for all working members



The Shuttle

January 2014 Vol. 42 No. 1

Community-Owned Food Markets Serving Northwest Philadelphia Since 1973

City Council Passes Land Bank Law

by Garrett O'Dwyer, for the Shuttle

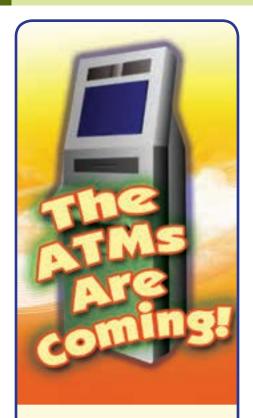
PHILADELPHIA'S CITY COUNCIL HAS approved historic legislation that will create a Philadelphia Land Bank, a new tool to attack the vacancy and blight that plague Philadelphia's neighborhoods.

Mayor Nutter has promised to sign the bill, which Council passed unanimously Dec. 12.

The mayor's signature can't come soon enough: The signs of Philadelphia's vacant property epidemic are everywhere. We see them in forlorn, crumbling facades of blighted buildings and trashstrewn vacant lots scarring the urban fabric; we see them in increased crime and decreased property values; we see them in our school district and public services struggling under the weight of so many tax-delinquent properties contributing nothing while devouring scarce public resources for maintenance.

After decades of losing population and industry, Philadelphia now has an estimated 40,000 vacant properties. Of

(Continued on Page 13)



Look for them in both Weavers Way Mt. Airy and Chestnut Hill stores. With a withdrawal limit of \$200 (and no transaction fee on our end), the machines provide convenience for Weavers Way members who would like to get more moola than the register cash-back limit, and for nonmember shoppers, who aren't eligible to get cash at the register.

Wanted: A Few Good People for the WW Board of Directors

at all Weavers Way locations!

by Margaret Lenzi, President, Weavers Way Board of Directors

DO YOU HAVE AN INTEREST IN SERVing Weavers Way and a commitment to its mission, values and goals?

Are you a conceptual thinker who can grasp the big picture but also willing to work on organizational issues?

Can you work cooperatively to oversee a vibrant, developing organization?

If this sounds like you, you might be interested in running for the Weavers Way Board of Directors.

Nominations are now officially open. You have until Feb. 28, 2014 to submit your nomination.

Come to the Candidates' Orientation Jan. 15 or Feb. 11

Not sure if you want to run or what is expected of a candidate? Then come to a Candidates' Orientation session, 7 p.m. Jan. 15 or Feb. 11 at 555 Carpenter Lane, where board members will answer all

(Continued on Page 7)

12 Local Co-Ops Explore Expansion

by Stu Katz, Weavers Way Board of Directors

AST MONTH, LEADERS OF EIGHT Delaware Valley startup food co-ops and four existing co-ops came together in Mt. Airy to explore the pace and success of expanding the number of cooperative grocery stores in our area. The National Cooperative Grocers Association shared their analysis that demonstrated that the Philadelphia area had the potential to support 14 local co-ops with at least \$5

million in annual sales each.

Glenn Bergman and NCGA frequently receive requests from groups in and around Philadelphia who want what a coop grocery has to offer their community.

Glenn and the Weavers Way staff and board have already spent many hours assisting and supporting Mariposa Co-op in West Philadelphia and Creekside in Elkins Park grow and develop. Board members and staff have also worked closely

(Continued on Page 28)

Don't Be Cruel — Look for the Leaping Bunny

by Molly Weisberg, Assistant Wellness Manager, Next Door

OU'RE USED TO KEEPING AN EYE OUT FOR CERTAIN LOGOS on the products you shop for at Weavers Way. The one for USDA organic certification is easily recognizable, as are the non-GMO, Fair Trade and Equal Exchange certification logos. But there's another one you should be looking for, especially at Weavers Way Across the Way and Weavers Way Next Door —



the Leaping Bunny.

With the recent opening of our newest location next door in Chestnut Hill, we wanted to spotlight this logo and the certification it represents.

Kim Paschen, the Communications Manager of the Leaping Bunny program, relates that the Coalition for Consumer Information on Cosmetics, a group of eight animal protection organizations

(Continued on Page 10)

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Weavers Way Cooperative Association 559 Carpenter Lane, Philadelphia, PA 19119

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Editor's Note



by Mary Sweeten, Shuttle Editor

T OUR HOUSE, IF IT'S THE FIRST week of January, it's time to get on that slushy old PA Turnpike and head for Harrisburg. The weather is always terrible for the Pennsylvania Farm Show, but we seldom miss it.

This isn't "State Fair," or even a state fair. There's no midway, no chicken racing, no fried Snickers. (Baked potatoes, yes.) Mostly thousands of your fellow Pennsylvanians showing off what they do, and that's farming. There are lots and lots of cows, sheep, swine, goats, show poultry and rabbits. A fair amount of competition-level hay and straw, Christmas trees and apples. Plenty of farm machinery. The Food Court. (Did I mention the baked potatoes?) A few organizations offering to "dispel the myths about GMOs" and such—but also folks like the Pennsylvania Association for Sustainable Agriculture, speaking truth to power. Well, handing out info, at least.

Commodities representatives by the score — or, as we used to call them, commodities princesses. Yo, three years ago, I met the Pennsylvania Honey Queen AND her dad.

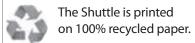
The aisles also are crawling with young people sporting brand-stiff-new Carhartt coveralls or corduroy Future Farmers of America jackets, some of them from Saul High School in Philadelphia. The Saul students will be in Junior Market Lambs on Sunday, Jan. 5, Junior Market Swine on Monday. (Livestock classes start at 8 a.m. both days. See www.farmshow.state.pa.us for more information that you can possibly absorb.)

The Farm Show is a chance to see how the rest of the state lives. And here's the thing: Pennsylvania farmers are, by and large, small farmers. They're always getting squeezed by the same Big Ag forces we rail against at the Co-op. You may not agree with their views on fracking, but . . . mmm, can't we all get behind hot, buttered, baked potatoes?

The Pennsylvania Farm Show runs Jan. 4-11 at the Farm Show Complex in Harrisburg. It's free. Parking is \$10. msweeten@weaversway.coop

The Shuttle is published by Weavers Way Co-op The advertising deadline for each issue is the 1st of the preceding month, e.g. Dec. 1 for January. For information, contact advertising@weaversway.coop, or call 215-843-2350, ext. 117

Statement of Policy Articles are welcome and should be under 500 words. Articles may express only the views of the writers and not those of the Co-op or its board, unless identified as such. The Shuttle retains the right to edit or refuse any article. Please submit via email to editor@weaversway. coop and include contact information within the document. The purpose of the Shuttle is to provide information about co-ops, healthy food practices and other matters of interest to Weavers Way members as consumers and citizens. Ad rates are available at our stores, online at www.weaversway.coop, or via e-mail at advertising@weaversway.coop. Ads must be submitted electronically, with payment. Advertised products or services may not be construed as endorsed by Weavers Way Co-op.



What's in Store at Weavers Way

When It's Cold, **These Farmers Just Work Inside**

by Mike Herbst, Weavers Way **Chestnut Hill Produce Buyer**

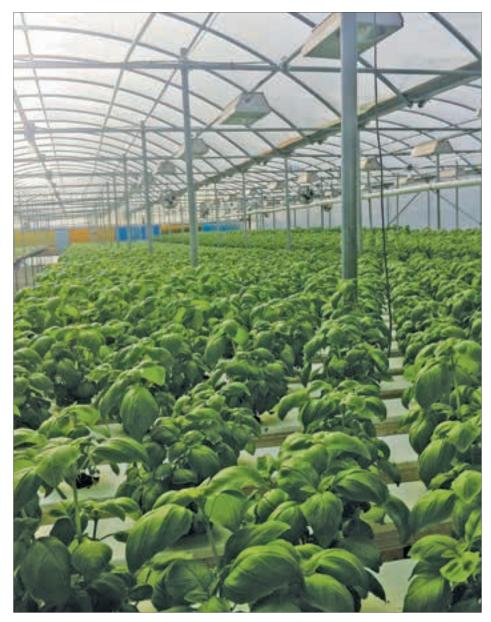
HEN WINTER COMES AROUND, LOcal produce becomes scarce. Fortunately we work with some farms that use year-round growing techniques so our shelves and your kitchen can be fresh and local throughout the colder months.

One of these amazing farms is Blue Moon Acres. Blue Moon began as a CSA in Buckingham, PA, in 1992, but quickly switched its focus to growing high-quality greens with an emphasis on healthy and sustainable methods of production. In 2007, they acquired a second farm in Pennington, NJ, and began the three-year transition to organic production. When seasonally available, the organic baby salad greens from Blue Moon Acres are among the most popular items at the Coop, so be sure to look for them when the weather warms in the spring.

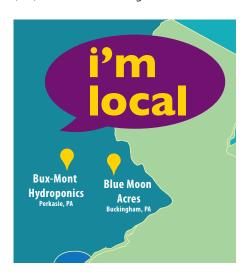
While the summer growing season brings vibrant salad greens from their fields in New Jersey, it is the greenhouses on their farm in Buckingham that produce a wide variety of microgreens and other leafy vegetables all year long. Microgreens are plants cut when they are still in the first stages of growth; the cotyledons have fully opened and developed, but no true leaves are present. They differ from sprouts in that they require a high-light environment to grow, are slightly more mature and are separated from the seed. Microgreens are a nice addition to salads, wraps and sandwiches. They also make a lovely finishing touch to dishes ranging from soup to pasta to Mexican and more.

Another year-round production farm we buy from is Bux-Mont Hydroponics. The Gehman family began hydroponic vegetable production on their property in 2005 as an experiment to expand the family's farming business which began 25 years earlier. In 2011 they were able to purchase the Bux-Mont name and equipment and begin a hydroponic growing operation in earnest.

Bux-Mont Hydroponics consists of four greenhouses in Perkasie, PA, that continuously deliver top-quality basil and butter leaf lettuce all year long. While they currently only grow two different items, they are experimenting with oth-



Above, basil plants growing at Bux-Mont Hydroponics; below, samples of arugula microgreens (left) and assorted microgreens from Blue Moon Acres' greenhouse operation.



er produce, including watercress and red leaf lettuce varieties. Although Bux-Mont is relatively small and only employs four people including the owner, it is very efficient in its operation. Rainwater is used to irrigate the crops, computers closely monitor the nutrient levels, and scrap wood from a neighboring business is used to heat the greenhouses.

Both Blue Moon Acres and Bux-

Mont Hydroponics use indoor growing practices that the U.S. Department of Agriculture defines as "soilless." Blue Moon's microgreens are grown in a mixture of peat and compost, while Bux-Mont uses nutrient-rich water. Currently, the USDA does not have standards that allow for the organic certification of soilless farming. However, growing inside does have advantages when it comes to the use of sprays and pesticides. Greenhouses are controlled environments that are much easier to keep pest- and disease-free than growing in the field. Any problem that occurs can be isolated and dealt with quickly. This greatly reduces the amount of pest- and disease-control sprays that need to be used.

While it is wonderful to have fruits and vegetables seasonally, it's also good to know that fresh and local produce is available all the time using these alternative farming systems.

mherbst@weaversway.coop





Blue Moon Acres photos



What's in Store at Weavers Way

Artisan Exchange Makes Do, Does Well, in Suburban Office Park

by Stephanie Kane, Weavers Way **Local Product Coordinator**

n Saturday mornings in West Chester, a building in a nondescript office park turns into a busy marketplace full of fresh produce, tasty cookies, delicious gelato and meals ready to be taken home. Set in what looks like a loading dock, many of the vendors inside produce their specialties on site, in a collaborative called the Artisan Exchange.

A year ago, the sole occupant of the space was Golden Valley Coffee Roasters. As the nearby Goshen Farmers Market was coming to the end of its season, many vendors were looking for a place to continue selling their products.

The warehouse also featured a 27,000-square-foot distribution center — a clean slate that could be retrofitted into kitchens where vendors could produce their products. Certified kitchen space can be hard to find — businesses often get started out of a nearby restaurant, working in the kitchen at odd hours. When a vendor reaches a point of needing their own kitchen, purchasing a facility can be a huge undertaking. That's what makes the Artisan Exchange such a great resource. Currently, vendors rent a space and fit it themselves, and own all their own equipment.

The Exchange is also working to have a kitchen incubator space, where new vendors can rent by the hour.

Check out these products from Artisan Exchange carried at Weavers Way:

Chaikhana Chai combines Fair Trade, organic tea with spices and honey to create a concentrate that can be mixed with milk or water. The 16-ounce bottles make 10 servings of cold or hot chai. (CH, MA)

Gary's Hot Sauce uses fresh habanero peppers and no added salt or sugar. (CH)

Take Me Bake Me Pizzas come in whole wheat and seasoned crusts for about \$10. They also have a gluten-free version — tell a grocery manger if you're interested in seeing these in the freezer case! (CH, MA)

Taste Artisanal Market Marinated Asiago and Southern Pimento. These



spreads are in the refrigerated case, and are great for last-minute guests. (CH)

Long Cove Foods started with a chef who challenged himself to make a delicious vegan scrapple. A combination of locally sourced mushrooms, cornmeal, vegetables and herbs, it succeeds with flying colors. (CH)

Waffatopia makes waffles out of dough rather than batter that are caramelized on the outside and soft on the inside. Find them individually wrapped in our bakery. (CH, MA)

Laura's Biscotti come in Brown Butter Pecan, Iced Ginger, Orange Cran Walnut and Chocolate Pistachio. (CH)

Jenny and Frank's Gelato is the newest addition to the ever expanding selection in our freezer. Made from local fruit, dairy, eggs and herbs! (CH)

Rawsome Fudge is 100% vegan, and uses organic ingredients like coconut nectar and raw cacao. (CH)

skane@weaversway.coop

On the Shelves

We've Got the **Goods for Going Gluten-Free**

by Karen Plourde, Weavers Way **Grocery Staff**

THE LIFE OF A GLUTEN-FREE SHOPPER can be frustrating. Weavers Way Mt. Airy has taken steps to improve the situation by organizing part of the second floor into a gluten-free section. A healthy chunk of gluten-free items now live on the shelves next to the nut-butter grinders.

Prominent among them is the line of Schar treats, including chocolate bars, cheese bites and cookies. You'll also find a variety of pastas from Tinkyada, De-Boles and Bionaturae, as well as mungbean and black-bean pastas from Explore **Asian**. For baking at home, look for **1-2-3** Gluten Free Biscuit Mix and Bob's Red Mill Gluten-Free Bread Mix. Need a pie shell? Wholly Wholesome shells are downstairs in the freezer case.

Elsewhere at the Co-op

Deli: Chestnut Hill cheesemonger Shawn O'Connell now carries Tait's Farm Foods chutneys, mustards and relishes. Tait's is a certified organic CSA farm in Centre Hall, PA, near State College, and their spreads are produced there in small batches. Flavors change with the seasons. (They're also available in Mt. Airy.)

The Santa Cruz, CA, Friend in Cheeses Jam Company offers a selection of organic, non-GMO, gluten-free spreads. Chestnut Hill carries two kinds of marmalade, strawberry tarragon conserve and Pinot Cherries.

If you've become a fan of **Treeline** non-dairy spread, you'll be happy to know both stores now carry their hard "cheese" in cracked-pepper and classic flavors. It's made from cultured and aged

CH Grocery: The Dutch *stroopwafel* has a local version from Lancaster County that's now available here. Stroopies are made of two thin, waffle-like cookies with chocolate and crushed pecans on top and caramel in between. Sit one on top of your favorite hot beverage and prepare yourself for a treat that will warm you to your toes.

