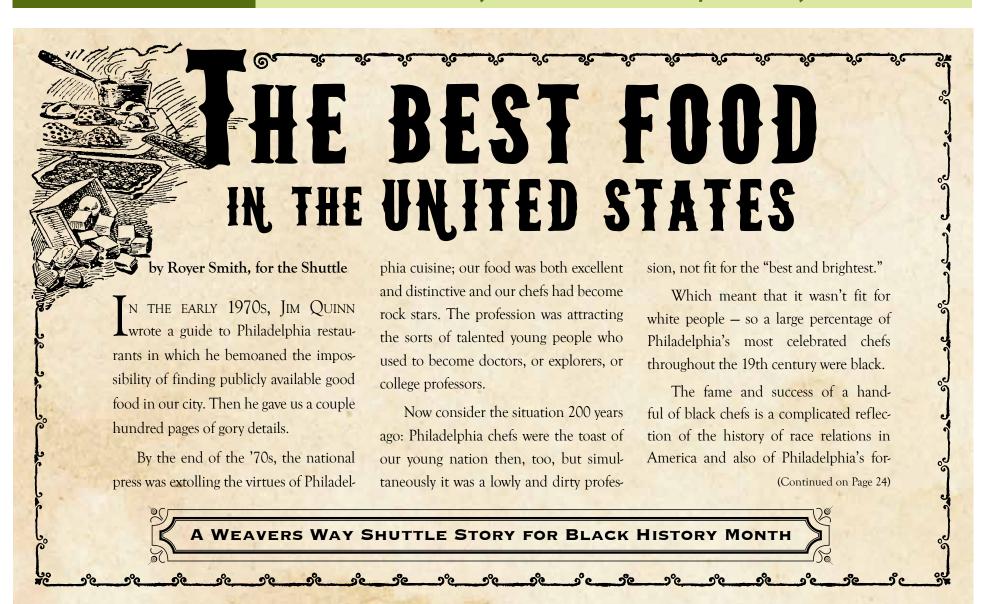


# The Shuttle

February 2015 Vol. 43 No

**Community-Owned Food Markets Open to Everyone** 



#### **Board Corner**

# Changes on Board of Directors

Over the LATE FALL AND EARly winter, there were some personnel changes on Weavers Way's Board of Directors. Here are the details:

 Jeremy Thomas, the Board's former president, resigned Jan.
 13 because he is moving to Ithaca, NY, to take a position as director of Cornell University's Real Estate Department.

Jeremy's resignation letter says, in part, "Working with all of you over the past three years has been a truly meaningful experience, and I will miss you all — and the



Germantown resident Emmalee MacDonald fills a vacancy

greater WW Community — very much. . . . I leave with great confidence that Weavers Way is in capable hands and has an incredibly bright future of growth and impact on our community."

- Former Board Vice President Chris Hill becomes president.
- Nathea Lee resigned from the Board late last year after taking a job in New York City. Nathea still lives in Mt. Airy and continues to

(Continued on Page 26)

## **Sweet Deceptions Outlined in 'Fed Up'**

By Stephanie Kane, Weavers Way Local Purchasing Coordinator

In January, the Co-op screened the documentary "Fed Up" for staff. This film, executive-produced by Katie Couric and Laurie David, looks at the role of sugar in the American obesity epidemic. Director Stephanie Soechtig ("An Inconvenient Truth") depicts a handful of families and their struggle to eat right and shows how the food industry uses marketing, labeling and lobbying to sell heavily processed, high-profit-margin packaged food.

The film's tag line is "Everything we've been told about food and exercise for the past 30 years is dead wrong." Eat right and exercise is a myth, and we can't fight Big Food, because they adapt to changes in public opinion. In the '90s, when fat was bad, "Fat-Free" products exploded. Remember SnackWells? In order to make them taste good, they were loaded with sugar.

