



by Olga Corrias Hancock, At-Large Board Director

If being more active is one of your New Year's resolutions, then run!

Yes, you can be more active at Weavers Way by running for the board. Our new election cycle is about to start and we need you.

What's it like to serve on the board? Here are some current members' stories and comments:

Larry Daniels: "It's quite cool for me to represent the Weavers Way Board. I am very active in the Mt. Airy community, and it continues to amaze me how many people recognize me by my association with Weavers Way."

(continued on page 14)



Community-Owned,
Open to Everyone

The Shuttle

JANUARY-FEBRUARY 2019 Since 1973 | The Newsletter of Weavers Way Co-op Vol. 47 | No. 1

GM'S CORNER

Props to Creekside: You Ran the Race

Jon Roesser, General Manager
Weavers Way Co-op

“CHELTENHAM,” SOME OF ITS CITIZENS PROUDLY BOAST, “IS Mt. Airy with its own school district.”

Politically anyway, Cheltenham does – lean left: In the last election, Tom Wolf carried it with 88 percent of the vote, a higher percentage than any other municipality in Montgomery County. Those who spend any time there might wonder where the 12% who voted for the other guy are hiding.



photo by Bernadette Dougherty

Ambler Store Manager Heather Carb welcomes Ruth and Andrew Shaw of Elkins Park, who transferred their Creekside membership to Weavers Way.

Such a liberal ecosystem need not be required to grow a co-op, but it helps, and in 2008 a bunch of neighbors, predominantly in Elkins Park but spread throughout Cheltenham and even into Abington and East Oak Lane, created what would soon be named Creekside Co-op.

One of their motivations was to breathe new life into downtown Elkins Park, an enchanting knot of businesses clustered around the busy Elkins Park train station. For years the Ashbourne Market had served as this little village's anchor tenant, and since its closure back in the early 2000s things had languished.

Having founded Creekside Co-op, the people of Cheltenham then did what hardly anyone else could have done. Entirely on their own, they signed up thousands of members, raised equity and secured the necessary financing. In 2012 they opened a cooperatively-owned grocery store right on the spot of the old Ashbourne Market.

(continued on page 7)

Schuylkill Center Wildlife Clinic Reopens

by Kristina Garcia Wade, for the Shuttle

THE WILDLIFE CLINIC AT THE Schuylkill Center reopened Nov. 10 with federal permits and temporary state permits for rehabilitating mammals, songbirds, and raptors. We invite you to celebrate with us, to meet the new director, Rebecca Michelin, and to be a part of the clinic's new vision at our grand opening on Groundhog Day, Feb. 2. We'll be hosting Winterfest for Wildlife, an event including wildlife crafts, animal face painting, nature walks, a bake sale benefiting the clinic, and a talk on urban wildlife presented by Rebecca. There will be a limited number of timed tickets for behind-the-scenes tours of the clinic and a list of suggested in-kind donations to bring for the wildlife. The event is free; check out www.schuylkillcenter.org for details.

Soon after the clinic opened its doors, the first patients arrived: a juvenile southern flying squirrel, two grey squirrels, a pigeon, and a groundhog. The flying squirrel was found without a family group and was too young to be released this late in the season, so she is over-wintering at the clinic. “When a member of the public cares about an ill, injured, or orphaned wild animal enough to rescue them, it is our responsibility to provide the highest possible quality of care,” said Rebecca. “We are dedicated to meeting and exceeding national standards by providing prompt medical attention, appropriate housing and diets, and a stress-free environment for recovery.”

Over the last year, the Center has remained committed to wildlife rehabilitation. We focused our energy on reopening the clinic as soon as possible while developing a master plan for the facility, one aimed at strengthening our role as a regional leader in wildlife rehabilitation.

Rebecca and the newly hired Assistant Director of Wildlife Rehabilitation, Chris Strub, along with 25

(continued on page 7)



Two workers examine a juvenile rabbit brought into the clinic (top), which also became a safe place for a pair of baby vultures.

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

IF THE WEATHER OUTSIDE IS FRIGHTFUL, AND YOU WANT TO KNOW IF WE'RE OPEN . . . JUST CALL!

AMBLER 215-302-5550
CHESTNUT HILL 215-866-9150
MT. AIRY 215-843-2350

Editor's Note

by Mary Sweeten, Editor,
Weavers Way Shuttle



YOU MAY HAVE HEARD THAT I'M RETIRING — not shy and retiring, just retiring. It's all true.

It's been an honor (fun, too . . . usually) to edit the Shuttle, the paper of record for Weavers Way. I'm grateful to the cooperators who stepped up to cover important meetings (sometimes under pseudonyms). I'm also thankful for the dozens of writers who covered other subjects — sometimes because the subjects interested them but often because they interested ME. Not to mention the photographers (I may have mentioned that I take awful pictures). And a special shout-out to my kindred spirits, the proofreaders who fretted and fumed about grammar, spelling and usage. Bless you.

Thanks to Glenn Bergman for hiring me and Norman Weiss for getting used to me, but I couldn't have done it without writer and woman-about-the-Co-op Karen Plourde; web guy Paul Weinstein; Membership Manager Kirsten Bernal and Outreach Coordinator Bettina de Caumette, who despite being stuck in the basement, together know everyone and everything; and above all, Art Director Annette Aloe, whose specialty is making the paper great again once I'm done with it.

Reading through old Shuttles, I'm also gratified to see that I've been consistent about a few things over the past nearly six years:

- **GMOs:** It's not that I'm persuaded they're unhealthy per se. It's that Big Ag makes me sick. Let me know when GMOs achieve something other than enriching the shareholders of Monsanto, now Bayer.
- **Solid waste and plastic pollution:** Just put down the bottled water.
- **The local food conundrum:** In my introductory column, I said my favorites are the "A" vegetables — artichokes, asparagus and avocados. There's the conundrum in a nutshell. Artichokes come from far, far away, and bringing avocados back from California in my carry-on ("My Vacation Is Their Local") doesn't exactly address the problem. Driving around Lancaster County looking for asparagus won't win me any carbon-footprint-reduction prizes.

If I may have a Last Word, it's this: First World foodies cannot just think local. We have to keep paying top dollar for organic and justly traded products grown in the tropics — coffee, chocolate, bananas, to name the biggies — and keep the pressure on to improve farmers' lives in the Third World. Because we're the ones who can afford it.

To steal Jon Roesser's signoff, see you around the Co-op.

The Shuttle is published by Weavers Way Cooperative Association.

Statement of Policy

The purpose of the Shuttle is to provide information about co-ops, healthful 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.

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. 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, or call 215-843-2350, ext. 314, or email advertising@weaversway.coop. Advertised products or services may not be construed as endorsed by Weavers Way Co-op.

The Shuttle is printed on
100 percent recycled paper.



What's in Store at Weavers Way

The Whys & Wherefores of CBD oil

by Karen Plourde, Weavers Way Communications Staff

HANG AROUND ANY OF OUR WELLNESS departments long enough (FYI — it's not easy; space is tight), and someone will ask a staff person for information on CBD. There are a whole lot of ailments out there, and shoppers want to know if CBD will make them feel better. The answer? Maybe, according to Weavers Way Next Door Manager Chris Mallam.

"We know that it helps with balancing our internal endocannabinoid system," he said. "That's where most of our customers see that benefit. We sell it as a balancing act."

CBD's scientific name is cannabidiol; it's the nonpsychoactive compound extracted from hemp. The growing of hemp was outlawed in this country after Congress passed the Marijuana Tax Act of 1937, but that ban was lifted with the passage of the Farm Bill last year.

The endocannabinoid system is the network of receptors and transmitters that works in conjunction with our nervous and immune system. It regulates feeding, cognition, memory, and sleep and relaxation, along with our response to disease and stress. According to Chris, most of us have some kind of imbalance in these areas. "The cannabinoids work on these receptors to fill in those gaps," he said.

Cannabinoids exist to some degree in black pepper, dark chocolate, hops, and such herbs as basil, cloves, cinnamon, rosemary, oregano and lavender, according to namastemd.com. But the concentration of them in the hemp plant is far higher.

Between 80 and 100 different cannabinoids, including CBD, can be extracted from the hemp plant. CBD manufacturers use different combinations of cannabinoids in their products, and also source their hemp from different places. CV Sciences, of Las Vegas and San Diego, imports European hemp, whereas Fountain of Health and Charlotte's Web, both based in Colorado, use hemp grown in that state. Each of these brands can be found in our stores.

"Some brands work better for some people than other ones, because there's a different spectrum of cannabinoids in each of the products besides the CBD," Chris said.

The line that separates marijuana from hemp products is 0.3 percent of THC or tetrahydrocannabinol, the chemical responsible for most of marijuana's psychological effects. All of the products carried at Weavers Way contain this concentration or less.

Delivery Systems and Effects

Among the various CBD delivery systems carried at our locations — gummies, tinctures, mist, capsules, softgels and balms — tinctures are considered the most effective, according to Chris. "We encourage the use of tinctures. They're sublingually used, so it's not really oral usage, but letting it sit under your tongue," he said.

Tinctures are also popular among CBD users because



photo by Karen Plourde

Many (though not all) of the CBD options in our Ambler store.

they allow them to control their dosage. "One of the big questions is what the dosage is, and we really don't know," Chris said. "It's very case by case...depending on what they're using it for."

Meredith Flaherty, a shift manager in the Chestnut Hill store who also works Next Door, said she's found CBD helpful for treating her anxiety and migraines. Similarly, a regular Next Door customer has found it helps relieve his fibromyalgia symptoms, according to Chris. "We're always interested in getting feedback from customers about their experiences," he added.

Chris stressed that none of the CBD products carried by the Co-op are geared toward any specific condition. CBD has been credited with everything from relieving pain to lessening anxiety and depression to alleviating acne. It's been approved by the Food and Drug Administration for the treatment of seizures associated with two epilepsy syndromes — Lennox-Gastaut syndrome and Dravet syndrome. But although the CBD learning curve has been steep the last few years, much is yet to be discovered.

"A lot of people ask 'What should I expect?' 'What should happen?' We don't really know," he said. "It all depends on your current brain [chemistry], as well as those receptors....we're just breaking the ice, learning about these cannabinoids and how they're working the body."

kplourde@weaversway.coop

Bring It, Wing It Sale Days!

Stock up on Bell & Evans
All Natural Chicken Wings



\$2.99/lb

reg. \$4.25/lb

Jan 26 - Feb 5, 2019



What's in Store at Weavers Way



Check It Out!

by Karen Plourde, Weavers Way Communications Staff

Going on in Grocery

Griggstown Farm soups take the work out of winter meals. And Wild Tonic takes the bite out of 'booch.



Many Co-op shoppers already know from Princeton, NJ's Griggstown Farm pot pies, which have had a home in Chestnut Hill's frozen section for years. But increased freezer space in Ambler has allowed that store to delve deeper into their frozen soup and chili line. Soups include 28-ounce packages of wild mushroom, butternut squash, and french onion for \$8.99 each; minestone is \$9.99. Veggie and turkey chili is \$9.99 and \$12.99, respectively, for the same size package. They can be heated in their own plastic bag in boiling water for 25 minutes, or taken out of the bag and cooked in a saucepan for the same amount of time. For dessert, the Ambler store sells Griggstown's nine-inch seasonal fruit pies for \$14.99. Cherry pie is on the shelves right now.

Just when you think you've seen it all in kombucha, here comes Wild Tonic organic jun kombucha, now available in two flavors in Chestnut Hill. Jun is made by fermenting tea and honey with a SCOBY or culture. The resulting beverage is lighter, smoother, and less vinegary than typical 'booch. In addition, it contains both prebiotics and probiotics. A 16-ounce bottle will set you back \$4.79.



thanks to Plainville Farms of New Oxford, Adams County. Their birds are raised humanely, fed a vegetarian diet, and are never given antibiotics, added growth hormones, or steroids. Selections include turkey necks (\$2.99/lb.), turkey wings (\$3.69/lb.) and fresh turkey burgers (\$5.99/lb.)

The organic yogurt from Seven Stars Farm of Kimberton, Chester County has long been a staple at the Co-op. But tucked away in the rightmost freezer case in the Mount Airy store are three-packs of their grassfed burgers for \$7.39. They're worth searching out if you've got a hankering for locally-raised beef.



version now has a spot in Chestnut Hill's case. This version hails from near Pelussin, France and is made by Fromagerie Guilloteau. The black Perigord truffles in it are harvested from Provence; they give this D'Affinois a slightly pungent aroma that gives way to a buttery, earthy taste. It's \$16.99 a pound, with most pieces in the \$8 range.

Meat & Fish Market

New turkey choices in Chestnut Hill. And did you know Seven Stars Farm makes burgers?

The number of turkey options in Chestnut Hill's meat case has increased,



The Daily Deli

A western PA chevre for yins. And D'Affinois with truffles c'est ici.

Cheese made from local goat milk has become more and more of a thing, and though not technically local, Goat Rodeo Dairy cheeses are from the Keystone State — Allison Park, to be exact, near Pittsburgh. Their fresh chevre, recently added to the case in Mt. Airy, is smooth and creamy with a hint of lemon. It's \$15.99 a pound, but sold in eight-ounce deli containers priced closer to \$5 each.

Attention, fans of D'Affinois, the French double crème wonder: The truffled



Make Valentine's Day Special

Sustainable Red Roses from Weavers Way

Pre-order: \$42.95

Members only, through Tuesday, Feb. 12
Pick up Wednesday, Feb. 13, or Thursday, Feb. 14

Regular price: \$45.95

These long-stemmed (60cm) Florverde®-certified roses come from our friends at Zieger & Son Wholesale Florist in Germantown.

