

Last Chance to Get on Board the 2018 Ballot

by Lisa Hogan, Weavers Way Leadership Committee

Thinking of running for the Weavers Way Board in 2018? The time has come for you to make your decision!

Applications are due Feb. 28. You must also attend one Board meeting, and the last one before the deadline is

Tuesday, Feb. 6, 7 p.m., at the Chestnut Hill Community Center, 8419 Germantown Ave., 2nd floor. If you have attended a Board meeting in the past, you are covered. We also recommend you review past Board minutes, which are posted in the Weavers Way Online Member Center (members.weaversway.coop; login required), to gain more knowledge of how our Board functions.

(Continued on Page 22)



Community-Owned,
Open to Everyone

The Shuttle

FEBRUARY 2018

Since 1973 | The Newsletter of Weavers Way Co-op

Vol. 46 | No. 2

Kensington Co-op Eyes Construction, Spring Opening

by Natalie Hartenbaum, for the Shuttle

AFTER NEARLY NINE YEARS, THE dream of being able to provide healthy, high-quality food, products and services to members of the Kensington Community Food Co-op (KCFC) and the surrounding community may be only months away.

When the Shuttle last reported on the progress of the KCFC, in 2015, the co-op had acquired its location at 2670 Coral St., just off the intersection of Frankford and Lehigh avenues. But much additional funding was still required to get the doors open.

A \$350,000 grant from the city for construction brought them to a point where groundbreaking took place in May 2017. Plans for the store have been drawn and all that is needed to start construction is final city approval, with plans to open this spring.

The store will feature:

- Over 2,000 square feet of grocery retail space.

(Continued on Page 22)



A public car-charging station — not ours, this is in Buffalo, NY.

Get Charged About Electric Vehicles

by Rick Denzien, for the Shuttle

WITH THE CLIMATE-DENYING agenda in Washington, it's more imperative than ever to step up individual actions to cut back on greenhouse gas emissions. Weavers Way members are in a good position to "walk the talk" of sustainability when buying local and organic food, cutting back on meat consumption or eating a vegan diet to reduce our greenhouse gas footprint.

Our next big choice: Retiring our internal combustion engine vehicles, and making the switch to all-electric vehicles to yield the largest reduction in carbon dioxide emissions.

Electric Vehicles: Just the Facts

Many people are under the impression that electric vehicles are expensive or somehow just as polluting as gasoline-fueled cars. Not true! Despite oil company lobby groups that disguise themselves as "experts" to promote

skepticism, the fact is electric vehicles emit ZERO pollution, and electric vehicles charged by fossil-fuel energy sources are still about 60 percent cleaner than the cleanest gas car.

Electric vehicles are also 85 percent cheaper to operate and maintain. The initial cost is lower for new and used electric vehicles. For 70,000 gasless miles, the savings in gasoline and oil alone is about \$12,000. Low maintenance costs make savings even greater.

EV batteries can be repurposed as stationary electrical storage and are 100 percent recyclable at end of life. Unlike gasoline, the chemical material in the battery is a non-consumable that can be reused. Electric vehicles can also serve as backup battery storage for home or business energy use.

Driving Cleaner Air and Water

The exhaust from gasoline-fueled internal combustion engines delivers poison directly to our lungs as we walk

A charging station of one's own

Saturday, Feb. 24, 1-4:30 p.m., Weavers Way Ambler, 217 E. Butler Ave.

In this "Build Your Own EV Charge Station" workshop, participants will build a personal electric vehicle charge station for home or business, or sponsor one for the Weavers Way Ambler parking lot.

The cost of \$395 covers all materials and instruction. Registrations MUST be received by Feb. 16 to receive kits in time for the workshop.

EVERYONE is welcome to stop by to observe, learn about the electronics and science of EVs and about installing a home charge station; and to join discussions on eliminating fossil fuels at home and work.

To learn more and register, visit www.ThriveStation.com or call or text workshop instructor Rick Denzien at 215-962-6495.

along busy streets, drive, fly or do lawn maintenance.

Gasoline vehicles also drip oil on streets and parking lots, which washes into waterways when it rains. The storm pipes in the Weavers Way Ambler parking lot drain directly into Tannery Run; the creek flows through an encased cement channel beneath the lot and under the store, on its way to the Wissahickon.

The cumulative effect of all parking lots and all cars dripping oil in all

(Continued on Page 14)

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Editor's Note



by Mary Sweeten, Editor,
The Shuttle

GM JON ROESSER HOSTED ONE OF his member forums last month. The topic was waste reduction at the Co-op, and the Mt. Airy Community Room was packed on an icy night. Said Jon: "I don't think we've ever had this many people."

The conversation quickly zeroed in on plastic. Weavers Way, like all retail food businesses, goes through a lot of it. Bulk bags and buckets. Takeout containers. Shrink wrap. Green produce bags. It's not just shopper convenience — plastic plays a huge part in the food-distribution system that Weavers Way is part of, and disengaging is harder than just not taking a produce bag.

Although, really, what's with the produce bags? Norman estimates we give out more than 333,000 a year.

There were lots of suggestions. One of them was to start charging again for said produce bags. And another was for people to bring their own reusable containers, and not just for bulk items, but for deli and prepared foods, too. And this is where a funny thing happened: Neither Norman nor Weavers Way Zero Waste Consultant Alisa Shargorodsky was sure we're ALLOWED to dispense prepared foods into customers' own containers.

So I did the reading (because that's who I am), and it turns out it IS illegal — in other places, including Portland, OR. (Don't start.) There's nothing in the Philadelphia or Montgomery County health codes — which lean heavily on the state's food-safety regulations, which in the area of retail food sales are cribbed entirely from the FDA — *nothing* that forbids us from dishing chicken salad into your dish.

So think about bringing your own container. But first, think about this:

- Only clean containers, please. What if you got sick on our food because YOUR container wasn't power-washed to food-safety perfection? What if others did because our serving utensil got contaminated by your icky jar? (We know no Weavers Way shopper would ever blame the Co-op, but you can see why some take-out operations ban outside containers.)
- Show you care — please tare. If you don't know the weight of your empty container, we're going to have to charge you for the contents *and* the container. Maybe that will help you remember to weigh your growler the next time you hit the kombucha tap? Also, don't get mad at the cashiers.

(And if you forget your container and Caitlyn in Mt. Airy or Sierra in Ambler just happens to have a jar or two under the sink? I don't want to know.)

Of course, we're such a long way from Zero Waste that every bit helps and every bit makes no difference at all. Alisa, who knows a lot about this, is writing a series about ways we as a co-op can move



What's in Store at Weavers Way

A Column Exploring Ways for the Co-op Community to Shift Sustainability Tides

Green Dream Weavers

The Rap on Pallet Wrap

by Alisa Shargorodsky, Weavers Way
Zero Waste Consultant

PEOPLE BELONG TO FOOD CO-OPS FOR A NUMBER OF DIFFERENT reasons. Some do it because it's local and convenient, or because of the quality of products available. Maybe it's the democratic governance that attracts you? That's a big one for me. I love the fact that I own this market with each of you.

It sounds kind of funny to say, but yes, each of us owns dividends. For me, it means that I have a right and responsibility to support my co-op to be the best it possibly can be, and because my background is in Zero Waste, I want to see us collectively coming together to shift some of the Co-op's behaviors in line with our Ends, which oblige us to behave environmentally responsibly in all of our endeavors.

Sadly, that's really tough for a grocery store to do, because our very market structure is based on behaviors that are not very sustainable at all. However, as a community, we have done some really cool things in the past several years that show we can work together to make shifts happen that benefit the environment.

At the last couple of Mt. Airy Village Fairs, for example, we banded together and turned our 700 pounds of trash into 80 pounds and then last fall just 40 pounds. How amazing is that — for 3,000-plus fairgoers to have such a small solid-waste impact says a lot about what's possible.

We want to take sustainability to the next level at Weavers Way, but we need to hear from you. Over the next six months, I will be writing a monthly article pertaining to a variety of sustainability topics. Please check out these articles and don't hesitate to send me an email if you are interested in supporting some initiatives that we might be launching.

Here's one that could be very powerful:

Weavers Way is a member of the National Co-op Grocers, a trade group for food co-ops. One thing that NCG does is negoti-



To keep pallet contents from tumbling down, shippers use pallet wraps. Left: No. Below: That's more like it.



ate discounts for its members from large food producers and shippers including the distributor United Natural Foods Inc. UNFI is where we get most of our large grocery shipments, and their tractor-trailers make deliveries several times a week to our warehouse in Nicetown and to Ambler. These groceries come off of the truck on giant pallets of boxes stacked high and wrapped with plastic to hold them in place — lots and lots of plastic.

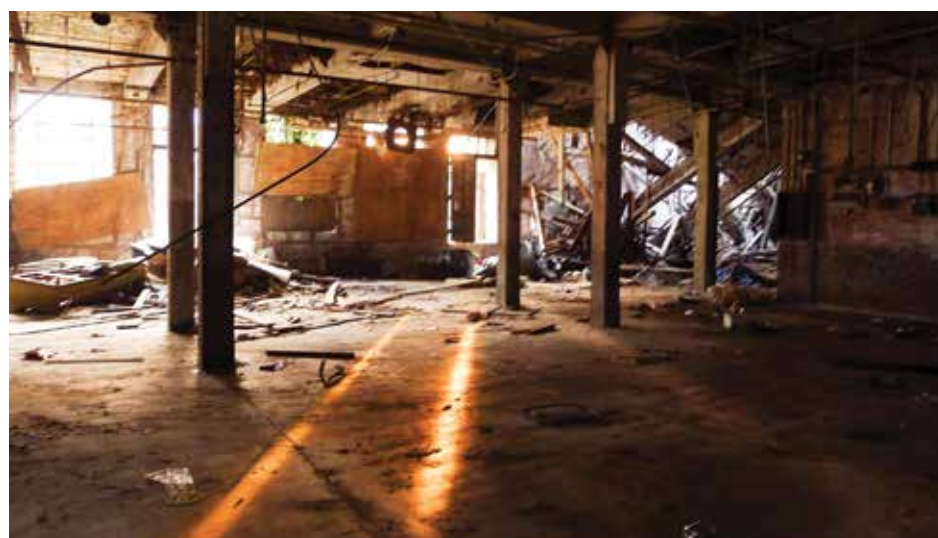
There are alternatives to single-use plastic pallet wrap, including reusable fabric pallet wraps. We'd like to use our collective voice to persuade NCG to ask UNFI to make the shift to reusable pallet wraps, saving thousands and thousands of pounds of plastic from the waste stream each year.

Here's a petition to sign to get this started.

www.change.org/p/unfi-unfi-to-switch-to-reusable-pallet-wrap

(You can also find it at www.weaversway.coop/pallet-wrap-petition.)

asharg.zwc@gmail.com



Stuart Shils photo

Above, Van Straaten & Havey mill, Germantown, 2012

the sustainability needle systemwide. Read the first one on this page — reusable pallet wraps, who knew? — and sign the petition to National Co-op Grocers.

In last month's printed Shuttle, I neglected to credit Weavers Way member Stuart Shils for some photos that provid-

ed extra perspective on the story about Manayunk Timber. Sorry, Stuart! Here's another of his photos of the now-demolished mill that was the source of the wood for some of the signage in our Ambler store. Reminder: We always need photographers!

msweeten@weaversway.coop

The Shuttle is published by
Weavers Way Cooperative
Association.