Mt. Airy Pet: Manager Anton Goldschneider has brought in a new collection of dog toys from Hyper Pet that should shake your pooch's winter blahs. There's a ball launcher, a flying pig slingshot and the Hypershake, a rubbery tug-of-war toy with a raccoon head on top and a bushy tail on the bottom. For pups on the move, he offers the Walk Right! padded front harness and Walk & Train head halter leash. Cat servers, meanwhile, can spice up the environs with a new cat tree from Wade's.

Need a nosh for your chickens? Happy Hen Treats makes seed and worm treatcakes that are sure to satisfy. And for that party they're planning for the Big Game, stock up on bags of Happy Hen Treats mealworm and corn party mix. They won't even glance at your nachos.

kplourde@weaversway.coop

Prepping for 2014 at Mt. Airy

by Rick Spalek, Weavers Way Mt. Airy Store Manager

ust an update on what is going here in $M\tau$. Airy. In the area of staffing, we have hired a new preparedfoods manager, David Ballantine, who brings years of restaurant and management experience and is working to increase our grab-and-go items. Other additions include Sierra Dunn in the Bulk Department and Jesse Mostoller in front end. (Jesse also runs the Weavers Way Community Programs school Marketplace program — see his story about it on Page 5).

We will be building a new, more accessible soup station

with more choices, and adding small refrigerator for grab-andgo. A custom bulk station is being added to the second floor, and we just got another nut grinder for organic almond butter, to go along with our peanut-butter grinder, which has been a huge success. Both nut butters are also available in Chestnut Hill.

Please give us feedback, positive and negative — use the Suggestion Books, stop me in the store anytime or email me at rick@weaversway.coop. Thanks for your continued patronage, and have a great new year.

rick@weaversway.coop



The Big Game is Feb. 2, so you have a whole month to huddle with the Weavers Way special teams to perfect your party coverage.

- Cape Seasonings Spice Blends Get out of the neutral zone and go deep with this perfect blend of sassy spices. Soul, No Cayenne and No Salt blends. Mix it with sour cream and a dash of hot sauce for the perfect pairing with...
- Alexia Fries and Rings Peeling your own potatoes? Bad clock management! Toss these frozen Onion Rings and Sweet Potato, Waffle, Oven and Yukon Select fries in the oven for crispy, delicious snacks that will keep you hustling.
- DePalma Bakery Old-Fashioned Tomato Pie Frankford Avenue and Decatur Street is the red zone, and this old-school Italian bakery turns out an amazing tomato pie. Tell your buds you made it and see if you get away with the fake.
- Zen Party Mix Run a coffee-table formation featuring peanuts, sesame sticks and tamari almonds tossed in a sassy spice mix. Then you and your guests will want to down some Reed's Ginger Beer, the all-natural refresher with a kick!
- Party Smart Pill If ginger beer isn't your go-to play, set up a smart defense by taking this herbal supplement before taking the snap (or whatever you're calling what's in that cup). Odds are it will take the edge off the next day. Which will be Monday, don't forget. Drink plenty of water too!

Weavers Way Community Programs

She's Cultivating Women Farmers

by Jill Fink, Executive Director, **Weavers Way Community Programs**

S THE EXECUTIVE DIRECTOR OF A Asmall nonprofit, one of my primary responsibilities is to raise money to support all the great work we do (though this article has nothing to do with fundraising, I promise ... keep reading). For many, it's an unenviable position, as few people actually like asking for donations. Admittedly, raising money isn't always fun or easy, but one great part of my job, and there are many, is that I get to boast and brag about our programs, the kids we serve and our impact in the community. This month, I get to boast and brag about our incredible staff, in particular Shelley Hedlund, one of our amazing farm educators.

Shelley was recently asked by the Pennsylvania Women's Agriculture Network (WAgN) to be a statewide mentor for woman farmers, particularly those in urban areas. Not only is this a huge honor for Shelley, but it brings year-long bragging rights for Weavers Way Community Programs! The mentorship program connects established farmers with new and beginning farmers, aspiring farmers and seasoned farmers, and is designed to encourage woman farmers to support each other of experiences. The program values woman farmers as leaders of change who provide educational opportunities to foster healthy food systems, promote farming livelihoods, expand and strengthen networks, foster stewardship of land, people and resources and support financial and environmental sustainability.

Over the coming year, Shelley will serve as a resource and mentor to women throughout the Commonwealth. As I write this, she is in State College with her fellow WWCP farm educator, Clare Hyre, presenting on "Urban Agriculture and Food Access" at the PA WAgN Symposium "Building the New Food & Agriculture Economy." They're in good company as the conference brings in women from all fields of agriculture, along with Philly's own food-access celeb Judy Wicks, who is delivering the keynote. Later this year, Shelley will be hosting a "farminar" on urban agriculture, bringing woman farmers from across Pennsylvania to Philadelphia.





Farm educator Shelley Hedlund will mentor female farmers statewide.

(More bragging rights for Weavers Way and WWCP!)

While farming has a long tradition of being associated with men, here in Philadelphia the face of farming is overwhelmingly female. Weavers Way Farm Manager Nina Berryman has not only been farming with Weavers Way for six years, but like the WWCP farm educators, Nina has provided leadership to dozens of farm apprentices over the years, nearly all of them women. It's these women who have gone on to work in agriculture and manage farms throughout the region. With a master's degree in Women's Studies, this trend is of particular interest to me, and has been a topic of informal discussion in our office. Please keep reading the Shuttle for more on Shelley's adventures as a WAgN mentor, and perhaps even a more in-depth look at women and farming.

jill@weaversway.coop

Major Donors Make Us Happy

EAVERS WAY COMMUNITY PROgrams is incredibly grateful to all those who have recently supported our efforts. Without the generosity of individuals, foundations and local businesses, WWCP wouldn't be able to provide crucial farm and nutrition education programs to children in our community.

Many thanks to all of you who make our work possible. Check back next month for a report on the success of our year-end campaign!

Recent Foundation Support

(10/10/13 through 12/10/13)

Claneil Foundation: \$7,000 for general operating support

The Douty Foundation: \$4,000 for Hope Garden at Stenton Family Manor

Henrietta Tower Wurts Memorial: \$4,000 for general operating support

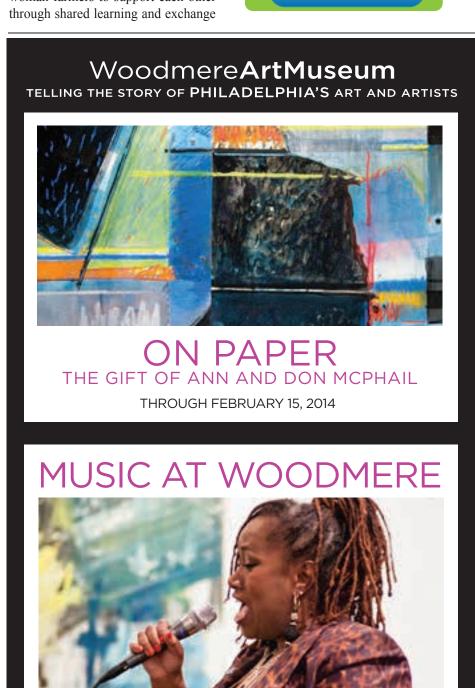
Lawrence J. & Anne Rubenstein Charitable Foundation: \$5,000 for Hope Garden at Stenton Family Manor

Linda & David Glickstein Fund of the Philadelphia Foundation: \$2,000 for general operating support

The Leo & Peggy Pierce Family Foundation: \$20,000 for general operating support

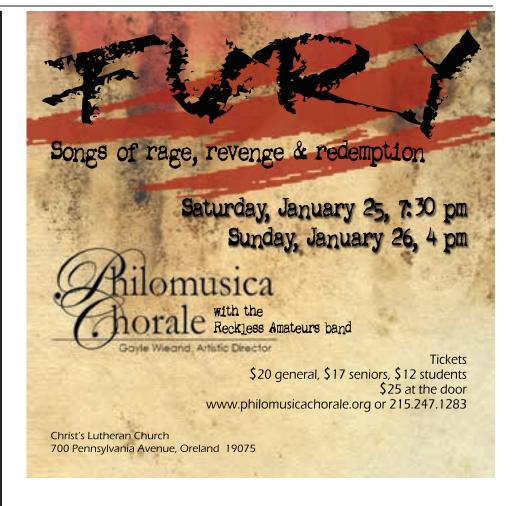
Seybert Foundation: \$5,000 for general operating support

Union Benevolent Association: \$2,500 for general operating support



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Weavers Way Community Programs

Marketplace

School Year Off to a Healthy Start

by Jesse Mostoller, Marketplace Coordinator, Weavers Way **Community Programs**

ANY OF YOU KNOW AND LOVE THE Marketplace program and might be wondering how it's going this year. In short, terrific! Marketplace is operating healthy, local and organic snack sales at four local schools: Our Mother of Consolation and J.S. Jenks in Chestnut Hill and Lingelbach and Parkway Northwest High School in Mt. Airy. Each school has 15 to 20 students involved, some of whom have been members for five years.

The Marketplace program is one of four programs operated by Weavers Way Community Programs. It differentiates itself by focusing on the development of entrepreneurial skills as well as promoting healthy eating habits. The sales offer a "value" menu of items ranging from in-season fruits and veggies to dips and Pirate's Booty. And of course, a Marketplace sale is not a sale without the perennial favorite... pickles!

I started working with the Marketplace program two months ago and have thoroughly enjoyed working with students, parents and teacher advisers at each school. At every sale, I am amazed at the level of enthusiasm for the program, as well as the inquisitive nature of the students.

I am often asked why we don't sell Coke or Cheetos or why we only sell organic items. Answering these questions is one of the many joys of the job. Another joy is that I get to share initial tasting experiences with curious eaters. I know the program is providing a great service to the community when a student asks me to make sure I bring more rosemary white bean spread to the next sale!

We hope to build on the level of enthusiasm at all participant schools. One school, Parkway Northwest High School for Peace & Social Justice, has invited WWCP to participate in a Fair Trade seminar the school is hosting in February. It's an honor that Parkway would invite WWCP and we look forward to attending! This is also a great opportunity to align WWCP's food-justice goals with the social justice mission of the school, working together in new and creative ways.

The Marketplace program wouldn't be possible without the great relationships built by my predecessor at WWCP, Carly Chelder, as well as all those who have helped build Marketplace into its current success.

WWCP is also grateful to all the Co-



Two Marketplace scenes from last year: Above, Linglebach students tally their earnings after a sale; below, Parkway NW students are ready to sell!

op members who donate time to Marketplace. Looking for a new way to complete your member hours? Marketplace has you covered. Whether you want to deliver sale inventory to a school or assist students while they cashier, there are a variety of ways you can complete your working membership hours with Marketplace.

If you'd like to see Marketplace in action, contact WWCP Director of Operations Alison Hirsch (alison@weaversway.coop) for more information. We'd love to get you involved!

TRFund.com

marketplace@weaversway.coop





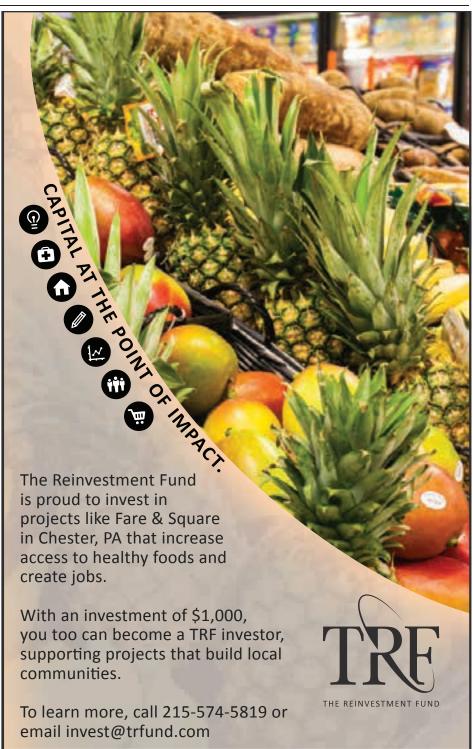
Philadelphia Chapter www.amigoslink.org/philadelphia



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General Manager's Corner

I'm Getting My Head Around **10 Years at Weavers Way**

ICANNOT BELIEVE THAT ANOTHER gray hair has grown in place of the light brown ones I once had. I blame it all on the Co-op. When I first came to Weavers Way in 2004 — yes, 10 years ago — I thought this was going to be a short stay, perhaps two or three years. What I thought I was going to do was help secure the Co-op's financial base of, assist with getting the Weavers Way name out into the community, and make sure that staff were compensated better, with secure benefits. Yes, I figured two or three years.

Well, what I learned was that co-ops are not just a place to work or to secure our daily food, but centers of community development, education and purpose. I learned that there is an international association of cooperatives working throughout the world under the same seven guiding principles. (I will not list them here, but you can read them on Page 22, and we have them on our website.) When we make a purchase of Equal Exchange chocolate, sugar or coffee at the retail level, that has been vetted all the way back to the farmer thousands of miles away who is a member of a small cooperative that is actually making improvements in his/her life. Wow!

When I worked in a large corporate enterprise, the issues were driven by the

GREEN BANK!

MANUELA'S

MANUELA SILVA, TAILOR

VALLEY GREEN BANK CUSTOMER SINCE 2011

bottom line and investor equity return. Each year, I would attend a meeting that reviewed our financial goals. Wall Street was right there watching and judging our return on shares or equity. Human resources was about making sure people were taken care of, but only to a certain point — it seemed that HR was really there for help in separating people from the company. At Weavers Way I have learned it is about the community, the staff team and the bottom line, in that order.

While it was "easy" to make a change in personnel at the large company, there are more important concerns at the Co-op. How long had someone worked for Weavers Way? Can we help someone find another position that they can succeed at, or can we move their schedule around to help them get home and see their children? We are not as quick to remove someone as I had seen in the corporate world. Why? This is someone who lives in our neighborhood. This is a person we care about. At least this is what I hear more often than not.

What about equity return? I have not heard that for 10 years. We talk about making sure there is money for bonuses, for patronage rebates, for paying down our loans, for investing in our stores and people. No profits go to investors someplace

www.valleygreenbank.com

Mt Airy* | 215.242.3550 Chestnut Hill* | 215.242.1550

Radnor | 610.995.2265

Center City | 215.569.2265 *Hours: Weekdays 8 to 6 and Saturday 9 t

South Philadelphia | 215.462.2265

We have to work on finding ways to reduce prices, and getting younger people into positions that excite them and preparing them to take over the Co-op in the future. And we need to keep an eye out for new opportunities.

else. No excess funds leave the community. When we pay out a bonus to staff, and we have for almost eight years straight now, that money will most likely be spent right here in the Philadelphia area.

As we have grown over the last 10 years, from \$5 million to \$19 million in sales and from 40 staff to 155, we have increased the amount of local products purchased from farmers and local suppliers five-fold. Today we are at around \$6 million local. Most of that is in produce, prepared foods, meat and dairy, but we are working to increase these purchases in all areas of the store (soap, grocery, baked goods, frozen food). This is our goal (one of our Ends): to help the local economy. I do not remember that as any goal at the large corporate enterprise — it just cannot be if they want to maximize their profit.

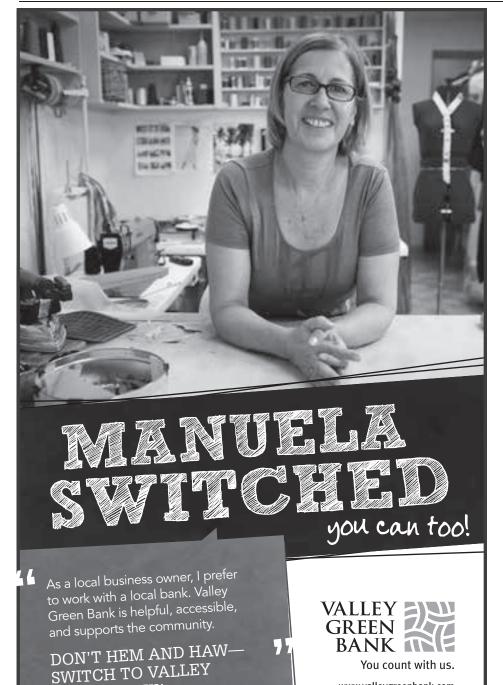
The Co-op is strong financially membership is steadily increasing, sales growth is at or above the national average, there is widespread interest in starting co-ops (see Stu Katz's article starting

on Page 1), and we are providing benefits as good as any large "progressive" company in our world. We have to work on finding ways to reduce costs and prices, and getting younger people into positions that excite them and preparing them to take over the Co-op in the future. And we need to keep an eye on the horizon for new opportunities.