For details and to order, visit:
www.weaversway.coop/roses

SLICE IT DICE IT SERVE IT

Kieran McCourt, Weavers Way Ambler, answers the question: **"What Do I Do With This?" THIS MONTH:**

Fun Fact: It's a rhizome — a modified subterranean plant stem that sends out roots and shoots from its nodes, much like fresh ginger.

Flavor: Bright, peppery spiciness; earthiness

Great in: Curries and other Indian and Southeast Asian-inspired dishes

To Prepare: Slice, dice, grate or microplane. Lay a piece of parchment on the prep surface when grating or microplaning, so you can catch everything and avoid staining.

Cooking Options:

1. Grate and add it to the cooking water when making rice to give it color and add flavor.
2. Make tea — slice it into the bottom of a mug and pour boiling water over, or add it to English Breakfast, black or other humdrum tea for more oomph.
3. Add it as part of the aromatics to a soup or braise.
4. Juice it, or grate and add it to a smoothie.

Recipe Conversion: One inch of fresh turmeric = 1 tbs. freshly grated turmeric = 1 tsp. ground powdered turmeric

Warning: Turmeric will stain everything — wear gloves when handling it!

Fresh Turmeric



An offshoot of Weavers Way Co-op

608 Carpenter Lane
215-843-8289
foodmoxie.org

Executive Director

LISA MOSCA lisa@foodmoxie.org

Development Director

ALLISON BUDSCHALOW allison@foodmoxie.org

Program Director

ANDREA DOWNIE andrea@foodmoxie.org

Manager of Growing Spaces

BRANDON RITTER brandon@foodmoxie.org

Manager of Education

MARIAH BUTLER mariah@foodmoxie.org

Operations Manager

MICHELLE BURKE michelle@foodmoxie.org

GIVING TWO DAY

FEBRUARY 12

Drop \$2 (or more!)
at any register to benefit
Food Moxie programs.

FOOD MOXIE

We dig what we eat.

Looking back at 2018, Looking forward to 2019

HAPPY NEW YEAR, EVERYONE! THE LONG WINTER NIGHTS and cold air provide us with an opportunity to reflect on FOOD MOXIE's past and dream forward about our 2019 growing season. Food Moxie began as Weavers Way Community Programs over a decade ago when a need developed for the Mt. Airy store to provide support for healthy snack options to Henry School students. This led to the Marketplace Program that provided healthy snack options to that school and then other schools for a time, through student-run and adult volunteer-supported efforts. As part of that process, the need for a 501c3 arose and Weavers Way Community Programs was created. Food Moxie is grateful for all the support we receive every year from the Weavers Way staff, board and membership as we work to provide opportunities for Philadelphians to grow, prepare, cook and eat healthy foods.

Our 2018 fall activities included programming for W.B. Saul Agricultural High School students, particularly two of the food science classes at the school. We also supported Farm Club once a week for students with autism and disabilities at Martin Luther King High School, as well as Hope Kitchen cooking classes with many adults living at Stenton Family Manor emergency housing. Our amazing staff and volunteers also supported Garden Club activities with Stenton children and youth. We are grateful to all of them.

Our 2019 planning is already in full swing. We're planning to revitalize the greenhouse that supports propagation efforts. Staff are replacing over 90 raised garden beds with fresh lumber and soil for both culinary herbs and education garden spaces. We are working hard to create plans for additional necessary infrastructure for programming, like shade spaces and healing garden spaces that provide safe respite to program participants. We're only able to do all of this with your support. Thanks and have a happy and healthy 2019!

– Lisa Mosca, Food Moxie Executive Director

Thanks



Spring Classes at Morris Arboretum

- CREATIVE EXPRESSIONS
- CULINARY ADVENTURES
- HORTICULTURE & DESIGN
- BEHIND THE SCENES
- GROWING MINDS
- TRIPS



Registration opens January 15
More than 85 Classes for Adults and Children!



LEARN MORE AND REGISTER:
bit.ly/MAClasses
(215) 247-5777 ext. 125

100 E NORTHWESTERN AVE, PHILADELPHIA • WWW.MORRISARBORETUM.ORG

QUINTESSENCE THEATRE GROUP
AWAKE & SING!
JAN 21 - FEB 17 2019

WRITTEN BY CLIFFORD ODETS **DIRECTED BY MAX SHULMAN**
The Sedgwick Theater 7137 Germantown Ave. Philadelphia PA. 19119
www.QTGREP.org 215-987-4450

An offshoot of Weavers Way Co-op

FOOD MOXIE



THANKS TO...

FOOD MOXIE would like to thank these generous institutional donors & volunteer groups:

- Drumcliff Foundation**
- Hilda Mullen Foundation**
- Lida Foundation**
- PowerCorpsPHL**

And, we could not do our work without the support of our core partners:

- Stenton Family Manor,
- Martin Luther King High School,
- W.B. Saul Agricultural High School,
- Awbury Agricultural Village at Awbury Arboretum,
- Weavers Way Farm Team



For Their Support!

SPRINGSIDE CHESTNUT HILL ACADEMY



**ALL-DAY FUN
ALL SUMMER!**

On the beautiful 62-acre campus of Springside Chestnut Hill Academy



Register Today
summersideonthehill.org



BROKEN CONSORT

Feb. 1 Chestnut Hill Feb. 2 Center City Feb. 3 Wilmington

For tickets and information:
tempestadimare.org | 215-755-8776

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

An Easy Winner
of a Winter Soup

THIS RECIPE APPEARED IN THE JANUARY 2016 Shuttle; it is a surefire, can't-mess-up winner. Because there is a lot of prepping to do, it's a perfect chilly January Sunday do-together soup for you and your significant other(s)!

The recipe is flexible, in case you just cannot find the right celeriac bulb; recommended quantities can be altered without ill effect. The recipe says it serves four, but given considerations of how thick you like your soup, how much stock you want to add and so on, there is a wide variation on how much it makes.

I recently bought all of the ingredients at Weavers Way Mt. Airy (except the half-and-half, which is optional) for about \$14. I used approximately 1½ quarts of stock. I suggest cutting the vegetables into 2-inch pieces; otherwise you'll be stirring them forever while they roast. Ours turned out fairly thick, and we ended up with about 12 cups, which equals out to less than \$1.20 a serving. Not bad for a healthy, delicious, beautiful soup!

Thank you to whoever shared this recipe three years ago. (Editor's note: That would be Mt. Airy Produce Manager Jean Mackenzie.) It deserves to be shared again! Bon appetit!

Ruth and Ken Schamberg

Roasted Roots Soup

Prep time: 35 minutes

Cook time: 1 hour

Serves four

INGREDIENTS

- 3 parsnips
- 3 carrots
- 1 celery root (optional)
- 1 rutabaga
- 2 turnips
- 1 sweet potato
- 1 stalk celery, diced
- ½ sweet onion, diced
- ¼ cup olive oil
- 1 tsp. salt
- ½ tsp. ground black pepper
- 3 tbsps. butter or substitute such as Earth Balance
- 1 quart vegetable broth
- ½ cup half and half, cream or non-dairy milk (optional)

DIRECTIONS

Clean and scrape (peeling optional) root vegetables and cut into same-size pieces. Combine in a large roasting pan, coat with olive oil and season with salt and pepper. Roast at 450°F until fork-tender, stirring often.

Melt butter over in a large pot or Dutch oven over medium heat. Add celery and onion and cook until onion is translucent, about 5 minutes. Add broth and bring to simmer, uncovered. Add roasted vegetables and simmer for 10 minutes, or until tender. Puree using an immersion blender. Add more broth as needed. Season to taste with salt and pepper. Serve with the milk (optional).

Senior Shoppers,
Please Be Kind

MOST OF MY CO-OP SHOPPING EXPERIENCES are positive and sometimes neutral. But I recently had a negative shopping experience. A week later, I again left the store thinking, "Wow, that was stressful." Another week later, a pattern emerged: My status as a senior shopper had begun, so I was shopping on my way home from work on Tuesdays. Most of my fellow shoppers were also seniors, also doing a week's worth of shopping, armed with their 10% discount. And they were irritable, entitled, crabby, pushy. Oh dear.

People, let's curb this. Let's be mindful of one another's feelings and challenges. It's not easy getting old. But studies to determine the personal qualities that support aging well have concluded that the primary quality is feistiness, or the ability to look out for one's own interest and advocate for it. And feistiness is often expressed in being irritable, entitled, crabby, pushy. In no way do I want to discourage seniors from being feisty.

But please check how you treat your fellow shoppers. Be respectful, be patient, be kind. The senior discount is a privilege, and I am grateful for it. Let's not give the Co-op a reason to revoke it. Let's treat staff like the hard-working, kind-hearted people they are. Let's relax and enjoy shopping with our aging neighbors.

Gwen Lindgren

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.

Not a Working Member?
That'll cost you.
Don't make the **5%** mistake.

Sign up at
members.weaversway.coop

coop basics

**Good Deals
Every Day.**

Look for the tag!

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

The Closure of Creekside Affects Us, Too

by Ned Case, for the Shuttle

At a meeting at the Elkins Park SEPTA station on Dec. 19, the Board of Creekside Food Co-op voted to go out of business; the store closed on Dec. 22. Ned Case attended the meeting as a Creekside member. (He advised Weavers Way on financing for its Chestnut Hill and Ambler expansions.) The following account is informed by his 25 years of experience in financing for corporations, including co-ops.

THE FINANCIAL CONDITION OF Creekside Co-op was extreme: An oral summary at the board meeting indicated outstanding Creekside debts of \$2 million, including trade payables, commercial borrowings and member loans. Except for a \$600,000 mortgage lender, creditors are not likely to see a recovery. Creekside households lost roughly \$1.4 million in equity and loans. In addition, in reporting on the Creekside closure, the Philadelphia Inquirer noted that Creekside had earlier defaulted on a \$3 million bank loan, and that cumulative operating losses of \$1.6 million included \$600,000 incurred since 2016.

Board members stated they personally had covered recent payroll deficiencies. Donations were requested for a final \$38,000 payroll for staff, and the Board literally "passed the hat," raising \$1,700. Creekside is looking for a bankruptcy lawyer to represent the co-op pro bono.

Not discussed at the meeting was why Creekside continued to run at a loss for the last two years, with its board funding losses with borrowing, donations and slower payments to trade creditors?

Creekside's closing has consequences for Weavers Way. We depend on the same lenders, vendors, and member population. Specifically,

- The Reinvestment Fund, a \$2 million lender to Weavers Way that also supports Kensington Co-op, lent to Creekside and is not likely to be repaid.
- Montgomery County Development Corporation lent to both Creekside and

Weavers Way.

- Co-ops share suppliers, including UNFI (the major natural foods distributor) along with local farmers and food producers. Creekside trade creditors will lose \$400,000. These trade creditors include local farms and businesses with which Weavers Way also does business.

Creekside's performance adds to a negative assessment of co-ops' credit quality just as the retail natural foods business has become more difficult. Sprouts, the "co-op killer," opened in South Philadelphia last fall. Aldi, repositioned to offer natural foods at low prices, has expanded in Montgomery County, and Whole Foods opened a larger store in Spring House, just up the road from our Ambler store, last year.

According to local newspapers, several East Coast co-ops are in financial difficulty. Locally, Swarthmore Co-op, in a year-end letter, reported a profit of one percent of sales after three years of losses.

Creekside's board did not make difficult decisions early enough, and the collateral damage from its default affects Weavers Way. In the next two years, Weavers Way will spend over \$1 million to replace equipment in Chestnut Hill. We will have to assure lenders that Weavers Way is not Creekside.

It is not a moral failure to go out of business, but how you go out of business has consequences. A \$2 million default for a co-op with \$4 million in sales is hard to grasp. It is a Board's obligation to have realistic plans and to take action quickly in adversity. Passing a hat, while done with the best of intentions, is not a sound technique to address a deficit of Creekside's size.


SALON 90

at Nicholas & David

4 Generations of Hair Artistry

215.242.2888 • WWW.SALON90.NET

90 BETHLEHEM PIKE, CHESTNUT HILL • ADJACENT TO THE R7 TRAIN
WED, FRI & SAT 9-5 • TUES-THURS 9-8 • EASY PARKING • TUSCAN INSPIRED INTERIOR



Creekside Co-ops Succeeded in Establishing Their Store

(continued from page 1)

Sadly, last month Creekside Co-op closed its store. Despite all the hard work, despite a core group of dedicated members, it came down to simple math: sales were insufficient to cover operating costs.

This disheartening development has brought out the armchair quarterbacks, who have had plenty to say on social media about all the things Creekside did wrong. Any human endeavor is peppered with mistakes, and in six years of operating their store Creekside surely made their share. But they got a lot right too, and their membership should be proud of what they accomplished.

Downtown Elkins Park is once again flourishing, with Creekside succeeding as the catalyst for new business development.

And if their store is gone, the community remains strong. Creekside's members have reaffirmed their commitment to supporting the other businesses that have sprouted up around the Co-op, and there's much talk about what will happen next.

They also haven't given up on finding a way to bring some kind of food retail back to their store. Lots of creative ideas are being floated about, and while it will take some time for the community to identify the best path forward, it's a good bet they'll come up with something.

For now, here at Weavers Way we're doing what we can to provide Creekside's membership with what we hope will be

a temporary alternative. Their members are welcome to become members of Weavers Way without having to pay their first year's equity. We're also working on other incentives to encourage their members to shop at one of our stores.

It's a far cry from having a grocery store in your own neighborhood, but for the time being it's an option. We will be going out of our way to make sure Creekside's members feel as welcomed as possible here at Weavers Way.