Food companies even spend millions lobbying to keep food labels confusing and mis-



From the movie

leading. Have you noticed that while nutrition labels do show grams of sugar, they don't say what the daily recommended "dose" is? As it turns out, the American Heart Association suggests no more than 36 grams, or 9 teaspoons, of added sugars per day for men, and 24 grams, or 6 teaspoons, for women. How many people would look at their can of Coke differently if they were reminded it contains about 130 percent of their sugggest added sugar? (The 12-ounce San Pellegrino sodas the Co-op sells aren't much better, at 101 percent of the daily

(Continued on Page 18)

#### CHV/QE SEKAICE KEÓNEZLED mmm:mesagelemsh:coob

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

#### INSIDE

Chef's Corner	Health and Wellness Committee 11
Food Justice Committee 2	Environment Committee 15
What's in Store	The Passionate Gardener 19
Weavers Way Community Programs 4-5	Weavers Way Calendar 20
	Suggestions
General Manager's Corner 6	Membership Corner
Education Committee	Staff Celebrity Spotlight 27
Letters	Co-op Specials

### **Editor's Note**



by Mary Sweeten, Editor **Weavers Way Shuttle** 

THE LONGTIME CEO OF THE FRESH ■ Market stepped down in January (or got canned; I'm not so good at reading between the lines of business filings or business press reports thereof). Craig Carlock had been with the company for 15 years and during his tenure TFM opened a ton of new stores and went public. (The stock tanked a little when his departure was announced, God bless him.) I don't think this has any bearing on the Fresh Market slated to open next fall in Chestnut Hill — no, I don't believe Carlock's corporate masters fired him when they realized what a mistake it would be to take on Weavers Way. But I did find this interesting (thanks to Weavers Way HR Director Jon Roesser for passing it along from Salary.com.):

As President and Chief Executive Officer at FRESH MARKET INC, Craig Carlock made \$2,849,641 in total compensation. Of this total \$559,942 was received as a salary, \$63,958 was received as a bonus, \$440,000 was received in stock options, \$1,760,000 was awarded as stock and \$25,741 came from other types of compensation. This information is according to proxy statements filed for the 2013 fiscal year.

Now, Fresh Market did \$1.51 billion in sales in 160 stores in 2013, so for all I know Carlock is totally worth \$2.8 million a year. But it made me yearn to remind Shuttle readers that Weavers Way (FY 2014 sales: \$19 million) is not that kind of operation; that Our Fearless Leader's compensation is set by a Board of Directors elected by member-owners who each put in \$30 a year (up to \$400) to have a say in the enterprise; that we worry a lot about fair wages and local and sustainable and ethical sourcing and not at all about our stock value (which is good, because we have none). We're just a different kind of business.

Fresh Market is based in Greensboro, NC. They currently have three stores nearby — Horsham, Glen Mills and Saucon Valley. Take a ride out if you'd like to preview our 20,000-square-foot competition. We'd be interested in what you think.

msweeten@weaversway.coop

#### The Shuttle is published by Weavers Way Cooperative Association.

#### **Statement of Policy**

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

Weavers Wav members are welcome to submit articles or Letters to the Editor. Editorial copy is due the 10th of the month before publication, e.g. Dec. 10 for January. Articles should be 500 words or less; letters should be 200 words or less. Articles express the views of the writers and not those of the Co-op or its Board, unless identified as such. No anonymous material will be published, and all submissions must include an email or phone number for verification. The Shuttle retains the right to edit or refuse any submission. Direct to editor@weaversway.coop.

#### Advertising

Advertising for each issue is due the 1st of the preceding month, e.g. Dec. 1 for January.

Ad rates are available at our stores, online at www. weaversway.coop/shuttle, via email at advertising@ weaversway.coop or by calling 215-843-2350, ext. 117. Advertised products or services may not be construed as endorsed by Weavers Way Co-op.

#### **Weavers Way Board**

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

For more information about the Board and its policies, visit www.weaversway.coop/board.

#### 2014-2015 Weavers Way Board

Stu Katz, Treasurer Joshua Bloom Megan Seitz Clinton Larry Daniels Linda Shein

Laura Morris Siena, Secretary

Margaret Lenzi Emmalee MacDonald

The Shuttle is printed on 100% recycled paper.



#### Chef's Corner

## **Getting Back to My Roots**

by Bonnie Shuman, Weavers Way Executive Chef

T IS THE TIME OF YEAR WHEN MANY OF US MAY FIND IT challenging keeping up with our consumption of healthy vegetables. I know I find the bounties of the summer vegetable garden more appealing than those of winter, but I am reconsidering my position of late.