Statement of Policy

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

Weavers Way members are welcome to submit articles (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. 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, via email at advertising@weaversway.coop or by calling 215-843-2350, ext. 314. Advertised products or services may not be construed as endorsed by Weavers Way Co-op.

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What's in Store at Weavers Way

Check It Out!

by Karen Plourde, Weavers Way Communications Staff



All Wellness and Good

Get all aglow with beeswax candles from Big Dipper. And a new flavor of Good Clean Love.

Don't look now, but Valentine's Day is coming on; ready yourself for the love train with all-natural candles from **Big Dipper Wax Works** of Seattle, available in all three stores. Varieties include heart-shaped sculpted pillars and tea light-sized tins infused with cinnamon essential oil. Planning a romantic dinner at home? All our locations stock **Danica** tapered candles in assorted colors; Across the Way carries three sizes.



In the hope that one thing will lead to another, you may want to lay in some cinnamon/vanilla-scented Guilty Pleasure personal lubricant from **Good Clean Love** of Eugene, OR. Their



products, stocked Next Door in Mt. Airy, are organic or nature-based and free of petro-chemicals, parabens and glycerin. Both Next Door and Ambler have their products, although only Chestnut Hill carries Guilty Pleasure.

Going On in Grocery

It's crunch time for love, courtesy of Nature's Path. And vegan snacks from Healing Home Foods.



apples, cashews and macaroons. Pass the milk, Love Muffin.

Cereal may not be romantic, but it can be decadent, thanks to **Nature's Path** foods. Organic Love Crunch, which can be found in Chestnut Hill and Ambler, comes in six dessert-worthy flavors that incorporate red berries, peanut butter,

If you're hunting on the healthier side, Ambler Grocery Manager Nancy Melley is excited about a line of gluten-free vegan nummies from **Healing Home Foods** of Pound Ridge, NY. The baked biscotti bites and baked granola come in three flavors and, along with baked graham bites and two types of raw crackers, occupy a couple of shelves with the chocolate/energy bars/juices. The company was started and is still run by a mom who radically changed her family's diet after her son was diagnosed with autism.

Bulk & Beyond

A new granola for you coconuts.

Granola is an ever-evolving product, easily tweaked for fun or fundamentals. Enter **GrandyOats** Coconola granola, a coconut-based concoction taking up a bulk bin in Ambler and shelf space in Mt. Airy and Chestnut Hill. It's grain-free, which makes it paleo friendly, and



loaded with pecans, cashews, seeds and coconut chips. GrandyOats, based in Hiram, ME, is certified organic.

Finds for the Furry & Feathered

Soothe and protect Pup's paws with Max Wax.

Winter can be "ruff" on your pooch's paws: The cold dries them out, and some snow-melt products can even cause chemical burns. Make future walks happier with **Pawz Max Wax**, available in Ambler and Across the Way in Mt. Airy. It's from the same folks who make the balloon-like dog boots in a rainbow of colors that we sell Across the Way.



Max Wax is made from human-grade beeswax, lanolin and Vitamin E, and has no scent or odor. (Well, none that humans can detect, anyway.) It moisturizes paw pads and prevents snow and ice buildup. And don't stow the stuff away once the weather gets warmer; Max Wax can also protect against the heat of summer sidewalks.

kplourde@weaversway.coop

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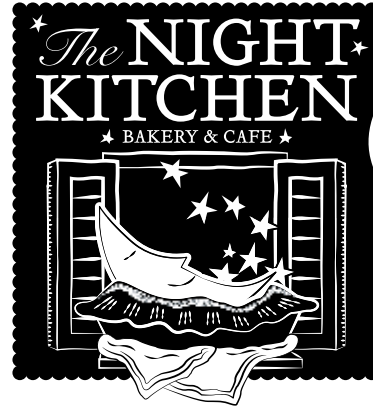
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What's in Store at Weavers Way

They Want You to Eat Well & Be Well

THE WEAVERS WAY NEIGHBORHOOD Nutrition Team is a group of six nutritionists, dietitians and other wellness practitioners. The Team aims to bring nutrition inspiration and information to Co-op members, providing information and resources that empower members to make desired changes in their nutrition.

Each month, the Team offers educational workshops and demos that address a specific theme. In February, they will dive into topics of the heart: How can we keep our hearts healthy and happy? What foods support heart health — both physical and emotional?

weavers way
NEIGHBORHOOD
NUTRITION TEAM



Heart-Healthy Nutrition

Tuesday, Feb. 6, 7-8:30 p.m., Weavers Way Ambler

Nicole Schillinger, owner of the Functional Health Center in Ambler, will discuss cholesterol management, the sodium connection with blood pressure, types of fats, supplements for the heart and more.

Mini-Workshop: Heart-Healthy Nutrition

Friday, Feb. 9, noon-1 p.m., Weavers Way Ambler

This lunchtime mini-workshop focuses on proper nutrition for heart health — the short course on cholesterol, sodium and blood pressure, types of fats, supplements and more.

Heart-Healthy Chocolate Demo

Saturday, Feb. 11, 11 a.m.-1 p.m., Weavers Way Ambler

Get your heart healthy chocolate on! This informal demo and tasting will focus on quick and easy DIY, heart-healthy chocolate treats that are gluten- and dairy-free, low-glycemic and delicious!

Meet the Team

Liz Traison Witkin is a registered-dietitian student at LaSalle University and also working on her masters in human nutrition. A Detroit native, she moved to Philadelphia in 2015 and has worked in community nutrition. Last year, as a Dorot fellow in Israel, she worked for renowned chef Ezra Kedem as a sous chef and farm manager. Ask her about lacto-fermentation, yogurt making and kitchen-sink soups.



Wendy Romig is owner of Sage Integrative Health Center in West Mt. Airy (www.sageintegrativehealth.com) and a functional nutritionist and clinical herbalist specializing in complex chronic conditions. Wendy offers clinical consultations for a wide range of health concerns, drawing from both ancient traditions and modern evidence-based science. She also teaches classes on nutrition, herbal medicine and integrative health. Wendy is currently pursuing a doctorate in clinical nutrition.



Dorothy Bauer spent most of her adult life in Berkeley, CA, with her husband, triplet sons and a wide variety of family pets. She has certificates from Living Light Culinary Institute, Optimal Health Institute and Premiere Research, and mentored with renowned raw-food chef and author Elaina Love. Healthy food and lifestyle are her passion with a particular focus on a gluten- and dairy-free, low glycemic diet.



Kristin Fulmer is a Pennsylvania-licensed professional counselor, and a certified nutritional therapy practitioner. Kristin utilizes an integrative and functional whole-person, mind-body approach to counseling using a combination of therapeutic

strategies, including cognitive-behavioral lifestyle and nutritional-therapy interventions. She focuses on nutritionally dense, whole foods to improve emotional and physical well-being. To learn more about her practice, visit www.healthybody-happybrain.com.



Beth Chiodo is an Ambler-based registered dietitian and certified wellness coach. Beth works in corporate wellness and also has a private practice (www.yourperfectbite.com). She does one-on-one nutrition counseling, gives seminars and cooking

demonstrations, and helps execute other wellness offerings and workshops for the community. Beth specializes in medical nutrition therapy for various medical conditions, like diabetes and high blood pressure, and helps clients achieve a healthy relationship with food by exercising and incorporating mindfulness in their eating practices.



Nicole Schillinger has worked as a clinical registered dietitian for over 10 years in hospitals, nursing homes and assisted-living facilities. She is also a certified personal trainer and group exercise instructor. Now directing her own private practice, The

Functional Health Center (functionalhealthcenter.net), she uses medical nutrition therapy to help individuals with diseases improve the quality of their lives. "It is very gratifying to successfully educate patients with several disease states," she says. "I'm able to give them the tools to adjust their lifestyle, make healthier choices, follow an exercise regimen and feel better about themselves."

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L·E·T·T·E·R·S

'Reuse' and 'Recycle': Sure, but Start with 'Reduce'

READING THE JANUARY SHUTTLE, I was happy to see the article about Buy Nothing Groups. The Buy Nothing movement is beginning to take shape as a new way to resist the corporate takeover of the country, and Freecycle is awesome. But the headline graphic, "Reuse, Recycle, Reclaim Your Space," was missing something:

What about "Reduce"?

The old Earth Day slogan is "Reduce, Reuse, Recycle," accompanied by the familiar three arrows in an infinite closed loop. I was taught in the '70s (when I was just an infant, ha ha) that these three concepts, specifically stated in that order, are intended to encourage people to:

First, REDUCE. Buying less is the most important thing we can do to save the planet and its natural resources. All environmental degradation comes from our consumption, especially consuming new items.

Second, REUSE what you have purchased, because throwaway culture and single-use is also destructive. We can lend, barter, hand me down and donate to thrift stores. But the idea is to buy second hand too, because buying lots of new stuff to eventually send to Freecycle does not "close the loop." The point is to extend the usefulness of the Earth's resources we've used.

Third, and finally, RECYCLE anything that is left over. Once every last bit of usefulness has been wrung out, then recycle the item to the greatest extent possible, to be incorporated into newly manufactured

items, made with not-new materials.

These three together can close the loop on extraction, meaning fewer and fewer new materials need to be taken from the Earth. This is the only way that human consumption can be checked, and the planet can get time to breathe and repair.

"Buy Nothing" is a real solution to both corporate dominance and environmental destruction. But just remember to start with "Reduce," the first and most important of the Three Rs.

Sue Caskey

Filtered Water Not an Ingredient in Our Soup?

I HAVE BEEN A CO-OP MEMBER FOR over 30 years. Recently, while I was working in the Mt. Airy Deli, a woman asked if the soup was made with filtered water. I was shocked to learn that our co-op, which has a strong focus on health, does not use filtered water. (Unfiltered water may be a cause of our state's high rate of bladder cancer.) Ever since I found out, I stopped buying soup and have a concern about all the food made in our stores. I would hope, encourage and expect the Co-op to become more responsible and address this issue, which, I think is major and unacceptable.

Lisa Brownstein

Join Campaign to Fight Influence Peddling in PA

CORRUPTION IS RAMPANT IN PENNSYLVANIA politics. Corporate lobbyists shower our state legislators with unlimited gifts and large campaign contributions, and our voting districts are among the most gerrymandered in the country.

State Representative Greg Vitali (D-Delaware County) gave a presentation Nov. 28 at Weavers Way Mt. Airy highlighting the influence of the Marcellus Shale Coalition on the Legislature. The fracking industry employs 203 full-time lobbyists in Harrisburg and spends \$5 to \$8 million a year on lobbying, advertising and gifts (bribes) for state legislators. In my time lobbying against corruption in the State Capitol, I see fracking lobbyists everywhere: In the hallways, in key committee hearings and in the offices of powerful legislators. As a result, the industry enjoys easy access to drilling and fracking our natural resources, polluting our environment and eroding the health of our communities. In addition, Pennsylvania contributes 1 percent of the world's greenhouse gas emissions each year.

March on Harrisburg is a volunteer-driven statewide organization working to restore our representative democracy by advocating for three bills:

HB39/SB132 would ban unlimited gifts to public officials.

HB722/SB22 would end gerrymandering by removing politicians from the redistricting process.

HB193/SB608 would provide for automatic voter registration.

