([www.weaversway.coop/events](http://www.weaversway.coop/events)) or contact me at [lish43@comcast.net](mailto:lish43@comcast.net).

We suggest that you go to the Online Member Center (login required) and take a look at some Board minutes to learn more about how the Board functions. But keep in mind that attending a Board meeting and an information session is required.

Candidate applications and additional info about running for the Board are available at [www.weaversway.coop/board-elections](http://www.weaversway.coop/board-elections). The application includes an agreement to fulfill the duties of the Board and a disclosure of conflicts of interest. All candidates must answer five questions, and the responses, strictly limited to 250 words, will be published in the April Shuttle and with the online ballot. Candidates must also submit a photograph to run with their statements. Finally, in March, all candidates will record a video statement to be posted online.

Weavers Way wants to grow its place as a valued resource in the community; if you are elected to the Board, you will be a part of the future of the local, national and international cooperative movements.

If you have other questions please email me at [lish43@comcast.net](mailto:lish43@comcast.net).

## MUST-DO DATES FOR BOARD CANDIDATES

✓ **Attend a Weavers Way Board meeting:**

**Tuesday, Jan. 9,** 7 p.m., 2nd floor, Chestnut Hill Community Center, 8419 Germantown Ave.

**Tuesday, Feb. 6,** 7 p.m., location TBD

✓ **Attend an information session for prospective candidates.**

**Thursday, Jan. 18,** 7 p.m., 2nd floor, Chestnut Hill Community Center, 8419 Germantown Ave.

**Monday Jan. 22,** 7 p.m., Mt. Airy Community Room, 555 Carpenter Lane

**Wednesday, Jan. 24,** 7 p.m., The Café, Weavers Way Ambler, 217 Butler Ave.

✓ **And don't forget:**

**Feb. 28:** Applications due, with high-resolution photo

**March:** Video interviews

**April 1-29:** Voting.

**April 29:** Results announced.

## Ambler Area Running Club Makes Co-op Its 2018 Beneficiary

by Nathan Relles, for the Shuttle

WITH THE START OF THE NEW year, many of you may be reflecting on 2017 and what you'd like to accomplish in 2018. If regular exercise is on that list, we'd like to introduce you to the Ambler Area Running Club. The purpose of the club is to develop and promote local running and racing, to provide running-related information and social activities and to enhance training opportunities in a supportive atmosphere. AARC sponsors weekly group runs to help members stay motivated and help beginning runners get started.

Just as Weavers Way is not just a grocery store, the AARC is not just a running club — it's an organization that helps our community become stronger and healthier. Each year the club raises money for community organizations with two big race events: the Fireside Frostbite 5-Miler, this year on Feb. 17, and the Phil's Tavern Race in July. Over the years, the club has raised thousands of dollars for organizations such as Wissahickon Valley Watershed Association, Kelly Anne Dolan Memorial Fund, Aid For Friends, Girls on the Run and many more.

For 2018, AARC has made its beneficiary Weavers Way Co-op!

Since Weavers Way is not a nonprofit, the Co-op plans to use the funds to help make its stores accessible to a greater number of low-income households. Through the Food For All program, households receiving public assistance (SNAP,



Look out for the AARC's Fireside Frostbite 5-miler on Feb. 17.

TANF, WIC or Medicaid benefits) get 10 percent off everything at the Co-op every day and pay a reduced membership investment of \$5, compared to the standard \$30. With AARC's help, Weavers Way hopes to be able to sponsor membership for anyone eligible for Food for All.

"We are incredibly grateful for AARC's generous support," said Weavers Way Marketing Director Crystal Pang, "and hope that you'll consider supporting them in return — if you'd like to volunteer for the February event, it's also a great way to get working member credit!"

Meanwhile, if you're interested in running on any level, pair up with a friend or loved one, or find a new AARC buddy, and sign up for a race. (They say it's easier to run with four legs than two!)

To learn more about the Ambler Area Running Club, or to sign up for the Fireside Frostbite 5-Miler, visit [www.aarclub.com](http://www.aarclub.com).

*Nathan Relles is a member of the Ambler Area Running Club.*

## Ambler Advisory Committee

(Continued from Page 1)

- Educating the community about the unique opportunities the Co-op provides. Though we are a prime neighborhood for a co-op, we still have hearts to open and minds to shift.
- Facilitating the creation of committees and clubs that meet the needs of our community.
- Choosing a "Giving Twosday" nonprofit recipient once a year. For our turn in 2018, we proudly chose the North Penn Valley Boys & Girls Club.
- Encouraging everyone to shop the Co-op!