So, as I think back about the store expansions, farms, the nonprofit Weavers Way Community Programs and the many wonderful people I have met (and who have come and gone), it is with great pride that I wonder: What is next for us, and how can we continue to increase this wonderful business model that cares as much for a profit as it does for the people who make it successful on both sides of the counter?

P.S.: I am thinking about that "natural hair dye" we sell in Wellness as well. What do you think?

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

Members may vote online beginning on or about April 1, 2014 and at the Weavers Way

> **Spring General Membership Meeting** Sunday, May 18, 2014

(Voting will end at 6:30 p.m.)

Board Positions to be filled:

4 At-Large Directors for 3-Year Terms

Nomination Form

For Candidates for Election to The Weavers Way Co-op Board of Directors

All Nomination Forms must be submitted no later than 5 p.m., Friday, February 28, 2014. Please e-mail completed form with answers to the five questions (see below) and a photograph (.jpg, please) to David Woo, Leadership Committee, at woo3d@earthlink.net. If e-mail is unavailable, place your nomination statement and a photo in the Leadership Committee mailbox at the Mt. Airy store, or mail to: Leadership Committee, Weavers Way Co-op, 559 Carpenter Lane, Philadelphia, PA 19119.

Please call David at 215-508-0815 to make sure your nomination was received. If not confirmed, Weavers Way is not responsible for misdirected mail. A copy of this form is also available on our website, www.weaversway.coop.

Name:	Member #:	
E-mail Address:	· · · · · · · · · · · · · · · · · · ·	
PI.		
Phone:		
Address:		

Please answer the following questions on a separate sheet of paper. Your entire response to all five questions MUST NOT EXCEED 250 WORDS (not counting the questions) — 251 words and your nomination will be rejected.

- 1. Why are cooperatives important to you and to Weavers Way in particular?
- 2. How will your experience, skills or unique perspectives strengthen the Coop Board?
- 3. What do you perceive to be the long- and short-term challenges facing Weavers Way and how would you address them?
- 4. What volunteer experiences have you had with other cooperatives or organizations?
- 5. Is there any other personal information you would like to share, e.g. family, hobbies, work experience, special talents?

Consider Being a Candidate for the Board!

(Continued from Page 1)

your questions. This is highly recommended for anyone seriously considering running for the Weavers Way board.

What Kind of Candidate Is Weavers Way Looking For?

We have been fortunate in getting highly motivated and capable board members in the past and we hope to continue this tradition. Beyond being a Weavers Way member in good standing, no prior experience or professional training is required to serve on the board. Necessary training will be provided to new members. However, we have found that certain skills and abilities are useful for a director, such as:

- Integrity, flexibility and common sense.
- Leadership and facilitation skills.
- Communication and group-process skills.
- Ability to support a group decision, regardless of personal view.
- Ability to see the big picture and implications beyond a specific decision.
- Ability to read a financial statement (however, training is provided).
- Understanding of natural foods and cooperative industries.
- Understanding of the cooperative movement and philosophy and Weavers Way's history and development.

What is Expected of a Board Member?

Board candidates are strongly encouraged to come to a board meeting as a first step. Next, you must have the time. We are all doing this on a volunteer basis with no compensation; we try to make it manageable. Here are some expectations:

- A solid three-year commitment to the Board of Directors.
- Preparation for and attendance at monthly board meetings. (The time commitment averages 6-8 hours per month.)
- Active participation in board meetings, committee work, owner engagement events, training sessions and recruiting activities.
- A professional attitude, including keeping confidentiality.

Board members should be willing to work together with understanding, mutual support and respect to make group decisions that will enhance the viability of Weavers Way Co-op.

Role of Board Member

The Weavers Way Board of Directors operates using the Policy Governance model, which emphasizes broad goals (our "Ends"), while providing clear guidelines on what a general manager and staff cannot do ("Limitations"). We are not an operational board that runs or oversees the day-to-day functioning of the Co-op. Rather, we are a deliberative board that focuses on policy and reviews monitoring reports to determine compliance with these policies. The board spends very little of its time on operational issues — if that's what really interests you, consider applying for a management or staff job.

Ready to Run?

We need a few good people for the board. If it seems like a good fit for you, please complete the nomination form. If you have any questions or need more information, contact David Woo, chair of the Leadership Committee, woo3d@earthlink.net, or come to the Candidates Orientation on Jan. 15 or Feb. 11.



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Edward Jones MAKING SENSE OF INVESTING

Everybody Get In Line – MALT **Ball Is Back**

THE MT. AIRY LEARNING TREE IS pleased to invite community members and dance enthusiasts to its fifth annual MALT Ball! Join us for a night of music and dancing on Friday, Feb. 28, from 7 p.m. to 1 a.m., at the Commodore Barry Club, 6815 Emlen St. (near the Carpenter Lane Chestnut Hill West train station).

New this year, MALT is thrilled to present the Original Dave Bush Dancers, who performed at the famed Apollo Theater in Harlem in the 1990s. Their hour-long tribute to the late Dave Bush Jr. (known as the godfather of line dancing), will feature a demonstration and calling of the steps of his most popular dances, "Running Man," "Grandstand," "Sakeem" and "Twenty-Five."

MALT Ball V will feature MC Kenny J, DJ Double W and longtime MALT dance instructors Jada Temple and Lucia Jones. Added to this fabulous lineup are guest instructors June and Audrey Donaldson, Joanne Murray and Bob Terruso. They will teach you to dance in the groove of Zumba, soul line dance, cha cha, bop



Join Kenny J (right), join your friends — heck, join strangers — for line dancing at MALT Ball V.

and more. Rounding out the night will be two hours of all request dances!

Advance tickets can be purchased for \$15 by calling the MALT office at 215-843-6333 or by visiting the website at www.mtairylearningtree.org. Tickets will also be available at the door for \$20. The event will include a cash bar and light fare, and you can also BYO food.

The Mt. Airy Learning Tree would like to thank our MALT Ball V sponsors — Chestnut Hill Hospital, Chestnut Hill Cat Clinic, Joa Mart, Dr. Harry Nevers, Podiatrist; Pelham Pharmacy, Pelham Plaza Cleaners, Rhino Chiropractic and Toto's Pizzeria.

Proceeds from MALT Ball V will help MALT continue to offer quality classes. A nonprofit community-service organization founded in 1980, MALT now offers more than 300 courses and celebrates the diversity of Northwest Philadelphia, bringing together neighbors to share ideas, information and skills.





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Coalition Still Working To Support Voter Rights in PA

by Andi Moselle, for the Shuttle

TEARLY 50 PEOPLE GATHERED LATE last year to learn more about the newly reenergized PA Voting Rights Coalition and to raise funds to support its operations. The nonpartisan, nonprofit PVRC, formerly known as the PA Voter ID Coalition, grew out of concerns about the state's new voter ID law, which requires voters to show one of a limited variety of photo IDs to be allowed to cast a ballot at the polls.

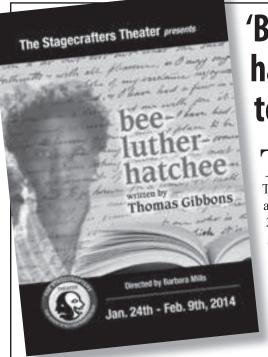
The original group, a coalition of key local organizations and individuals, helped seniors, low-income voters and new voters obtain identification, register to vote and get to the polls.

While the law has yet to be enforced, it is still on the books awaiting court action, which is expected shortly. Coalition members remain concerned about the law's potential impact and believe it continues to cause confusion for voters, contributing to low voter participation.

Responding to the court's ruling on the voter ID law, whichever way it goes, is a priority for PVRC, but the group also plans a broader approach to voting rights moving forward. The coalition intends to provide tools and support for voter-education and voter-registration efforts to maximize voter participation. Recently, PVRC was invited by a group in Coatesville to assist in increasing voter awareness and participation for the recent school board election in that Chester County school district. PVRC hopes to identify specific local nonpartisan campaigns of this type for future action.

The Nov. 24 meeting was hosted at the Mt. Airy home of PVRC board member Bob Brand and Liz Werthan. Attendees were encouraged to get involved in future opportunities to broaden the discussion and to volunteer to help with train-the-trainer events and local actions to encourage voting among broad and diverse constituencies across the commonwealth. (A big thanks from the PA Voting Rights Coalition to Weavers Way, for supporting the event with a donation of a wonderful variety of appetizers and snacks.)

For info and to join us, visit our website at www.pavotingrights.org.



'Bee-lutherhatchee' Coming to Stagecrafters

THE THIRD PRODUCTION OF THE CURrent season at The Stagecrafters, Thomas Gibbons' powerful and provocative "Bee-luther-hatchee," opens Jan. 24. The action centers on ambitious African-American book editor, Shelita Burns, whose publication of the memoirs of an elderly Southern black woman named Libby Price has caused a sensation in New York literary circles. But when Shelita makes a trip to meet her author in the flesh, she discovers that all is not as it appears. "Bee-lu-

ther-hatchee" raises multiple issues of racial identity, the meaning of ethnic uniqueness and the boundaries between art and reality, posing the ul-

timate question, "Who owns the story of one's life?" Gibbons (b. 1954), a native of Philadelphia, has received a number of awards from the Pennsylvania Council on the Arts. Since 1993, he has been playwright-in-residence at Interact Theatre Company, which premiered "Bee-luther-hatchee" in 1999.

Performances are at 8 p.m. Jan. 24, 25, 30 and 31 and Feb. 1, 6, 7 and 8, and 2 p.m. Jan. 26 and Feb. 2 and 9. (A "Meet the Cast and Director" session will follow the Jan. 31 performance.) Tickets are \$17 online, \$20 at the door. Discounts are available Thursdays and for students and groups. For information, call 215-247-8881 or visit www.thestagecrafters.org; for reservations-direct, call 215-247-9913.

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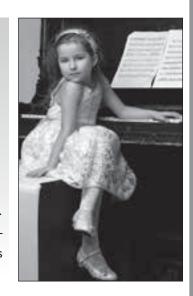
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Leaping Bunny

(Continued from Page 1)

in the United States and Canada in partnership with the European Commission to End Animal Experiments, created the Leaping Bunny program and its logo to certify companies manufacturing personal care and household products as cruelty-free.

Unlike the aforementioned certifications, there is no legal definition of "cruelty-free" that is enforced by U.S. government regulatory entities. Therefore, companies can make any claims about animal testing they wish.

Leaping Bunny is an independentthird-party certification program that reguires companies and all of their ingredient suppliers to sign statements of assurance promising that no new animal testing is being conducted or commissioned on any ingredients, formulations, or finished products. Leaping Bunny goes one step further and also requires companies to be open to independent audits to make sure they are in compliance.

To date, Leaping Bunny has certified more than 500 personal-care and household products companies. They publish and distribute their Compassionate Shopping Guide, available both as a walletsize insert and a free iPhone/Android app, that lists all of their cruelty-free companies. Plus, they regularly work with these companies to offer their supporters great discounts and freebies on Facebook (www.facebook.com/leapingbunny) and Twitter (www.twitter.com/leapingbunny)

Meet Leaping Bunny

Leaping Bunny's Kim Paschen will be at Next Door Jan. 25, 1-4 p.m., with information about the program as well as Leaping Bunny buying guides and some free product samples. Don't miss this opportunity to learn more!

You can also visit Leaping Bunny at www.leapingbunny.org.

Weavers Way has always been dedicated to cruelty-free products and is proud that many of the new products we've brought to Weavers Way Next Door have been certified by the Leaping Bunny program. Here are some new arrivals to look for:

ACURE: Fair-trade organic skin care, including 100 percent pure argan oil.

Veria: Makers of VeriaID InnerDosha, ayurvedic body care; choose your dosha!

Sevani: A local, non-GMO ayurvedic face-care line.

Old friends on the Leaping Bunny list include Badger, Aubrev, Dr. Bronner's, Desert Essence, Avalon Organics and many more.

Until cruelty-free labeling guidelines are mandated by the government, the Leaping Bunny Program provides the best assurance that a product truly is free of animal testing. So come over and see how many bunnies you can find!

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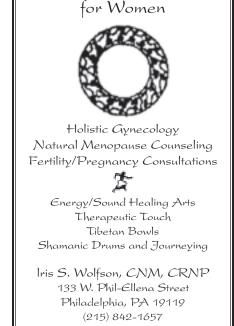


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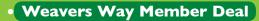


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Sclip and save

New WW Health/Wellness Committee Starting Up

by Owen McPeake, Chairperson, **Weavers Way Health and Wellness Committee**

AM HAPPY TO ANNOUNCE THE FORMATION OF A NEW COMMITTEE Lon Health and Wellness. Our committee represents a diverse complement of practitioners from various disciplines committed to the pursuit of informed medical pluralism. On the whole, we understand health more as a journey than a destination, and wish to encourage an open and comprehensive dialogue incorporating ideas about individual empowerment.

Part of our strategy is to explore approaches to health that have been marginalized or otherwise underrepresented. We hope to contribute regular articles to the Shuttle about a wide variety of practices. Our intention is to uncover existing resources that are perhaps less commonly known and build a local network of practitioners comprising a wide range of practices and philosophies. The committee will encourage discussions on the meaning of terms like "health" and "wellness" on an ongoing basis, within a framework of appreciation for the inherent complexities of natural systems.

At our inaugural meeting, one recurring theme of conversation was the idea that wellness transcends the individual and has social context. Part of what the wellness-care model has to offer is a collaborative partnership through which we can broaden our ideas about health and what it means to take charge of our personal health care.

The new Weavers Way Health and Wellness Committee is open to all interested Co-op members. Our next meeting is Tuesday, Jan. 14, at 6:30 p.m. in the community room at 555 Carpenter Lane (next to the Mt. Airy store). For more information, contact owenmcpeake@gmail. com or outreach@weaversway.coop.



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Wellness Walks with Great Scenery at Morris

THE HOLIDAYS ARE OVER AND IT'S TIME TO get back on track with healthier eating and an exercise plan. Morris Arboretum invites you to get outside to get some exercise!

Every Saturday morning at 10:30, visitors meet at the Morris Arboretum Visitor Center to join an Arboretum guide for a two-mile loop around the garden on paved paths. What better way to gain energy for the day? Wellness Walks are included with regular admission (\$16; \$14 for seniors, \$7 for children).

These walks are fast paced and energetic, intended to get your heart rate up. Guides will point out some of the Arboretum's specimen trees and other distinctive features along the way, but there

is no lingering to smell the roses! The walk lasts 45 minutes to an hour, and walkers are welcome to continue on their own afterward.

Winter is an ideal time to observe tree shapes and bark texture, and to see which winter blooms may be peeking through the cold ground. Without leaves on the trees, open vistas provide far-reaching views. And if you'd like to escape the cold into a tropical paradise, stop in at the Arboretum's glasshouse Fernery which is always a balmy 80+ degrees. It's the only freestanding fernery in North America.

The 92-acre Morris Arboretum of the University of Pennsylvania is at 100 East Northwestern Ave. in Chestnut Hill. Info: www.morrisarboretum.org.