This winter, we are barnstorming across Pennsylvania, holding events in every corner of the state, to educate and mobilize people to struggle for democracy. We will be in Philadelphia on:

- Feb. 24, 1-4 p.m., Unitarian Society of Germantown, 6511 Lincoln Drive.
- March 3, 1-4 p.m., First Unitarian Church of Philadelphia, 2125 Chestnut St.

These three bills are just the start of reforming our government so that public policies reflect our interests rather than special interests. We need an engaged and active citizenry to create the democratic republic we deserve, and we need you to join the movement.

*Rabbi Michael Pollack,
Executive Director,
March on Harrisburg*

SHUTTLE LETTERS POLICY

The Shuttle welcomes letters of interest to the Weavers Way community. Send to editor@weaversway.coop. The deadline is the 10th of the month prior to publication. Include a name and email address or phone number 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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Good-Food Fight: The Whole Truth About the Competition

by Jon Roesser, Weavers
Way General Manager

I'VE BEEN HANGING OUT AT Whole Foods a lot lately.

Don't worry, I'm not spending any money. I'm just, you know, hanging out.

My favorite thing to do is walk up next to a well-dressed shopper, pick a random item off the shelf and murmur to myself (loud enough for them to hear) "Hmm, this is a lot cheaper at Weavers Way."

My other favorite thing to do is ask employees how things are going since they were swallowed by Amazon. That question tends to make them skittish, so they answer with an affected enthusiasm, sort of like East Germans fearful they're talking to the Stasi. "Amazon? Oh, everything's great! We're really happy! No problems here!" Our friends on the inside tell a different story.

I feel completely justified in my little acts of sabotage. You see, in recent months, Amazon's corporate goons have been spotted in Weavers Way, peering at the produce and taking snapshots of the soup stations.

Worse, they've been trying to entice our employees to come over to the dark side. My advice is they shouldn't waste their time. In my nine years at the Co-op, we've helped dozens of Whole Foods staff defect. In that same time, we haven't had one of ours go the other way.

If all of this seems like I'm paranoid, well, I can be forgiven. The Amazon juggernaut has set its sights on dominating the grocery industry, and it's prepared to invest seemingly limitless resources in order to do so.

Amazon has concluded that to be in the grocery biz, they'll need to go beyond their formidable online platform to a more traditional brick-and-mortar model. (Consumers who feel comfortable buying books online still want to smell the melons, squeeze the baguettes and look the fish in the eye before buying.)

Last month, Amazon opened the first Amazon Go, a checkout-less con-

venience store, in Seattle. It won't be their last. At this prototype store, customers equipped with their smartphones and armed with the necessary app can walk in, grab what they want and walk out, with the store and app tracking what they've purchased. This is either really cool or really creepy.

Closer to home, we're about a month or so away from Amazon's latest death star, a brand-new Whole Foods in Spring House, just a few miles from our Ambler store. (The Whole Foods on 309 in North Wales — the last vestige of the old Fresh Fields chain, which was gobbled up by Whole Foods back in the 1990s — will close.)

I've been to the construction site of the new Whole Foods a few times (don't ask how, I ain't telling). It's big and I'm sure it will be beautiful. They'll have a pizza oven and a liquor license and Amazon lockers and they'll sell Kindles and Echos and whatever future tech gadgets Amazon develops.

We are often compared to Whole Foods. No, really. "Wow, you're just like a mini Whole Foods," people say, usually in an attempt to be complimen-

We are often compared to Whole Foods. No, really.

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usually in an attempt to be complimentary. It's like

being told you resemble a particularly unpleasant-

looking celebrity: 'Wow, you look just like Keith

Richards.' Thanks a lot.

few conventional products on our shelves (Whole Foods hardly has any). Our prepared foods are undeniably superior. And when it comes to supporting local, we're the pros, they're the amateurs.

Of course the biggest difference is size. Whole Foods is merely a division of Amazon, with a market capitalization of \$569 billion, making it one of the biggest corporations in the world whose CEO and founder, Jeff Bezos, is the richest person in the world, with a personal net worth of \$90.6 billion.

Weavers Way is owned cooperatively by 8,800 households, mostly in Northwest Philadelphia and Montgomery County, with a democratically elected board of directors who don't get paid a dime. We own a few buildings and a couple of trucks.

So no, we're really not like Whole Foods at all.

Back in the day, Whole Foods was cool, and their employees were unflinchingly devoted to the place. Those days are long gone, as their shareholders' lust for profit drove them to compromise on their principles and, eventually, right into Amazon's data-lovin' maw.

Since the Amazon acquisition, the cost-cutting and philosophy-compromising have only accelerated. At least they're not ambiguous about their motives: Profit is paramount.

The line their hiring agents give our employees is something like "Hey dude, we're just like the Co-op." Except we're out for global domination.

I wouldn't count us out. We've got a few tricks up our sleeve, and more than anything, we will rely on the resilience of the cooperative business model, of owners locking arms to support their store. That resilience can be fireproof.

And for you Amazon employees, next time you find yourself poking around one of our stores, pick up a job application. Maybe you can become one of the cool kids.

See you around the Co-op.

vroesser@weaversway.coop

OPEN MEMBER FORUM

"Weavers Way Product Philosophy"

Thursday, Feb. 15, 6-7 p.m.
Community Room
555 Carpenter Lane

[www.weaversway.coop/
open-member-forum-product](http://www.weaversway.coop/open-member-forum-product)
or contact Membership at
members@weaversway or
215-843-2350, ext. 119

tary. It's like being told you resemble a particularly unpleasant-looking celebrity: "Wow, you look just like Keith Richards." Thanks a lot.

The comparison stems from the similar product mix on the grocery shelves. Both Weavers Way and Whole Foods are "natural grocery stores," so we both sell products like Muir Glen canned tomatoes and Annie's mac and cheese.

But the similarities are nothing compared to the differences. We have quite a



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Happy Valentine's Day!



As seen in
Philadelphia Magazine

Five Star Professional surveyed Philadelphia area residents who purchased a home priced at more than \$150,000 within an 8-month period. The final list of 2017 Five Star Real Estate Agents is a select group, representing less than 7% of real estate agents in the area.

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- Manager of Culinary Literacy**
KHARI GRAVES khari@foodmoxie.org



FOOD MOXIE

We dig what we eat.

Five Years of Fink at Food Moxie

LIKE A MOTH TO A FLAME, I’VE always been drawn to organizations in periods of start-up or transition. Back in January 2013, when I accepted the position of executive director at Food Moxie (then called Weavers Way Community Programs), I wasn’t consciously aware that the organization was in such a period, but it soon would be.

With intention and purpose, and supported by an incredible board of directors, we had challenging conversations that led to the organization’s first-ever strategic-planning process. Small and full of potential, we emerged with a road map in the spring of 2014 that built the foundation upon which we stand today.

Along with revising our mission and vision statements to better reflect the work that we had been doing, we also undertook the task of rebranding to create an identity all our own (and minimize confusion with the co-op that founded us). And now, five years later we are an organization poised to carry out the work that we know needs to be done to help create a fair, just and equitable world — starting in our own community.

Most important, our programs expanded to better respond to the needs of the people we serve:

- At Stenton Family Manor, we shifted from only having kids’ programming on one day of the week during the growing season to now working with family members of all ages, four days a week, year-round. We did this because we believe in strengthening and building the capacity, competence and agency of individuals as well as whole families.
- We grew from programs that focused on urban agriculture to



Jill at last fall’s Seed to Supper dinner.

Linette Kielinski photo

adding nutrition and culinary literacy at all of our program sites — a “seed-to-supper” education, if you will — because growing food is only the first step to enjoying a nutritious meal.

Of course, 2017 was a tough year for many of us, and reflecting back on the last 12 months, we know that the needs Food Moxie addresses are only growing. Philadelphia remains the poorest big city in America, with one in four Philadelphians experiencing food insecurity. As we look to the future, our focus is on how we best deliver Food Moxie’s unique programs to those who need them and how to best support our staff in the process.

In 2018, Food Moxie will use a team-based program-delivery model to increase the ratio of instructors to students, so everyone feels supported. Further, all staff will receive training to become more “trauma aware,” with program staff receiving in-depth training in this area. We’ll continue to explore ways to support participants in their long-term goals to improve their health and nutrition beyond their time in high school or while residing at Stenton.

Over the next year, Food Moxie’s staff and board will embark on our next strategic-planning process and create the map for our next five years. We’re still relatively small and on the precipice of wonderful things to come, and we hope you will stay tuned, and support our work.

Thanks for making these last five years fly by!

— *With Moxie,*
Jill Fink, Food Moxie Executive Director

2018 SummerSessions

June 18 - July 27
(1-6 week courses available)

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An offshoot of Weavers Way Co-op

FOOD MOXIE



FOOD OF THE GODS: CHOCOLATE WORKSHOP

DATE: February 13, 2018
 TIME: 7:00-8:30 PM
 COST: \$5 donation request to benefit FOOD MOXIE
 LOCATION: Kismet in Chestnut Hill, 12 W Willow Grove Ave Philadelphia, PA 19118

February is the perfect time to indulge in one of everyone's favorite pleasures: chocolate! Join FOOD MOXIE and Weavers Way Co-op for a truly tasty workshop presented by Joe from local business, Affinity Confections. Learn a little about why ancient civilizations deemed this delectable morsel the "food of the gods", some of its uses throughout history, and its magical health benefits.

FEATURING: scrumptious chocolate shortbread cookies for us to decorate (and eat!) thank to Affinity Confections.

TO REGISTER: WWW.FOODMOXIE.ORG/MOXIE-TUESDAYS



THANKS



*For making 2017
a bountiful year!*

We are so thankful for all the support from our donors, the relationships with our partners, and the involvement and dedication of our program participants. We're ready to thrive, flourish, and nourish in 2018!



Bee a Part of It

Have you always wanted to know how to make a quilt? Now's your chance and it's a real feel-good opportunity too! Join the Weavers Way and Dining for Women quilters make a quilt to raise funds to benefit Food Moxie.

If you can sew in a straight line, you can participate. If you can't, but would like to learn, we'll teach you! For more information, email Food Moxie superstar volunteer and former board member Margaret Guthrie at meguthrie8337@gmail.com.

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'Come Back, Little Sheba' at Stagecrafters

THE THIRD PRODUCTION OF THE 2017-2018 SEASON AT THE Stagecrafters, William Inge's 1949 classic, *Come Back, Little Sheba*, opens Friday, Feb. 9.

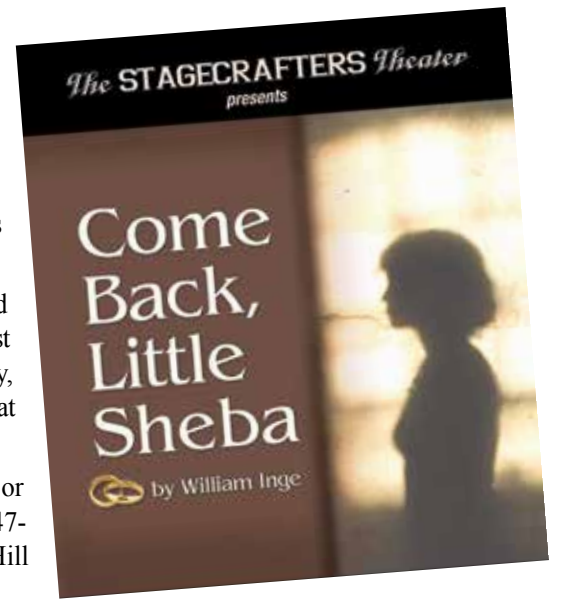
The narrative follows a few days in the lives of the Delaneys, Doc and Lola, each scarred by loss and disillusionment. Their lusterless and unfulfilled 20-year marriage is about to face yet another challenge when they take in Marie, a young college student, as a boarder. As tensions mount amidst the interplay of these three people, one can sense the time bomb ticking in the background.