We also hope this committee will consistently represent the concerns and needs of our community so the Ambler store will continue to evolve into our own unique marketplace.

As with all new beginnings, our community has been vocal about the ways our store can be adjusted and improved. We are thrilled with the rapid and thoughtful response of the Weavers Way Ambler team!

Each day, our market better fits the needs of our community. We encourage our local members to continue to shop, participate, and be vocal.

We look forward to hearing from all of you about how you plan to get involved with the Co-op. You can reach us at [fry.wendy@gmail.com](mailto:fry.wendy@gmail.com) and [carly.chelder@gmail.com](mailto:carly.chelder@gmail.com).



*Carly Chelder, above left, and Wendy Fry co-chair the AAC and are both former educators and mothers of small children. Carly formerly ran the School Marketplace Program at Weavers Way Community Programs.*



## STAFF CELEBRITY SPOTLIGHT

### Renee Champion

**Title:** Ambler sandwich-station manager

**Where she's from & lives now:** North Philly

**Education:** A 2005 graduate of Freire Charter School, she completed studies to be a medical assistant through Colorado University online and also took classes in medical administration through CU.



**Family facts:** She and her man, Jerrell, have two kids — Jamere, 11 and Jaannah, 4.

**Her Weavers Way timeline:** Hired as a cashier for the Co-op's Ogontz store in 2008, and later did some food prep there. When Ogontz closed in 2011, she moved to the Mt. Airy store, where she was a sandwich maker before transitioning to Prepared Foods. She left in 2014, a few months after her daughter was born.

**How she got back to the Co-op:** After not working for a year, she got a series of food-service jobs, including at Philadelphia University, Penn State Abington and Cooper University Hospital in Camden. When she found out the Co-op was opening in Ambler, she put in an application.

**So, how's being back?** "It feels great. . . I always felt like Weavers Way was a good place to work. For the couple of months I've been here, it's been nothing but stress off my shoulders."

**What she likes about the Co-op:** "Just the community, the intimacy of working with the community itself, and learning about different ways to eat, how to be healthy. Seeing a place come together as one."

**Favorite Co-op products:** Local apples, Samuels & Son seafood. She also enjoys the gluten-free products produced by Applegate Farms, which she buys for a cousin who has celiac disease.

**And long-term?** "My plan is to actually retire from Weavers Way. Being that I'm 30 now, I feel like I got to the place where food is where it's at. No matter how many times I went back to school for medical, and I worked in the service of medical, I still seem to find my way back to food service."

**A li'l help:** Renee is looking for a three-bedroom home in Northwest Philly. If you have any leads, email [kplourde@weaversway.coop](mailto:kplourde@weaversway.coop).

— Karen Plourde

## COOPERATORS OF THE MONTH

### Sean & Sylvia Forman

**Joined Weavers Way:** In 2000, shortly after moving from Iowa City, IA

**Live in:** Mt. Airy, less than a block from the Co-op

**Day jobs:** Sean runs Sports Reference, an online site that manages statistics for the four major pro sports as well as college basketball and football. Sylvia, a former math professor at St. Joseph's University, is in the middle of a career switch: she's taking classes in public health at Temple. They have two children: Carl, 12, and Elinore, 9.

**How they ended up in 19119:** Sean: "I got a job at St. Joe's, and we were going to move to Philly, and neither of us had ever been to Philly. Sylvia was a member of New Pioneer Co-op in Iowa City, and we looked on the Internet [to find] co-ops in Philadelphia. . . We kind of thought that would be a place where we'd want to live."

**Working member history:** They took a break from being Working Members when the kids were young, but re-upped when Sylvia left her job. She does all the family's hours.

**Favorite Co-op jobs:** Sylvia mostly works in Bulk or Across the Way, but has done various jobs in the Mt. Airy store. "I like working there. One of the first times I worked there, I was packing Noreen's chocolate chunk cookies, which I had never even noticed before, and I could hardly wait for my shift to end so I could buy some."

**Loyal shoppers:** They get about 99 percent of their groceries at the Co-op, according to Sylvia. And Sean's company leases office space at Summit Church down the street, so he and his staff walk up to Greene and Carpenter most days to get lunch. Says Sean: "We're probably there 20 times a week."