I am certain the closing of Creekside is not the last chapter in this story. The people of Cheltenham's commitment to



On behalf of all my colleagues I'd like to thank Mary for her time with us and wish her the best in retirement.



their community led to the creation of Creekside, and that commitment will serve them well as they figure out what happens next.

This proud, diverse, historic, progressive community embodies the cooperative virtues of toleration and shared prosperity. No community deserves to own their own grocery store more than they do.

See you around the Co-op.

Editor's Note: A Creekside members meeting will take place Wednesday, Feb. 13 at 7:30 p.m. The location of the meeting was not yet determined at press time.

I'd like to set aside the last few inches of my column to pay tribute to Mary Sweeten, who has served as editor of the Shuttle since 2013 before retiring last month. Mary brought a level of professionalism to an organization that tends to treat professionalism with suspicion, and the production quality of the Shuttle these last few years has largely been the result of her hard and excellent work.

The Shuttle isn't the New York Times but it's an important part of the culture here at Weavers Way, and thanks to Mary it's better now than it's ever been. On behalf of all my colleagues I'd like to thank Mary for her time with us and wish her the best in retirement.



SCEE Wildlife Clinic Is Back in Business

(continued from page 1)

volunteers and the entire Schuylkill Center staff, have been hard at work cleaning, organizing, and reconfiguring the space.

Our talented staff built live-edge shelving, countertops, and a window ledge from invasive trees felled on Center property. The exam and treatment area has been moved to a room double the size and staff created an intensive care unit and five rehab rooms, including a dedicated aquatic room with tubs and bathing areas for turtles and waterfowl. The clinic is also now set up to take debit and credit cards and boasts a new digital patient recordkeeping system, as well as a hotline application for keeping track of the thousands of phone calls received each year.

Chris said he and Rebecca are working on creating an innovative training program that will include online courses for progressive skill development. "We want to be one of the go-to facilities where people learn, and to train the future rehabbers in the region — because there will never be enough wildlife rehabbers," he said.

If you're interested in volunteering, contact Claire Morgan at 215-482-7300 or claire@schuylkillcenter.org. We're also hosting volunteer orientations — check our website for details.

Kristina Garcia Wade is director of communications and digital strategy for the Schuylkill Center. Reach her at kgarciawade@schuylkillcenter.org.

SUMMER EDUCATION CAMPS

JUNE, JULY AND AUGUST 2019

Daytime camps for youths age 8 to 17 are available at Temple University **Ambler and Main** campuses.

Topics include:

Robotics

Virtual Reality: The Future is Now

Minecraft

Exploring Science

Forensic Science

Film & TV

Cartooning and Drawing

To receive a camp brochure, call **267-468-8500**, or visit us at **temple.edu/summer/youthcamps**.

 **TEMPLE**
UNIVERSITY

A Fond Farewell to Farmer Emma Dosch

by Nina Berryman, Weavers Way Farm Manager

IN DECEMBER 2012 I RECEIVED AN APPLICATION for our apprenticeship from Emma Dosch. The skills and experiences on her application looked like a perfect fit, but there was one problem: She was still in school and couldn't start until mid-May. Since our position started in early April, normally this would be an automatic rejection. But I couldn't turn her application away, so I overlooked her start date, scheduled and interviewed her, and Emma became a part of our farm team.

In November, we decorated our greenhouse with string lights and crockpots galore to throw Emma a farewell party. When Emma started working on the farm, she told me she sticks with things and doesn't bounce around. In retrospect, it's as if she was giving me fair warning. If I'm here I'm going to give it my all and stick around for a while.

As an apprentice, Emma observed everything we did, quickly picked up on our operations, worked hard and contributed everything she could to help complete the day's tasks. From the very start she offered to stay late, helping me with every last loose end, which was far beyond the expectations of her position. In Emma's second year she became the Field Manager of our Henry Got Crops farm and each year she continued to take on more responsibility. Knowing the vegetable field was in good hands, I was able to tend to administrative work and our newly planted orchard.

Emma and I bonded over the many struggles we experienced on the farm. When most other sane people would have given up, she and I pressed on. It was the sharing of these brutally long days and all the myriad of challenges that let me know I could count on her for anything. Emma was always the first person I turned to when I needed to process the results of a meeting or brainstorm a new proposal.

I hope Emma feels immense pride in the im-



photo by Hannah Holby

perfect she had on the farms and our communities. It is hard to imagine the farms without her because she has been a crucial part of the many changes we've made over the last six years. Annual harvests grew from approximately 36,000 to 56,000 pounds, while our CSA grew from 170 shares to 245 shares. She is hardwired to be thorough and efficient. When Emma is involved, the standard for just about everything goes up. She has a knack for creating systems and has left many in place to benefit us all in the years to come.

Whether in a conversation with a five year old in the cherry tomatoes, or in a strategic meeting about farm partnerships, Emma always gave her complete focus. I know these human relationships are what nourished Emma most on the farm. Her dedication to deliberate, respectful community building is a principle she lives by, and I'm sure this will continue, wherever she ends up next.

'Spinning Into Butter' at Stagecrafters

THE STAGECRAFTERS THEATER in Chestnut Hill presents its third production of the 2018-2019 performance season, Rebecca Gilman's timely drama "Spinning Into Butter," opening Friday, Feb. 1.

The story unfolds at Belmont, a tranquil liberal arts college in Vermont, where Sarah Daniels, Dean of Students, suddenly finds herself faced with an explosive situation after one of the handful of African-American students at the school reports receiving hate mail. As threats and abrasive confrontations among faculty and students multiply, the narrative, with insight and wry humor, tracks Sarah's attempts to navigate a maze of posturing, accusations, and soul-searching on political correctness. The author exhibits a bold willingness to expose pervasive and long-standing racial tensions in an unremarkable setting.

Rebecca Gilman (b. 1965) earned an M.F.A. in playwriting at the University of Iowa. Among her highly regarded other plays are "Boy Gets Girl" (2000), which examines power and violence in gender relations, and "Blue Surge" (2001), which examines class distinctions much as Spinning Into Butter looks at race. She adapted "Spinning Into Butter" for a film version released in 2007, which featured Sarah Jessica Parker, Beau Bridges and Miranda Robinson.

Performance dates are Feb. 1 and 2, 7-9, and 14-16 at 8 p.m., and Feb. 3, 10 and 17 at 2 p.m. A "Meet the Cast and Director" Q&A session will be held following the performance on Friday, Feb. 8.

Tickets are \$21 online (no service charge) or \$25 at the door. Thursday and Friday performances are 2 for \$32 online, and 2 for \$35 at the door. Admission for students with a valid ID is \$15, and for seniors, \$22. Discounts are also available for groups of 15 or more. The box office opens 45 minutes before each performance. For information call 215-247-8881 or visit their website, www.thestagecrafters.org. For reservations, call 215-247-9913. The theater is located in the heart of Chestnut Hill at 8130 Germantown Ave.



COMMUNITY AT TEMPLE AMBLER February 2019

Transfer Thursday - February 7

Saturday Preview Day - February 9

Arboretum Director's Winter Walk — Bark, Pods, Buds and Branches - February 13

Ambler Arboretum Speaker Series — Build Your Own Terrarium — Make and Take - February 27

ambler.temple.edu/community

TEMPLE
UNIVERSITY
AMBLER



CHESTNUT HILL
Computer Spa

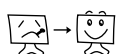
PC & Mac Repair, Set-up,
Tune-up/Clean-up, Upgrades

Joanne Davis
215-939-2534

COMPLETE COMPUTER SERVICES & 1-ON-1 TRAINING

215-939-2534

CHComputerSpa@gmail.com



Nicole Hehn VMD

215-247-9560
8220 Germantown Avenue
www.chestnuthillcatclinic.com

Taking care of cats and their people
for over 25 years.

All new
clients,
\$25 off first
appointment

Mt. Airy Nexus Offers a Uniquely Green Co-working Experience

by Susan Ciccantelli, for the Shuttle

OUR MT. AIRY LOCATION ACQUIRED A BUNCH OF new neighbors this past fall: the residents of 22 condominium units in 520 Carpenter Lane. Included with them was a substantial quantity of sub-surface parking and — perhaps the most intriguing feature — Mt. Airy Nexus, a co-working and community space that is being made available to a wide assortment of both local and international organizations.

Co-working — also spelled “coworking” by those who claim it as their own invention — emerged some time in the ‘90s, the same era in which telecommuting was becoming more acceptable by many companies, large and small. As technology made it possible to track the actions and productivity of employees, the “where” and “when” of workplace and hours became less important, and hi-tech companies around the world latched onto the concept of allowing employees to work remotely. Eventually, the commercial real estate industry did, too; by the early 2000s, aspiring entrepreneurs such as Miguel McKelvey, Tara Hunt and Brad Neuberg were turning co-working into a viable reality. McKelvey’s WeWork now has hundreds of locations in more than 20 countries across the globe

Mt. Airy Nexus was designed with some real architectural savvy, including natural light pouring in from strategically arranged levels brightening what would otherwise be a dark basement space. The polished con-



The Mt. Airy Nexus condominiums and co-working space.

crete floors are smooth and gleaming. All of the furniture, accessories, lighting and knick-knacks are either re-used or recycled from items such as plastic bottles and pig farm troughs, always with the goal of removing the manufacturing cycle.

When I visited for the first time, one of the many whiteboard walls featured a poll of “Favorite Green Ideas” to be found in the space. It looked something like this (rank based on votes):

- 12 votes: super-sturdy wood tables, reclaimed and gorgeously re-fashioned from the warehouse that once occupied the property
- 7 votes each: the mushroom wood walls reclaimed from Kennett Square and a retro 1970s globe chair
- A plastic bottle chandelier
- The aforementioned concrete floors
- Another chandelier made from reclaimed bicycle tires
- A ceiling light crafted from the aforementioned pig feed trough

Co-op members are encouraged to inquire about using Mt. Airy Nexus for causes and activities. Recently, a group used the space to make blankets for hurricane victims. Additionally, the Co-op now holds orientation meetings for new members in the space, and many other activities are posted on a regular basis, including an all-ages game night on the last Friday of every month, with refreshments and childcare provided for free.

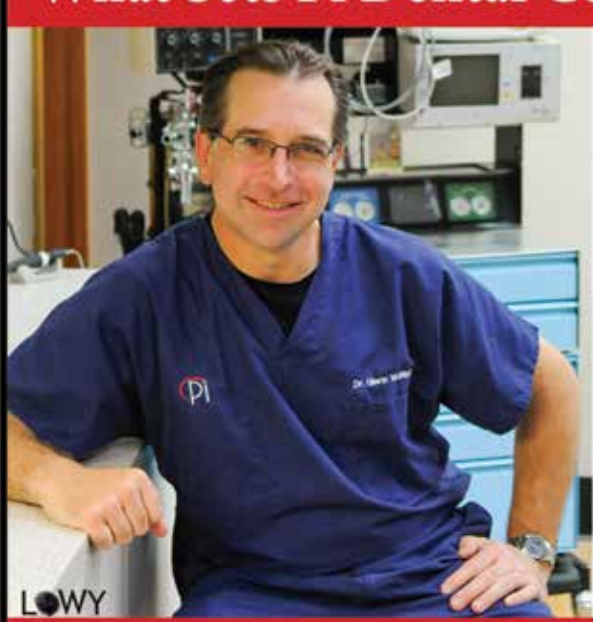
The point person for inquiries regarding everything Nexus is Community Manager John Autin. A former public school science teacher, John gave me a tour of the space that had my head spinning with everything from the secret life of mushrooms to the multiple levels of green building LEED specification requirements. (Bancroft Green, the building’s developers, are shooting for the ultimate LEED certification, Platinum.)

John can be reached at john@mtairy nex.us or by phone at 267-223-5423.




Top and bottom: The Mt. Airy Nexus communal kitchen and living room, utilized frequently by community groups. Middle: The staff of Mt. Airy Learning Tree gathers in one of the four meeting rooms in the space.

What Sets Pi Dental Center Apart?



A Board Certified Prosthodontist, With a Skilled Team Including an On-Site Dental Lab Makes Dramatic Transformations And Creates Beautiful Smiles In Just One Visit.

Glenn J. Wolfinger, DMD, FACP
Pi Dental Center
 467 Pennsylvania Avenue, Suite 201
 Fort Washington, PA
 215-646-6334 • pidentalcenter.com




MT. AIRY
NEXUS

GREEN COWORKING IN THE HEART OF MT. AIRY VILLAGE!



COWORKING & OFFICES



MEETING ROOMS



EVENT SPACES

520 CARPENTER LANE
 267.223.5423
JOHN@MTAIRYNEX.US
[HTTP://MTAIRYNEX.US](http://MTAIRYNEX.US)

weavers way

Coffee OF THE Month

BULK BEANS


Organic French Roast Coffee

Sale

\$8.99

reg \$11.99

Jan 1-29, 2019



Proud to be a neighbor to the new Weavers Way in Ambler.

We sell:

- Single bottles
- Six-packs
- Cases
- Growler fills



259 E. Butler Ave.
 Ambler, PA 19002

267.470.4854



Sticking to Your New Year's Resolutions

by Nicole Schillinger-Vogler, Weavers Way Nutrition Team

IN THE NEW YEAR, PEOPLE RESOLVE to lose weight, eat healthier, cut out sugars or get to the gym more often, just to name a few of the favorites. But all too soon, most revert to their old habits. Here are some tips to stick with your resolutions.