Inge (1913–1973) has to be counted among the great masters of American realism. Among his most highly regarded works are "Picnic" (1953), which earned him the Pulitzer Prize; "Bus Stop" (1955); and "The Dark at the Top of the Stairs" (1957). "Come Back Little Sheba" (1950) was the first of Inge's plays to enjoy broad acclaim on the national stage, premiering on Broadway in February

1950. The cast included Shirley Booth as Lola and Sidney Blackmer as Doc, each of whom took home Tony Awards. Booth reprised the role in the 1952 film opposite Burt Lancaster, for which she won the Oscar. "Come Back, Little Sheba" has enjoyed numerous stage revivals over the ensuing 60-plus years.

Performances run Feb. 9-25, Thursday, Friday and Saturday at 8 p.m. and Sunday at 2 p.m. A "Meet the Cast and Director" Q&A will follow the performance on Friday, Feb. 16. Tickets are \$21 online (no service charge), \$25 at the door, with discounts for groups, students and seniors.

For information, visit www.thestagecrafters.org or call 215-247-8881; for reservations-direct call 215-247-9913. The theater is located in the heart of Chestnut Hill at 8130 Germantown Ave.



Free Small Business Training with CCP's Power Up Your Business Program

FOR ALL THE SUCCESSFUL SMALL-business ventures launched in Philadelphia each year, possibly just as many fail due to the lack of a business plan, uncertainty about how to access capital, undercapitalization, inadequate marketing or other reasons.

Community College of Philadelphia has help: Power Up Your Business, a program of free workshops to help small entrepreneurs learn how to manage and plan for growth and connect with resources. Since January 2017, Power Up Your Business has provided training and business development tools to existing and aspiring small-business owners who serve as the building blocks of daily commerce in so many neighborhoods — child care centers, corner grocers and other micro-businesses.

Here are comments from graduates

of the first cohort of Power Up Your Business, who happen to also be located in Germantown and Mt. Airy.

Desmin Daniels operates Rose Petals Café and Lounge with his wife, Jania. Daniels enrolled in Power Up Your Business because he was thinking of expanding the business on Cheltenham Avenue in Germantown.

"One of the things Power Up Your Business helped me to do is take a second look at my original business plan," Daniels said. "The course helped me to consider recalibrating the marketing, financial and branding pieces of my business. The facilitators were wonderful in that they spent so much one-on-one time with us."

"Power Up has been an amazing resource as I work to maximize potential growth and profitability," said Heather

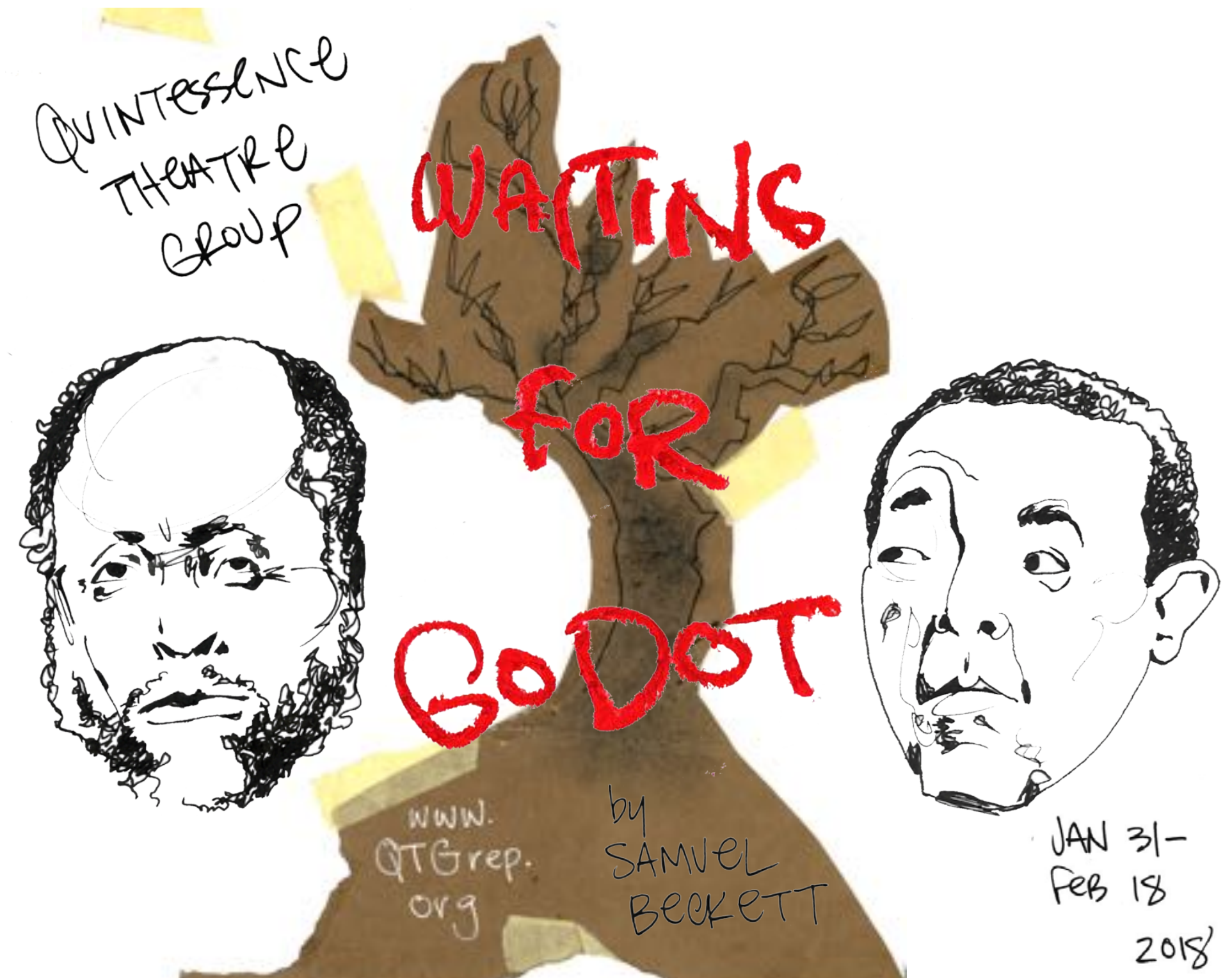
Hutchinson Harris, part owner of Handcraft Workshop, a fabric boutique and sewing studio on Germantown Avenue in Mt. Airy. "With the help and insights of both program leaders and cohort colleagues, I am developing exciting strategies to better market my business to new customers and retain current ones."

Power Up is designed to unlock the potential of the commercial corridors, which are the heart of the neighborhood economy, through a two-tiered approach:

- In Tier 1, store-owner workshops provide a two-hour seminar on topics such as social media, accounting and taxes.
- In Tier 2, participants take on a 10-week, 30-hour course in small business management and planning that provides

practical skills required for running a successful business. This peer-based learning experience emphasizes practical skills such as entrepreneurial leadership, understanding financial statements, marketing and creating effective improvement plans, along with personalized support from a business coach.

Business owners can learn more about this free training at www.ccp.edu/powerup or by calling 215-496-6151. Two store-owner-series workshops will be held at CCP's Northwest campus, at 1300 W. Godfrey Ave., in February. The deadline to apply to the next 10-week peer-based learning program is Feb. 23; the program starts in April 2018. Additional cohorts will be held around the city through the spring, summer and fall.



Next Dining for Women Guest Puts a Face on Health-Care Initiative

by Betsy Teutsch, for the Shuttle

TFW — THAT FEELING WHEN. . . you walk into a cafeteria full of strangers affably chatting and eating together. Ugh. Hello, middle school. This time I reminded myself I was actually at a Club Med, participating in a dream conference called Opportunity Collaboration. Breakfast was a bounteous feast served overlooking the Pacific Ocean. But, still. Who should I sit with?

Collaborating on alleviating global poverty is this annual gathering's ethos. Delegates introduce themselves to one another by saying "How can I help you?"

This was the backdrop for an extraordinary breakfast. I picked a seat with two random women and conversation quickly flowed. Shazia Khan, the founder of EcoEnergy, a solar business in Pakistan, supplies small businesses. I write about people whose work has exciting impact. Shazia had me at "pay-as-you-go solar". Alas, what Shazia needs is a \$20M investment round, so my "How can I help you?" seemed a little lame.

Then Keri Baker, a nurse-practitioner living in Virginia, described her work with Sacred Valley Health. Located in an impoverished, remote region of Peru, SVH trains indigenous public-health workers who reach out directly to their communities in their native language, Quechua. Their clients rarely interact with the area's understaffed medical establishment. This is a great model — cost-effective, providing employment, empowering women (95 percent of their *promotoras*, the Spanish



1-Item Wish List

I asked Keri for a wish list of items our members could donate. Her answer was short — triple antibiotic ointment, any kind, any quantity. Anyone is welcome to contribute. We will present it to Keri when she comes to Mt. Airy. Contact me at bpteutsch@comcast.net for drop-off if you aren't attending the program.

— Betsy Teutsch

Pictured left: A Sacred Valley *promotora* (wearing blue gloves) checks a bandage.

term for lay health workers, are female) and developing local expertise in treating and managing commonly experienced health challenges. Poverty and ill-health go hand-in-hand. Conversely, improving health improves economic security.

"Keri, you should apply for a grant from Dining for Women!" I said. "Your project sounds like just the kind of thing DFW specializes in supporting — grass-roots efforts that combine health and education!"

"We ARE the February Dining for Women grantee!" shrieked Keri.

"You have to come to speak in Philly! Our chapters will love meeting

you!" I responded.

Keri said yes, and this month, all four of our Weavers Way Dining for Women chapters (Ambler's launched in January) will gather together so we can meet Keri and hear about SVH's new nutrition initiative. This is the first time in our six-year history that we'll host the head of one of the programs we support. It's a big deal.

Sacred Valley Health dates from when Keri worked on a public health project in Ollantaytambo, a remote Peruvian village. It will be familiar to anyone who has traveled to Machu Picchu, since it is the location of a train station en route to this famous tourist destina-

tion. Her team observed the gap between government services and rural indigenous communities; their solution was a mobile clinic. It was so successful they expanded and eventually created the now-thriving Sacred Valley Health model.

Come meet Keri! Dining for Women always welcomes visitors (and potential new members!) to our dinner meetings. For information and the specific location of the Wednesday, Feb. 7, dining, email me at BPTeutsch@comcast.net

For more info about Sacred Valley Health, visit www.sacredvalleyhealth.org.

Betsy Teutsch is a Weavers Way Working Member.



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AT WWW.AWBURY.ORG.

Get Wise to the Wissahickon: Train to Be a Trail Ambassador

by Maura McCarthy, Executive Director, Friends of the Wissahickon

THEY ARE THE DOCENTS OF WISSAHICKON Valley Park. They know everything from its rich history, flora, fauna and geology, to how to find what you're looking for and first aid. They are Friends of the Wissahickon's Trail Ambassadors, and they serve an important role: As FOW's eyes and ears on the ground, they help us to better serve the public and protect the park.