**A little Co-op love:** Sylvia: "We know a lot of the people — sometimes from working there, but also from shopping there. So there's community that way, and also with other people who shop there."

— Karen Plourde



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

### Weavers Way Board

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

The January Board meeting is scheduled for 7 p.m. Tuesday, Jan. 9, in the 2nd-floor conference room of the Chestnut Hill Community Center, 8419 Germantown Ave. February's Board meeting is slated for Tuesday, Feb. 6.

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

**2016-2017 Weavers Way Board**  
**President:** Chris Hill  
**Vice President:** Joshua Bloom  
**Treasurer:** Emmalee MacDonald  
**Secretary:** Lisa Hogan  
**At-Large:** Eric Borgstrom, Megan Seitz Clinton, Larry Daniels, Joyce Miller, Joan Patton, Laura Morris Siena, David Woo

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**215-843-2350**

### Weavers Way Across the Way

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

### Weavers Way Chestnut Hill

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

### Weavers Way Ambler

217 E. Butler Ave.  
**8 a.m.-8 p.m. daily**  
**215-302-5550**

### Weavers Way Next Door

8426 Carpenter Lane  
**9 a.m.-8 p.m. daily**  
**215-866-9150, ext. 221/222**

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### Advertise

in the  
**Shuttle**

[advertising@weaversway.coop](mailto:advertising@weaversway.coop)

**DID YOU KNOW?**  
 You can read the Shuttle online.



[www.weaversway.coop/shuttle-online](http://www.weaversway.coop/shuttle-online)

### Become a Member

Want to play a role in shaping your grocery store? Just complete a membership form in any store or online, make an equity investment and you're good to go! We ask new members to attend an orientation meeting to learn about our cooperative model. You'll receive two hours of work credit for attending. We look forward to meeting you!

### Upcoming Meetings

**Mt. Airy**  
**Tuesday, Jan. 16, 6:30-8 p.m.**  
 Community Room, 555 Carpenter Lane  
**Ambler**  
**Thursday, Jan. 11, 6:30-8:30 p.m.**  
**Saturday, Jan. 27, 9, 1-2:30 p.m.**  
 Senior Center, 45 Forest Ave.  
 RSVP: [outreach@weaversway.coop](mailto:outreach@weaversway.coop)



# Here's to a Happy & Nutritious 2018!

The Weavers Way Neighborhood Nutrition Team is a group of six nutritionists, dietitians and other wellness practitioners who are working together to bring nutrition inspiration and information to Co-op members. The team aims to provide information and resources that empower members to make desired changes in their nutritional program.

In 2018, the team will offer a series of educational workshops and demonstrations — and some tastings, too! — addressing a monthly theme.

## weavers way NEIGHBORHOOD NUTRITION TEAM



### JANUARY: The Food/Mood Connection

We'll explore the ways your emotional state is connected to the foods you eat and the ways your body processes this food.

### FEBRUARY: Heart Health

How can we keep our hearts healthy and happy? What foods support heart health — physical and emotional?

### MARCH: Soups, Stews & Broths

The weather outside may still be frightful, but warm meals can make March delightful. Explore healthy and delicious recipes that are perfect for the end of winter.

### APRIL: Spring Allergies

Your diet can help alleviate — or aggravate — the misery of spring allergies. Learn about the food / allergy connection.

### MAY: Grains & Gluten

What is gluten? What is "whole" grain? Learn methods of soaking and cooking grains for digestibility and discuss the symptoms and prevalence of wheat sensitivity. Workshops, demos and tours will introduce participants to grains other than wheat.

### JUNE: Eating with the Seasons

Even a modest increase in consumption of local and seasonal foods is good for the planet and can be more healthful, too. June programs will focus on tips and recipe ideas for eating seasonally and locally.

### JULY: Healthy Skin

Our largest organ, the skin is continuously exposed to internal and external influences that can alter its condition and function. We'll focus on good nutrition for healthy skin and talk a bit about sunscreens, too.

### AUGUST: Dairy & Dairy Alternatives

Grass-fed, organic, hormone-free, raw — what do all these terms mean, and what do they mean for our health and the environment?

### SEPTEMBER: Back to School

We'll consider healthy meals, packed lunches and "fast" foods that won't break the bank.

### OCTOBER: Coffee & Chocolate

As we talk about coffee and chocolate sourcing, nutrition information and impacts of these delicious treats on health and wellness, we'll also offer tastings.