There are many reasons and my love of root vegetables is one of the most compelling. Root vegetables are nutrientdense because they grow underground and absorb more nutrients. The season for root vegetables is fall through spring, with the exception of beets, which are best summer through fall.

I am especially fond of carrots right now (as you might suspect by the number of carrot dishes in our service case). I've been ordering tricolored carrots recently and the beautiful contrast of purple, yellow and orange roasted all together makes me swoon! Carrots are sort of the new kale in restaurants today and a fine example is a recipe by star chef April Bloomfield in the February issue of Saveur magazine. In this recipe, Bloomfield uses the entire carrot to make roasted carrots with carrot-top pesto and burrata. This is definitely a recipe I will be trying at home.

Many of you may be put off by some of the more gnarly looking root vegetables, but don't be. Celery root, also known as celeriac, has a butter-like quality that makes it sublime for a puréed soup. Kohlrabi, with its odd looking appendages, is foreign to most home cooks, but if you know what's good, you should get to know kohlrabi. It has the faint taste of cauliflower, but with a creamier, more earthy flavor. Once peeled, I like to slice it in coins to make kohlrabi au gratin. I also like it really simple, sautéed in a little olive oil and finished with a little butter, salt and pepper.

While beets are a favorite of mine and are considered a superfood, I've branched out to roasting radishes. Roasting mellows their peppery flavor and the colors are divine, especially if you can find multicolored radishes. I roast them whole at 400 degrees for about 15 minutes and finish them with brown butter and lemon. If you have the tops, you can mince them to garnish the dish.

bonnie@weaversway.coop

#### **Roasted Root Vegetable Salad**

I don't recommend roasting the yellow beet in this recipe because it can oxidize and turn brown. .Keep the red beet separate until serving unless you want the whole thing to be Valentine's-pink.

- 1 small rutabaga
- 1 large carrot
- 1 medium to large red beet
- 2 medium yellow beets
- 3 radishes
- 2-3 tbls. olive oil for roasting
- 1 head butter lettuce
- 1 handful arugula
- 3 tbls. lemon juice
- 6 tbls. grapeseed oil
- Salt and pepper to taste

Boil yellow beet until tender. Peel and large dice the red beet and set in its own roasting pan so it doesn't bleed on the other vegetables. Large-dice turnip or rutabaga, carrot and radishes. Toss with olive oil, salt and pepper and roast until tender, about 25 minutes at 350 degrees. Mix lemon juice, grapeseed oil, salt and pepper. Whisk until emulsified. Tear up lettuce, and place on a beautiful platter. Top with cooled vegetables and arugula. Finish with lemon vinaigrette.

## 'DIY' Food and the **Squeezed Middle Class**

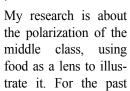
by Sue Wasserkrug, Co-Chair, **Weavers Way Food Justice Committee** 

ECAUSE "FOOD JUSTICE" IS SUCH A HUGE TOPIC, THE Demembers of our committee are passionate about all sorts of food-related issues. Some of those issues will be highlighted in our monthly column.

This month, I interviewed Neri de Kramer, a Food Justice Committee member and graduate student in cultural

anthropology at the CUNY Graduate Center, about her dissertation research.

#### What is the topic of your research?





year, I have been observing and interviewing middle-class families with children in Mt. Airy to understand their food habits. I believe that we can learn a lot about the daily lives and political beliefs of contemporary American middle-class families by looking at people's eating habits and the ideas they have about food.

#### What have you learned so far?

All of the families in my study share similar food norms (preferring local, organic, fairly traded, etc.), but there are massive differences in the extent to which these families are able to eat in accordance with these norms. Most interesting thus far has been a group of families who are clearly part of the "squeezed middle." They are living on extremely tight budgets but don't want to compromise on their eating, so they produce a lot of their food themselves. They bake their own bread, pizza, cakes and cookies; they grow, pick and preserve their own fruits and vegetables; roast their own coffee beans; brew their own beer; make their own yogurt, and

#### Besides economic savings, do families experience other benefits when they produce their own food?

Yes. First, these practices enable families to eat in accordance with their values. They are able to provide their kids with healthy, good-tasting food even on a tight budget. Second, these foods reaffirm their class identity, which is threatened by the economy and their downward mobility. Although many traditional markers of middle-class status are now out of reach, they can still eat well, which, I believe, preserves a piece of their class identity. And third, social networks are created in the process of food production. These families tend to share a lot with, and learn a lot from, their network. More affluent families seem more isolated. I think these social networks might have some political potential. They are not a social movement per se, but there is definitely an orientation toward the collective, and that could have some power.