For those who love the outdoors, being a TA provides wonderful opportunities to have fun on a flexible schedule, make friends with common interests, learn a lot and even delve deeper into your own nature-related passions. TAs not only love the Wissahickon, they love talking to people about it through park tours, outreach events and guided hikes.

Kris Soffa has been a TA since 2014. She says seeing the park with someone who can interpret what you're seeing helps it come alive. For example, it's one thing to talk about erosion, but it means so much more when someone actually shows and explains it to you. A lifelong environmental activist, Kris says being a TA lets her enlighten people, not only about what needs to be done, but also that



they can do a lot at the local level, which often inspires them to take action by becoming FOW members and volunteers themselves.

Kris especially enjoys the freedom to pursue and share her special interests and areas of expertise. A lover of cold weather activities, you can often find her leading hikes to help others discover the beauty of the winter woods. A butterfly and moth collector since childhood, she gives classes on the topic, which she finds is a great way to engage people in conservation and preserving native habitats.

For all Kris' contagious enthusiasm, creativity and commitment to FOW's mission in the park, she was the deserving recipient of our 2017 Trail Ambassador of the Year award.

Currently there are more than 80 active TAs, but we always welcome more. Every year, Ambassadors-in-Training



FOW photo by Charles Uniatowski

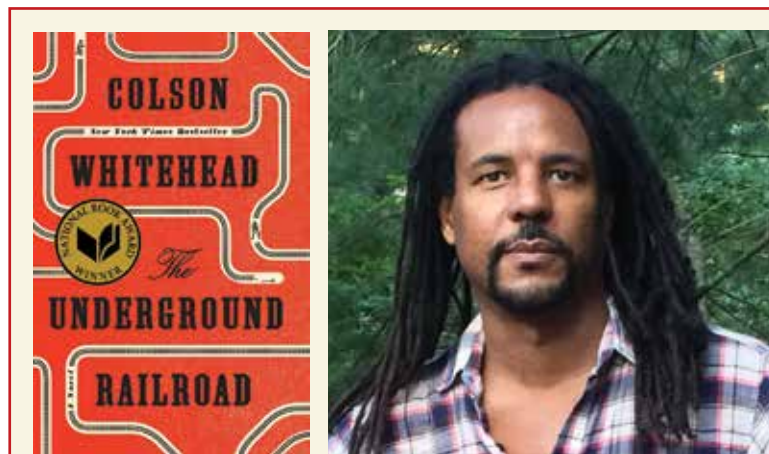
Be like Kris: Become a Friends of the Wissahickon Trail Ambassador and you could be brandishing your own butterfly net in the woods.

participate in an eight-week training program where they learn how to patrol the park, lead hikes and run information tables, as well as getting first aid and CPR certification.

If this sounds like something for you, March 2 is the deadline to submit an ap-

plication for the next training session, which begins March 28.

Visit www.fow.org/volunteering/trail-ambassadors to read more about the benefits of being a Trail Ambassador and email the volunteer application to Sarah Marley at marley@fow.org.



GA Hosts Free Appearance by Pulitzer Novelist Colson Whitehead

Germantown Academy is pleased to announce that the inaugural guest in the Head of School's Distinguished Speakers Series will be Pulitzer Prize-winning author Colson Whitehead. Whitehead will discuss his novel "The Underground Railroad," host a Q&A with audience members and participate in a book-signing on Tuesday, Feb. 27, 7 p.m. in the Arts Center at Germantown Academy, 340 Morris Road, Ft. Washington.

This event is free and open to the public.

In addition to "The Underground Railroad," an "alternate history" of fugitives and slavecatchers (an Oprah's Book Club selection and winner of the National Book Award as well as the Pulitzer), Coulson is a MacArthur Fellow and the author of numerous other novels, works of journalism and reviews.

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▶ Feb. 13, 7 pm, SCH Upper School Auditorium, 8000 Cherokee Street. Julie Lythcott-Haims, author of *How to Raise an Adult: Break Free from the Overparenting Trap and Prepare your Kid for Success*. Free and open to the public.

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Roses are red, kombucha is sweet.
But so is dark chocolate, and that's hard to beat.

Count Your Birds This Month — It's Easy, and It's Science!

by Steven Saffier, Program Manager, Audubon Pennsylvania

YOU MIGHT NOT THINK OF YOURSELF AS A SCIENTIST, but the Audubon Society values your scientific contribution!

The Great Backyard Bird Count relies on crowd-sourced data from thousands of citizen scientists like you each year. In fact, backyard birdwatchers make Pennsylvania among the top states each year, and we believe 2018 won't be any different.

During President's Day weekend (Feb. 16-19), Audubon asks that you take note of the birds at your feeder and backyard habitat (you can also visit virtually any location where you might find birds), count them, and submit that information online at www.birdcount.org. Count a particular species you see at one time; this eliminates the possibility of double-counting.

Great Backyard Bird Count
Feb. 16-19
 Info: pa.audubon.org/conversation/great-backyard-bird-count-2018

There are 15 to 20 common backyard birds that show up during the winter, so if you're new to birding, taking part in this count is a great way to get into the hobby.

Audubon Pennsylvania's website lists the common winter birds, some of which — cardinals and blue jays, for example — you may already know on sight.

Go to pa.audubon.org and click on the Great Backyard Bird Count tab. The page also gives simple step-by-step instructions on how to start the process, and also lists other events taking place around the count.

It's free, fun, and it really does contribute to science, by providing data that is analyzed by biologists and ornithologists at Audubon and other bird-conservation organizations.

So fill those feeders and fill your heart with the magic of wild birds just outside your window!



The nuthatch is easily identified at your feeder — it's often upside down!

Nature Author at Benefit for Tookany/Tacony Frankford Watershed Group

by Emilie Wetzel, for the Shuttle

GETTING OUTSIDE AND ENJOYING the natural world is important for mental health, physical well-being and fostering the next generation of environmentalists.

That's why Tookany/Tacony Frankford Watershed Partnership is excited to be hosting author Richard Louv at its first Nature Talks, an annual series of thought-provoking conversations that also serves as a fundraiser for the organization.

Louv has written nine books, including the bestselling "Last Child in the Woods: Saving Our Children from Nature-Deficit Disorder." His books are full of inspiring ideas about ways to incorporate nature into your life, and include tips for families, teachers, religious leaders, pediatricians, policy-makers and more.

This event is Wednesday, Feb. 28 at 6 p.m. at the Friends Center, 1515 Cherry St., in Center City. Tickets are \$50, and proceeds go to TTF's outreach and edu-



Richard Louv wrote "Last Child in the Woods" and other books about incorporating nature into everyday life.

cational programs. Shuttle readers are eligible for a \$10 discount.

His topic is "The Nature-Rich Life: Nature-Rich Cities, Homes, Schools and More." He believes we can create healthier and more sustainable communities, businesses and economies by tapping into

the restorative powers of nature. After the discussion, there will be an opportunity to meet Louv and purchase his books.

Encouraging people to get outside and enjoy nature is a big part of what we do here at TTF. We work to improve the health and vitality of our 30-square-mile watershed, which includes neighborhoods in North, Northeast, and Northwest Philadelphia and communities in Montgomery County such as Abington, Cheltenham, Jenkintown, Rockledge and Springfield. Part of the reason why our work is so important is because our waterway, known as the Tookany upstream and the Tacony over the city line and flowing into Frankford Creek, empties into the Delaware River, a source of drinking water for many Philadelphians.

We have found that the best way to spread our message is to connect people to their local parks and creeks. We do this by marking storm drains across our watershed, and hosting many activities in Tacony Creek Park — not just cleanups but

also nature, bird and history walks in the heart of Juniata. Restoration is also a large part of what we do: We partner with municipalities, schools and other institutions to install green stormwater infrastructure projects such as rain gardens, creek-side plantings and more. These specialized plantings are designed to slow and filter polluted rainwater before it enters our waterways. We have more than a dozen GSI projects, including our rain gardens in Germantown and Olney, creek-side plantings along the Jenkintown Creek, and our vernal pool restoration in Abington.

We hope you'll support our work by joining us Feb. 28! To reserve tickets, visit ttfwatershed.org/NatureTalks; use the code SHUTTLE for \$10 off, or call 215-744-1853 and mention this article.

TTF Communications and Development Manager Emilie Wetzel is a former Weavers Way employee — you may have seen her at the cash register in Mt. Airy. Learn more about TTF by visiting ttfwatershed.org.

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Environment Committee to Meet in Ambler

Weavers Way Environment Committee will hold its March meeting at Weavers Way Ambler, Wednesday, March 14, 7 p.m., in The Café. Ambler-area folks, please consider attending to find out more about this longstanding Co-op committee. The Environment Committee has a legacy of shaping environmental practice at the Co-op, organizing plastic recycling long before the City offered curbside pickup. Ongoing activities include sponsoring regular electronics recycling days with partner Green in Chestnut Hill and maintaining a grant program for local greening projects. Other projects include supporting Zero Waste at

Weavers Way's General Membership Meetings and working on the launch of a Weavers Way Community Composting Pilot Program.

Members of the Environment Committee earn household work credit by attending meetings, working events and running workshops, and share professional skills, general knowledge and a passion for sustainability.

Contact the Membership Department for more info or to inquire about joining. Or just come to the March 14 meeting in Ambler!

— Denny Whalen

Weavers Way Environment Committee

EV Charging Stations

(Continued from Page 1)

watersheds is conservatively estimated at over 5 million gallons per year — larger than the Exxon Valdez oil spill, happening every two years. The good news is that electric vehicles don't leak motor oil because they don't use it.

Supporting the Transition to Cleaner Transportation

As more drivers switch to electric vehicles, charging stations are needed to support them. Homeowners are installing home charging stations, for which tax incentives are available, and which enhances the value of a home. Businesses are also installing charging stations.

Weavers Way Ambler hopes to install electric-vehicle charge stations this year, which could contribute to a vital infrastructure that attracts electric

vehicle owners to Ambler as a destination, and set an example promoting clean transportation.

Weavers Way Ambler will also be a host site for the Philadelphia Area National Drive Electric Week in September. Visit bit.ly/2BfDpGn or driveelectricweek.org for more info.

The Co-op is also sponsoring a Feb. 24 workshop for participants to build their own electric vehicle charging station, complete and ready to mount! See info box for details and registration info; everyone is welcome to stop by the day of the workshop to observe, learn about the electronics and science of electric vehicles and about installing a home charge station and to join discussions on eliminating fossil fuels at home and work.

By being aware of what is at stake and making informed lifestyle choices, everyone will reap the benefits. Take part now in the world's transition from fossil fuels to clean transportation.

Rick Denzien is a Weavers Way member.



eco tip

Don't Be an Idler

by Marsha Low,
Weavers Way Environment Committee

During last month's cold snap, on days when it wasn't quite so frigid and I could get out for a walk, I noticed several cars sitting idling in driveways for fairly long periods of time. Seems the message about not needing to idle modern cars for more than 30 seconds still needs to get out there! Hence, the repurposing of this Eco Tip, which originally appeared in February 2016. (If you have neighbors who are idlers, perhaps you could cut this out and leave it on their windshield!)

It's a frigid February morning, and you're sitting in your car waiting for the engine to warm up (or if you have a remote car starter, sitting in your kitchen finishing up your coffee). If this describes you, you're not alone. Many drivers still believe it's necessary to warm up the engine for at least 5 minutes before hitting the road. That might have been true for cars built before 1990, but not for modern fuel-injection systems, which need only about 30 seconds to reach ready-to-drive conditions. If you're warming up your engine for 5 minutes, you're only wasting money — Americans spend \$13 million every day for unnecessary idling — and polluting the air.