- Start your day with a 16-ounce glass of water. With the dry air and cold weather, most people aren't meeting their recommended daily amount of fluids. Even though you may not feel dehydrated, you most likely are. Drinking a 16-ounce glass of water before each meal fills us up and helps to decrease the calories consumed. Studies have shown this can decrease calories consumed per meal by 100 calories; that could be a 300-calorie decrease just by drinking more water. Herbal teas count toward your daily water intake, since they're caffeine free.
- Make exercise a part of your life, and not just for weight loss. Walking, spinning, interval training, yoga and weight training are all great modes of exercise. If money is a factor, you do not need a gym membership to make this happen. Search on YouTube for exercise videos and plug them into your calendar — at least three times per week for 30 minutes each. Find



something that you enjoy, so you can stick with it.

- Shop the perimeter of the store. Load up on organic, local, seasonal fruits and veggies, which will provide antioxidants to keep up your immune system. Select grass-fed meats, wild-caught fish or free-range eggs for good quality protein. Eat yogurt, kefir, cultured dairy products or fermented veggies to help maintain good bacteria in the gut, which helps our immunity. Try unsweetened milk alternatives like almond, cashew or coconut milks. These do not contain lactose and are lower in calories than a glass of skim milk. Lastly, pick up whole-grain breads. Sprouted is best, but choose the ones with the fewest ingredients and highest fiber content.

If you start these tips now and stick with them for three weeks, they'll become new habits. If you have any questions or need more help, contact one of the Weavers Way Neighborhood Nutrition Team members. Have a happy and healthy 2019!

Nicole Schillinger-Vogler RD, LDN is a clinical registered dietitian, personal trainer and group exercise instructor. She directs the Functional Health Center in Ambler (www.functionalhealthcenter.net)



What the Team Has in Store

JANUARY: Keeping New Years Resolutions. We'll provide tips to help you stay on track, and introduce you to healthy, nutritious meals for the winter months.

FEBRUARY: Heart Health. Discover the heart-healthy benefits of chocolate. Also, learn new meal prep techniques to reduce your risk for heart disease.

NEIGHBORHOOD NUTRITION TEAM OPEN HOURS AT WEAVERS WAY AMBLER:

- Jan. 22, 10 a.m.-noon
- Feb. 4, 10 a.m.-noon
- Feb. 15, 1 p.m.-3 p.m.
- Feb. 19, 1 p.m.-3 p.m.

WORKSHOPS

See listing on Page 22, or visit www.weaversway/coop/events.



APPS Screens Documentary on School Privatization

The Alliance for Philadelphia Public Schools, an education advocacy group, will host a screening of "Backpack Full of Cash," a feature-length documentary exploring the cost of privatizing public schools, on Sunday, Jan. 27 at 2 p.m. at the Unitarian Society of Germantown, 6511 Lincoln Drive, Mt. Airy.

The 2018 film, directed by Sarah Mondale and narrated by Matt Damon, was shot in Philadelphia, New Orleans, Nashville and other cities, and explores the growing privatization of public schools and the resulting impact on America's most vulnerable children. The showing is co-sponsored by USG's Public Education Initiative.

Parking is located behind the Unitarian Society building at GPS address 359 W. Johnson St., between Greene Street and Wayne Avenue. There will be a discussion and light refreshments after the film. Donations are welcome, but not required.

Flow Therapies

Cancer Recovery Massage

JULIE ACKERMAN
LMT, CLT
(541) 870-2334
8616 Germantown Ave
1st Floor, Rear
Philadelphia, PA 19118

Therapeutic Massage Therapy from a leader in Oncology Massage can help during treatment & many years after.

- Relaxation & sense of well-being
- Decrease fatigue
- Reduce stress & anxiety
- Relieve pain & discomfort
- Recover more easily from surgery
- Shorten recovery time
- Decrease swelling & lymphedema

Gift Certificates Available for Friends, Family & Caregivers
www.FlowTherapies.com

Molly Kellogg

LCSW, LDN

When we accept ourselves, miracles happen.

Psychotherapist & Nutritionist

Offices in West Mt. Airy & Rittenhouse Square

215-843-8258
molly@mollykellogg.com

Co-op Member Discount

Alternative Healthcare for Women

Holistic Gynecology
Natural Menopause Counseling
Fertility/Pregnancy Consultations

Energy/Sound Healing Arts
Therapeutic Touch
Tibetan Bowls
Shamanic Drums and Journeying

Iris S. Wolfson, CNM, CRNP
133 W. Phil-Ellena Street
Philadelphia, PA 19119
(215) 842-1657
iriswolfson.com

Dental Arts of Chestnut Hill, LLC

8625 Germantown Ave. Tel. 215-242-6630
Philadelphia, PA 19118 Fax 215-242-6633

Axel Ramke, D.M.D., D.D.S., Ph.D.
General Dentistry

www.DentalArtsOfChestnutHill.com

Rev. Dr. Nadine Rosechild Sullivan
Spiritual Counseling & Hypnotherapy

215-704-4264
drsullivan@rosechild.org
www.rosechild.org

LGBTQ-Affirming

DON'T MISS OUT ON BREAKING NEWS!

SIGN UP:
WWW.WEAVERSWAY.COOP

Flip Your Views About Sickness and Injury: They Show Your Body is Trying to Heal

by Rachel Kriger, for the Shuttle

MY KIDS WERE SICK IN BED FOR the whole week of Christmas, and during that time, I got to thinking about short-term illnesses like the common cold, flu, stomach bug, or bodily injury. Rather than get frustrated, it's important to flip our attitude so that we embrace the sickness and thank our bodies for healing.

Between feverish naps on the couch that week, my three-year-old repeatedly asked in a whiny voice: "Momma, how did I get sick?" And "Momma, how could I get better?"

How do we get sick? First, there is a weakness somewhere in our body, which usually comes from us not taking care of ourselves. I am talking about the basics: getting plenty of sleep, drinking water throughout the day, washing hands, eating good quality foods and doing things we love. I also must mention that getting regular acupuncture treatments helps keep us strong.

Nevertheless, sickness is bound to happen. In the face of our weakness, a pathogen finds an opportunity to thrive, or we get injured. When symptoms appear, what would it be like to welcome them and know that our body is working? The body purges pathogens by producing phlegm or vomiting. Tiredness commands us to rest. Fevers kill off infections. Injuries

slow us down so the body can heal properly.

How do we get better? First and foremost, we must trust our body and thank it for what it is already doing. Rest up as soon as you start to feel sick, and even when you start to feel better. Stay hydrated. Surround yourself with love.

Over-the-counter medicines may

help us feel relief from our symptoms, but they may also be suppressing the body's ability to heal fully— kind of like sweeping the dirt under the rug. In my family, we use acupressure, herbal remedies, essential oils, and homeopathy to aid our healing — kind of like putting soap

on the scrub brush. In my acupuncture office, we have the best success reducing the length and severity of an illness or injury when you receive acupuncture at least monthly and when symptoms first appear.

I often tell my kids that they are heal-



Rest and fluids really do make you feel better.

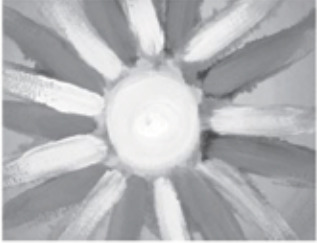
ers when they watch a scab healing, or when they are in the middle of an illness. We are all healers. Let's remember that during this cold and flu season. Let's use our sick times to remind us to take care of ourselves every day, so that we are less likely to get weak and sick again. And let's remember why we don't like being sick. Besides the discomfort, there is something in our lives that urges us to be well and thrive. What is it for you?

*Rachel Kriger is a Five Element-style acupuncturist who works with kids and their grownups. She is also a Life Cycle Ritual Consultant. Learn more about both services at www.pointsofreturn.com. This article is an expanded version of part of her e-book *5 Simple Tips to Keep Your Whole Family Well*. To read the book, visit www.pointsofreturn.com*

International Co-op Principles

- 1 **Voluntary and Open Membership**
- 2 **Democratic Member-Owner Control**
- 3 **Member-Owner Economic Participation**
- 4 **Autonomy and Independence**
- 5 **Education, Training and Information**
- 6 **Cooperation Among Cooperatives**
- 7 **Concern for Community**





Mt. Airy Psychotherapy & Wellness


BRINGING HOLISTIC HEALTH TO THE NORTHWEST COMMUNITY


<p>Psychotherapy Genie Ravital, LCSW Lauren Kahn, LSW, LMFT Lenore Jefford, LPC Eda Kauffman, LSW Althea Stinson, MSW Willie Knight, MA Jennifer Ellis, MEd, LPC</p>	<p>Homeopathy Ameet Ravital, PhD, DiHom</p> <p>Massage & Yoga Lisa Kaye, LMT</p> <p>Acupuncture Anna Beale, LAc</p>
--	---

7127 Germantown Ave • Philadelphia, PA 19119

215-242-5004

[www . Mt Airy Psychotherapy . org](http://www.MtAiryPsychotherapy.org)





Dr. Antonio Aragona AD
www.stillpointayurveda.com
 215-356-7270

Give your body the best
 that it deserves, with Ayurveda.

for health, balance, manifestation

LEO MCELROY
215-843-9718

Shiatsu Bodywork

Shamanic Healing Practices

Cresheim Healing Arts 138-A West Gorgas Lane

www.ShiatsuLight.com

Claudia Apfelbaum, MSS, LCSW



Where people go to sculpt, create and revise the plot of their tangled lives.
 - Laura Slater, Blue Dreams

Individuals • Couples • Groups

Psychotherapist, serving the NW Philadelphia area

215-317-8855 claudialistens@gmail.com www.ClaudiaListens.me

Gathering Groceries for the Needy in the Northwest

by Roberta Balsam, for the Shuttle

With the support of Weavers Way Outreach Coordinator Bettina de Caumette and Co-op staff, members and shoppers, the Unitarian Universalist Outreach Program collected and distributed about 175 bags of groceries to 98 older adults living in the Northwest. Volunteer cooperators put in 19 hours' worth of sorting, bagging and delivering groceries. We look forward to continuing our partnership with Weavers Way with the hope that next year will be even bigger.



From left; Nazaaha Epps, Roberta Balsam and Joi Knox with her little baby.

On behalf of our grateful elderly clients, the staff of UUH Outreach thanks Weavers Way Mt. Airy. For more information about the Outreach Program, please visit our website at www.uuhoutreach.org

Roberta Balsam, social services supervisor, UUH Outreach Program



The work of 10 local senior artists is in the spotlight through Jan. 30 at Northwest Village Network's member art show at the Center on the Hill, 8855 Germantown Ave. The exhibition features 31 pieces of art in such formats as stained glass, photographs, paintings, drawings, paper collages, and linocuts. The work of professional senior artists is highlighted, as well as those who, since their retirement, have begun to explore a new art form. Admission is free; more info at www.northwestvillagenetwork.org.

shop bulk



save money & reduce waste

PHILLY'S OLDEST, LARGEST & BEST SUMMER RESOURCE **FOR KIDS**

Camp Fair

SPRINGSIDE CHESTNUT HILL ACADEMY'S
& SUMMER PROGRAMS

Over **80** local, regional & national camps of all kinds, for TEENS and younger kids, including TRAVEL, ARTS, SPORTS & ADVENTURE.

FREE ADMISSION & PARKING
FUN & GAMES

CAFÉ LUNCH & SNACKS

CAMP REPRESENTATIVES **ONE ON ONE**
AVAILABLE TO SPEAK WITH YOU

SAT JAN 26 • 11-2
@ SPRINGSIDE CHESTNUT HILL ACADEMY
(Snow Date Feb 9)



SCH.ORG/CAMPFAIR

WILLOW GROVE CAMPUS WOODWARD/KINGSLEY GYMNASIUM COMPLEX
500 WEST WILLOW GROVE AVE, PHILA, PA 19118



The Montessori School



1701 Jarrettown Road
Dresher PA 19025
discovertms.org

215-542-0740
admissions@themontessorischool.us

Discover TMS

at an Admission Open House
9-10:30 AM

★ Tuesdays ★
January 15
February 12

Contact us to reserve your space!



Empowering Children One Project at a Time

Apply Now!
Ask about Sliding Scale Tuition.

Call 215-438-3623 to Schedule a Tour!

www.projectlearnschool.org



PROJECT LEARN SCHOOL
COOPERATIVE • PROGRESSIVE • EDUCATION

Share and Shop at GJC's Annual Women's Clothing Exchange

The Women's Clothing Exchange at Germantown Jewish Centre is an annual community and charitable event that serves many functions. This year, it will be held Sunday, Jan. 27, from 11 a.m.-1p.m.

Each year, women in the community are asked to donate any clothing and accessories that are in good condition but no longer in use. These donations are collected at GJC during the week before the event. (Jan. 21- 25 this year.)

The event is set up like a giant bazaar: Women from all over the city come and pay \$20 to "shop" for shoes, sweaters, coats, jeans, dresses, skirts, blouses, jewelry, accessories, pajamas, lingerie, bathing suits, exercise gear, vests, shorts and other miscellaneous women's clothing. The atmosphere is festive, with music, friends and a private place for trying on clothes.

This year, proceeds will be used by GJC to support its work with POWER, an interfaith organization committed to implementing systemic change for the betterment of Pennsylvania communities. More information can be found at powerinterfaith.org.

When the event is over, all leftover items are donated to Whosoever Gospel Mission in Germantown. This program supports individuals who have been homeless and have struggled with addictions in getting the help they need to get clean and sober and receive vocational training.

For more information, contact Genie Ravital at geniebud@gmail.com.



Workers hoist a new backup generator onto the roof of our Ambler store. The new backup can be fired up in the event of a power failure, ensuring that the lights, registers and refrigeration can all stay on.