#### Are there any negative consequences of DIY food production?

Yes, there are drawbacks. Spending so much time producing food means there is less time for other things, such as intensely interacting with children, which is also a strong middle-class norm in Mt. Airy, or even looking for work.

#### Why is all of this important?

Studies like this are important because they reveal how bigger macro-economic processes, in this case the squeezing of the American middle class, play out in the daily lives of people. Difficult contradictions and dilemmas occur for some of the families in my study and my dissertation will describe these. It is also important because the next generation of middle-class Americans is being raised in these families and I think a lot of their political beliefs and level of social engagement is instilled in them along with ideas and routines around food.

Food choice is highly political these days and I am seeing some social-activist potential among these networks of DIY food producers who are so critical of the system that produces our conventional food.



## What's in Store at Weavers Way



To Make Your Heart Happy

Looks like you've lost your new year's mojo. The new NordicTrack has morphed into a really nice clothes valet and Spot looks longingly at his leash as he mourns the early morning hikes in Carpenter's Woods. But take heart: February's Love Month, so here are five things to show your ticker how much it means to you. Get back on track! Or treadmill! Oh, just get back out there, OK?

(And don't forget, we got roses on sale through Feb. 11!)



1 Jade Harmony Yoga Mat — Ohmm yeah. Downward dog on a daily basis can make you more flexible in body and mind. These environmentally friendly high-performance mats with optimum grip are also great for Pilates and other exercise routines.



Manitoba Harvest Hemp Hearts — The high concentration of essential fatty acids found in hemp seeds supports the transportation of oxygen to cells throughout the body and this can have a positive impact on the cardiovascular system. Delicious on ice cream salad, too.



3 Jason Sea Fresh Strengthening Toothpaste — Happy teeth, happy heart. Oral health can provide warning signs of poor health. Blue-green algae, calcium, proteins and antioxidants are the magic behind this fluoride-free spearmint paste that will make your heart smile.



**OLife-flo Magnesium Oil** — From the ancient Zechstein seabed (wiki it), this magnesium brine absorbs through the skin. Magnesium is crucial for healthy heart function. The oil is easy to use, benefits the nervous system and can do double duty as a deodorant.



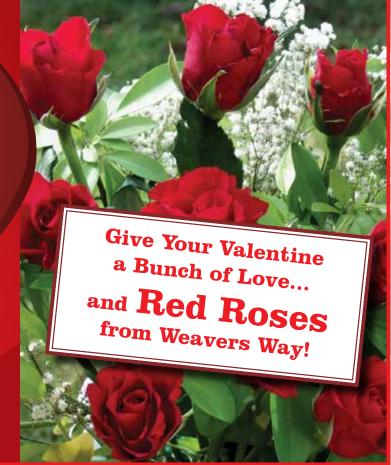
**6** Heritage Rose Water & Glycerin — Some say love, it is a flower. Rose attracts love, promotes confidence and is healing to the spirit heart. This delightful formula protects your skin against the elements,

Classic Dozen: \$40 Co-op Members: \$35 (by pre-order only)

Weavers Way roses are 100% Florverde<sup>®</sup> Certified and come from our friends at Zieger & Son Wholesale Florist, Germantown.

Weavers Way members can order online through Wednesday, Feb 11.

www.weaversway.coop/roses



On the Shelves

## A New Year, A Retool for Mt. **Airy Gluten-Free**

by Karen Plourde, Chestnut Hill **Grocery Staff** 

S THE USUAL CLOSER OF THE BAKERY AT A Weavers Way Chestnut Hill, I noticed around the middle of last month that daily bread sales appeared to take a dip. Have you all resolved to count carbs more in 2015? Or have you gone gluten-free? We want to know.