And idling is actually bad for your engine! The reason is that fuel is only partially combusted when your car is idling because the engine doesn't operate at its peak temperature, which leads to a buildup of fuel residues that can damage engine components and increase fuel consumption. (This is true whether you're warming up your car, idling while waiting to pick up friends or family or stuck in traffic.)

Not idling is a win-win-win: less pollution, more money in your pocket, more time.



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Applications Being Accepted For 2018 Community Grants

Weavers Way Environment Committee invites community groups from Mt. Airy, Germantown, East Falls, West Oak Lane, Roxborough, Ambler and Chestnut Hill to submit proposals for our 2018 grants.

Grants are given each year for clearly identifiable public purposes resulting in a tangible improvement for the community. Most grants are awarded for public purposes that benefit the environment through education and/or gardening projects — for example, projects as planting trees and herbaceous plants, purchasing garden equipment and enhancement of parks. Some environmentally based educational programs have also been funded through this program.



Grant amounts range from \$100 to \$500, depending upon the available funds and the number of qualified applicants. The Environment Committee hosts Electronic Recycling twice a year and a TreeCycling event to recycle Christmas trees to raise funds for these awards. And this year, for the first time, the Environment

Committee will also be the beneficiary of a Weavers Way "Giving Twosday" event. On March 13, the second Tuesday of March, Weavers Way cashiers will ask shoppers to contribute \$2 (or more) for the Environment Committee grants program.

For guidelines and to download an application, visit www.weaversway.coop/community-grants. Applications are also available in the Environment Committee box on the second floor of Weavers Way Mt. Airy.

Applications must be received by Friday, March 9. Anyone requesting a grant will learn within a month of the deadline if they have been selected. Grantees are then obliged to submit a report with receipts describing exactly how the money was spent by Nov. 1.

ELECTRONICS RECYCLING

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Weavers Way Environment Committee is joining with GRINCH, Green in Chestnut Hill, for this event to benefit the Environment Committee's grant program and GRINCH's Green Warrior Student Grant program.

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A Visit to Pennypack Farm (Now, Where Can I Pick Up Some Snakes?)

by Sandra Folzer, for the Shuttle

I FELT A LITTLE OUT OF PLACE AMONG the real farmers at the Pennsylvania Association for Sustainable Agriculture visiting Pennypack Farm on Dec. 11.

Then I saw a familiar face — Weavers Way Purchasing Manager (and another non-farmer) Norman Weiss. Together we walked through mud and snow to observe how a farm grows food off season, “Persephone time” in farmer parlance.

Pennypack Farm and Education Center is a nonprofit based in Horsham, PA (not to be confused with the Pennypack Environmental Center on Verree Road in Northeast Philadelphia). They farm 27 acres leased from The College Settlement of Philadelphia, and also provide farm-based programming to College Settlement campers.

In addition to supplying 400 CSA families in the summer and 180 in the winter, Pennypack Farm donates food to four different food pantries, giving away more than 8,000 pounds of food in 2017. As an education center, they offer 18-month apprenticeships and host interns and volunteers. To learn more about the farm, go to www.pennypackfarm.org.

Farm Manager Kirstie Jones led us around the fields, the five hoop houses and the storage facilities. Winter vegetables include butternut squash and stored root crops such as beets, as well as fresh cold-weather greens like kale, tatsoi and yokatta-na, a sturdy-looking Asian green that I did not get a chance to taste. One of



The tatsoi head, left, is only one of many flourishing in the hoop house; the garter snake, above, can be a gardener's best friend, which may be why it's sometimes referred to as a gardener snake. Or maybe the fact that no one wears garters anymore has something to do with it.

Tatsoi photo from the Pennypack Farm Facebook page

the hoophouses is filled with it.

What surprised me the most was how hardy many plants are. Many plants like bok choy don't even have to be covered unless the temperature is below 32 degrees. Before the last bitter cold snap, the farmers there were still harvesting lettuce and spinach from the fields.

I learned that dry plants are less frost tolerant than moist plants as dry roots are more easily damaged during a freeze. Plants in the hoop houses are watered a

few days before a deep frost.

To store root vegetables, they place playground-grade sand in a trash can and add the root vegetables. Add more sand and they are ready to rest well for a while. If the root vegetables are not in a secure place, check the bottom for rodents as they usually eaten from the bottom.

I also learned that snakes are a farmer's friend. They eat slugs, voles, mice and other critters who eat your vegetables. Clearly you don't want venomous snakes, but there are lots of friendly snakes like black snakes, rat snakes and garter snakes that can be your helpers in fighting pests. Though I am still startled when a snake crosses my path, I sincerely welcome them. I'd love to find a way to

entice them into my garden.

Talking to some of the PASA participants was fascinating. One farmer uses no mechanized tools, like tractors. She says it kills some of the beneficial life in the ground. She does everything by hand. Another couple just moved to Bradford County to work a 75-acre farm. They have already planted about 60 fruit and nut trees. They have inspired me to plant some hazelnut trees, which are native to the eastern United States.

I also met a young man who enjoys growing sweet potatoes as much as I do. He shared a trick: If you are sprouting your own sweet potatoes to acquire slips to plant, cut each slip at a nodule and put in water to grow roots. This way you can get many more slips from one sweet potato.

Another woman (there were as many women as men farmers) recommended “Golden Treasure” tomatoes, which store very well. Believe it or not, you put the tomatoes in sealed plastic and they keep for months. The skin is tougher but they are very juicy, she said.

I am thankful that so many fine farmers are trying to grow healthful food sustainably. It was an honor being among these hard-working people. Growing food may be one of the most important skills needed by future generations. I'll keep trying on my small garden plots, and I shall definitely try to find a way to attract snakes.

Sandra Folzer is the chair of the Weavers Way Environment Committee. For more information about the Pennsylvania Association for Sustainable Agriculture, visit www.pasafarming.org. The Shuttle last featured Pennypack Farm in May 2017: www.weaversway.coop/shuttle-online/2017/05/pennypack-farm-vision-organic-all.

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The Passionate Gardener

Flowering Bulbs Color Your Garden All Summer Long

by Ron Kushner, for the Shuttle

THERE ARE MANY BULBS THAT BLOOM THROUGHOUT the summer, giving incredible displays of color and texture in the garden all season long. They can also provide flowers, fragrance and brilliant color on a deck, patio or outdoor living area. Lilies, tuberous begonias, cannas, caladiums, dahlias and gladiolus are the most common. Also to be considered are hardy cyclamen, calla lilies, elephant ears, hardy gloxinia, agapanthus and anemone in many varieties.

Except for lilies, which are hardy, these bulbs should be treated as annuals, or be dug up in the fall, stored over winter and replanted each spring.

Lilies

With their dazzling colors and shapes, lilies are among the stars of the summer border. Asiatic lilies bloom in early summer, trumpet types bloom mid-summer and Oriental lilies are the last, blooming at the end of summer and fall. Oriental varieties such as “Casablanca,” “Stargazer” and “Mona Lisa” are extremely fragrant. Plant bulbs as early as possible in spring, as soon as the ground can be worked. Fall planting also is fine if you can obtain bulbs at that time. Plant in full sun to partial shade in fertile, well-drained soil. Mulch well in summer to keep the soil cool and fertilize monthly throughout the season.

Gladiolus

Superb as a cut flower and a very effective border plant, “glads” bloom from the bottom of the spike upwards. Since the flowers last almost two weeks, begin planting the corms after the last severe frost and continue at two-week intervals until midsummer. Plant in full sun if possible, but they will tolerate some light shade. Add compost to heavy soil before planting. Plant closely, 3 to 6 inches apart. Mulch well in summer and water during dry spells. Most glads will blow



These dahlias are growing in a public display garden, but to get the best out of yours, you might want to stake them too.

over in storms or actually fall under their own weight, so staking is normally a good idea.

Begonias

The genus *Begonia* is one of the largest of all the plants, excellent for both containers and beds. Hanging begonias like “Champagne” are great for decks and patios. Other varieties make an ideal ground cover in borders as well as in pots. They bloom all summer until the fall frost. Most enjoy partial shade, especially in the afternoon. Move plants indoors before the first frost if you want them to winter over in their pots; the tubers of the tuberous types can be stored over the winter for replanting the next spring.

Dahlias

Dahlias come in a variety of shapes and colors, ranging from 2 to 6 feet tall with flowers from an inch across to huge “dinnerplate” varieties with 12-inch blooms. They

continuously produce new flowers all summer long, right up to a killing frost. They require rich soil with plenty of potassium and phosphorus, in full sun to partial shade. Wait until the weather is warm, and plant the tuberous roots horizontally, 3 to 6 inches below the soil surface. Lightly cover unsprouted tubers with an inch or so of soil at planting time. Gradually fill in the holes as the plants grow. At planting time, drive a sturdy stake 6 inches from the root. I use a 5-foot hardwood stake for each plant. Mulch heavily once the plants are at least 6 inches tall. Water often and fertilize liberally throughout the summer with a fertilizer not high in nitrogen. To retrieve and store tubers after a killing frost, cut the plants back to a few inches above ground level, lift the clumps with a spading fork and store them on their sides while the soil on the tubers dries. Store in barely moist peat moss or vermiculite in a cool spot.

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Suggestions

by Norman Weiss, Weavers Way
Purchasing Manager

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

With the New Year, the natural-food industry is abuzz with trend predictions. There are ingredient trends (turmeric is hot, as are nut oils, mushrooms, pulses, collagen), dietary trends (asynchronous meals, biodosing, gut health), shopping trends (online with delivery, more transparency), recipe trends (floral flavors), agricultural trends (biodynamics is back) and, my new favorite, raw water (untreated spring water, complete with bacteria and parasites).

Having participated in the natural-food business for over four decades, I remember oat bran, Noni juice, acai, fat-free, low-carb, high-protein, spirulina, raw, soy, probiotic. Rarely do any trends sustain themselves over long time periods. Usually it starts when some aspect of a food is found to possibly contribute to health. Then researchers and food technologists and manufacturers and marketers go apeshit creating hundreds of prod-

ucts with the claimed benefit. They sell a bunch, then the trend passes. Some trends are interesting in that they involve going back in time — ancient grains and fermented foods, for example. It turns out our ancestors had some things right food-wise, but because industrialized society came to value bigger, faster and cheaper, we got away from foods that require more time and effort but are superior in many ways in terms of nutrition and sustainability.

One may well ask what “progress” in food really means.

Also in the news: Walmart is applying for a patent for a process that lets online shoppers view stock photos of perishables like produce, meat and bakery items, then get an opportunity to view and approve the actual items being selected via image scans sent by the store staff. They could even then apply an “edible watermark” so the shopper knows they are receiving the exact item they chose. I wouldn’t have expected the word “watermark” would have ever been combined with the word “edible,” but these are funny times. I wonder what an edible watermark is made of and if it will add flavor.

Depending on who you talk to, online grocery shopping with home delivery may be the wave of the future, and retailers need to adapt by making large investments in technology to pull it off (which is what companies like Walmart, Kroger and Amazon Whole Foods are doing), or online grocery shopping will never cap-



ture more than 5 to 10 percent of the market for groceries.