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About the facilitator: Claudia Apfelbaum, MSS, LCSW, is a clinical social worker practicing in Northwest Philadelphia where she also resides. Her background includes work with individuals, couples, children and families who want to heal from trauma, repair elationships, and discover their full potential.

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Quaker Activists Train to Clean Up XL Pipeline Decision-Making

by Eileen Flanagan, for the Shuttle

REA ENVIRONMENTAL ACTIVISTS are making a New Year's resolution to "sweep out corruption" in the U.S. State Department, which has engaged in dirty politics around the controversial Keystone XL pipeline. On Jan. 19 at Friends Center, 1515 Cherry St., Earth Quaker Action Team will conduct the fourth in a series of trainings to prepare those willing to participate in the Philadelphia action, which will include civil disobedience and homemade colonial-style brooms to illustrate the need for ordinary citizens to clean up their government.

So far, 76,000 people across the country have pledged to use civil disobedience, if necessary, to stop the pipeline, which would ship oil from Alberta's tar sands from Canada across the United States to Gulf of Mexico refineries for eventual export.

Some background: As the easy-to-get coal, gas and oil have been used up, companies have engaged in increasingly destructive methods of getting more, prolonging our addiction to climate-change-causing fossil fuels. Communities across the country are protesting these extreme extraction techniques, including mountaintop-removal coal mining in Appalachia and fracking for natural gas in Pennsylvania and elsewhere.

The struggle against mining the tar

sands of Canada gained special attention after climate scientist James Hansen declared that burning these vast reserves of dirty oil would mean "game over" for the climate. Stopping the Keystone XL pipeline would make extracting that oil much less economical, which is why in the last two years it has become a rallying cry for the environmental movement.

It's clear that the activism has made a difference. When more than 1,200 people were arrested with environmental author Bill McKibben in front of the White House in August 2011, Keystone had been considered a done deal. Since then, there have been many acts of civil disobedience, including in Texas along the pipeline route, augmented by ever-larger marches, the one in February 2013 including over 40,000 people. In response, the Obama administration, which has the ultimate say in approving a project that crosses an international border, delayed making a decision by asking the State Department to study the issue.

The State Department farmed the report out to a contractor tied to TransCanada, Koch Industries and Shell Oil—the same corporations that would profit from the proposed pipeline—and then tried to hide the conflict of interest.

Because we believe President Obama values his reputation, we also believe highlighting the sham process could help tip the political calculation for him.

How to Get Involved

The next Earth Quaker Action
Team training will be Sunday, Jan.
19, from 1 to 4 p.m. at Friends
Center, 1515 Cherry St. For
more information or to sign up,
contact Matthew Armstead at
matthew.eqat@gmail.com.

Hence the brooms and a message that focuses on cleaning up our government. Activists hope that just the threat of actions like this across the country will act as a deterrent to the Obama Administration, the way a similar pledge of resistance in the 1980s helped convince Ronald Reagan not to invade Nicaragua.

The national pledge of resistance against Keystone XL, which was posted by CREDO, a social-change crowd-sourcing website, gained more than 50,000 signers within the first few days. It demonstrated more people willing to commit civil disobedience than the United States has seen in decades. Indeed, some of the people who attended the first three action trainings in Philadelphia mentioned that they hadn't been arrested since Vietnam!

The actions being planned across the United States will be triggered if the final State Department report is as biased as the one issued last March. That would signal that the administration is leaning toward approval of Keystone XL. The Philadelphia action would be held at the Market Street Federal Building.

Weavers Way member Eileen Flanagan is on the board of the Earth Quaker Action Team.

MLK a Day For Service

THE 19TH MARTIN LUTHER King Day of Service is Monday, Jan. 20. Isn't it convenient that schools and banks are closed so it's easier to spend the day volunteering?

Last year, more than 115,000 people took part in projects sponsored by Greater Philadelphia Martin Luther King Day of Service. For our 2014 King Day service, in an astounding stretch, Weavers Way managers and Weavers Way Community Programs staff will be making sandwiches for the volunteers at Girard College.

If you don't already have a project lined up, you can find one at www.mlkdayofservice.org. Register to search the list of hundreds of MLK Day projects in Southeastern Pennsylvania and South Jersey.

Did you know? The Philadelphia Day of Service, the largest King Day event in the nation, was founded by Weavers Way member Todd Bernstein, who with PA Secretary of Labor and Industry and later U.S. Sen. Harris Wofford, sought to engage people in "a day on rather than a day off" to honor the civil rights hero.

Bernstein's nonprofit Global Citizen also promotes volunteer service year-round. Info: globalcitizen365.org.

— Mary Sweeten Editor, Weavers Way Shuttle



Grants for Green Community Projects



Weavers Way Environment Committee invites community groups from Mt. Airy, Germantown, East Falls, Roxborough, Manayunk and Chestnut Hill to submit proposals for grants to make tangible improvements for the community. These small grants are funded by donations, including those made during Weavers Way Environment Committee's electronics recycling collections.

Grants may be used for such projects as planting trees and gardens, garden equipment and environmentally focused educational programs. Grants range from \$100 to \$400, depending on available funds and number of qualified applicants.

Deadline for submission of proposals is March 15, 2014.

Decisions will be announced in early April.

Download a form and guidelines from the Community Grants page of the Weavers Way website (www.weaversway.coop/ community-grants). Or pick up a form and guidelines from the Environment Committee mailbox at Weavers Way Mt. Airy (559 Carpenter Lane) or at Weavers Way Chestnut Hill (8424 Germantown Ave.).

Land Bank

(Continued from Page 1)

these, about 25 percent are owned by four different public agencies with four different standards of accountability and four different sets of rules governing the process of selling the properties. This creates a significant burden on those seeking to develop affordable or market-rate housing, new businesses looking to expand, communities coming together to create a garden or just a homeowner looking to take over a side yard.

The system has been slow to put publicly held properties back into productive reuse. At the current rate, it would take the city 100 years to dispose of them.

In recent years, a wide range of advo-

cates have called for reform. After looking at best practices employed in other cities and hearing from national experts, momentum built for adopting a Land Bank — a government agency that simplifies tangled bureaucracy by establishing one owner for publicly held vacant property. A Land Bank will streamline the process for getting those properties back into productive re-use, and also give the city new tools to deal with privately held vacant and tax-delinquent properties.

The Philly Land Bank Alliance represents a broad spectrum of stakeholders: neighborhood groups, communitydevelopment corporations, market-rate developers and advocates for small business, green space and food access. Uniting them is a belief that a predictable, efficient, transparent, accountable and equitable land bank is an essential part of the reforms necessary to place our vacant properties into productive reuse. These values have resonated with Philadelphians; hundreds of individuals, nonprofits and small businesses from across the city have signed on in support.

City Councilwoman Maria Quiñones-Sánchez introduced Philadelphia Land Bank legislation in March 2013. Now, after months of hard work by the Alliance and the Campaign to Take Back Vacant Land (a national conference on vacant properties), plus significant media attention, City Council has passed the Philadelphia Land Bank bill. In addition to reforming the way the city acquires abandoned properties and gets them back into the hands of responsible owners, the Land Bank bill mandates a yearly Strategic Plan with targets for disposition of properties for affordable housing, agriculture

and green space, and economic development. It ensures community participation on the Land Bank Board with a minimum of four seats, and requires a transparent Land Bank process with monthly public

Now that the Land Bank bill has passed City Council, we have another challenge: getting the Land Bank up and running, and ensuring it lives up to its promise. Philadelphians have been plagued by vacant properties and deserve no less than a Land Bank that turns our vacant spaces into vibrant places.

Garrett O'Dwyer is the Communications and Policy Associate of the Philadelphia Association of Community Development Corporations (PACDC). Contact him at godwyer@pacdc.org.



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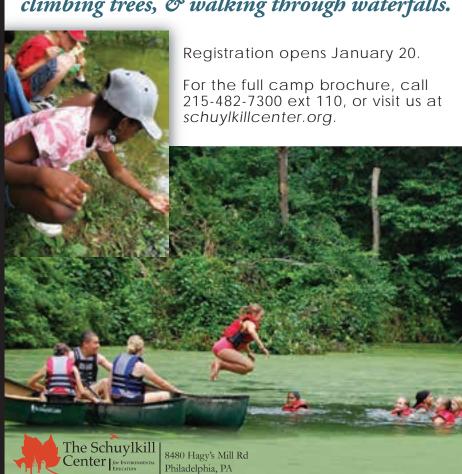


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Weavers Way Community

Programs

Donations received will benefit WEAVERS WAY **ENVIRONMENT COMMITTEE** for their Grants Program. Recycler requires \$15 for TV's and monitors.

In Winter's Cold, Help Wildlife Make It Through the Night

by Brenda Malinics, for the Shuttle

HELPING HUMAN HAND FOR THE COLD, Athirsty, hungry animals that do not have adequate shelter or food during the winter can mean the difference between life and death.

If an animal is not hibernating, it is struggling to survive.

Some animals can live with reduced food; however they cannot live without water and dehydration will claim a life sooner than starvation. Consider purchasing a submersible water heater (available online or in pet or livestock stores) or a heated water bowl to place outside when temperatures hit freezing.

In addition to quenching their thirst, birds continue to bathe throughout the coldest days and they will bring joy and color to your yard.

Birds are the most obvious critters active during winter daylight hours. These feathered powerhouses have a very high metabolic rate to sustain the energy they need to fly. That means that they must eat every 20 to 30 minutes. Our most common backyard birds eat between 30 and 80 percent of their body weight each day. That's comparable to a 150-pound person requiring 45 to 120 pounds of food a day. Without the availability of bugs and seeds, city birds have come to rely on the generosity of humans. Because most natural seeds and berries, from hollies, poison ivy, dogwood and cypress, have all been eaten by early January, feeding the birds can really make a difference for their survival.

Suet (fat trimmed from the kidney area of

a cow) put out in specially designed feeders, or simply hung in an old onion bag, will attract an assortment of birds, including woodpeckers.

I usually compost my food scraps, but after October, I put them in my garden for any hungry creature to enjoy.

I also provide emergency housing, setting out one or two large Rubbermaid containers with a small hole cut in one side. I make the entrance hole higher than ground level to prevent cold winds from blowing into the "house." Then I fill the containers with straw and rest them on pallets, not on the cold ground, for weary creatures to get a warm night's rest.

If you find a bat, the cornerstone of a healthy environment, in your home during the winter, do not put it outside. It needs insects to survive, and since there are no insects in the winter, the bat will surely starve to death. Contact me at 215-872-1636 or bring the bat to the Schuylkill Wildlife Center (215-482-8217). It needs to be overwintered until spring.

Bats, along with every wild creature, need our help to survive humankind, cars, chemicals and loss of habitat. Animals provide so much benefit to humans and to the environment and they get so little in return. Please help them survive, especially in winter.

> Brenda Malinics is a wildlife rehab specialist. Contact her at brendascatrescue@gmail.com.



from the Weavers Way Environment Committee

Philadelphian, Recycle That Tree!

Many municipalities collect holiday trees and process them into mulch or compost. But in Philadelphia, Christmas trees left by the curb go to the landfill. To recycle that Tannenbaum, you'll have to take it to one of the Streets Department's sanitation convenience centers:

3033 S. 63rd St., Southwest Philadelphia (near the airport) Domino Lane and Umbria Street, Roxborough State Road and Ashburner Street, Holmesburg

Hours are 8 a.m. to 6 p.m. and trees will be accepted Jan. 6-18.

Neighborhood and civic associations may also hold tree collections.

But if you'd prefer not to haul an dry old pine tree around in your car, there are lots of great uses for it.

- Mulch with the needles: Pine needles dry quickly and decompose slowly, making them perfect mulch for ground-covering crops like strawberries.
- Mulch with the boughs: Cut off boughs and lay them over perennial beds to protect them from snow and reduce frost heaving. They're especially good for overwintering the pansies you planted in the fall.
- Create a bird sanctuary: Put the tree outdoors in its stand. Hang bird feeders or pine cones coated with peanut butter. The birds will appreciate the shelter, too.
- Cut the trunk into 2-inch discs and use them as edging for garden beds and walkways.



The Passionate Gardener

Get the Dirt on Sustainable Gardening Success

by Ron Kushner, for the Shuttle

BENEFICIAL ORGANISMS THAT LIVE IN soil are killed by the use of toxic chemicals in both pesticides and synthetic chemical fertilizers. Without beneficials. more and more toxic chemicals must be used to maintain the soil to the point that an addiction to those chemicals is formed.

Simply switching from synthetic chemicals to organic products does NOT fix the problem if the beneficial organisms are missing, and the new "organic grower" will not be successful.

If we try to prevent anything from being in our landscape or gardens except for the "crop" (shrubs, turfgrass, edibles, etc.) we are growing, we are doomed to failure! Nature will fight back and one cannot win a war against nature!

The "switch" must involve a wholly new approach that requires working with nature and not fighting it.

The toxic-chemical approach tries to suppress symptoms of the problem instead of fixing the problem. By merely trying to suppress symptoms (disease, pests, poor fertility) the problem typically gets worse and worse, which leads to more and more chemical use and a loss of nutrients, as well as toxic chemicals leaching from the soil and polluting our water.

The key to sustainable landscaping, as in organic gardening, is to recognize the power of beneficial microorganisms, elements little known or understood by the general public.

Organic growing is different from using chemicals for several important reasons:

First, we need to have most of the nutrients present in the soil in non-leachable forms most of the time.

Also, we need to have the mechanisms in that soil to convert nutrients that are not available to plants into available nutrients, in the root zone, for the most part, not away from the roots.

The mechanisms to do this are beneficial microbes, including bacteria, fungi, protozoa, nematodes and microarthopods.

All of these microbes have both beneficial species and disease species. The beneficial species are naturally found in healthy growing systems.

Simply putting down high quality, expensive organic nutrients in your garden or lawn is not likely to result in great plant growth unless the correct microbes are present.

Beneficial bacteria and fungi degrade residual toxic chemicals and then tie up nutrients so they are not leachable (not lost when water moves through the soil).

Finally, bacteria and fungi must be eaten by protozoa and nematodes to release the tied-up nutrients in a plantavailable form. Anything missing needs to be replaced in order to reestablish normal nutrient cycling.

Microbes also restructure the soil by creating air passageways and cavities that enable water and air to be retained so considerably less water needs to be used.

The plants that contain more nutrients have built up their immune systems to become resistant to problem pests and diseases. Maintaining a healthy population of 70 percent of beneficial microbes in the soil and on plant surfaces will nurture a protective type of environment that will thwart any disease-causing organisms that may come along, simply by outcompeting them for food and space.

Sustainable landscaping is a work in progress. It happens slowly, especially as we garden mindfully of the process. Use the following list to serve as a point of departure that you can implement continually through the seasons.

- 1. Aerobic compost needs to be added to the soil to return the needed beneficial life.
- 2. Feed your soil with compost, sea kelp, humic acid and other organic materials.

Curl Up with a Book About Feeding the Soil

"10 Steps to Gardening With Nature," Carole Ann Rollins and Elaine Ingham (2011, Gardening with Nature)

"Life in the Soil: A Guide for Naturalists and Gardeners," James B. Nardi (2007, **University of Chicago Press)**

"Teaming with Microbes: A Gardener's Guide to the Soil Food Web," Jeff Lowenfels and Wavne Lewis (2006, Timber Press)

- 3. Do not use synthetic pesticides, herbicides and fertilizers.
- 4. Do not compact the soil.
- 5. Rotate crops.
- 6. Do not till your soil.
- 7. Recycle organic material.
- **8.** Utilize diversity in your plantings.
- 9. Choose the right plant for the right

I wish everyone a happy, healthy and productive new year.

Contact Ron Kushner at ronkushner@comcast.net or visit his website, www.ronsorganicgarden.com.