An Iconic Hunger Warrior Turns the Page

by Marissa Christie, for the Shuttle

STEVEANNA WYNN IS A LEGEND IN THE DELAWARE Valley's hunger relief community. For more than 30 years, she served as executive director of the Share Food Program, which distributes millions of pounds of food to more than 500 pantries year-round. And so, when she announced her retirement in late November of last year, many were shocked.

Wynn has been the region's go-to for everything from distributing U.S. Department of Agriculture commodity foods to managing Pennsylvania's hunger-relief earmarks, to securing and delivering large donations to communities in need.

She is both a local icon and an import. She was raised in Narrows, VA, and spent many of her formative years in Princeton, WV, with her paternal grandparents. It was in these small, poor, rural communities that she began to find her calling: making sure people do not go hungry.

Wynn believes that fighting hunger is in her DNA. Decades before the U.S. would establish a National School Lunch Act, her grandmother saw children in the town's one-room schoolhouse struggling to learn on empty stomachs. She convinced her community to build a lunchroom, then organized the women in town to bring warm lunches to the children each day.

"My grandmother was a community organizer," Wynn said. "She made sure that those children had healthy lunches."

Though Wynn is proud of the work she has done to alleviate hunger in Southeastern Pennsylvania, she stresses that hunger is just a symptom of something bigger: lack of financial self-sufficiency.

"People talk about food, health, housing... They talk about these things in silos, like they are the issues. But the real issue is that people need to make enough money to survive," she said.

"Imagine if your phone rings today and you find out that you no longer have a job — no severance, no health insurance, no pay. How long before you need to use a food cupboard? How long before you need to apply for SNAP?" she continued, referencing the Supplemental Nutrition Assistance Program, formerly known as food stamps.

Another challenge is widening income gaps, which lead to communities where everyone has similar resources — a pattern that has a disproportionately negative impact on lower-income families.

"Let's say that I have a problem, like a problem with my car, and I need to borrow money," she said. "If I am completely surrounded by people with similar resources, who can help me? The truth is that being poor is hard."

While the issues contributing to hunger and food insecurity are complex, Wynn stressed that anyone who wants to make a difference just needs to act.

"Some people may want to physically help, like harvest food or organize supplies," she said. "Others may want to be inside, helping with data entry or writing articles for a newsletter. Whatever your interest is, there is a volunteer job for you in the hunger-relief network."

Wynn is going to Nashville, TN, to help her son and be with her grandchildren. Even so, saying goodbye to Philadelphia is bittersweet. "There are some amazing people in this area. They have changed me and changed my life for the better," she said, her voice cracking a little.

Still, she is confident she will find ways to help people in her new community.

"I just need to find my people," she said. "I'm sure I will connect with some nonprofits. I just have to be careful to try not to own too much when I do!"



"SCH doesn't see it as a negative if you're intellectually curious in a lot of different areas. They gave me the freedom to be all that I want to be—a singer and engineer."

Sarah Gabrielle, Class of 2018
Washington and Lee University

A SHORT COMMUTE TO AN ENDURING EDUCATION

"Being seriously involved in both sports and music meant I sometimes wore my football jersey to Chamber Ensemble practice. But that's not unusual at SCH where students are encouraged to pursue all their passions."

Sean, Class of 2018
Princeton University



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.

RUN ★ RUN ★ RUN ★ RUN ★ RUN

THE CO-OP NEEDS YOU ON THE BOARD

(Continued from Page 1)

Lisa Hogan: "After joining the Board I went to a training in Buffalo, NY, with (fellow Board members) Josh Bloom and Laura Siena. We included a stopoff at Niagara Falls and took a ride on the Maid of the Mist together. Great way to get to know my new partners!"

Esther Wyss-Flamm: "I love being part of the newly established Diversity, Equity, and Inclusion Committee, where we are defining ways to expand our reach and drawing in more members from diverse backgrounds, encouraging the Co-op community to be even more inclusive as it continues to grow."

Josh Bloom: "A few years ago, I participated as a board member in the planning that led to our expansion to a third location, which ultimately became our Ambler store. We were all at the table looking at market analyses and soliciting our board's input. We had to weigh carefully the risks of expanding and the risks of not expanding. While much of the board's day-to-day work involves fiduciary oversight, we also engage bigger-picture questions in planning Weavers Way's future."

If you would like to learn more, contact Lisa Hogan at LisaH43@comcast.net.

Remember, before you run, you must attend a board meeting. The next one is Feb. 6, at 7 p.m. in the Chestnut Hill Community Center's second floor conference room. Applications are due by Feb. 28. **For more information:** www.weaversway.coop/board-elections.

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

Members may vote online beginning on or about April 1, 2019, through the date of the Weavers Way Spring General Membership Meeting. (Voting will end 30 minutes after the meeting begins.)

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

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

IMPORTANT DATES FOR CANDIDATES

- ✓ Attend the Weavers Way Board meeting Feb. 5 at the Chestnut Hill Community Centre, 8419 Germantown Ave. (Conference Room)
- ✓ Attend an informational session for candidates: Jan. 22 in Mt. Airy, Jan. 24 in Chestnut Hill and Jan. 30 in Ambler. All sessions are at 6:30 p.m.; exact locations TBD.
- ✓ Submit a ballot nomination by Feb. 28 with a written statement and a high-resolution photo.

More information is available at www.weaversway.coop/board-elections

BOARD ELECTION 2019



2019 Resolutions

1. Spend more time in the garden
2. Grow plants from seeds
3. Enjoy more homegrown food
4. Start the season earlier
5. Compost kitchen scraps
6. Shop local farmers markets
7. Learn with a Primex workshop

New Year, New Workshops

With over 20 workshops in the coming months, there is sure to be something for everyone! Visit our website for more information!

<p><i>Repotting Houseplants</i></p> <p>January 12th 11:00am - 12:00pm</p>	<p><i>Mounting Staghorn Ferns</i></p> <p>January 12th 2:00pm - 3:00pm</p>	<p><i>Beginner Macramé</i></p> <p>January 19th 12:00pm - 1:00pm</p>	<p><i>Terrarium Workshop</i></p> <p>January 26th 10:00am - 11:00am</p>
---	---	---	--

Space is limited and advanced registration is required! You must pay in advance.

435 W. GLENSIDE AVE • GLENSIDE, PA 19038
PRIMEXGARDENCENTER.COM • 215-887-7500

ICE & SNOW REMOVERS • HEIRLOOM & ORGANIC SEEDS • SOIL AMENDMENTS
 SEED GROWING KITS & MEDIUMS • GROW LIGHTS • MULCH & SOIL DELIVERIES
 ORGANIC GARDENING SUPPLIES • VEGETABLES • FRUITS • HERBS
 TREES & SHRUBS • BACKYARD CHICKEN SUPPLIES • TERRARIUMS • GIFTS & MORE

Salvatore A. Boccuti, REALTOR®

Dedicated
to Outstanding Service

Committed
to Excellence

Attentive
to Details

Experienced
in Construction Industry

Lifelong Resident
of Ambler

Dan Helwig, Inc. - REALTORS®
 1415 Bethlehem Pike
 Flourtown, PA 19031
 215-233-5000 Ext. 138
215-837-2256 (cell)
Salb@DanHelwigRealtors.com

Dan Helwig, Inc.
REALTORS®

eco tip **Go Laissez Faire
With Lawn Care**by Marsha Low, Weavers Way
Environment Committee

Americans spend a huge amount of money on their lawns — as much as \$29 billion per year. About 40,000 tons of pesticides and herbicides are used annually on our lawns for control of “weeds” like dandelion and clover. These chemicals are disastrous not only for the environment and wildlife (they kill over seven million birds yearly, and honey bee collapse disorder has been linked to pesticide use), but also pose risks to pets and children. Study after study links the use of pesticides and herbicides to a host of cancers, nervous system disorders and other illnesses.

So what to do with our lawns? One idea is to just let those “weeds” grow. Dandelion flowers feed bees, and the leaves are packed with vitamins, minerals and antioxidants. The leaves, which are best harvested in the spring when the shoots are young and tender, have a spicy quality similar to arugula and are great in salads. Clover flowers also attract and feed bees, and clover attracts parasitoid wasps (tiny and harmless to humans), which feed on aphids, scales and whiteflies, thus helping to control insect pests in your garden. (Note: If you have young children, you may worry about bee stings. Most bees will not sting unless they are caught in clothing or stepped on. Make sure your children are wearing closed-toed shoes while walking on the lawn.)

Another idea is to dig up your lawn and plant native flowers and shrubs that will attract and feed birds and bees or, if you have enough space, a veggie garden.

With global warming wreaking havoc on our bird and bee populations, they can use all the help they can get. And there’s nothing quite like freshly picked homegrown veggies!

Why Environmentalists Can Embrace Lab-Grown Microbesby Sandra Folzer, Weavers Way
Environment Committee

One of the founders of a company that produces portable labs to make microbes enlightened an audience of Weavers Way Dining for Women groups on the potential of this technology on Dec. 3 at Lovett Library in East Mt. Airy.

Karen Hogan, a microbiology researcher and co-founder of Biorealize, a Grays Ferry-based networked culturing platform, spoke to the group about the company’s work. The microbes (a/k/a microorganisms) produced by their portable labs make food, fabrics, medicines, and more — a dream-come-true for environmentalists who want to see fossil fuels replaced by natural elements.

The process starts with what Hogan refers to as an iPad for microbiology. Biorealize manufactures this device, which grows microbes and trains them to produce anything we might need. For example, they can train microbes to create a food that can be used as medicine and would remain viable in poor and remote areas without refrigeration. Microbes can also produce food that is pleasant to the senses, adjusting the flavor and color without adding toxic ingredients — hot chocolate, for example.

Biorealize also offers a platform to add beneficial microbes back into a product (pasteurized milk, for instance) after you buy it. Their lab, which Hogan says does not need much expertise to run, can be used by the common person to design different products. When the microbes finish their fermentation process, they can be directed to break down so the consumer may easily compost them if they’re no longer needed. The possibilities are endless. Healthful desserts can be created using vitamins like beta carotene. These microbes have no known negative impact on the environment, unlike products made with fossil fuels. Microbe-made items can break down and enter the soil once again for future use.

In addition to food, special fabrics can be created by microbes, according to Hogan. A running shirt may have sensors that tell whether the wearer is dehydrated, or if she is being exposed to pollution. Foot inserts can analyze sweat to warn of health problems. Already, microbes are being used for fashion design and are producing different colors on site, a much safer alternative to traditionally produced toxic dyes.

Aside from food, medicine and fabrics, biofabrication may be used to create an alternative packaging to plastic. The



packaging can be inflated for use, and contains an organism to consume it when it is no longer needed. A student of Hogan’s is working with a microorganism that does this.

At present, Philadelphia has no community labs (New York and Baltimore do), so this portable lab is important. Hogan is willing to give workshops to a minimum of 10 participants on how to use the portable incubator, which costs around \$2,000. Users must be licensed, and the numbers and kind of microbes created mirrors the expertise of the user. The company monitors their devices, and follows Food and Drug Administration regulations. To learn more, go to www.biorealize.com.

environment@weaversway.coop

**ENVIRONMENT COMMITTEE GRANTS AVAILABLE**

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 2019 grants.

Grants are awarded each year for clearly identifiable public purposes resulting in a tangible environmental improvement for the community. Funds may be used for such projects as planting trees and herbaceous plants, garden equipment, and enhancement of parks, or for environmentally based educational programs. Preference will be given to those who demonstrate efforts to address climate change.

Grant amounts range from \$100 to \$500, depending upon the available funds and the number of qualified applicants. The Environment Committee hosts electronics recycling

twice a year and runs the Terracycle recycling program for the Co-op in order to raise funds for these grants. Also, they will once again be the beneficiary of a Weavers Way “Giving Twosday” event for the grants program. The Committee is grateful to those in the community who have contributed.

Application and guidelines are available from the Environment Committee box on the second floor of Weavers Way Mt. Airy, as well as at the Chestnut Hill and Ambler stores. They also may be downloaded from weaversway.coop/pages/environment-committee-community-grants.

Applications must be received by Monday, March 4. 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.

**COMMUNITY
AT TEMPLE AMBLER
January 2019**

**Tu B'Shevat: The Jewish
New Year of Trees - January 21**

**Martin Luther King, Jr. National Day
of Service - January 21**

**Lecture and Author Meet & Greet: Victoria
Johnson, *American Eden: David Hosack, Botany,
and Medicine in the Garden of the Early Republic*
- January 30**

ambler.temple.edu/community



AMBLER

Saturation, Slides and a Whole Wet Mess

The Toll of Heavy Rain in the Wissahickon

by Maura McCarthy
Executive Director
Friends of the Wissahickon

CLIMATE CHANGE SCIENTISTS HAVE been predicting changes in weather patterns for the mid-Atlantic region for years, but even they are surprised by the rate and magnitude of change underway, a recent United Nations' report revealed. It's possible that 2018 could end up being the wettest year on record statewide, according to John Feerick, a senior meteorologist for AccuWeather.com. In our area, the National Weather Service recorded 67.4 total inches of rainfall in Philadelphia last year, 20.6 inches above normal, and 67.8 total inches for Montgomery County – 21 inches above normal.

Last year, saturated soil on steep slopes from frequent and significant rain events caused numerous slides and tree falls in Wissahickon Valley Park. Many segments of the upper trails and portions of Forbidden Drive have become increasingly eroded, causing widespread gullies and washouts. For instance, an onrush of stormwater flowing off Livezey Lane caused a mini landslide onto the Upper White Trailhead, while across the park, surface water runoff washed out the gravel access road from Pachella Field, landing in a heap on Forbidden Drive. Wind shear from a microburst toppled many large trees, including the Pennsylvania State Champion 76-foot cucumber magnolia, which stood next to the Cedars House Café. As of mid-November, FOW's volunteer Sawyers Crew had removed more than 120 fallen trees from the upper trails.