Isn’t it better to make in-person shopping healthy, fun and economical? Which is what Aldi’s, Lidl and Trader Joe’s seem to be doing. Some retailers think shoppers will always want to squeeze an avocado, smell a cantaloupe and look for yellow spots on the broccoli before purchasing.

There are other reasons to shop in person — no delivery charge, it’s easy to change your mind, you find out about new products, plus it’s a chance to interact with other people engaging in a common activity.

The other benefit of shopping in person, assuming the store has a useful bulk department, is the opportunity to reduce waste by reusing containers, which I doubt online shopping will

accomplish anytime soon. I haven’t read much about environmental impacts of online shopping and delivery, other than the claim it may save some fuel. When I was a kid, we had home delivery of milk, eggs, bread and potato chips (remember Charles Chips?), and the milk bottles and potato-chip canisters were returned for re-use. In a rowhouse community, home delivery probably made more economic and environmental sense than in more spread-out single-home communities.

It will be interesting to see how the appeal of home delivery evolves with the simultaneous growth of concern about reducing single-use packaging. I’m thinking the solution is for every person to have their own drone, which is sent to a local fulfillment center, where it picks your items into a reusable basket and then flies home, where it recharges — from solar panels, of course — for the next trip. Then all the local drone owners have a party to socialize and share their droned provisions.

suggestions and responses:

s: “Low salt Uncle Jerry’s Oat Bran Pretzels.”

r: (Matt MA) We’ll ask Uncle Jerry if he can deliver some.

s: “I’ve been hearing about the benefits of raw water. Can we stock it?”

r: (Norman) Sure, we can harvest local raw water from the Wissahickon, fil-

(Continued on Next Page)



WEAVERS WAY ENDS

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

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.

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*Roses are red, kombucha is pink.
Except when it’s orange, yellow or green, I think.*

(Continued from Preceding Page)

ter out the duck and goose poop for those who are squeamish and bottle it in trash-picked plastic bottles. Very local and sustainable. We'd probably have to bribe the Health Department inspector with a free bottle, which would be a good test of their health awareness anyway.

s: "Sumac!"

r: (Matt) Not enough requests yet, any others out there?

s: "Do we have cooking sherry?"

r: (Matt MA) No, but we'll consider it.

s: "Are our raw almonds pasteurized?"

r: (Norman) Yes and no. All almonds grown in the United States must be pasteurized per a USDA regulation implemented in 2007. Typically, one of two methods is used — steam or fumigation with propylene oxide. Conventional almonds are likely to be fumigated and organic almonds are likely steamed since propylene oxide is not permitted under USDA Organic standards. However, the USDA pasteurization requirement does not apply to almonds grown outside the United States, and Mt. Airy does stock unpasteurized almonds from Spain.

s: "Do we have pomegranate seeds?"

r: (Norman) We've had them in the past, but not currently.

s: "What happened to Earth Balance spreads in the square containers?"

r: (Matt MA) Been out of stock from our

supplier. Sorry, we'll keep ordering.

s: "Marmite?"

r: (Norman) We tried it years ago and it didn't sell. Any more requests?

s: "Can we have signage on packaged grocery items that are also available in bulk?"

r: (Matt MA) Good idea. We are working on it!

“

The other benefit of shopping in person is the opportunity to reduce waste by reusing containers, which I doubt online shopping will accomplish anytime soon. When I was a kid, we had home delivery of milk, eggs, bread and potato chips (remember Charles Chips?), and the milk bottles and potato-chip canisters were returned for re-use.

”

s: "Corn tortillas that are not sprouted?"

r: (Matt MA) In Mt. Airy, check out Maria & Ricardo's in the Prep Case in the front part of the store.

s: "Wondering what the recall process is at Weavers Way."

r: (Norman) Generally our supplier notifies us of recalls and we check our stock to see if we have any of the recalled batch. If so, we follow the supplier's directive, which typically is to destroy the product

and offer customer refunds, and submit a credit claim for the product we destroy. Most recalls we receive are termed "precautionary." i.e., there might be an undeclared allergen, a mixup in labelling, a quality issue, and there haven't been any illnesses reported. Rarely do we get a recall notice that is serious, where people have gotten sick. When we're alerted to one of those, we will try to run down who bought the product (by reviewing receipts in our point-of-sale system) and attempt to contact them, and also put up signs at the display and other areas. We'll also post on social media — Facebook, Twitter and the eNews.

FYI, the FDA recall website probably averages about 20 food recalls a month, most due to undeclared allergens like milk, followed by food testing positive for the bacterial pathogen Listeria.

s: "My doctor told me I suffer from iron deficiency. I'd like to find a local source of iron — would that be possible?"

r: (Norman) Squirrel meat is high in iron and plentiful in these parts. (I passed five dead ones in the street today.) We can't stock them due to USDA regulations, but you can forage for them. Considering what people look for in meat — no antibiotics or growth hormones, free-range, natural diet (acorns and berries) and affordability, squirrels make for a good choice. A 3.5 oz. serving of squirrel meat gets you 26 percent of the RDA for iron.

normanb@weaversway.coop

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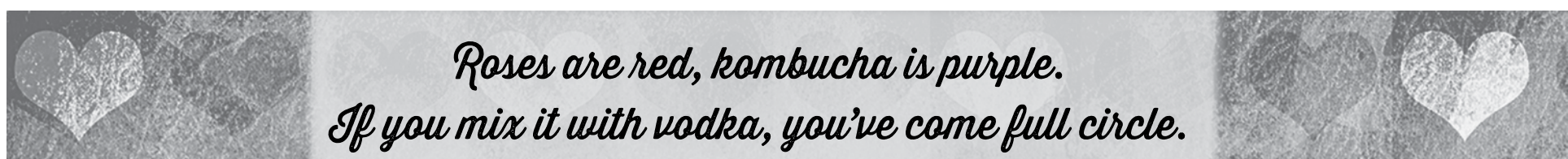
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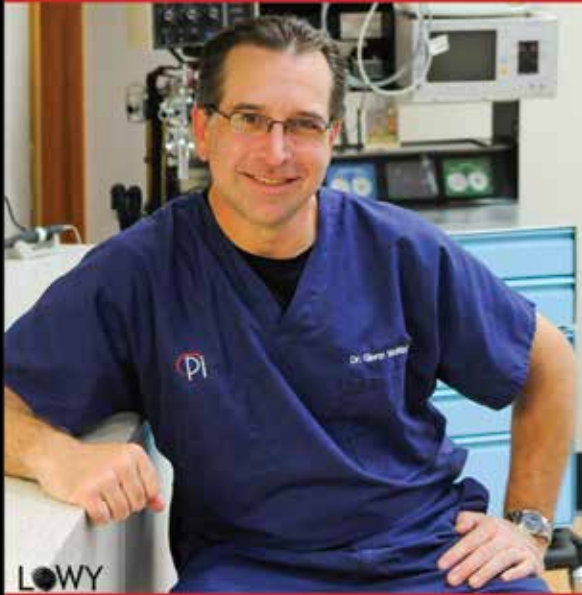
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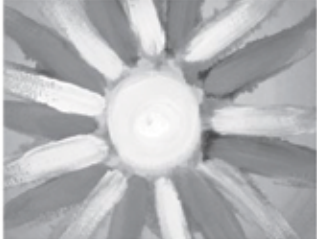
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Sleeping Well Is Good for What Ails You — and More

by Vishnu Aragona, for the Shuttle

SLEEP IS A NATURAL ANTI-INFLAMMATORY. IT IS A vital activity necessary for the optimal health of body and mind. Of the three pillars of life that Ayurveda refers to— Ahara (diet/food), Brahmachari (cultivation of sexual energy) and Nidra (sleep) — sleep is directly related to the parasympathetic nervous system (the restorative/calm phase) of our autonomic nervous system responses.

Every day and throughout the year, melatonin, a sleep-related chemical, begins to accumulate in the body after 2 p.m. and surges or peaks around 11 p.m. Ayurveda says that ideally we should be in bed and sleeping by 10 p.m. Knowing that this can be difficult for us for various reasons I usually push it to 11-11:30 (always trying not to hit that midnight mark).

Some benefits of sleeping at the right time are:

- It is one of the best anti-inflammatory regimens.
- It re-regulates the entire body.
- It balances the entire nervous system, which is the main means by which stress occurs in the body and mind.
- The parasympathetic nervous system takes over and brings homeostasis.
- It has anti-aging effects.
- It supports a healthy immune system and mind.

It's counterintuitive and contraindicated, based on thousands of years of our perfected circadian rhythms, to stay up late regularly for many reasons, including that lack of sleep or inadequate sleep contributes significantly to inflammation, which is one of the primary causes for imbalances and diseases of the mind and

body. Our nervous system pays the price and over time we can see the development of physical issues; poor sleep is implicated in eczema, psoriasis, acne, burning eyes, itchiness, restlessness, allergies, mood swings and mood imbalances, increased cravings (especially for sugar), increased weight, increased thirst, metabolic/digestive issues and thyroid issues.

It's not just how much but when we sleep that supports the full benefits of what sleep provides for us. The later we stay up and miss the window, the more disruptive it is over time. We weren't meant to be nocturnal. The best quality of sleep for humans is at night time. It is the yin cycle (cooling) of the day when we are no longer engaged, typically, in our day-to-day duties. The daytime is the yang cycle (heating) when we are active. And we can't really ever recapture the quality of sleep lost at night by sleeping later in the morning or during the day.

One of the reasons for this, according to Ayurveda, is that the later we sleep in the more we slow down our lymphatic and digestive systems, which eventually accumulates toxins in our bodies and brains.

Therefore, taking all this into consideration, here are a few simple remedies to follow.

Simple deep-belly/diaphragmatic breathing — Lying on your back, begin to breathe in deeply and slowly from the diaphragm/belly area up to the lungs, slowly, deeply and easily. Exhale in a similar fashion. You can do this as many times as you need until you fall asleep. You can try to keep count, as that may work for some. Simple rhythmic breathing helps to calm and cool the system.

Milk — Warm milk generally has tryptophan, which is another sleep-related chemical. Mixing in herbs like nutmeg and ashwagandha can encourage better sleep and

balance the nervous system, reducing inflammation.

Bath — A warm bath before bed helps us to be grounded in the winter and fall asleep more easily. In the summer months, a tepid bath can cool the body and calm the nervous system.

Get off technology — Engaging in computer-related activities and other stimulating devices causes either poor sleep or sleep disruption, lack of sleep or overall restless sleep. Stimulating activities in general make it difficult to fall asleep. Reading a book before bed induces deeper and restful sleep, whereas games, television, computers and even cell phone involvement can throw us out of balance.

Adequate daily exercise — Supporting healthy circulation and getting the body moving can induce a deeper layer of sleep. Additionally, Ayurveda says that exercises that are more dynamic, heating and vigorous should be conducted in the earlier (preferably morning) part of the day rather than at night, unless it is restorative and calming. Technically, Ayurveda says that muscle mass is best built up in the morning.

Avoid stimulating beverages — such as caffeine, soda, drinks with excess sugar.

Herbs — such as ashwagandha, nutmeg, chamomile, valerian, skullcap and kava kava can be taken individually, as compounds, in milk or just with water.

Earlier to bed — Slowly work yourself back to an earlier sleep time. If you tend to go to bed in the wee hours, start going back an hour every few days until you are going to bed around 11. Your body and mind will thank you for it over time.

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.