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Urban Farms Sprout High Tunnels

by Anna Herman, for the Shuttle

F YOU HAVE VISITED ANY OF THE many urban farms in Philadelphia. you have probably seen a high tunnel. These unheated greenhouse-like structures create a warmer environment in which to grow plants. This allows growers to get crops in the ground earlier in the spring and harvest them later into the fall/winter. Every extra day a Philadelphia grower can harvest crops means more locally produced food for the rest of us!

Personnel from the Penn State Extension office in Philadelphia and the Department of Horticulture at Penn State University have worked in partnership with a wide variety of community-based organizations to install high tunnels at area urban farms, including both Weavers Way farms, Henry Got Crops CSA at Saul High School and the Mort Brooks Memorial Farm at Awbury Arboretum.

Funding from the U.S. Department of Agriculture lets Penn State Extension assist with the purchase and/or construction of many area high tunnels as well as provide hands-on training on construction, production and operation. Most of these high tunnels have been used in projects whose goals are to supply more fresh and nutritious food to underserved populations.

Penn State Extension Urban Ag Coordinator Tommy McCann coordinates

Everywhere a High Tunnel

- Weavers Way's Henry Got Crops!
 high tunnel at Saul High School
 in Roxborough was the first
 constructed Penn State Extension
 and the Department of Horticulture
 at Penn State University.
- Weavers Way's Mort Brooks Farm at Awbury Arboretum.
- Nice Roots Farm (SHARE Food Program), Hunting Park Avenue.
- Heritage Farms, Methodist Center for Children in Wynnefield.
- Historic Grumblethorpe House and Gardens, Germantown.
- Walnut Hill Community Farm and Enterprise Center, West Philadelphia.
- Urban Girls Produce, Schuylkill Center for Environmental Education, Upper Roxborough.
- Teens 4 Good, 8th and Poplar streets.
- Overbrook Environmental Educational Center.
- Urban Tree Connection, Haddington.

the High Tunnel Alliance for growers and organizations that use high tunnels in their urban farming production. More than 20 farms are represented in this al-



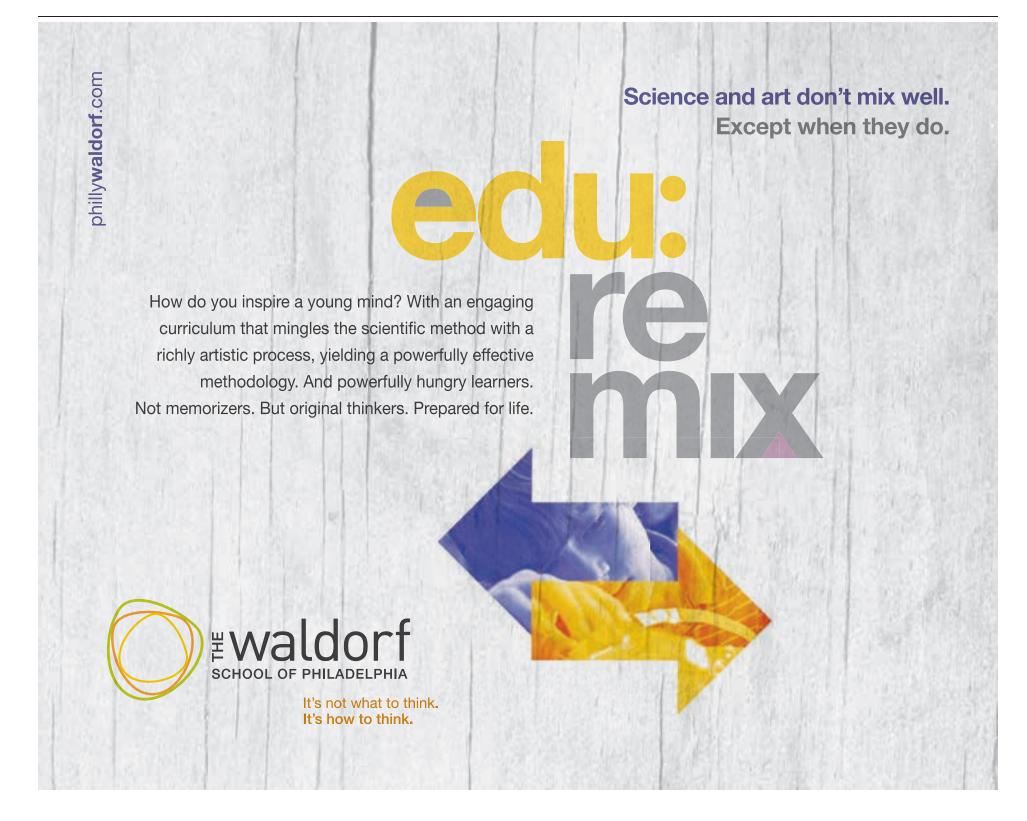
Weavers Way Community Programs board president Mira Rabin (right) shows middle-schoolers a high tunnel last summer at Saul High School.

liance, not just the farms that have had Penn State Extension help to construct or fund their projects. The Alliance offers support and advice to all farmers about best practices in high tunnels, and to help provide opportunities for farmers to connect. Meetings are held at different farms to expose the group to the variety of opportunities and strategies to make the best use of this technology. Through the High Tunnel Alliance, Penn State Extension has been able to participate in the dialog with the Mayor's Office of Sustainability regarding city policies for zoning and licenses and inspections for agricultural related structures, as well as working in support of the Land Bank initiative.

Many other Penn State Extension staff in Philadelphia play a role in supporting the High Tunnel Alliance. Extension horticulture staff have provided technical assistance to growers about the proper use of the high tunnels while our Master Gardeners have provided training for volunteers, our Nutrition Links Educators have offered farm-fresh cooking demonstrations and adult nutrition education programs, and 4-H staff have trained youth leaders.

With a wide variety of partners from public and private schools, community organizations, community recreation centers, and food banks, high tunnels are helping Philadelphians grow and eat more locally produced, healthy and nutritious fresh food.

Anna Herman coordinates the Penn State Extension Master Gardeners Program. Reach her at aeh22@psu.edu or annasedibleadventures.com.



Returning Henry School Counselor Hits the Ground Running

by John Kromer, for the Shuttle

 $S_{
m million}$ oon after the release of \$45 million in state funding for Philadelphia schools in October, the C.W. Henry School community welcomed the return of Counselor Maxine Coker, M.Ed.

Ms. Coker arrived back just in time to supervise Henry's 10th annual "JA in a Day" Junior Achievement program, supported by three dozen volunteers from the Lockheed Martin Corp. JA in a Day is a one-day curriculum on financial literacy, career development and entrepreneurship held in Henry classrooms, with presentations and programs designed for every level, from kindergarten through eighth grade.

Next, Ms. Coker organized a Nov. 19 high school application workshop for parents of eighth graders. During the next two and a half weeks following the workshop, she scheduled individual, group and family conferences to explore high school options and develop transition plans. The goal: to ensure that high school applications are completed for every eighth grader prior to the Dec. 6 application deadline. All of the applications were completed and submitted on time!

What other things does a school counselor do? She develops education plans with parents and staff, conducts individual and group counseling sessions, serves as a resource for crisis intervention, coordinates school attendance initiatives, assists in the development of individual learning plans (IEPs) and related goal-setting, and other activities that are designed, in Ms. Coker's words, "To promote a positive, peaceful and caring learning environment at C.W. Henry."

How to handle all of these sometimes challenging responsibilities? Ms. Coker's advice: "Stay calm and smile."

John Kromer is a longtime Weavers Way member and neighbor and former Philadelphia housing director. Reach him at jkromer@sas.upenn.edu.



Book Drive for Houston School Library

Volunteers from Mutual Mt. Airy, an organization of retirees who wish to age in community, and from the Mt. Airy Nippon Bryan Cresheim Townwatch, are working to rebuild the library at Houston Elementary School on Allens Lane. Along with school administration, they have reached out to local private schools and to Chestnut Hill College to gather books for youthful readers. Germantown Academy responded with a gift of more than 200 used books. Pictured are Mutual Mt. Airy volunteers Cara Herold and Joan Farnsworth sorting the donations. GA Teachers Julia Blumenrich, Ellen McMichael and administrative assistant Barbara Buckley helped organize the collection. To donate books can contact Joan (267-254-2039) or Cara (267-257-5984).





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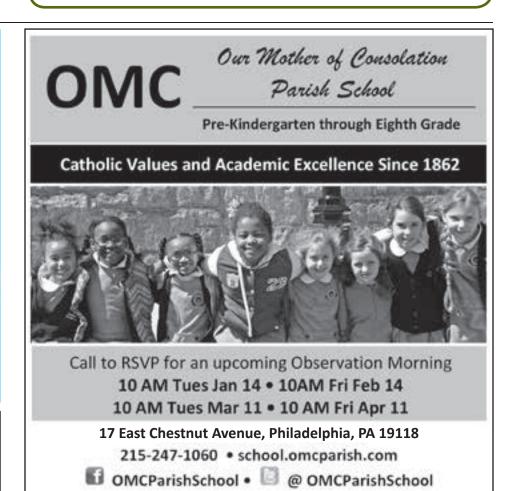


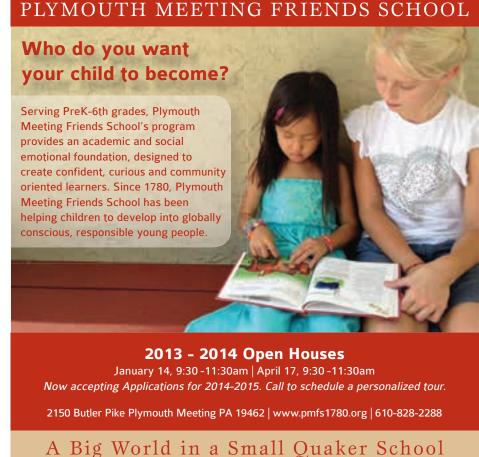
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Friends of the Wissahickon photos

Valley Green Upper Parking Lot, Then and Now

The Friends of the Wissahickon has completed the Valley Green Streambank Stabilization and Parking Lot Improvement Project and the upper parking lot on Valley Green Road is now open for use.

This two-phase project will improve water quality in

Wissahickon Creek by helping to meet the EPA Total Maximum Daily Load (TMDL) for sedimentation. It also restored native vegetation and, last but not least, improved parking conditions. Some 350 feet of stream adjacent to the parking was stabilized

by installing rock steps designed to dissipate high energy storm flows.

FOW conducted the project last summer and fall in partnership with Philadelphia Parks & Recreation and the Philadelphia Water Department.









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Low-Hanging Tech

Eco-Sand Castles from Bottle Bricks

by Betsy Teutsch, for the Shuttle

EMPTY PLASTIC BOTTLES LITTER THE planet. Since low-resource regions lack recycling infrastructure, creatively reusing plastic bottles adds value and cleans up communities. Given the scarcity and high cost of materials, especially when they are shipped to remote areas, creating building materials from local trash is a win-win.

Meet bottle bricks — used plastic bottles filled with dirt, sand or even nonbiodegradable rubbish, virtually free and locally fabricated.

German architect Andreas Froese pioneered a horizontal dirt-filled bottle-brick technique in Honduras in 2005. Around the same time, Susanne Heisse — founder of Pura Vida, a movement for alternative trash management — realized her ecobrick creations could be used to rebuild after hurricanes destroyed much of their home base near Lake Atitlán, Guatemala. Her approach utilizes bottles stacked into vertical modules, held in place by chickenwire. Both styles of bottle-bricking have taken off around the world.

African bottle-brick construction projects include latrines, biodigesters, homes and even a whole housing project. They are an effective material for cisterns, too.

When the bricks are secured with cement, concrete or even adobe, they create thick, durable walls that are:

- Twenty times stronger than conventional bricks.
- Earthquake-resistant.

- Good insulators, retaining cool air in hot seasons and heat in winter.
- A third of the cost of conventional building materials.

The fact that plastics are non-biodegradable and hang around for centuries becomes a virtue when bottles are upcycled into structures. Not only do bottle bricks reduce litter, but no energy is required to fire them, so their carbon footprint is less than conventional bricks.

Eliza Moreno blogged from St. Monica's Tailoring School in Gula, Uganda, where she spearheaded a bottle-brick home-building project:

"The construction process of building with bottles is work-intensive. This means many can be involved in the process, creating opportunities for employment and community involvement, from collecting to filling to building. In our case, students from the area were invited to fill bottles in exchange for scholastic materials such as notebooks and pencils."

The bricks can be plastered over, creating smooth walls with no hint of the bottles, but some builders leave the ends of the bottles visible, creating interesting patterns and textures.

A low-tech, low-barrier do-it-yourself construction technique, women quickly adopt it. One famous practitioner is Bolivian dynamo Ingrid Vaca Diez, a lawyer with a passion for helping the poor. When her husband complained that the mountain of discarded bottles accumulating on their patio was enough to build a house, she took up his challenge and did just that. She has since headed up



Hug It Forward photo

Above, building school walls in Guatemala; below, Ugandan schoolgirls prepare bottle bricks.



Kate Wrangham-Briggs photo

10 bottle-brick home-construction teams, working with low-income families.

Hug it Forward builds bottle-brick schools in Guatemala. They organize volunteer teams who travel to work on village projects; more than 30 schools have been built through their volunteer/local collaborations. They welcome families looking for "voluntourism" opportunities.

Hug It Forward stresses the environmental benefits of bottle bricks. Since there is no local waste-disposal infrastructure, much of the trash is burned, releasing toxic fumes, or dumped in waterways. Building bottle schools turns trash into a teaching moment and creates a cadre of local environmental stewards who don't see bottles as trash but as bricks for the next construction project!

In my last column, I wrote about Key Hole Gardens. I think bottle bricks would be a wonderful material to construct Key Hole Garden retaining walls, and a lovely eco-match, since the soil filling the garden is generated by decomposing waste.

Betsy Teutsch is the author of "100 Under \$100: The Global Women's Toolkit." Contact her at Betsy@BetsyTeutsch.com or visit www.WomensGlobalToolkit.com.









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Suggestions

(Continued from Page 28)

ganization being the "franchisor." The "product" the franchisor and franchisee are selling is co-op values as applied to getting food to people. So who gets say over what? What if there is disagreement about something that reflects a different implementation or interpretation of the shared values?

In our government, the federal government is in charge of things that affect everyone in a major way and/or benefit from overall coordination/standardization — things like defense, foreign relations, airwaves, coining money. States do things that benefit from being more locally managed, like physical environment, population — examples being public health, education and intrastate trade. Both can enact laws, borrow money set taxes (wheee!) and spend money on the public good.

I think there is a hybrid model that incorporates the best of both systems that would allow new co-ops to develop and be supported by a common trunk while maintaining the independence of the branches. Stay tuned to see if this goes anywhere, and feel free to chime in via email or the Suggestion Book.



suggestions and responses:

- **s:** "Would someone please explain why the signs in the parking lot at Chestnut Hill do not include Co-op shoppers as authorized parkers? When we built the CH store, I remember that the parking lot behind the property was a big advantage in deciding to go forward. Now, Weavers Way is not mentioned on the parking signs. The signs imply we will be towed. Are we allowed to park there? What exactly happened, if we are not? I have asked the cashiers but no one seems to have any idea. Thank you."
- r: (Norman) When we chose the Chestnut Hill location, we thought the lot was owned by the Chestnut Hill Parking Foundation. We found out afterwards that the

they were only leasing the lot, and they gave it up. See next suggestion down for another parking question and response.