The heavy rain has caused other problems as well: Many of FOW's scheduled construction projects have been delayed, including the critically important restoration of the Wissahickon streambank collapse sites along Forbidden Drive.

System Breakdown

For the majority of its length, Forbidden Drive is perched high on the banks of Wissahickon Creek, occupying

a transition zone between the creek and the forested slopes above. The Drive was designed with a series of swales, inlets and culverts to handle stormwater. As long as it's regularly maintained, this drainage system for the drive works well. But years of little or no maintenance have created hundreds of stormwater gullies along Forbidden Drive, three of which actually led to major collapses of the hillside/streambank in 2014, taking a portion of the Drive with them at three locations: downstream from Valley Green Inn, at the Mt. Airy Avenue Bridge and downstream from the Kitchens Lane Bridge.

FOW immediately installed temporary construction fencing for safety, then began seeking funds to repair the sites. Fortunately, we were awarded several grants from the Pennsylvania Department of Community and Economic Development and the Pennsylvania Department of Environmental Protection. While the design process got underway, engineers conducted a thorough inspection and analysis of the drainage system and conditions along the drive in the fall of 2016 and into the winter of 2017. The findings: There were 417 significant stormwater gullies along the drive, indicating a severe failure of the drainage system and an urgent need for correction.



Heavy rain washed out the Pachella Field gravel access road onto Forbidden Drive last year.

Other Setbacks

Numerous factors dovetailed to create a significant challenge to repairing the three collapsed streambanks along Forbidden Drive: steep narrow slopes, stormwater flows in the creek, damaged habitat on the banks, site locations along the most heavily used trail in the park, trout stocking restrictions impacting the construction schedule, and the need for a design that will ultimately blend into the aesthetic beauty of the park. Design complications postponed the initial projected construction schedule from fall 2017 to the following fall. And this year's record rainfall delayed contractor schedules throughout the region, pushing the start date even further back to June 2019.

While this latest delay is discouraging, FOW will be focusing even more on prevention through a regimen of performing trail maintenance and clearing the Forbidden Drive drainage system, which includes adding corrective grading when necessary, keeping the swales and inlets clear of debris, clearing the drainage system and inspecting the culverts for repairs and/or replacement.

In response to all these challenges, FOW is increasing coordination with Philadelphia Parks and Recreation and the Philadelphia Water Department to improve response time when problems arise and add to resiliency of park infrastructure.

Forging Ahead

Since the collapses occurred, FOW and our volunteers have conducted rou-

tine drainage maintenance along Forbidden Drive to help stem further development of stormwater gullies.

Hear the latest details about this and other upcoming projects for 2019, as well as progress on ongoing projects at FOW's annual Public Projects Meeting on January 23 from 6-8 p.m. at the New Covenant Church of Philadelphia, 7500 Germantown Ave. Visit fow.org/events for more details and to register.

Hear the latest details about this and other upcoming projects for 2019, as well as progress on ongoing projects at FOW's annual Public Projects Meeting on January 23 from 6-8 p.m. at the New Covenant Church of Philadelphia, 7500 Germantown Ave. Visit fow.org/events for more details and to register.

Hear the latest details about this and other upcoming projects for 2019, as well as progress on ongoing projects at FOW's annual Public Projects Meeting on January 23 from 6-8 p.m. at the New Covenant Church of Philadelphia, 7500 Germantown Ave. Visit fow.org/events for more details and to register.



ELECTRONICS RECYCLING

WIRED WASTE DAY

Saturday, March 23
9 a.m. to 1 p.m.
Norwood-Fontbonne Academy
(circular driveway)
8891 Germantown Avenue



Anything that turns on and off.



Batteries Accepted.
NO Lightbulbs.

Suggested donations \$10 - \$20.
Fees for older CRT TVs and monitors and air conditioning items.



Donations support Weavers Way Environment Committee's Environmental Grants program. Environmentally responsible recycling operated by PAR-RecycleWorks. For more information go to: www.PAR-RecycleWorks.org



Karma Diva

GREEN CLEANING

Clean Home. Clean Earth. Clean Conscience.

Great cleaning begins with great cleaners.

We work with experienced, meticulous, and earth conscious cleaners.

Karma Diva Green Cleaning is a residential cleaning company with eco-friendly standards in the Greater Philadelphia area that provides a living wage and wellness support to our cleaners in order to provide exemplary service for our clients.

To schedule a cleaning or to apply, please visit www.karmadiva.com today!

The Good News on Neem Oil, A Natural and Versatile Pesticide

by Ron Kushner, for the Shuttle

NEEM PRODUCTS ARE DERIVED FROM THE seeds of the neem tree, *Azadirachta indica*, native to Africa and India. Neem is practically nontoxic to mammals and many beneficial insects, and it is biodegradable. It is used in India and other countries as an ingredient in toothpaste, soap, cosmetics, pharmaceuticals and cattle feed. It is interesting to note that the seeds themselves are poisonous if consumed without processing.

As a pesticide, neem is unique because it has so many uses. It acts as a broad-spectrum repellent, growth regulator and actual insect poison. It discourages feeding by making plants unpalatable to insects. It also inhibits their ability to molt and lay eggs. Neem's chemical structure is so complex that scientists think it will take a long time for any insects to develop resistance to it.

Neem products can control a wide range of pests including aphids, gypsy moths, leaf miners, loopers, mealy bugs, thrips, whiteflies, Colorado potato beetles, corn earworms, cucumber beetles, flea beetles, Mexican bean beetles and mites. However, these products are not all the same, and they are made up of two distinct substances.

The seed kernels are soaked in water and alcohol to extract the natural neem oil. The resulting oil is treated again with alcohol, causing a substance known as Azadirachtin to separate from the neem oil. Azadirachtin has a very complex structure, and the seeds of the neem tree



The neem tree, source of natural pesticides.

are its only source. The remaining oil, without the Azadirachtin, is called "clarified hydrophobic extract of neem oil." This substance is commonly known as "neem oil" and is for sale in most garden centers.

So, now we have two active ingredients derived from the neem seeds: Azadirachtin and clarified hydrophobic extract of neem oil. They each affect pests in different ways. Both substances don't last long when applied to plants, as sunlight quickly degrades them. Repeat applications are therefore required.

Azadirachtin interrupts metamorphosis, causing insects to die when making the transition to the next life

stage or instar. It is effective only on immature stages of insects, and slower-acting than conventional insecticides. The insects must ingest it during feeding in order to be affected. It works better on insects that chew rather than suck, so it is effective against caterpillars. It is most effective at warmer temperatures (70° F and above).

Clarified hydrophobic extract of neem oil works by suffocating insects and mites such as aphids, leafhoppers, whiteflies, spider mites, mealy bugs and scale. This neem oil has contact activity only, so it is important to ensure thorough coverage of all plant parts and repeat per label recommendations.

Although these substances tend to not be directly harmful to some natural enemies, the effects on these "good bugs" vary according to the life stage exposed, the type of insect, the application rate and the actual product formulation. Although it is an organic product, it is toxic to bees exposed to direct treatment and should not be applied when bees are active in the area.

Neem oil also can be used to help control plant pathogens including powdery mildew, black spot on roses, anthracnose, downy mildew, rust and botrytis. It is most effective against plant disease when used on a seven-day repeat schedule.

For questions or comments:
ron@primexgardencenter.com



SO MUCH TO DISCOVER
IN OUR WORLD THIS SUMMER.

Visit miquon.org/camp to learn more.

FRED'S MOBILE LOCK SHOP
 "A COMPLETE LOCK SHOP ON WHEELS"
BONDED & INSURED

Since 1975

LOCKSMITH
 • ON TIME AND RELIABLE
 • OWNER OPERATED

WE ACCEPT



EMERGENCY SERVICE

SECURITY LOCK INSTALLATION • COMBINATION CHANGES
 AUTOMOBILE LOCK SERVICE • DECORATIVE HARDWARE
 SAFES SOLD AND SERVICED

Bonded & Insured
*Ask about our One-Key Convenience
 for all your locks!*

215-483-1302	215-628-4540	610-525-2257
Serving all of Chestnut Hill & Northwest Phila.	Serving all Montgomery County	Serving the Main Line, Conshohocken & Lafayette Hill

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.

This past December saw the closing of Creekside Co-op in Elkins Park. Creekside is not alone; 2018 also saw the closing of Harvest Co-op in Boston and Company Shops Co-op in Burlington, NC. A few other co-ops closed last year as well.

Too bad there aren't autopsies for co-ops that die; it might help others live longer. Philadelphia is expecting to see two co-ops open stores in 2019. Construction is in process for Kensington Food Co-op at Lehigh and Coral streets, and South Philly Co-op at 2031 Juniper St. Both have been around as organizations a few years, and now they'll have a physical presence. Both are different than Creekside in that they are located in urban areas, and are physically about half the size of Creekside. Kensington's building came with a restaurant alcohol license, so their design includes a cafe that can sell and serve beer. South Philly Co-op is opening in a densely populated area with lots of retail, including Sprouts Farmers Market just over a mile away.

As the role co-ops play in their surrounding communities seems to vary with the specific locations and facilities, one thing most co-ops have in com-



mon (including Weavers Way, Creekside, Kensington and South Philly) is that they were started by a small group of community activists volunteering their time to improve their community. This was true of our Ambler store too, which started as Ambler Food Co-op. I suspect this is true of most co-ops; certainly it was true of our namesake, a group of weavers that named themselves "The Rochdale Society of Equitable Pioneers." In 1844, harsh living conditions and inadequate consumer protection (the adulteration of food was widespread) inspired a small group of activists to adopt a new cooperative way for purchasing food and other goods. They also included social and educational facilities for ordinary working people. Once a co-op is formed, activism continues in the form of people volunteering to serve on co-op boards and committees.

As I recall, Creekside's founders were a highly motivated group. They wanted to restore the small commercial strip of stores that had served the surrounding community for decades, but had declined after the closing of Ashbourne Market. Despite the founders' good intentions, hard work, supportive initial community engagement and the efforts

(Continued on Next Page)



Janet Ames
RE/MAX
 EXECUTIVE REALTY
 610 Old Lancaster Rd.
 Bryn Mawr PA 19010
 Office: 610-520-0400
 Cell: 610-308-0802
 realtorjanetames.com
 janetames@remax.net



2018 FIVE STAR REAL ESTATE AGENT
 Janet Ames
 2013 • 2014 • 2015 • 2016 • 2017 • 2018

MOTIVATED SELLER WILL CONSIDER ALL REASONABLE OFFERS.



\$449,800 PRICE REDUCED
 2539 Church Road, Glenside 19038
 MLS#7166360

- 18th century center hall stone colonial
- 4 BR, 3+ Baths
- Nearly one acre with a small stream
- 2nd floor master bedroom with ensuite and working fireplace
- Large, enclosed pool area with an in-ground 20x40 pool w/attached spa and new heater in 2017.
- 2 basements
- Carriage house extended to accommodate 2 cars

Put my skills and experience to work for you!
 Call me: 610-308-0802

www.facebook.com/realtorjanetames | www.linkedin.com/in/realtorjanetames

Cheryl Shipman

Garden planning and maintenance
 Upholstery, cushions and pillows
 Rush, cane and wicker repair


shipman.cheryl@gmail.com 215-681-9440
<https://www.facebook.com/CherylShipmanFurnitureandGarden>

HOUSE AT POOH CORNER
where learning comes naturally
 Teri DiCesare, M.Ed.
 INFANTS • TODDLERS • PRE-K

Over 30 years of quality care
 215-843-0815

Visit our website www.houseatpoochcornerdaycare.com





Wissahickon Tree & Landscape Services, LLC
 Brian Ames
 Certified Arborist

CUSTOM PRUNING
 DESIGN & INSTALLATION
 ORGANIC & NON-CHEMICAL SOLUTIONS
 GARDEN STRUCTURES

215-681-2436
www.wissatree.com

Computer Service and Repair
 Call Ed "The Tech Guy"

FOR ALL WINDOWS
 PC COMPUTER SERVICES
 IN-HOME OR REMOTE ASSISTANCE

LOW RATES
 cell 719-964-9538
www.edttg.com

H
HANSON SERVICES
Small Projects for the Home

Interior/Exterior Carpentry
 Custom Cabinetry
 Door & Window Installation/Repair
 Structural Work, Roofing
 Porch Repair, Deck Construction
 Hardwood Flooring
 Energy Efficiency Consultation
 Drywall/Plaster Work
 Painting, Masonry & Stucco
 Fire Protection
 Electrical & Plumbing

214 KALOS STREET, PHILADELPHIA
 Tel 215 483 - 8338 ~ HGCINC.BIZ

Advertise in the Shuttle

- Targeted readership
- Extended Internet presence
- Affordable and effective

✉ advertising@weaversway.coop

(Continued from Preceding Page)

of some committed staff, Creekside appears to have made more poor decisions than good decisions, to the point that the co-op did not become a sustainable business.

The same is likely true for most co-ops that don't survive. These days, modern food co-ops' primary reason to exist — the lack of availability of whole, natural, local, ethically produced food — is no longer a small niche appealing mainly to a small group of people that value these foods. To some extent, these values have spread to a much larger audience, resulting in the fast growth of the "natural products industry," replete with large chains like Whole Foods, niche retailers like Trader Joe's, and large food manufacturers like Nestlé and General Mills acquiring smaller brands that had some success in the industry.