### NOVEMBER: Herbs for Everyday Wellness

Taste teas, explore tinctures, discuss the use of culinary herbs and the impact of herbs on our health as we focus on traditional herbal supports for self and community.

### DECEMBER: Healthy Holidays

Holiday eating can often compromise nutrition and digestion. We'll suggest strategies, recipes and resources to help you stay well and feel great throughout the season.

## WEAVERS WAY WORKSHOPS



Weavers Way workshops provide opportunities to learn and share knowledge on a wide range of topics. Popular themes include civic life, health, the environment and, of course, food! Workshops are usually free and always open to the public.

### RSVP on EVENTBRITE

WE ASK THAT YOU REGISTER EVEN IF THE WORKSHOP IS FREE.

Go online at [Eventbrite](https://www.eventbrite.com) or RSVP via the Events Calendar, [www.weaversway.coop/events/workshops](http://www.weaversway.coop/events/workshops). Or do it the old fashioned way: Contact **Programs Coordinator Stephanie Bruneau** at [sbruneau@weaversway.coop](mailto:sbruneau@weaversway.coop) or 215-843-2350, ext. 152.

### WHY NOT GIVE ONE YOURSELF?

Anyone can propose a topic, and members who lead workshops get three hours of work credit.

### WORKSHOPS ARE HELD:

- In Mt. Airy in the **Community Room**, 555 Carpenter Lane, and **The Mercantile**, 542 Carpenter Lane.
- In Chestnut Hill in **The Backyard**, 8482 Germantown Ave., and the **Healing Arts Studio**, 15 W. Highland Ave., 2nd floor.
- On our farms: **Henry Got Crops**, Saul High School, 7095 Henry Ave.; **Awbury Arboretum**, 901 E. Washington Lane.
- In Ambler, in **The Café** at the store, 217 E. Butler Ave., or the **Ambler Senior Center**, 45 Forest Ave.
- Other locations as noted.

## COMING UP

### Take Flight — All About Honey

Tuesday, Jan. 9, 7-8:30 p.m.,

Weavers Way Ambler

This hands-on workshop led by Weavers Way Program Coordinator, author and beekeeper Stephanie Bruneau will introduce you to honey as you've never known it before! Learn how and why bees make honey, some of its uses throughout history and its amazing medicinal and nutritional properties. The workshop will include a tasting of local and varietal honeys, and a hands-on project where all workshop participants will make and taste a medicinal honey syrup. The \$5 registration fee supports Food Moxie's nutrition education programs.

### Five Easy Steps to Backyard Composting

Thursday, Jan. 18, 7-8:30 p.m.,

Ambler Senior Center, 45 Forest Ave.

Join Weavers Way member Colleen Falicki, founder of the Back to Earth Compost Crew, to learn how to turn your food scraps and yard waste into black gold for use in your garden. The first 10 registrants will receive a 2.5-gallon bag of compost! FREE.

### The Food/Mood Connection, SAD to Glad

Thursday, Jan. 25, 7-8:30 p.m.,

The Café, Weavers Way Ambler

Is your Standard American Diet making you SAD? Join Weavers Way Neighborhood Nutrition Team for a discussion about the connection between foods and moods and how to make diet changes to improve both physical and emotional health. FREE.



### Pie Making for Every Level

Saturday, Jan. 27, 1-3 p.m.,

Weavers Way Ambler

In this hands-on class for bakers of every level, you'll learn how to prepare flaky pie crust and citrus-spiked crumb crusts, the truth behind blind-baking and why it's so important and other tips and tools of the pie trade. This workshop is by pastry chef, blogger ([www.NoMoreMrNicePie.com](http://www.NoMoreMrNicePie.com)) and author Ellen Gray, formerly of Tabora Farm in Bucks County and Slice of Heaven, Stella Notte and Cafette in Chestnut Hill. \$30

### Meditation for Beginners

Wednesday, Jan. 31, 7-8:30 p.m.,

Mt. Airy Community Room

Learn the basics of Isha Kriya, a simple 12-18 minute practice, to help you become meditative effortlessly. Isha Kriya does not require any previous experience with meditation and can be done sitting in a chair. This free program is led by Weavers Way Working Member Juie Rami.

MORE INFO & TO RSVP: [www.weaversway.coop/events/workshops](http://www.weaversway.coop/events/workshops)

[sbruneau@weaversway.coop](mailto:sbruneau@weaversway.coop)/215-843-2350, ext. 152