Whether you're new to the GF thing or have been at it for a while, you'll be pleased to know that Kathryn Worley, assistant grocery manager at Weavers Way Mt. Airy, has done a re-set of that section on the second floor there and made some additions. They include original and foccacia bread mixes from Chebe, gluten-free all-purpose flour from Bob's Red Mill (already available packaged in Chestnut Hill), pizza crusts from Schar, and panko from Kinnikinnick, a Canadian company that's been making gluten-free products since the 1980s.

In the category of snacks and treats, the second floor now has Kritters gluten-free animal cookies and Walkers shortbread in three flavors. You can also find Glutino toaster pastries and Van's crackers. And on the local side, look for Little Bakery cookies, biscotti, muffins, brownies and bars in both stores. They're from Blue Bell, and they're tasty — even to us gluten addicts.

#### Elsewhere at the Co-op

Across the Way & Next Door: April Pedrick, the new Wellness manager at Across the Way in Mt. Airy, is thrilled at the recent addition of Urban Moonshine organic bitters and tonics; they've been Next Door in Chestnut Hill for a while. The bitters come in four varieties, including a chamomile version that is safe during pregnancy. The three tonics, Energy, Joy and Chocolate Love, are said to, respectively, support the nervous system, protect the body from stress and (ahem!) arouse the libido. Lastly, Immune Zoom provides a concentrated herbal boost to give our bodies more fight against disease.

Next Door, meanwhile, has introduced Bee Boys, a line of personal-care and home products from Bryn Mawr and Boulder, CO. The "boys," Ryan Williamson and Kevin O'Connor, are licensed beekeepers who use nontoxic equipment and have a no-kill ethic.

Their items include hand salve, lip balm, 100 percent pure beeswax candles and Bee Light hemp wicking, all containing their own organic-practice beeswax and propolis.

CH Grocery: Ice cream sandwiches have gone upscale, and Weckerly's, formerly of West Philly and now made in Frankford, has a version in our freezer case. Their black & white is chocolate and vanilla on chocolate chip cookies, and they also do seasonal varieties. I tried the créme fraîche cranberry on homemade graham crackers, and ... damn.

Also new to the Hill is a product that's been around since 1947 — Old South tomolives or pickled green tomatoes. These are the tiny variety, meant to garnish your favorite cocktail. I'm not a martini fan, but maybe I'll try them in the spring — in my vodka and tonic.

kplourde@weaversway.coop

## Weavers Way Community Programs

## **New Year, New Faces at WWCP**

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

ITH THE NEW YEAR COME TWO new faces at Weavers Way Community Programs. In January, we welcomed Jackie Schrauger and Melissa Powell to our small but mighty staff.

Jackie joins us as Program Director from Big Brothers Big Sisters of Southeastern Pennsylvania. She grew up in a Pennsylvania farming community before leaving for the pastures of Smith College. She later pursued a teaching certificate from the University of Pennsylvania, then put it to use at an alternative high school in Camden where she taught students who had formerly been incarcerated or expelled from the city's public schools.

Her experience as a teacher, as coordinator of school-based mentoring programs at Big Brothers Big Sisters and as Dean of Students for Breakthrough Philadelphia give Jackie a unique set of experiences that position her to not only be successful at WWCP, but to guide us to success as we implement our strategic plan. Jackie believes that by educating youth about nutrition and farming, we can build community, protect the environment and pursue an agenda of fair food access for families. "I'm excited to be with WWCP because I love the mission's emphasis on empowering Philadelphia's children and families through education," she said.

Meanwhile, when longtime Farm Educator Shelley Hedlund told us she wouldn't be returning to work after her maternity leave last year, we hung our heads and couldn't imagine our staff without her. But fortunately, Andrew Turner, who started with us at the beginning of 2014 farm season and ably stepped up during Shelley's time off, has agreed to stay on. He capably serves as our Farm/ Garden Manager while also supporting our education programs.

Melissa further fills the gap, joining the education team to focus on Garden Club, the twice-weekly lessons we provide to the children at Stenton Family Manor. Melissa has extensive experience with young people, from 2-yearolds to teens, in settings ranging from the classroom to group homes. She also spent a year as a farm intern at the Kimberton CSA, an organic vegetable farm in Chester County feeding 250 families.