In an effort to stay relevant, many modern co-ops (including Weavers Way) have adopted standard retail food industry techniques such as managing their price image and providing "good-better-best" product choices so as not to seem too pricey (e.g., Hellman's Mayo as a "good" product with a conventional price, in addition to a mass market natural/organic brand like Spectrum as the "better" product with a higher price, and a locally made organic version in a glass jar as "best" at the premium price artisanal, small-batch products require).

Whether these strategies will help co-ops survive remains to be seen, as does the question of how far co-ops should go in translating their values into actions. For instance, is managing price image contrary to being transparent and educating shoppers about the true cost of products?

“
**Too bad there aren't autopsies
 for co-ops that die;
 it might help others live longer.**
 ”

suggestions and responses:

s: "Nature's Yoke large eggs look like they are actually medium eggs."

r: (Matt, MA) The USDA standard minimum weight for a "large" egg is two ounces. Not wanting to doubt our shopper's assessment, I decided to check what Nature's Yoke had sent us against the national labeling standards. I checked a handful of Nature's Yoke dozens from different cases and came to an average egg size of 2.2 oz, well over the USDA standard for "large" (in fact, it's approaching the USDA minimum for extra large, which is 2.25). The fact that Nature's Yoke chickens are free range and are given forage opportunities leads to a richer yolk and a more dense egg than conventional eggs. As the USDA rates eggs by weight, it may result in what appears to be a smaller egg.

s: "Can we get nigella seed?"

r: (Norman) We can if we have enough requests. You can also order a one-pound bag; ask a Bulk staffer. Nigella seed is also known as black caraway, and is used in Indian and Middle Eastern cuisine. If shoppers start to use it, it may also become an ingredient in Mt. Airy, Chestnut Hill and Ambler cuisines. Traditionally, cuisines develop regionally to a geographic area due to familial and cultural traditions, what foods can be grown there, and lack of access to services such

as Grubhub and DoorDash.

s: "Bob's Red Mill potato flakes?"

r: (Norman) We stock them in our Chestnut Hill and Ambler locations. There are also plenty of other flakes at all our stores; take a look at the person standing next to you in the checkout line.

s: "Can we get reusable K-cups for making coffee?"

r: (Norman) We do have a supplier that stocks the Ekobrew brand, so we will try ordering some for all three stores.

s: "Sunflower oil is good for frying. Does not smoke as much as other oils."

r: (Norman) We stock bottled sunflower oil in Chestnut Hill and Ambler, but not in Mt. Airy (it was discontinued due to slow sales). Smoke point is one of many considerations when choosing a cooking oil. Others include: type of extraction (solvent-extracted being a bad choice due to effect of solvents on environment and workers); omega-3/omega-6 balance (sunflower oil is very high in omega-6); and saturation (poly-unsaturated, mono-unsaturated, saturated). Sunflower is mostly polyunsaturated. We know from our recent research into canola oil that opinions about healthfulness of oils are all over the map, even among nutritional scientists and researchers.

s: "The best-tasting nut-free, soy-free, gluten-free, lactose-free, vegan yogurt I have ever tasted is made by Ripple

Foods. I realize it's not local, and I have only seen it in Colorado. But if it's possible to get it, I would purchase it! Any flavor, thank you."

r: (Matt MA) I'm familiar with Ripple as an alt-milk company, but have not seen yogurt from them. I looked at their website and don't see yogurt listed under their products. It's possible Ripple ceased production, but I'll look into it further.

s: "Noreen's makes great oatmeal cranberry cookies, which never seem to be stocked anymore, while there are always overflowing piles of their (so-so, in my opinion) chocolate-chip cookies. Not sure what the supply-demand situation is here, but could we have the oatmeal cranberry back?"

r: (Jenna, MA) We receive Noreen's every Tuesday and get chocolate chunk oatmeal, chocolate chip and Russian tea cookies. I have since brought back her oatmeal cranberry cookies. Please ask a staffer to help you look for a specific flavor next time.

(Norman) The Russian tea cookies may not be available much longer, as they are under investigation due to the cookies' disconnect with the stereotypes of tea drinkers. They're typically thought of as being dainty English royalty types, while the Russian stereotype is of vodka-drinking, chain-smoking, gruff and corrupt types. Since this is incompatible with the tea stereotype, Russian tea cookies are suspected of disguising their true intent. Hence the need for an investigation.

normanb@weaversway.coop

“
*Put your suggestions
 right here.*
 ”

Norman Says:

Look for the suggestion box in all three stores.

Read SUGGESTIONS by Purchasing Manager Norman Weiss every month in the Shuttle.

Suggestions?

Why don't we carry...
 How are we doing?
 Please place your comment cards here!

weavers way COOP

APPLE ROOFING CO.

WE HAVE YOU COVERED!

215-843-1970

Complete Roofing Services • Residential & Commercial
 Prompt and Reliable • Quality Work

We serve Germantown, Chestnut Hill, Mt. Airy, and surrounding areas

{ Roof maintenance is often ignored, but small problems with a roof can lead to some of the most costly home repairs around. Don't make that mistake. }

Please call us for your **FREE** Roof Inspection

Call 215-843-1970
 or email AppleRoofing@verizon.net
www.AppleRoofingCo.com

BASEMENT PLUS CO.

...Plus We Waterproof

- Get your basement dry and odor-free.
- Repair old crumbling walls
- Sump pumps & French drains
- New windows, doors & locks
- Clean, paint & seal pipes and flooring

...Plus We Renovate

- Redesign your basement
- Drywall, drop ceilings, closets
- New bathroom, shower, toilet & sink in **one** week
- We handle all plumbing & electrical in basement

BEST of the NORTHWEST

As Seen on DIY TV

www.basementplus.com
 Insured & Licensed **215.233.4598** Free Estimates

COMPLETE MASONRY SERVICE

Flagstone, Brick & Stone Pointing

JAMES G. CARDAMONE

- Concrete Work
- Basement Wall Plastering & Waterproofing
- Chimney Repairs
- Walkways & Patios
- Retaining Walls
- Stucco
- Glass Block Windows
- Ceramic Tile

jamescardamonemasonry.com

Over 25 Years Experience • Clean Work Area • Fully Insured & Free Estimates

PA# 060401 All Calls Returned **215-887-9323** **GLENSIDE**

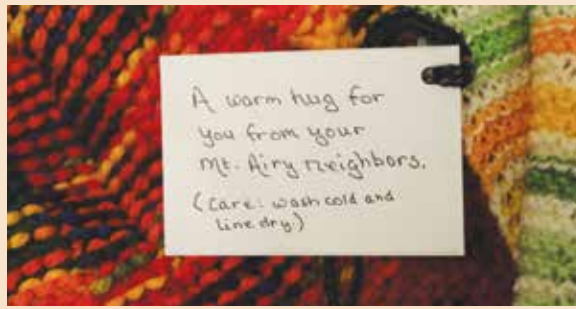
Houston Scarves Project

Photos by Jacqueline Boulden



1 Boxes

Twenty-five boxes filled with handmade scarves line the auditorium stage at Houston Elementary School in West Mt. Airy. The scarf project began in January 2018, when a volunteer at the school, Deborah Cooper, thought it would be a wonderful idea to organize neighbors to knit scarves for the more than 400 students in grades K-8. About 70 volunteers joined the effort.



2 What's in the Boxes

The boxes contain a scarf for each student in a classroom, one scarf for the teacher, and a few extra so each student would be able to have a choice. Each scarf has a little message from the volunteer scarf makers and care instructions.



3 Principal & Volunteers

Principal LeRoy Hall, Jr. (center) helped Deborah Cooper (right) and the school's volunteer coordinator Elayne Blender (left), present the scarves to some of the students during an assembly at the school on Dec. 20. Hall received his own handmade scarf in school colors.



Photos by Chris Raines

OUR OWN JEOPARDY STAR

Ambler resident and Co-op mover and shaker Meredith MacVittie was a contestant on "Jeopardy!" on Jan. 7. More than 65 people watched and cheered her on during the airing of the show in the Ambler cafe. Passersby might have thought the Eagles were playing with so much hooting and hollering. Meredith was impressive! Thanks Meredith and everyone for joining us!



Interior/Exterior Painting Stucco Coatings / Power Washing / Deck Staining

30 Years of Professional Experience

Lead Paint Certified Contractor.

Locally owned and operated
Schedule your free estimate

Visit us online!

planet paint
SOLUTIONS, INC.

planetpaint.org

215.948.3747

Advertise in the Shuttle

- Targeted readership
- Extended Internet presence
- Affordable and effective

✉ advertising@weaversway.coop

coop basics

Good Deals Every Day.

Look for the tag!

Hansell Contractors, Inc.

Builders - Historical Restoration - Fine Carpentry
Energy Conservation - Architectural Design Services

HansellContractors.com

Office: 215-277-1540 Fax: 215-277-1390

Lic.# PA022176

EPA Lead Certified

Grant Fox Contracting

Custom Renovations • Fine Cabinetry
Old House Renovations and Repairs
Kitchens • Baths • Additions
Over 25 Years of Experience
Co-op Member



Grant@GrantFox.biz

215-771-2713



We've gone GREEN...
Now using environmentally-friendly
Waterborne paint!

MACLENS

Collision Repair Professionals Since 1945
Family Owned & Operated

20 W. Allens Lane
Philadelphia, PA 19119

Tel (215) 247-3906
Fax (215) 247-9506

'Calendar Girls' Books Dates at Old Academy



East Falls' historic Old Academy Players celebrates its 96th season, and the New Year, with "Calendar Girls," directed by Loretta Lucy Miller. The 2008 stage play by British dramatist Tim Firth is based on the true story of 11 Yorkshire women who posed nude to produce a calendar and raise money for leukemia research. In 2003, it became a blockbusting movie starring Helen Mirren and Julie Walters.

When Annie's husband, John, dies of leukemia, she and best friend Chris resolve to raise money for a new sofa for the family room where they waited while John had his chemotherapy treatments. They persuade fellow Women's Institute members to pose nude with them for an "alternative" calendar in John's memory and raise money for leukemia research. The news of the women's charitable venture spreads like wildfire, and hordes of press soon descend on the small English village of Knappeley, where hilarity ensues.

Show dates are Jan. 18, 19, 20, 25, 26 and 27, at 8 p.m. on Fridays and Saturdays, and 2 p.m. on Sundays. Individual tickets are \$20, with group discounts available. For information and tickets, call 215-843-1109 or visit www.oldacademyplayers.org.

Old Academy Players is a non-profit community theater located at 3544 Indian Queen Lane in East Falls.

A Sweet Afternoon of Maple Sugaring with the WVWA at Four Mills Reserve



The Wissahickon Valley Watershed Association's annual Maple Sugaring Festival takes place Sunday, Feb. 10 from noon-3 p.m. along the Green Ribbon Trail at Four Mills Reserve in Ambler. This program introduces people of all ages to the process of creating maple syrup, a uniquely North American sugar crop. Trained guides take small groups through the woods to see the tapped trees and then watch it being boiled into sugar.

The afternoon's activities include:

- **Tree Tapping and Sap Sampling:** Learn how to identify a sugar maple tree, see how the trees are tapped and taste the sap, if it is flowing.
- **Syrup Making:** Learn how sap is boiled down in our evaporator to make syrup and how the methods of collecting and cooking sap have changed over the years. We'll also discuss how maple syrup is graded.
- **Tasting:** Finish your tour with a stop at the historic Four Mills Barn to sample hot cocoa and waffles with maple syrup.

The fee for WVWA members is \$5 for adults and \$3 for children 12 and under. Non-member prices are \$10 for adults and \$5 for children. Please dress for the weather and trail conditions; wear sturdy, protective shoes or boots. No dogs or strollers, please.

The tours are time-based, so reservations are recommended, although walk-ins are welcome as space permits. Last tour leaves at 3 p.m. For more information, and to register, please visit WVWA.org/maplesugar.



"OH, NO, I FORGOT TO SAVE THE EARTH!"

BYO BAG WHEN YOU SHOP THE CO-OP.



Your Place in Greater Philadelphia for Healing, Education, and Community

Join Us for Meditation, Movement, Counseling & Creative Expression!

FIND US ONLINE

- www.TheResiliencyCenter.com
- [TheResiliencyCenter](https://www.facebook.com/TheResiliencyCenter)
- [ResiliencyCntr](https://twitter.com/ResiliencyCntr)
- [Meetup resiliencygatherings](https://www.meetup.com/resiliencygatherings)

FIND US IN FLOURTOWN

Flourtown Commons
1811 Bethlehem Pike
Suite 212-213
(215) 233-2002



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: Email outreach@weaversway.coop or call 215-843-2350, ext. 119.

GIVE ONE YOURSELF

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



WORKSHOPS ARE HELD:

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

HERE'S WHAT'S COMING UP



Culinary Herbs & Warming Spices for Medicinal Benefits

Thursday, Jan. 24, 7-8:30 p.m., Mt. Airy Nexus, 520 Carpenter Lane, Mt. Airy

In this workshop, Neighborhood Nutrition Team member **Wendy Romig** will discuss the medicinal benefits of using culinary herbs and warming spices in your food. Learn which herbs and spices are packed with nutrition, antioxidants and other phytochemicals that can add therapeutic value to your food. FREE.

Healthy Self-Assertiveness

Friday, Jan. 25, 1-2 p.m., 555 Carpenter Lane, Mt. Airy

Do I really want to assert myself in this situation? Sometimes, we've been sold on the benefits of being assertive without assessing the potential cost and likely rewards. What are skillful ways to assert, while respecting oneself and one's partner in communication? Working member **Elizabeth Coreia** will lead this workshop as a followup to her earlier session, "How to Listen Mindfully," held on Jan. 11. FREE.