- **s:** "1. How many employees drive to the Co-op and park in the lot? How about if they were to park in the Chestnut Hill lot across Highland Avenue and have the Coop pay for their parking fee?
- 2. How about if the Co-op paid for shoppers to park in the Chestnut Hill parking across the street and had cooperators or employees push the full shopping carts over to the other lot for the shoppers and then push the empty carts back to the store?
- 3. How about if we had a loading zone? Shoppers would park in the lot across the street. After they shop they would walk over to the parking lot, and drive their car back to the loading zone by the back or front door of the store. They would not have to worry that their purchases are unwatched or have to get out of their car. A cooperator or employee could load the car and they could drive off.
- 4. There could be some sort of a discount for people who park in the lot across the street. The Top of the Hill gives out quarters. It is not a large amount of money but it feels good to get it. Right now I have to go around the block three times to get a parking space. This is a pain. Thanks."

r: (Nick CH) I agree that parking behind our store can be a bit frustrating at times. However, the parking lot is actually not ours. The lot is owned and maintained by the company that owns the building where Iron Hill and Jos. A. Banks are, and they are nice enough to allow our shoppers to park there for free — though we have no formal agreement with them. Since the lot and area behind the store are not our property, we are unable to change or add any spots. Regarding point 1, staff are not permitted to park in the lot — staff that drive generally park on the non-metered streets parallel to Germantown Avenue. Regarding points 2 and 4 (discount for people who park in the lot across the street), this is an great idea that I will pass along to our marketing person! Simple enough, and hopefully will ease the traffic in the lot behind our store. Regarding point 3, there is a loading zone in front of our store.

We have been working with the Chestnut Hill Business Association and Parking Foundation to think of ways to improve parking in Chestnut Hill. If there are any updates or changes to the parking behind our store, I will be sure to let you know. Thanks for asking! Please don't hesitate to direct any future questions or concerns.

s: "Nick is the Front End manager? Where is Jenn Johnson? The only reason people go to the Co-op is to chat with

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Jenn. The food purchases are incidental."

- r: (Norman) FYI, Jenn is a MOD (Manager On Duty). Nick is the one that schedules cashiers, manages drawers, troubleshoots customer service, etc. We are lucky to have Jenn. The success of our CH store (and therefore the success of all of Weavers Way) is mainly due to her. Now that we know that the food is incidental, we could save a lot of money by not ordering food, receiving trucks and stocking shelves. We will simply charge a JIF, or "Jenn Interaction Fee." Not having to stock food has the added benefit of reducing traffic so it should also help ease the parking problem.
- s: "I read that a Whole Foods in San Francisco is putting in a "Paleo Bar." I like the sound of "Paleo Bar." Can we add one to our stores? Hunting and foraging is much more comfortable when done indoors, from fully stocked and faced shelves."
- **r:** (Norman) For those who don't know, there is a diet known as the "Paleo Diet," which is based on the assumption that because our genes haven't changed that much since the Paleolithic era, we should eat like people alive at that time, i.e., fish, grazed meats, eggs, vegetables, fruit, fungi, roots and nuts. Also, some Paleo dieters have a preference for raw, unprocessed foods. Items like grains, legumes, dairy products, potatoes, refined salt, re-

"

I could see new co-ops being the franchisee and Weavers Way or some other established co-op organization being the franchisor. The product the franchisor and franchisee are selling is coop values as applied to getting food to people. So who gets say over what? What if there is disagreement about something that reflects a different implementation or interpretation of the shared values?



fined sugar and processed oils are excluded. There is controversy about the Paleo diet. Many people see it as a fad. It's not clear that it's even beneficial. There is also controversy regarding what our Paleo ancestors actually ate — some researchers think they ate mainly starches.

Weavers Way shoppers haven't shown much interest in the whole Paleo thing, but since we want to take leading role with fad diets, we are going one step farther and installing a "Paleo Cage." Here Paleo dieters can have the full Paleo food experience by stalking something for a few minutes before killing it with a spear. Then we'll provide a bag made of mouse hides for you to transport your kill back to your family, where you

should gather around a fire pit and roast it. We'll throw in arrowheads to sprinkle around your yard so the Paleo experience is more complete, plus it is fun to confuse future archaeologists when they find arrowheads along with iPhone shards in the remains of our dwellings.

- **s:** "Often product prices are labeled as '2 for \$5' or '10 for \$10.' This is misleading — it suggests to the customer that you have to buy the full amount to benefit from the price indicated. It is an unnecessary way to show prices, and because it deliberately misleads the customer, encouraging more consumption, is not consistent with Weavers Way values. Please change!"
- **r:** (Norman) The Co*op Deals program is brought to you by National Cooperative Grocers Association, which negotiates the deals with the manufacturers. NCGA sets the prices and produces the signs for the sale items. Our point-of-sale system always gives shoppers the "each" sale price. There is no required quantity. However, we totally agree with you that the signs are misleading, and have complained to NCGA about it in past and will again. Meanwhile, thanks to your suggestion, our point-of-sale staff will produce our own signs for these items with the each price.

normanb@weaversway.coop



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HOW TO SIGN UP

for the Community Room at 555 Carpenter Lane

- 1. Write your meeting time on the wall calendar. Please include a contact name, phone number and member number.
- 2. Check in with the Shift Manager before and after the meeting (to lock and unlock the building)
- **3.** Members must stay on the first floor. (Employee access only to the upper floors)
- 4. Meeting can start no earlier than 9:00 a.m. Meetings must end by 8:00 p.m. on weekdays and by 7:00 p.m. on weekends (unless a staff member with keys is at the meeting).
- 5. Clean up the room and fold any chairs used to leave the room as you found it.

Email outreach@weaversway.coop with any questions.



Hearing Aids and Devices



Meet new friends from the Hearing Garden and a factory representative from Siemens Hearing Instruments for a free lunch at The Wine Thief located at 7152 Germantown Ave on Tuesday, January 21st at noon. All questions will be answered in a friendly format.

Please Call the Hearing Garden to register.

Hours:

M-F 10 am - 4 pm Tuesdays 6 pm - 7:30 pm Saturdays 9 am - noon OR by appointment.

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NOTARY PUBLIC

Regular Hours in Mt. Airy:

9 a.m.-4 p.m. Monday-Wednesday 11 a.m.-5 p.m. Thursday 11 a.m.-3 p.m. Friday

Weavers Way Membership Office First floor, 555 Carpenter Lane.

Cost: **\$5** for the usual service of verifying a signature, with a discount for members.

Notary services are also available by appointment in Mt. Airy or Chestnut Hill.

Call Jonathan Leeds at 215-843-2350 x119





January

CALENDAR OF EVENTS

EVERY MONDAY

7-9 p.m.

Weavers Way Chess Club New Players/All Levels Welcome

Nota Bene: WWCC is preparing to launch a Chess Tournament! 1st Annual WWCL Championship, 4 round Swiss, and G/50, Mondays in February. Weavers Way gift certificates will be awarded for 1st, 2nd, 3rd & Top Junior.

WW Community Room, 555 Carpenter Lane, adjacent to the Mt. Airy store. For info, contact outreach@weaversway.coop, or see the ad on Page 26.

Tuesday, January 7

7 p.m.

Weavers Way Board of Directors Monthly Meeting

Come to see how our board works. You might just be inspired to run! Chestnut Hill Friends Meeting House, 20 E. Mermaid Lane. To RSVP or for more info: boardadmin@weaversway.coop.

Tuesday, January 7

Weavers Way Environment Committee Meeting

Play a part in saving the planet by joining this historic and very active Co-op committee. We need you! WW Community Room, 555 Carpenter Lane, adjacent to the Mt. Airy store. Info: environment@weaversway.coop

Thursday, January 9

6:30 p.m.

Weavers Way Membership Committee Meeting

Join this reinvigorated committee designed to brainstorm the topic of member engagement. Lively discussion and light refreshments are on the agenda. WW Community Room, 555 Carpenter Lane, adjacent to the Mt. Airy store.

Saturday, January 11

10 a.m.-2 p.m.

Electronics Recycling

Drop off anything with a plug! Sponsored by the Weavers Way Environment Committee. Valley Green Bank, 23 W. Highland Ave. in Chestnut Hill.

Tuesday, January 14

6:30 p.m.

Weavers Way Health & Wellness Committee Meeting

Want to be healthy, well and wise? If you are a wellness practitioner or are interested in educating our membership about all things healthy, join us. WW Community Room, 555 Carpenter Lane, adjacent to the Mt. Airy store.

Wednesday, January 15

6:30 p.m.

Welcome Meeting for New Members Find your groove at the Co-op. Learn about the cooperative movement while you get to know fellow cooperators. You'll also earn two work credit hours for attending. WW Community Room, 555 Carpenter Lane, adjacent to the Mt. Airy

Monday, January 20

All Day

Martin Luther King Day of Service

WW will be participating in a big way in the 19th annual Greater Philadelphia Martin Luther King Day of Service, the largest King Day event in the nation, at Girard College. Interested in participating through the Co-op? Contact outreach@ weaversway.coop.

Monday, January 20-Saturday, January 26

All Week

Weavers Way Member Appreciation Week

This year, the Co-op is featuring our partnership with our local Time Bank! Time4Time enrollment will be offered at half-price. Time Bankers will be sharing our membership stations. And don't forget that extra 5 percent off your tab all week exclusively for Weavers Way members! Plus, look out for surprises, extraspecial sampling and giveaways all week long!

Saturday, January 25

10 a.m.-noon

Weavers Way Workshop: "Dreambuilders: Beyond Resolutions, Blueprinting a Life you LOVE Living"

Marina Patrice Van Gossen is a Life Mastery Institute-certified Dream Builder Coach and the "Chief Possibility Officer" at Sweet Perfection Evocative Coaching. Create a New Year's resolution that you'll stick to and grow from! WW Community Room, 555 Carpenter Lane, adjacent to the Mt. Airy store. To RSVP or for more info, contact outreach@weaversway.coop.

International Cooperative Principles

International Cooperative Principles were last revised in 1995 by the International Cooperative Alliance. The Statement also includes a definition:

"A cooperative is an autonomous association of persons united voluntarily to meet their common economic, social and cultural needs and aspirations through a jointly owned and democratically controlled enterprise."

And a statement of values:

"Cooperatives are based on the values of self-help, self-responsibility, democracy, equality, equity and solidarity. In the tradition of their founders, cooperative member owners believe in the ethical values of honesty, openness, social responsibility and caring for others."

The International Cooperative Principles are guidelines by which cooperatives put their values into practice.

1. Voluntary and Open Membership

Cooperatives are voluntary organizations, open to all persons able to use their services and willing to accept the responsibilities of membership, without gender, social, racial, political or religious discrimination.

2. Democratic Member Owner Control

Cooperatives are democratic organizations controlled by their member owners, who actively participate in setting their policies and making decisions. Men and women serving as elected representatives are accountable to the membership. In primary cooperatives member owners have equal voting rights (one member, one vote), and cooperatives at other levels are also organized in a democratic manner.

3. Member Owner Economic Participation

Member owners contribute equitably to, and democratically control, the capital of their cooperative. At least part of that capital is usually the common property of the cooperative. Member owners usually receive limited compensation, if any, on capital subscribed as a condition of membership. Member owners allocate surpluses for any or all of the following purposes: developing their cooperative, possibly by setting up reserves, part of which at least would be indivisible; benefiting member owners in proportion to their transactions with the cooperative; and supporting other activities approved by the membership.

4. Autonomy and Independence

Cooperatives are autonomous, self-help organizations con-

trolled by their member owners. If they enter into agreements with other organizations, including governments, or raise capital from external sources, they do so on terms that ensure democratic control by their member owners and maintain their cooperative autonomy.

5. Education, Training and Information

Cooperatives provide education and training for their member owners, elected representatives, managers and employees so they can contribute effectively to the development of their cooperatives. They inform the general public — particularly young people and opinion leaders — about the nature and benefits of cooperation.

6. Cooperation Among Cooperatives

Cooperatives serve their member owners most effectively and strengthen the cooperative movement by working together through local, national, regional and international

7. Concern for Community

Cooperatives work for the sustainable development of their communities through policies approved by their member owners.

Cresheim Trail Closer to Reality

by Susan Dannenberg, for the Shuttle

T ALL STARTED IN 2007 WITH AN Lartwork project for the rusting former Pennsylvania Railroad bridge across Germantown Avenue.

Karl Shaffer and his friends at the Chestnut Hill Rotary Club wanted to brighten up the gateway between Chestnut Hill and Mt. Airv. But despite selecting a winning entry in a design competition and acquiring some funding from the Mural Arts Program, the neighbors were stymied by right-of-way ownership. PECO would not allow the art installation unless the city would take ownership of (and responsibility for) the bridge. The city was not interested in an isolated asset that caused more problems than it solved.

Then Mt. Airy USA suggested that the bridge would be more appealing if it were part of a community asset, like a multi-use trail that would connect Philadelphia and Montgomery County and provide a safe, off-road alternative for residents of Mt. Airy and Chestnut Hill to access shopping districts, schools and transit on foot or bicycle.

With a grant from the state Department of Conservation and Natural Resources and support from local organizations, the architecture and planning firm Campbell Thomas produced a feasibility study, which looked at using primarily abandoned railroad rights-of-way to take the trail from Fairmount Park in Mt. Airy to Chestnut Hill, out to Laverock and then north to Flourtown to connect with the Wissahickon Green Ribbon Trail in Fort Washington State Park.

The Cresheim Valley Trail was born — in concept. Enthusiasm was countered by neighbors raising privacy objections. Suburban politicians were reluctant to promote a project that didn't have universal support. And Philadelphia politicians weren't interested building a trail to nowhere. Stalemate!

In August 2011, I hosted a meeting to see what could be done to revive the project. The Friends of the Cresheim Trail decided to redouble their efforts to move it forward.

It quickly became obvious that Philadelphia would have to break the stalemate by going first in building their 2-mile portion of the approximately 8-mile trail.

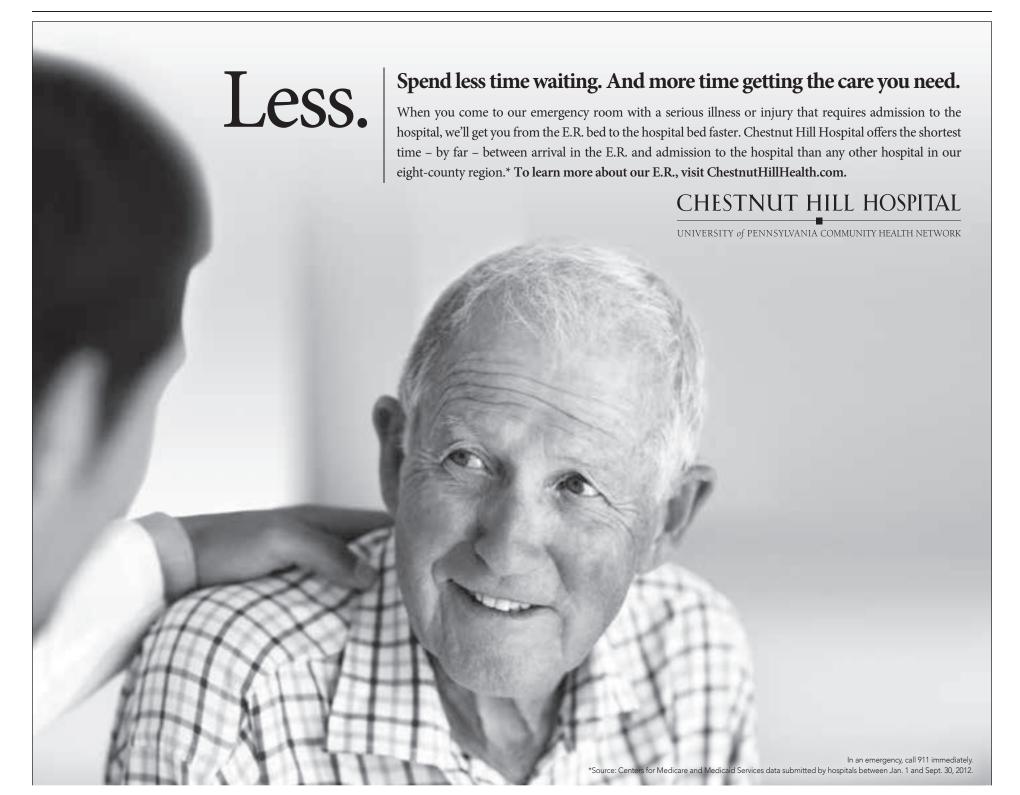
The right-of-way in Philadelphia was owned either by PECO or Philadelphia Parks and Recreation. Acquiring the PECO right of way would expand Fairmount Park in keeping with the city's master plan.