The combination of experience and passion Melissa brings to her work makes



Weavers Way Community Programs welcomes Program Director Jackie Schrauger (left) and educator Melissa Powell

her an ideal fit for this unique role at WWCP. "I love working outside with the earth and teaching children. With WWCP I get the opportunity to do both," she said. "I believe learning where our food comes from and what it takes to get it to our tables is as important as learning our ABCs. I am excited to have the opportunity to teach these important lessons."

You'll no doubt see Jackie and Melissa wandering the aisles of the Co-op stores or coming and going from our office located above Across the Way, at 608 Carpenter Lane. Please join me in welcoming them both to our community and Co-op family.

For more about Jackie and Melissa, and all of the WWCP staff, check us out at www.weaversway.coop/pages/ wwcp-staff-board.

*jill@weaversway.coop* 

Give \$2 to WWCP! Every 2nd Tuesday Every Month

When you shop at the Co-op on the second Tuesday of the month, please consider adding \$2 to your total bill to support WWCP programs and services.

(You can also give more — or less.) Our goal is to raise \$2,000 each month.

Your support enables WWCP to continue to provide a wide range of farm education and nutrition programs to local children, including our subsidized tours for economically disadvantaged students from all over Philadelphia.

ohillywaldorf.com

Kindergarten is no place for pressure tactics. It's for nurturing that leads to real growth.

Is there such a thing as an urban oasis for preserving childhood? At the Waldorf School of Philadelphia, there is. Our curriculum nurtures your child's body, mind and spirit in a playful environment that grows her capacity for learning, thinking and doing. Life long.

It's how to think.





open house

Join us: 7500 Germantown Ave | Mount Airy Saturday, March 28 @ 10 am

## Weavers Way Community Programs

## **Orange You Glad** You Gave?

Weavers Way Mt. Airy cashier Rachel Hoh gets ready to fill in the tippy top of the carrot indicating that **Weavers Way Community** Programs exceeded its year-end fundraising goal with a total of \$31,027 in donations!

From Giving Tuesday and register donations to challenge grants and employer matching gifts, you supported us in creative ways with gifts of all sizes.

Read more about our work each month in the Shuttle or follow WWCP on Facebook to see what your generosity makes possible!



## **Introducing FemFest**

Weavers Way introduces FemFest, a new event honoring International Women's Day, featuring fun and informative presentations, demos and interactive mini-workshops on topics such as nutrition, mindfulness, plant medicine, relationships, navigating professional as well as personal transitions, health, aging and personal development.

The seminar-style program takes place Saturday, March 7, from 10 a.m. to 4 p.m., at Summit Church, 6575 Greene St..

While everyone is welcome to attend, FemFest 2015 will seek to inform and inspire older women especially, and will address nitty-gritty issues like sexuality, hormones, health, plus touch upon feminism, politics and culture. Our engaging experts, many of them



inflammation and bone Saturday, March 7 10 a.m.-4 p.m.

senior women themselves, will speak from deep knowledge, compassionate practice and personal experience.

"Hearing from your peers helps to promote an atmosphere of trust and frankness that will offer participants the most benefits," said Connie Garcia-Barrio, a writer and Co-op member who first brought the idea for this event to Weavers Way.

In addition to a full-day program of speakers and presentations, FemFest have a marketplace and food vendors. It's free with pre-registration. Participants can come for the whole day or any portion of it.

For more information, please contact Weavers Way Outreach Coordinator Bettina de Caumette at outreach@weaversway.coop or 215-843-2350, ext. 118.



#### Avenue Art & Framing

Your neighborhood shop for quality custom framing



Open Tuesday through Friday 10 to 5:30 and Saturday from 10 to 4.

> 6837 Germantown Ave. Philadelphia, PA, 19119 215.848.4420

## Advertise in the Shuttle



## Witchhazels in Bloom AT MORRIS ARBORETUM







#### Did you know that the Arboretum has fabulous color and fragrance even in the middle of winter?

Pick up the witchhazel map at the Visitor Center (or online) and follow the scavenger hunt to discover the many colorful varieties of witchhazel (Hamamelis) growing at the Arboretum!