Make Your Own Heart-Healthy Chocolate Treats

Saturday, Feb. 9, 12:30-2:30 p.m., Weavers Way Ambler, and Tuesday, Feb. 12, 3-5 p.m., 555 Carpenter Lane, Mt. Airy

Studies say chocolate fuels a happy heart. Learn to make quick and simple, heart-healthy

chocolate treats for loved ones (or for yourself) at these Neighborhood Nutrition Team live demos and sampling events. The recipes and samples will be entirely gluten-free, dairy-free, low glycemic and delectable. FREE.



Backyard Chicken Keeping

Tuesday, Feb. 12, 7-9 p.m., and Tuesday, Feb. 19, 7-9 p.m., Mt. Airy Nexus, 520 Carpenter Lane, Mt. Airy

Learn the basics of keeping a healthy flock of backyard hens to produce eggs. Topics will

include selecting chickens, raising them from chicks, the coop, care, feeding, handling eggs and challenges that should be considered beforehand. This two-session workshop will be led by **Maureen Breen**, president of Philadelphia Backyard Chickens. Weavers Way members can sign up for a discounted price of \$30; this one-time registration fee covers both sessions.

Heart-Healthy Meal Prep

Thursday, Feb. 21, 5:30-7 p.m., Weavers Way Ambler

Plan your meals ahead of time to make smart and healthy choices. Neighborhood Nutrition Team Members **Liz Traison Witkin** and **Nicole Schillinger** will provide recipes, introduce helpful kitchen tools and gadgets and discuss meal-planning tips and tricks. You'll learn to reduce food waste, eat healthy and save time, making for a stress-free week. FREE.

MORE INFO & TO RSVP: www.weaversway.coop/events or email outreach@weaversway.coop

JUST IN TIME FOR THE BIG GAME

Sat. & Sun.
of game weekends:
Jan. 19 - 20
Feb. 2 - 3



All Hoagies \$5.99
reg \$7.99 & \$8.99

plus:

Buffalo Chicken Dip \$8.99/lb.
Five-Layer Bean Dip \$6.99/lb.



STAFF CELEBRITY SPOTLIGHT

Devon Watts

Job: Mt. Airy deli staff

Since when: September 2017

Age: 23

Where he's from and lives now: East Mt. Airy, with his mom, Marsha

How he got to Weavers Way: He was a junior at West Chester University, living on campus and majoring in communications studies. He got a job part time at Bacchus Market and Catering in Center City, but had a hard time commuting back and forth from West Chester. Prior to his last semester, he moved back home and applied for a full-time opening in the deli.

Education: He earned a bachelor's in communications studies at WCU in December 2017. He's also a graduate of C.W. Henry School, across from the Mt. Airy store.

Thoughts on the job: "Overall, I like it. I'm very much a people person, so as much as I love learning new stuff about cheeses and meats, which is really interesting, I enjoy the personal connections I have with the members, customers and my coworkers ... even though we're in a hectic working environment, I value that most — the communal feel of the Co-op. [It] definitely is one of the benefits of coming in every day."

Outside pursuits: He writes short stories, plays and screenplays, and had a couple of one-acts produced in college. His influences include Franz Kafka, James Joyce, Stanley Kubrick and Woody Allen. His ultimate goals are to write professionally and to become a filmmaker. He's also a big soccer fan, and follows Chelsea FC in the English Premier League.

Favorite Co-op products: Meredith Dairy Australian marinated sheep and goat cheese, local apples, Italian rosemary ham.

Thoughts on the Co-op: "I feel there's an environment of consciousness ... It's a whole culture that I wasn't really too exposed to ... It's not just about the food that we bring in ... it's also about bringing the neighborhood together for various reasons ... it's intoxicating, in a way. [It] kind of brings you into the community and makes you feel comfortable."



— Karen Plourde

COOPERATORS OF THE MONTH

Tami Nosal

Joined Weavers Way: October, 2017, after the Ambler store opened

Lives in: Flourtown, with her husband, Chris, and son, Lukas (11)

Current jobs: Tami is the writing specialist at Gwynned Mercy University in Gwynned Valley. Chris is a humanities professor at Peirce College in Center City.

Why they joined: Tami: "I'm not from here originally; I'm from northern New Jersey, and I don't have a community around here too much. So the principles of a co-op, and the products it sells, kind of go along with what I believe in anyway...so when it was close, it was a no-brainer."

Why they're working members: Tami: "I like a good sale any day; anytime I can get a discount, it's a good thing. But even being working members, so far, brought me that sense of community...I love [Ambler Front End Manager] Jaxson [Arnold]. I get to hang out with him when I do my hours."

Co-op job history: The family has marched twice in the Ambler Holiday Parade. Tami has also helped on the front end.

Favorite Co-op products: Bassett's ice cream (Tami and Chris are fans of chocolate; Lukas likes cookies & cream), unsalted roasted almonds in bulk, Talluto's grilled veggie ravioli, Equal Exchange coffee. They estimate they do 75 percent of their shopping at Weavers Way.

A little Co-op love: Tami: "This is my happy place. If I need something, I would rather drive here, because I see somebody that I know...versus going to Giant and having it be too much, too big, and...cold."



— 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 Board's regular monthly meeting is held on the first Tuesday of the month. The next meeting is scheduled for **Tuesday, Feb. 5, 7 p.m.**, upstairs at the Chestnut Hill Community Center, 8419 Germantown Ave.

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.

2017-2018 Weavers Way Board

President: Josh Bloom

Vice President: Lisa Hogan

Treasurer: Joan Patton

Secretary: Toni Jelinek

At-Large: Eric Borgstrom, Olga Corrias Hancock, Larry Daniels, Meg Gruwell, Chris Hill, David Woo, Esther Wyss-Flamm.

The Shuttle

Editor: Karen Plourde

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

Assistant Editor: Paul Weinstein

pweinstein@weaversway.coop

Art Director: Annette Aloe

annette@weaversway.coop, 215-843-2350, ext. 130

Special Thanks: Mary Sweeten

Advertising Coordinator: Karen Plourde

advertising@weaversway.coop, 215-843-2350, ext. 314

Proofreaders this issue: Emily Law, Michelle Quirk, Lina Hartocollis, Kara Tennis, Kathleen Casey

Contributors this issue: Kristina Garcia Wade, Mary Sweeten, Kieran McCourt, Lisa Mosca, Ned Case, Jon Roesser, Nina Berryman, Susan Ciccantelli, Nicole Schillinger-Vogler, Rachel Kriger, Roberta Balsam, Genie Ravital, Marissa Christie, Olga Corrias Hancock, Sandra Folzer, Maura McCarthy, Ron Kushner, Norman Weiss, Jacqueline Boulden, Karen Plourde

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. 6

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 Germantown Ave.

9 a.m.-8 p.m. daily

215-866-9150, ext. 221/222

HOW TO REACH US



www.weaversway.coop



contact@weaversway.coop

General Manager

Jon Roesser, ext. 131
jroesser@weaversway.coop

Finance Manager

Susan Beetle, ext. 110
sbeetle@weaversway.coop

Purchasing Manager

Norman Weiss, ext. 133
normanb@weaversway.coop

HR Coordinator

Danielle Swain, ext. 132
hr@weaversway.coop

Membership Manager

Kirsten Bernal, ext. 119
member@weaversway.coop

Outreach Coordinator

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

Executive Chef

Bonnie Shuman, ext. 218
bonnie@weaversway.coop

Farm Manager

Nina Berryman, ext. 325
nberryman@weaversway.coop

Pet Department Manager

Anton Goldschneider, ext. 276
petstore@weaversway.coop

Floral Buyer

Ginger Arthur, ext. 317
floral@weaversway.coop

Ambler

Store Manager

Heather Carb, ext. 375
hcarb@weaversway.coop

Wellness

Andrea Houlihan, ext. 378
ahoulihan@weaversway.coop

Grocery

Nancy Timmons Melley, ext. 373
nmelley@weaversway.coop

Produce

Erik Fagerstrom, ext. 377
efagerstrom@weaversway.coop

Deli

Anne Learnard, ext. 359
alearnard@weaversway.coop

Prepared Food

Alisa Consorto, ext. 374
aconsorto@weaversway.coop

Meat, Poultry and Seafood

Aleem Smallwood
asmallwood@weaversway.coop

Bulk

Sierra Dunn, ext. 379
sdunn@weaversway.coop

Chestnut Hill

Store Manager

Dean Stefano, ext. 212
dstefano@weaversway.coop

Next Door Wellness

Chris Mallam, ext. 221
cmallam@weaversway.coop

Grocery

James Mitchell, ext. 217
jmitchell@weaversway.coop

Produce

Josh Magnitzky, ext. 211
jmagnitzky@weaversway.coop

Deli

Ann Marie Arment, ext. 209
aarment@weaversway.coop

Prepared Food

John Adams, ext. 209
jadams@weaversway.coop

Meat, Poultry & Seafood

Ron Moore, ext. 205
rmoore@weaversway.coop

Mt. Airy

Store Manager

Rick Spalek, ext. 101
rick@weaversway.coop

Across the Way Wellness

Lisa Whitlock, ext. 114
lwhitlock@weaversway.coop

Grocery

Matt Hart, ext. 140
matt@weaversway.coop

Produce

Jean MacKenzie, ext. 107
mackenzie@weaversway.coop

Deli

Shawn O'Connell, ext. 109
soconnell@weaversway.coop

Prepared Food

Jenny Keris, ext. 102
jkeris@weaversway.coop

Meat, Poultry & Seafood

Dale Kinley, ext. 104
dale@weaversway.coop

Bulk

Caitlyn Ashton, ext. 142
cashton@weaversway.coop

Become a Member

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

Upcoming Orientations

Ambler Senior Center, 45 Forest Ave.
Thursday, Jan. 24, 6:30-8 p.m.
Thursday, Feb. 28 6:30-8 p.m.

Nexus Co-Working Mt. Airy, 520 Carpenter Lane
Wednesday, Feb.20, 6:30-8 p.m.
Check www.weaversway.coop/events for additional dates. To RSVP or for more info, email outreach@weaversway.coop

DID YOU KNOW?
You can read the Shuttle online.

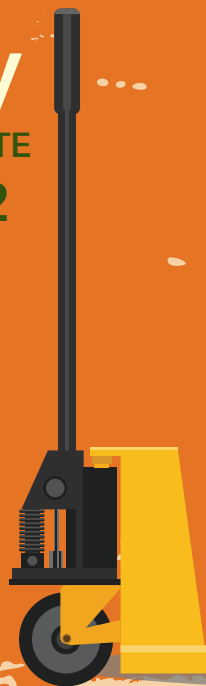
www.weaversway.coop/shuttle-online



PALLET SALE

Low prices on cases of your favorite products

one day only
SNOW DATE
MAR 2



CASE OF 12 HONEST TEA ICED TEAS, 16 OZ	\$12 YOU SAVE \$8.28
CASE OF 12 VITA COCO PURE COCONUT WATER, 500 ML	\$23 YOU SAVE \$8.80
CASE OF 12 HIMALAYAN PINK SEA SALT POPCORN, 5 OZ	\$30 YOU SAVE \$13.08
CASE OF 12 LATE JULY TORTILLA CHIPS, 5.5 OZ	\$25 YOU SAVE \$10.88

ADDITIONAL ITEMS TO BE ANNOUNCED!

CASE OF 12 NATURE'S PATH GRANOLA BARS, 6 PACK	\$38 YOU SAVE \$19.48
CASE OF 12 KITCHEN BASICS CHICKEN BONE BROTH, 8.25 OZ	\$17 YOU SAVE \$6.88
CASE OF 48 7TH GENERATION BATH TISSUE	\$35 YOU SAVE \$10.16

**SATURDAY
FEB
16
8 to 8**

weavers way COOP

ambler
217 E. Butler Ave.

mercantile
542 Carpenter Lane

www.weaversway.coop

AWBURY ARBORETUM *Year of Natural Fibers* 2019

Calendar of Events & Workshops

Taught by members of the Philadelphia Guild of Handweavers

Awbury will be offering a variety of workshops and lectures to engage our community in learning about fibers - such as flax, wool, silk, and bamboo - and the plants and animals that provide them.

SUNDAY FEB. 10 Straw Weaving	SUNDAY AUG. 11 Eco Printed Scarves
SUNDAY MAR. 10 Weave a Wall Hanging	SUNDAY SEPT. 15 Weave a Doorknob Basket
SUNDAY APR. 7 Finger Knitting	SUNDAY OCT. 13 Fabric Wreaths
SUNDAY MAY 19 Felting Fabulous Flowers	SUNDAY NOV. 10 Weave a Tablet Bag
SUNDAY JUN. 9 Dyeing a Silk Scarf with Indigo	SUNDAY DEC. 8 Dinner with Speaker Barbara Parman: <i>The Fiber Mills of Northwest Philadelphia</i>
SUNDAY JUL. 14 Making Beads from Recycled Fabric	

Awbury Arboretum & Johnson House Historic Site Present:

**SATURDAY
FEBRUARY
23rd**

The Underground Railroad Quilt Code *Fact or Fiction - Is there Proof?*



Textile artist, historian, educator, and expert story-teller Sharon Tindall will take participants on a journey through African ancestry by exploring the natural, cultural, and social history of cotton. Attendees will be introduced to patterns and codes woven into cloth from West Africa, and examine the evidence for the existence of an Underground Railroad Quilt Code.

This is a two-part event: The talk will start at 10:00 AM, and a hands-on quilting portion of the event will follow the talk.

Cost: FREE, registration required for hand-on quilting activity

The From Cotton to Quilts exhibition will be on display at Awbury Arboretum in the Cope House Galleries during the month of February.



VISIT WWW.AWBURY.ORG FOR MORE INFORMATION AND CLASS REGISTRATION