While it took another two years to bring PECO and the City of Philadelphia to the table, all parties agreed in November to a transfer of ownership of the rusty old PRR bridge and a 20-year lease of the right-of-way to the city. (A 20-year lease

The Cresheim Valley Trail would allow hikers to walk from Forbidden Drive on the Wissahickon to iladelphia Fort Washington State Park in Flourtown.

is the standard for trails in Philadelphia. It is expected that after 20 years the lease would renew.) We expect to see the legal documents finalized by Spring 2014.

In the meantime, the Friends of the Cresheim Trail has incorporated as a nonprofit. We hold regular work days on the third Saturday of each month, meeting at 10 a.m. at Lincoln Drive and Allens Lane September through June. See our website at cresheimtrail.org for more information.



Queso Fundido

- 1 cup small onion, diced
- 2 cloves garlic, minced
- 1/2-1 seeded jalapeño, minced (add as much or little depending on your heat tolerance)
- 2 tbls. olive oil
- 2 tbls. flour (optional)
- 8 oz. Chihuahua cheese, shredded
- 1/4 cup light colored beer (optional)
- 2 tbls. cilantro, chopped
- 1/4 cup tomato, diced
- 1/4 cup scallions, thin sliced

Sauté onion in olive oil over medium heat until soft but not brown. Add garlic and jalapeño and cook 2 more minutes. Add beer and cook until just a small bit of moisture is left in the pan.

In a bowl, mix cheese and flour. Add to pan, reduce heat and slowly melt cheese, stirring constantly. Fold in cilantro and top with diced tomato and scallions. Serve with tortilla chips.

Snow Melt? More Like Cheese Melt!

by Margie Felton, Weavers Way Mt. Airy Deli Manager

ROSTY WEATHER HAS MANY OF US craving heavier comfort foods like chili, lasagna, stews and often dishes topped with gooey melted cheese. A great cheese produced in the icy regions of the Alps in both Switzerland and France is Raclette. The word comes from the French verb "racler," meaning "to scrape." Traditionally, Raclette is placed in a special holder next to an open fire. As the cheese melts, it is scraped onto plates and eaten with potatoes, gherkins or cornichons (small pickles), pickled onions, baguettes and sausages or salami.

Fancy electric Raclette machines are available online but I simply melted a wedge of the cheese in a cast-iron skillet in the oven. When the cheese cooled I



No fireplace or fancy electric raclette machine needed when you have a cast-iron pan and a working oven

put it back in the oven to melt again. This worked very well.

Another easy winter cheese dish perfect is Queso Fundido, a Mexican dish of seasoned melted cheese served with tortilla chips. I also made this in a cast-iron skillet. (My favorite cooking equipment after a sharp knife!) Queso fundido is of-

ten topped with crumbled chorizo, sautéed mushrooms or roasted poblano chili strips. Be creative. Have fun!

French raw milk Raclette and Chihuahua Mexican melting cheese are both on sale this month.

margie@weaversway.coop





F.I.Y. Fondue It Yourself

This is not your mother's Velveeta. The Co-op celebrates the ooey gooey wonderfulness of Melting Cheeses. Raclette, Chihuahua and many more that are perfect for dipping, grilling and baking are on sale this month.



Comp Shop Snapshot

Here's a comparison price check between Weavers Way and the big guy. Some of our best-selling products are listed here. So shop at the Co-op and Save!

	Weavers Way Co-op	Whole Foods
VEGETABLES		10000
Cauliflower, Organic	\$4.00	\$4.99
Garlic, Organic	\$4.99	\$5.99
Onions, Red, Organic	\$1.99	\$1.99
Onions, Bagged	\$2.49	\$2.99
Peppers, Green, Organic	\$1.99	\$1.99
Potatoos Pussott Organia	\$1.49	\$1.69
Potatoes, Gold, Organic	\$1.99	\$1.99
Tomatons On the Vine	\$1.99	\$2.99
FRUIT		
Avocado	\$1.40	\$2.00
Blueberries, Organic	\$4.99	\$5.99
Cantaloupe	\$2.99	\$3.99
Grapes, Red	#D 40	\$3.49
Grapes, Green	\$2.40	\$3.99
Grapes, Red, Organic	\$3.99	\$4.49
Lemons	\$0.69	\$0.69
Lemons, Meyer	\$2.99	\$2.99 ou Or
Limes	\$0.29	\$0.33 the
Pomegranates	\$1.99	\$2.99
*Prices as of January 2014. Prices subject stick to them!	ct to change, but we'll do	our best to

Srirachapocalypse Now?

by Rebecca Torpie, Weavers Way Marketing Director

T'S NOT LOOKING ROSY AT HUY FONG Foods, maker of Sriracha, America's

favorite rooster-crested chili sauce. The Irwindale, CA, factory has been under fire twice by the City of Los Angeles, and now a possible shortage of the spicy stuff looms.

A court-ordered halt on production of the sauce in late November due to public-health concerns that pepper fumes were causing odiferous distress to area

residents was the first blip. It was followed by another order to hold the sauce for 30 days before shipping out. According to a statement by the California Department of Public Health, this was "to ensure an effective treatment of microorganisms present in the product." There was concern about a shortfall of 200,000 bottles per day.

In college, I discovered how much

pizzazz Sriracha added to the ramen I cooked in my coffee pot in my dorm room. I've been an addict ever since. Now I squirt it on just about anything: piz-

mac and cheese, grilled cheese, deviled eggs, Bloody Marys, Brussels sprouts. Have you ever dipped bacon in Sriracha?

And there are still so many things I'd like to try — Sriracha-pickled veggies, Sriracha brine, Srirachallo wings . . . this is breaking my heart.

I can only imagine the chaos if the paucity comes to pass: block-long lines of angry, chili-deprived people handed their monthly Dixie-

cup sized ration, leading to a whole new black market commodity. I predict the next major social crisis here. Think Waterworld...but with Sriracha.

I heard a rumor that Riley, our Chestnut Hill grocery manager, has eight cases stashed away somewhere. Keep your eye on that guy. He may become Northwest Philly's Hot Sauce Kingpin.

rtorpie@weaversway.coop



Chef's Corner

Pickle Peppers. Or Peaches. Or Whatever You Like.

by Bonnie Shuman, Weavers Way Executive Chef

Y LATEST OBSESSION IS THE PICKLE. IT STARTed when a friend gave me a jar of bread-andbutter pickles she had made from cucumbers from her garden this summer. They were simple and simply delicious.

It wasn't until last week that I got to actually making some myself — it's not really peak pickling season, but you can still make great pickles in the winter — and I have to confess that I polished off a whole jar of them in one sitting.

Cook's Books

Pig Candy: Taking My Father

South, Taking My Father

Home, Lise Funderburg

In Small Batches Year-

(2012, Running Press).

Look for Marisa's second

book, "Preserving by the

Pint," due out March 2014,

and check out her blog at

www.foodinjars.com.

Round, Marisa McClellan

(2009, Free Press)

Food in Jars: Preserving

The thing that always scared me about pickling (and still kinda does) is the whole boiling and sterilizing thing. Several years back, I bought the stuff to make pickled peaches after reading about them in local author Lise Funderburg's amazing memoir "Pig Candy." I was so moved by the book that I was planning on making the peaches so I could give some to Lise. I never got around it, but when peaches are back in season, I plan to conquer my anxiety about of shelf-stable canning and make them.

Having confessed my fear, I'll now tell you that if you don't want to be bothered with all that boil-

ing, you can still make a damn good pickle that can be refrigerated for several weeks. After making my first batch of quick pickles, I will never buy pickles from the grocery store again (unless I am in a pickle, in which case I can always buy Weavers Way Philly Fresh Pickles, which are awesome, even if a little heavy on the vinegar). The reason I won't buy pickles from the grocery store anymore is that the flavor and texture just doesn't compare with homemade. I've made excursions to fancy stores that sell brands like Rick's Picks or Brooklyn Brine in search of the perfect pickle. After shelling out \$6 or \$7, I expected to be blown away. NOT! Nope. I am converted. I've seen the light. And it's so easy!



Back to the scary boiling and sterilizing thing. In order to get over my fear of making shelf-stable pickles, I decided to educate myself about the process. That led me to another local author, blogger Marisa McClellan. Her book, "Food in Jars," is must reading for the novice pickler. I am hoping we can get Marisa to teach a class in our Chestnut Hill kitchen (stay posted). I hope with some education, we can start producing our own chutneys and jams that would be a great complement to the wonderful cheeses we sell.

So here's my recipe for quick bread-and-butter

pickles. If you are interested, start with this. If you find, like me, that after you make your own, there's no going back, then branch out. That's the beauty of pickles: you can pickle almost anything. Cauliflower, carrots, string beans, heck, I saw some great recipes for Brussels sprouts! The other great thing about making your own pickles is that you can tailor them to your own taste. Like spicy? Add some fresh habanero or chili pepper flakes. Garlic, dill, orange peel the possibilities are endless.

Also, look to find the influence homemade pickles have had on me in the food coming from

the Chestnut Hill kitchen. You will already find pickled radishes on our Philly Falafel sandwich, and I gotta tell you, for me, the radishes make the sandwich. I am experimenting with making the perfect bahn mi, of which a component is pickled vegetables. We also started selling pickles in the grab-and-go, though because we have to pay about a buck for the Mason jar, we need to charge \$4.99 a jar. I think it's worth it because you get the jar, and a really good pickle. Keep in mind that they are refrigerator only, with a two-to three-week shelf life.

I do hope you try making your own pickles and I also hope you find it as satisfying as I have.

bonnie@weaversway.coop

Quick Refrigerator Pickles

- 5 cups pickling cucumbers, sliced 1/4 inch
- 1 tsp. kosher salt
- 1 cup thinly sliced onion
- 1 cup granulated sugar
- 1 cup white vinegar
- 1/2 cup cider vinegar
- 1/4 cup light brown sugar, packed
- 1 1/2 tsp. mustard seed
- 1/2 tsp. celery seeds
- 1 clove garlic, sliced thinly
- 1/2 tsp. dill weed
- 1/2 tsp. red pepper flakes, optional
- 1/8 tsp. ground turmeric

I like to slice my cukes a little on the thick side, because then they retain a nice crunch. I also use a mandoline with a crinkle cut blade for a ridged pickle.

Toss cukes and salt in a bowl and refrigerate for 1 1/2 hours. This process removes water from the cukes, allowing them to absorb more of the pickling liquid. Once the salting process is complete, throw cukes in a colander and rinse thoroughly, this is really important to get a good rinse, or your pickles will be too salty.

Return cukes to a bowl and add sliced onion. Put vinegar and remaining ingredients in a saucepan, bring to a simmer and whisk until sugar is fully dissolved. Place cukes and onions in mason jars and pour hot liquid over them. (Use a funnel if you like.) Then give each jar a stir with a chopstick, to distribute flavors and release air bubbles. Allow to sit for at least an hour before putting on lids. Refrigerate for 24 hours before eating. These hold for two to three weeks.

To give a jar as a gift, I like to trace the inside disc of a canning jar lid on interesting wrapping paper, or a newspaper or magazine picture, cut it out, and place it between the disc and the ring. This gives the jar a customized look. (Thanks to Chestnut Hill produce manager Mike Herbst for that cool tip.)



January Member Specials

Valid from January I - February 4

member savings, visit www.weaversway.coop



ORGANIC VALLEY Milk Box assorted flavors 4 pk REG \$5.49



ALEXIA FOODS Season Salt Waffle Fries 20 oz

REG \$4.09



DR. BRONNER'S MAGIC SOAPS Unscented Soap Bar 5 oz

REG \$3.55



LIGHTLIFE Fat Free Smart Dog 12 oz

\$2.99 REG \$3.95



RISING MOON Organic Ravioli assorted varieties 8 oz \$3.33 REG \$4.09



RADIUS Toothbrush Totz REG \$3.15



NUTREX HAWAII Spirulina Powder 5 oz REG \$17.35



COUNTRY LIFE Coenzyme B-Complex 60 ct REG \$19.99



CITRA-SOLV Valencia Orange Drain Cleaner 22 fl oz

REG \$5.79



Now you don't have to go up on the roof to see the rack system.

What's Up on the Roof Is Good for the Bottom Line

by Steve Hebden, Weavers Way **Facilities Manager**

S PART OF OUR RENOVATION OF THE MT. AIRY Astore the summer of 2012, we decided to change out all the refrigeration equipment, from the tired displays to the equally tired part that shoppers never see the compressors on the roof.

We donated several serviceable pieces of equipment to SHARE, a Philadelphia nonprofit that works to build healthier, stronger communities through volunteerism and access to wholesome foods. Then, taking our cues from our Mission Statement and Ends (We work to sustain a healthy planet), we spent an extra bit of money on a rack refrigeration system designed by Keystone Refrigeration. Instead of 14 individual compressors, our rack has just five. As demand increases, more of those five compressors pitch in. They're very cooperative in that way! The payoff? Along with new three-phase electric service, our usage in the first year of billings has dropped 30 percent and costs dropped 35 percent! That's about \$400 a month — or 40 tons less carbon dioxide a year from our electric usage.

So we have more reasons we can breathe a bit easier — our world is a less CO2-burdened place and the Co-op is more sustainable!

steve@weaversway.coop

Time4Time & **WW Members: Perfect Together**

IME4TIME CELEBRATES ALL WEAVers Way members! Look for our table at both Weavers Way stores during Member Appreciation Week, Jan 20-26. You can join Time4Time for half the regularly suggested annual donation: \$15 for individuals (instead of \$30) and \$20 for families (instead of \$40). Plus, you get extra time credits for joining because you

are Weavers Way members!

T4T is an all-



inclusive circle of people who share in giving and receiving services in exchange for time credits instead of money. Time-

bankers have shared computer tune-up, bike tuneup, website maintenance, cooking, baking, pet-sitting, interior design, compassionate listening, grocery and doctor's office runs, life coaching, résumé review, garden work and handyman services — to name a few! T4T encourages northwest Philadelphia residents to get to know their neighbors and helps the unemployed as well as the socially excluded. It can help businesses and nonprofits access and share resources.

Time4Time opened in April 2013 with 100 members. We now have 175 timebankers, half of them Weavers Way members. Weavers Way itself has been a Time4Time Community Partner since we opened. Co-op members get time credits for all the volunteer work they do for Weavers Way, such as serving on committees, planning and running events and working with Weavers Way Community Programs. It's well worth it to belong to Time4Time as Weavers Way member, especially if you are a working member.

Check out www.time4timexchange. org or email us at time4timexchange@ gmail.com if you have any questions. Then visit the Time4Time tables at the Chestnut Hill and Mt. Airy stores during Member Appreciation Week and join up!

Pat Paulus, a Weavers Way member who uses a wheelchair, needs a handicapped-accessible apartment (no stairs inside or out, level entry and ramps preferred). If you know of any accessible apartments or a landlord who would be willing to make renovations, please contact her through Time4Time (email: Time4TimeXchange@gmail.com)



JANUARY 20 -

all members get an extra 5% off

for all working

There are lots of great reasons to be a member of Weavers Way. Now, there is one more!

Join today and get 5% off of your groceries during Member Appreciation Days and get a free Weavers Way "What's Your #?" mug or a \$5 WW gift card!