#### **Upcoming Events:**

*'Witchhazel' is your Favorite?* Family Event Saturday, February 14 • 1:00 - 3:00pm

#### Witchhazel Tours

Saturday January 10, February 14, March 14 • 1:00pm



Open daily 10:00am - 4:00pm

For more information visit: www.morrisarboretum.org

100 E. Northwestern Avenue, Philadelphia, PA 19118 • 215.247.5777

#### General Manager's Corner

## Prepared Food, Planning, Prices and Parking

by Glenn Bergman, Weavers Way General Manager

 $\mathbf{S}^{\text{o}}$  much to write about this month . . .

#### **Prepared Foods Expansion**

The business plan for the Co-op this year is to work on expanding prepared foods in Mt. Airy and to continue planning for a third store for the future (two to three years out).

I know I do not have to tell you that there is not much retail space available around the Mt. Airy store. Those of you who have been around for over 10 years also remember that we had plans to open a café at 608-610 Carpenter, but we had a slight diversion.

Prepared foods is a growth area for the grocery and the co-op world. Our own surveys tell us members want a place to sit, a place to get takeout foods — a sandwich, soup, etc. We have takeout now at Mt. Airy, but it is very limited and we know we have enough demand to grow 100-200 percent.

We examined the expansion of the prepared-foods operation into the building we own at 542 Carpenter. The current tenant, Philadelphia Salvage, wants to stay. The Co-op helped get them in the building a few years ago by charging a below-market rent for the space. We have kept the rent low but are now planning on

bringing it up to market rate over the next few years.

Other nearby opportunities for a prepared-foods section at other properties also have not panned out. The old Munn Roofing site at 520 Carpenter Lane is slated for development, and I would be willing to look at it when and if the developer starts work.

The location I am now considering is our building at 555 Carpenter Lane, which houses the Community Room on the first floor and a warren of Co-op offices on the second and third. While this is not the best site in terms of construction cost to floor space, we already own the property and we might be able to connect the building to the main Mt. Airy store. The kitchen space would be on the second floor, with retail on the first floor. This would give us space for takeout and a few seats.

#### **Third-Store Planning**

This plan to open a third store is based on several factors: Our growth continues to be double-digit and we are maxing out our space. Then there are the constant requests we get from other communities to open a Weavers Way store there. We would like to expand our focus on local purchasing, and extend the cooperative economic model. And we want to be able to offer our current staff more opportunities for professional growth.

Before we can open a third store, however, we need to make sure our customer service is outstanding, our pricing is clearly understood, our work program is easier for members to navigate and is more dynamic, and our balance sheet is strong enough to handle such an expansion with no impact on the existing operation.

#### **Pricing Meetings**

Over the last two months, members have been meeting with me to discuss our prices. My plan is to continue the meetings for a few more months so our staff and I can learn from members, and members can learn from our buyers how we come up with our price profile.

The next meeting is at 7:30 p.m. Wednesday, Feb. 18, in the Parlor Room, upstairs at Summit Church, 6757 Greene St. Norman Weiss, head of purchasing and a 35-plus-year veteran of the Co-op, has been at the last two meetings; I plan to ask Marketing Director Rebecca Torpie and some of the buyers to come to the February meeting so they can join the discussion.

#### **Parking in Chestnut Hill**

I continue to hear many complaints about the parking situation in Chestnut Hill. I have spoken to Acadia Realty Trust, which owns the lot behind our store, and have asked them to consider placing the lot under the management of the Chestnut Hill Parking Foundation. I have also asked the folks at Berkshire Hathaway/Fox & Roach to talk to Acadia, their landlord, to help us get some access to the lot for our shoppers.

A few weeks ago, I sat down with the "Main Street" manager for the Chestnut Hill Business Association and also asked her to work on the parking situation, because it is hurting not only the Co-op but other small businesses on our block.

It is clear that the problem is that the lot has no effective controls; putting up "reserved" signs is not helping anyone, including the Acadia tenants. It is also time to begin planning for a double-decker parking garage on or near Germantown Avenue to handle the traffic.