Vishnu Aragona, AyD, is the owner of Still Point Ayurveda, a complementary Ayurvedic holistic wellness center in W. Mt. Airy. For information, visit stillpointayurveda.com.



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BOARD ELECTIONS



NOTICE of Election for Weavers Way Co-op Board of Directors

Members may vote online or by paper ballot beginning April 1, 2018, and ending April 29, 2018, 30 minutes after the Weavers Way Spring General Membership Meeting begins.

One vote per member household. Ballot boxes are located in all three Weavers Way Co-op stores. Online voting takes place at members.weaversway.coop (login required).

Board Positions to be filled: FIVE (5) At-Large Directors, FOUR (4) for 3-year terms, ONE (1) for a 1-year term.

Candidate application and instructions are available at www.weaversway.coop/board-election.s

Run for the Board

(Continued from Page 1)

Candidates are also expected to attend an information session, but if you did not make it to one of the meetings held in January, a member of the Leadership Committee will meet with you individually to go over Board member responsibilities and expectations.

Candidate applications and additional information are available at www.weaversway.coop/board-elections.

The nomination form includes an agreement to fulfill the duties of the Board and a disclosure of conflicts of interest. Five questions are asked of all candidates; responses,

strictly limited to 250 words, will be published in the April Shuttle and in the electronic balloting area of the Online Member Center. You must also submit a high-resolution photograph of yourself, which will be published with your responses.

This year, we will fill five vacancies on the Board. If you do not choose to run but still want to get involved with elections, consider joining the Leadership Committee. This Committee is very active from January through May each year. For information, I can be contacted directly at LisaH43@comcast.net.

Our slate of candidates will be final at the end of February. If you're interested in running but haven't made arrangements, let us know as soon as possible.

lisah43@comcast.net

IMPORTANT DATES FOR CANDIDATES

- ✓ **Attend a Weavers Way Board meeting:**
LAST CHANCE!
Tuesday, Feb. 6, 7 p.m., 2nd floor, Chestnut Hill Community Center, 8419 Germantown Ave.
- ✓ **Feb. 28:** Applications due, with high-resolution photo.
- ✓ **March:** Video interviews.
- ✓ **April 1-29:** Voting.
- ✓ **April 29:** Results announced.

Kensington Co-op

(Continued from Page 1)

- Café and bar with tables and seating for 30.
- Prepared foods and coffee.
- 4 taps for draft beer and wine, plus carry-out service with growler fills and chilled beer bottles.
- Outdoor garden seating adjacent to café.
- 16-car parking lot, plus on-site bicycle parking.

The location does not have a kitchen, so prepared foods are expected to be sourced from local merchants.

General Manager Mike Richards has been with KCFC since early 2017. "We're excited about bringing another co-op to the Philadelphia area and giving access to healthy food to an underserved neighborhood," he said.

Co-ops are nothing new to Philadelphia, some beginning during Benjamin Franklin's time. Having Weavers Way as an example of a successful co-op in the area provided KCFC with inspiration and resources to move the dream along, said Peter Frank, a longtime KCFC activist and former head of the Philadelphia Area

Cooperative Alliance. KCFC has "been lucky to have Weavers Way support over last nine years. From our first meeting to now getting support from Weavers Way staff to help launch, we would not have been able to do this without them."

In addition to access to healthy food, Richards explained that KCFC wants to ensure that everyone has access to the co-op's other benefits, including community-based programming and enrichment through educational initiatives and workshops, regardless of income. And in fact, last year, KCFC received a \$50,000 grant from the Penn Treaty Special Services District to fund a program that will allow neighborhood families who are unable to afford the co-op's full \$200 equity investment to become member-owners for just \$2 per month.

Most of KCFC's more than 825 member households come from Kensington, Fishtown, Port Richmond and Northern Liberties. Member-owners currently can participate in KCFC's Shop-Local program where more than 50 local merchants offer discounts.

You can find out more about KCFC through their Facebook page or website: www.kcfc.coop.

Natalie Hartenbaum is a Weavers Way Working Member.



The official groundbreaking at the site at 2670 Coral St. (Frankford and Lehigh) last May, top; a schematic of the store layout, left.



Waiting for final city approval: KCFC's building (Coral Street in the foreground, Lehigh Avenue at rear); rendering shows planned new entrance facing Coral Street.

STAFF CELEBRITY SPOTLIGHT

Linda Calloway

Job: Mt. Airy Deli staff

Where She's From: Reading, PA

Where She Lives Now: East Mt. Airy, with two cats, Merlin and Boo. (She shares the space with Weavers Way IT programmer Marko Nastic.)



Before She Got Here: She spent 20 years in the seafood business, working her way up to store manager at Filbert's Seafood in Reading, and then managing at Adelpia Seafood there after Filbert's closed. She had to quit after a heart attack in the early 2000s, but then went on to work for Surgical Specialties, a Reading-based manufacturer of surgical needles, from 2013 until July 2014. (The plant moved to

Mexico at the end of 2014.)

Notable Side Gig: For three years in the early '90s, she ran Calloway's Seafood, a stand in the Reading Farmers Market that also specialized in Polish delicacies.

How She Got Here: She'd been working at Rite Aid since moving to Philadelphia in 2015. Her daughter, Shekinah, who also lives in East Mt. Airy, saw Weavers Way online, and said, "Mom, this looks like you."

Fun Family Facts: She has two other adult children: Craig and Melissa, and 13 grandchildren, ranging in age from 6 to 26. Also, she's a twin, and the second youngest of six; her sister Brenda is three minutes older.

Favorite Co-op Products: Stryker and Garrett Valley meats, Santa Cruz juices, My House apple caramel walnut pie, Chilly Philly ice cream

A Little Co-op Love: "I've made so many friends, and the customers are friends. I appeal to them, and they appeal to me ... I feel like I found my home, and I don't want to go anywhere else."

— Karen Plourde

COOPERATORS OF THE MONTH

Ben ('Binky') & Marilyn Frazier

Joined Weavers Way: 2012. They were the 48th family who signed up to join the Ambler Food Co-op, whose membership was absorbed into Weavers Way's last spring.

Where They Live: Ambler, within walking distance of the new store.

Current/Former Jobs: Marilyn is Director of Social Services at the Abramson Center for Jewish Life in North Wales. Binky previously owned and operated Wonder Cleaners in Horsham; he retired in 2013.

Why They Joined: **Binky:** "We don't have a supermarket in this town, and we were thrilled about the idea of possibly buying food in Ambler again." **Marilyn:** "It's sort of all connected for us. These are our values — local, simple, understanding the balance of life and the connectedness of all of life."

Co-op Cooperator History: As members of AFC, they hosted a block party at their home to increase awareness and recruit members. With the store open, Binky's done front-end support, stocked shelves and helped out in produce. (As the retiree in the household, he does the hours.)

Family Facts: They have two grown children, Sarah and Ben. Sarah lives in Mt. Airy and is also a Weavers Way member. They're also parents to golden doodle Meg and Merlin the cat.

Food Faves: They're big fans of Solebury Orchards apple sauce. **Marilyn:** "I can't keep it in my house. It's like eating apple pie, and it's only apples." They also enjoy Le Bus breads, salmon, Personal Chef cornbread and many items from Prepared Foods. **Binky:** "My goal is never to go to another supermarket ... I used to drive probably 12, 15 miles a week. Every time we needed something, I'd have to go to Spring House or Flourtown or George's Shop 'n' Bag. Now I'm walking over here."

A Little Co-op Love: **Binky:** "Sometimes, I just walk over, because I've already gotten my groceries, and say hello to people." **Marilyn:** "[General Manager] Jon [Roesser] wrote an article a couple months ago that this is a community place, it's like your third place. And that is so how we relate to it."

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

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

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

The Shuttle

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Weavers Way Mt. Airy

559 Carpenter Lane
8 a.m.-8 p.m. daily
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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Upcoming Orientations

Mt. Airy
Tuesday, Feb. 7, 6:30-8 p.m.
 Community Room, 555 Carpenter Lane

Ambler
Thursday, Feb. 15, 6:30-8:30 p.m.
Saturday, Feb. 24, 9, 1-2:30 p.m.
 Senior Center, 45 Forest Ave.

RSVP: outreach@weaversway.coop

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. Or do it the old fashioned way: Contact **Programs Coordinator Stephanie Bruneau** at sbruneau@weaversway.coop or 215-843-2350, ext. 152.

WHY NOT GIVE A WORKSHOP YOURSELF?

Anyone can propose a topic, and members who lead workshops get three hours of work credit. It's a great way to maintain Working Member status.



WORKSHOPS ARE HELD:

- In Mt. Airy in the **Community Room**, 555 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** at Saul High School, 7095 Henry Ave., and at **Awbury Arboretum**, 901 E. Washington Lane.
- In Ambler, in **The Cafe** at the store, 217 E. Butler Ave., or the **Ambler Senior Center**, 45 Forest Ave.
- Other locations as noted.

COMING UP

Heart-Healthy Nutrition

Tuesday, Feb. 6, 7-8:30 p.m., Weavers Way Ambler

How can we keep our hearts healthy and happy? What foods support heart health — both physical and emotional? Nutrition Team member Nicole Schillinger, owner of the Functional Health Center in Ambler, will discuss cholesterol management, the sodium connection with blood pressure, types of fats to consume and avoid, supplements for the heart and much more. FREE.

For the Love of Curry: An Indian Cooking Demo

Thursday, Feb. 8, 6:30-8:30 p.m., Ambler Senior Center

Originally a home cook trained by her mother, Weavers Way



member Seema Vaidyanathan has been widely influenced by the different regional cuisines of India. She'll expose your taste buds to traditional south Indian cuisines of Tamil Nadu, Kerala and Karnataka states. \$5.

Mini-Workshop on Heart-Healthy Nutrition

Friday, Feb. 9, noon-1 p.m., Weavers Way Ambler

Get the short course on what foods support heart health — both physical and emotional, and how to keep your heart healthy and happy.

Moxie Tuesday: Food of the Gods — Chocolate Workshop

Tuesday, Feb. 13, 7-8:30 p.m., Kismet cowork, 12 W. Willow

Grove Ave., Chestnut Hill
In this truly tasty workshop presented by Joe from

local confectionery Affinity Confections, you'll learn a little about why ancient civilizations deemed this delectable morsel the "food of the gods" as well as its magical health benefits. The \$5 fee supports Food Moxie.



Film & Discussion: "Joao de Deus — The Miracle Man of Brazil"

Tuesday, Feb. 20, 7-8:30 p.m., Mt. Airy Community Room

Weavers Way member Iris Wolfson, founder of Alternative Healthcare for Women, share a film and leads a discussion of the work of the famed Brazilian healer and medium known as John of God. FREE.

Build Your Own Electric-Vehicle Charge Station

Saturday, Feb. 24, 1-4:30 p.m., Weavers Way Ambler

****Registration deadline: Feb. 16, 3 p.m.****

You'll leave this hands-on workshop with a fully functional EV-tested charge station ready to mount. \$395 covers instruction and all materials. (See story on Page 1.)

Imagery 101 for Enhanced Well-Being at Work, Rest & Play

Thursday, March 1, 7-8:30 p.m., Sage Integrative Health Center 538 Carpenter Lane

Join Dr. Elanah Naftali to learn about exciting advances in brain research and uses of imagery for pain and symptom relief, improved rest, and physical activity such as walking, balance and coordination. FREE.

MORE INFO & TO RSVP: www.weaversway.coop/events/workshops

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