Community-owned food markets open to everyone.

www.weaversway.coop

Chestnut Hill Food Market 8424 Germantown Ave.

Next Door Wellness & Beauty 8426 Germantown Ave.

Mt. Airy **Food Market** 559 Carpenter Lane

Across the Way Wellness & Pet Supplies 610 Carpenter Lane



Immediate Opening: Board Administrator

Strong computer skills required. Must be available to coordinate and attend monthly Weavers Way Board meetings. Assist in organizing the General Membership Meeting and serve as liaison between board, general manager and staff. Approximately 20 hours a month. Hours vary weekly.

Email resume to hr@weaversway.coop

WEAVERS WAY MEMBER WORKSHOPS

Beyond Resolutions: Blueprinting a Life You LOVE Living

This workshop will use principles of Dream Building to assist you in creating a vision of a life you love living. If you've ever made a

Saturday, Jan. 26 10 a.m. to noon 555 Carpenter Lane

Weavers Way Community Room Next to Weavers Way Mt. Airy

New Year's resolution and abandoned it shortly thereafter, this workshop will help you discover how your goals and desires fit in a larger context. If you've ever kept your New Year's resolution and wondered why it didn't feel more satisfying and fulfilling, come get connected to your greater vision. We will start with a transformational question: What would you LOVE? Please bring a journal or a

Marina Patrice Van Gossen is a Life Mastery Institute-certified Dream Builder Coach and the Chief Possibility Officer at Sweet Perfection Evocative Coaching.

To sign up for this workshop, contact Outreach Coordinator Bettina de Caumette at 215-843-2350 ext.118 or outreach@weaversway.coop

WEAVERS WAY **C**HESS TOURNAMENT

E NCOURAGED BY RECENT strong attendance at the latest edition of the Weavers Way Chess Club, club coordinator Al Pearson is organizing the first tournament since the reopening of the club last spring.

The four-round tournament will take place on Monday evenings in February (one round per night) in the Weavers Way Community room at 555 Carpenter Lane, next to the Mt. Airy store, the normal club meeting time and place. Start time is 7 p.m.

There will be prizes: \$30, \$20, \$10 Weavers Way gift certificates for 1st, 2nd, and 3rd places, respectively, and a \$10 gift certificate for the top student, high school senior or younger, who is not among the top three.

Entry is free to Weavers Way members, \$30 to non-Weavers Way members, which includes Weavers Way membership (What a deal, eh?)

Space is limited, so registration will be first come, first served. Players may register in advance by sending name and membership number to Weavers Way Outreach Coordinator Bettina de Caumette (outreach@ weaversway.coop).

Space permitting, late entry (in second or subsequent rounds) is allowed, with 1/2 point byes awarded for a maximum of two rounds during the first three rounds. Time control will be Game/45, with 5 second delay.

While the club owns some equipment, players are advised to bring sets and clocks to be assured of playing. Pairings will be made according to the rules for Swiss System tournaments as defined in the U.S. Chess Federation rule book. Play will also be governed by the USCF rule book, as interpreted by Al, who is a USCF Certified Tournament Director.

Need more info? Contact Bettina at outreach@weaversway. coop or 215-843-2350 ext. 118.



Staff Celebrity Spotlight: Al Lassiter

A Heads Up Approach to Work and Life

by Karen Plourde, Weavers Way Grocery Staff

LOT OF THE EMPLOYEES AT WEAVERS WAY ARE Ain their 20s. Then there are those with a few more bends in the road. Their stories emphasize how they got here rather than where they're going. Alphonso "Al" Lassiter, a head cashier in the Chestnut Hill store, is one of them.

Al, 63, grew up in Norfolk, VA, in the 1950s, when segregation was the law. "I could go to the beach, and there'd be a fence, and blacks were all on one side, and whites were on the other, and you weren't allowed to cross over. If you did . . . you'd either be arrested or beaten up," he recalled.

Al lived with his mother and younger brother, Art, in the projects, but had two other brothers —10 and 15 years older — who would visit. His oldest brother, Bill, was an illustrator in the Army and inspired Al to become an artist.

After high school, Al was accepted to Carnegie Mellon University in Pittsburgh as a fine-arts major on a package of scholarships and grants. He did well at first, but became crippled by depression in his junior year and left school. While still in Pittsburgh, he found a therapist who was able to help him. "She didn't tell me what to do," he said. "She asked me what I should do, and I would come up with a plan or an idea of what I needed to do."

In 1978, Al moved to Philadelphia, when his wife at the time was accepted to the Medical College of



Al Lassiter register in Chestnut Hill.

Pennsylvania. During his post-college years in Pittsburgh, he had worked in a day-care center and with children who had emotional problems, and he continued that work here. As an avocational skills instructor at United Cerebral Palsy, he helped disabled people learn hobbies such as drawing, painting and macrame.

After going though a divorce, Al decided to restart his art career. He took night classes at Philadelphia College of Art (now University of the Arts), and got a job as an illustrator and graphic artist at TVSM, a publisher of cable guides. That's where he met his current wife, Rose Caporaletti. He and Rose got involved with the Artists League of Mt. Airy, helping to establish an art gallery and gift shop.

The next couple of decades saw jobs come and go. He was laid off at TVSM after a few years, then made a living as a freelance illustrator and graphic

artist for 10 years. But work began to dry up, so he took a full-time job at Paraprint, a company that made printing plates. After a few years at Paraprint, Al was laid off again. He eventually took a job as a cashier at Target. Then, six months after Weavers Way Chestnut Hill opened, Executive Chef Bonnie Shuman, who had known Al for years, called to offer him a job.

He doesn't have much time for his art these days. But he's getting ready to post and sell reproductions of his earlier work on behance.net.

A member of Weavers Way since 1979, Al says he has learned a lot through his experiences. "I found out during different periods of my life that it's really important to talk to people and tell them how you feel and what you need," he said. "That will help you to get what you need and that you're not alone."

kplourde@weaversway.coop

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

The Shuttle

Editor

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

Art Director

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

Advertising Billing

Virginia Herbaugh, 215-843-2350 ext 117 advertising@weaversway.coop

Proofreaders for this issue: Andrea Moselle, Penelope Myers, Nancy Morris.

Contributors for this issue: Glenn Bergman, Susan Dannenberg, Margie Felton, Jill Fink, Eileen Flanagan, Steve Hebden, Mike Herbst, Anna Herman, Stephanie Kane, Stu Katz, John Kromer, Ron Kushner, Margaret Lenzi, Marsha Low, Brenda Malinics, Owen McPeake, Jesse Mosteller, Garrett O'Dwyer, Al Pearson, Karen Plourde, Bonnie Shuman, Rick Spalek, Betsy Teutsch, Rebecca Torpie, Betsy Wallace, Molly Weisberg, Norman Weiss. David Woo.

Mt. Airy

Monday-Sunday, 8 a.m.-8 p.m. 559 Carpenter Lane, 215-843-2350

Chestnut Hill

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

Across the Way

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

Next Door

Monday-Sunday, 9 a.m.-8 p.m. 8426 Germantown Ave., 215-866-9150

> www.weaversway.coop contact@weaversway.coop

Follow us!







Weavers Way Community Programs

Executive Director Jill Fink

215-843-2350, ext 319 jill@weaversway.coop

Director of Operations

Alison Hirsch 215-843-2350, ext 312 alison@weaversway.coop

Farm Education Coordinators Henry Got Crops CSA

Clare Hyre 215-827-7482

Manor

education@weaversway.coop **Mort Brooks & Stenton Family**

Shelley Hedlund 215-843-2350, ext 312 educator@weaverswav.coop

www.weaversway.coop/wwcp



Managers/Department Heads

Mt. Airy main number: 215-843-2350 **Chestnut Hill main number: 215-866-9150**

General Manager

Glenn Bergman, ext 131 215-913-9437 (cell) gbergman@weaversway.coop

Purchasing Manager

Norman Weiss, ext 133 normanb@weaversway.coop

Chief Financial Officer

Michael McGeary, ext 116 mmcgeary@weaversway.coop

Human Resources Manager

Jon Roesser, ext 132 hr@weaversway.coop

Membership Manager

Jonathan Leeds, ext 119

Outreach Coordinator

Bettina de Caumette, ext 118 outreach@weaversway.coop

Marketing Director Rebecca Torpie, ext 121 rtorpie@weaversway.coop

Executive Chef Bonnie Shuman, ext 218 bonnie@weaversway.coop

Mt. Airy Store Manager Rick Spalek, ext 101

rick@weaversway.coop **Chestnut Hill Store Manager**

Dean Stefano, ext 212 dstefano@weaversway.coop

Next Door Manager Amira Shell, ext 220 ashell@weaversway.coop

Across the Way Wellness Manager Martha Fuller, ext 114

martha@weaversway.coop **Pet Products Manager**

Anton Goldschneider, ext 276 petstore@weaversway.coop

Farm Manager Nina Berryman, ext 325 henrygotcrops@weaversway.coop

Floral Buyer

Ginger Arthur, ext 317

Department Managers

Grocery

(MA) Heather Carb, ext 113 hcarb@weaversway.coop

(CH) Riley Luce, ext 217 rluce@weaversway.coop

Deli

(MA) Margie Felton, ext 109 margie@weaversway.coop

(CH) Shawn O'Connell, ext 209 soconnell@weaversway.coop

Meat, Poultry & Seafood (MA) Dale Kinley, ext 104

dale@weaversway.coop

(CH) Ron Moore, ext 205 moore@weaversway.coop

Produce

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

(CH) Mike Herbst, ext 211 mherbst@weaversway.coop

Advertise in the Shuttle advertising@weaversway.coop

Weavers Way Welcome Meetings

We wholeheartedly encourage new members to attend one orientation meeting. Learn all about our cooperative market, the benefits of buying in, the resources that become available to you and how co-ops contribute to local communities around the world. Meet staff and other member-owners and share in some refreshments and conversation. Bring your questions, your curiosity or your experience with other co-ops. Working members will receive two hours credit for attending. We look forward to meeting you!

Attend a Weavers Way Welcome Meeting, Get 2 Hours Work Credit!

Meetings are held at 7 p.m. Wednesday in Mt. Airy (555 Carpenter Lane, next to the store) or Chestnut Hill (locations TBA) and include a store tour. (Current members who help host also get work credit.)

outreach@weaversway.coop or 215-843-2350 ext. 118. **NEXT MEETINGS**

January 14 (MA) February 12 (CH) March 12 (MA)

Expansion

(Continued from Page 1)

with organizations developing co-ops in Kensington, South Philadelphia, Doylestown, Ambler, Manayunk-Roxborough, Narberth, Collingswood, NJ, Bethlehem, PA, and others.

NCGA, which is a national "co-op of co-ops," argues that it is easier, more efficient and ensures far greater likelihood of success for existing co-ops to develop new stores than for start-ups to go through the complicated, time-consuming, expensive and risky process of starting a brand-new co-op from scratch. (The NCGA's PowerPoint presentation on this subject can be reviewed on the Weavers Way website at www.weaversway.coop/ncga-presentation-2013.)

Last Dec. 3, the Weavers Way Board of Directors met with C.E. Pugh, NCGA chief operating officer, and Mark Goehring, manager of the CDS Consulting Coop, to hear their proposal and talk coop expansion. The following day, Dec. 4, a group of Weavers Way board members and financial staff met with regional bankers and representatives from the Redevelopment Fund and the Philadelphia Industrial Development Corp. to discuss how such a development effort might be received. Then, that evening, 12 co-op organizations came together to discuss the NCGA's proposal.

I stress that neither Weavers Way nor any local co-op has made any decision about whether we want to pursue this form of expansion. Nor, of course, is there any real proposal even to consider. But the data presented by the NCGA clearly demonstrated that the likelihood of success is multiplied many times by developing new stores through the use of experienced and knowledgeable staff and pre-existing strong financial and organizational performance.

There are most certainly risks — financial, organizational and functional! But real opportunities also exist to grow and strengthen Weavers Way and the co-op model. There are clear benefits in size, purchasing power and efficiencies of scale. I also urge our members to consider that change will happen in our communities, particularly in the food and grocery business, that will affect Weavers Way whether we want it to or not.

There are risks that accrue from acting and from standing pat.

Over the next few months, Weavers Way board, staff and members will be in discussions and will weigh all our choices. The recently completed five-year Strategic Plan calls for WW growth. The nature of that growth has not been determined and there are a variety of opportunities and ideas that deserve considered evaluation. We will be holding meetings with members to discuss our options and every manager and board member understands that there is far more organizational, financial, planning and logistical work to be done. But we have a strong and well-organized co-op that is fully capable of weighing these complicated issues.

From the NCGA, from CDSCS, from our bankers and regional funders and a wide variety of community developers, we have heard that the Weavers Way name, brand, managers and organization are respected and trusted. As board treasurer and a 28-year member with many personal ties to this organization, I



Mark Goehring photo

Weavers Way Co-op Board President Margaret Lenzi (center, blue sweater) leans in during discussions with other co-op organizers sponsored by Weavers Way and NCGA.







assure you that we will proceed with caution, care, balance and as much wisdom as we can muster.

Recently, the board listened to a speech by Dame Pauline Green, President of the International Co-operative Alliance. (You can find it at www.cdsconsulting.coop/co-op_cafe.) She spoke of the desire, need and opportunity to make the next eight years the Cooperative Decade. She spoke clearly about how co-ops throughout the world give commu-

nities more power, more control and more wealth as they grow and enrich democracy and personal and financial freedom. She challenged us to grow the co-op movement.

A few years ago, Gar Alperovitz spoke at a Weavers Way Membership Meeting about how the seeds of foundational change are in the idea of the coop movement — a movement that can empower human control of our society to transform our political and economic landscape. These ideas are so much bigger than just good food.

I encourage you to look at the NCGA proposal on the website. Talk to General Manager Glenn Bergman, to Board President Margaret Lenzi, to me or to any board member. When we schedule meetings in the future, please share your thoughts, concerns and goals for Weavers Way. We have built a great and dynamic organization. Let's think about its future together.

sikman@comcast.net



The NCGA gathers and shares data on how co-ops keep money local. Positive co-op impacts like this are among the reasons other communities in our area would like to have their own cooperative grocery stores.

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.



Due to circumstances partially created by

Co-op members like you, the Philadelphia area has a few neighborhood groups interested in having a co-op grocery store in their neighborhood. People from Ambler, Bethlehem, Collingswood, Doylestown (store opening in month or so), Kensington, Manayunk, Narberth and South Philadelphia have contacted Weavers Way and other organizations that provide resources to prospective food co-op groups about how to open a cooperative food store. This attracted the attention of some leaders in food co-op development, and led to the calling of a meeting to talk about the idea that maybe the best way to proceed is to have Weavers Way open branches.

There are many reasons for this, but mainly it's considered safer and quicker than if individual groups open stores from scratch. This meeting was just to float the idea and get some initial reactions.

One reaction the start-up groups had was concern over how they would maintain their local identity and control, which were prime motivators for opening their own stores in the first place. Everyone recognized the importance of this, and I've been wondering about it for some time myself. I have a vague memory of the old Coop in Berkeley, CA, having "advisory councils" for each store, although I don't remember how they were set up.

In any event, in wondering if there was a configuration that could provide for neighborhood identity and control but still include the availability of resources from an established co-op like Weavers Way, and also have all the co-ops connected in some way, I started wondering if it would be workable to pull business elements of the franchise model and combine them with governance elements of the federal-state model.

In franchises, there is usually a local franchisee (owner-operator), who puts up the initial capital and assumes the risk and rewards of the business, and who also usually operates the business. The franchisor supports the franchisee with branding, logistics, supplies, approved inventory, training, equipment, systems and marketing in exchange for an agreed-upon amount of money.

I could see new co-ops being the "franchisee" and Weavers Way or some other established co-op or-

(Continued on Page 20)