What is surprising to me is that we have helped to bring many people to the Avenue (about 1,000 transactions a day) and yet there seems to be a lack of interest in solving this issue. The best I can say is please let Iron Hill, Fox & Roach, Sherwin Williams and Jos. A Banks know that you want their landlord to let the Parking Foundation manage the lot so there will be some control over the spaces there.

gbergman@weaversway.coop

#### LETTERS POLICY

The Shuttle welcomes letters of interest to the Weavers Way community. Please include your name and email address or phone number so we can contact you for verification; no anonymous letters will be published. Letters should be under 200 words and may be edited. The Shuttle may decline to publish any letter for any reason. Send contributions to editor@ weaversway.coop.

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

## They Work Hard for the Money

READ WITH INTEREST THE DECEMBER Shuttle article about returning "excess" profit to Co-op members as a Patronage Rebate. Some of this excess would go to members as cash and some to their accounts.

That is fine; who couldn't use a little more cash? However, I have a better idea. As members, we participate in a cooperative enterprise. In that spirit, I believe a more appropriate use of these funds would be to increase the salaries of "our" employees.

Employees are the face of the Co-op to all shoppers, both members and potential members. In my experience, Co-op employees have been friendly and helpful, sometimes despite misguided questions, aisle-blocking and other odd shopper behaviors.

It is the employees who keep this very complex retail operation going. With some cooperator assistance, they do everything from restocking the shelves to cooking, buying thousands of products, managing the logistics and finances of a multiple-location enterprise and conceiving and running ancillary programs to spread the cooperative model. They are not overpaid for this work.

We have a wonderful opportunity to act upon our cooperative values; we are lucky to be able to do so. I believe we should invest in Co-op employees by raising their salaries. After all, they work hard for the money.

John Beckman

#### A Havertown Co-op?

the past seven years in Chestnut Hill, and moved to Havertown, PA to be closer to my husband's work. I still drive 45 minutes to the Co-op weekly to shop at my favorite grocery store! There are many young families, and a large community here in Havertown that is very health conscious and would love to have a co-op in our area. Is there anything I can do to see if we could make this happen? Our closest alternatives are Whole Foods and Trader Joe's about 10 minutes away, but they pale in comparison to Weavers Way's quality, service, selection and size.

Kate Suk

Glenn responds: In my 11 years at Weavers Way, we have talked to or worked with people interested in starting co-ops in Ambler, Narberth, West Chester, Collingswood, NJ, Elkins Park and Allentown, PA, not to mention other neighborhoods in Philadelphia (Kensington, South Philadelphia, Fitler Square, Germantown, Fairmount, West Oak Lane, Roxborough/Manayunk). We've even had requests to open in Dubai or Kuwait!

As you can imagine, Weavers Way can't afford to take expansion lightly. (Out your way, the Whole Foods is expanding, and MOM's just opened.) If you think your community could support a co-op, I urge you to get in touch with the Weavers Way Board, which has worked closely with some of these groups in their efforts. And contact Kensington Community Food Co-op, South Philadelphia Co-op or Creekside Co-op, just to name a few in the area, to see what their experience has been.





**EASY PARKING • TUSCAN INSPIRED INTERIOR** 





## Co-op Pricing Meetings: Old Heads, New Ideas

By Larry Schofer, Weavers Way **Education Committee** 

SEVERAL MONTHS AGO, I WROTE AN article for the Shuttle outlining the Education Committee's extensive discussions on what people see as the high prices at Weavers Way. This discussion fit in with the considerations of the Food Justice Committee, and since then there have been articles in the Shuttle and several open meetings conducted by management to discuss this issue.

I attended the meeting in January facilitated by General Manager Glenn Bergman and members of the Weavers Way Board. I was immediately struck by the fact that almost all in attendance were long-time members of Weavers Way — some for 20 or 30 years — and there were very few who had joined the Co-op recently.

There was a great deal of concern expressed regarding the level of prices, including comments by several members who felt they could no longer afford to shop at Weavers Way. At the same time, our membership rolls are soaring and sales are breaking new records every year. I wonder how we can analyze this situation.

Weavers Way began first as a buying club and then as a small version of a neighborhood store. It has grown to what we know today, a fixture in Mt. Airy and a significant presence in Chestnut Hill. Many members and other shoppers seem to regard us as a friendlier version of Whole



Foods, while some of those at this meeting expressed nostalgia for a smaller institution. One member claimed that in those days membership meetings were jampacked, while today we get a much smaller percentage of our membership at meetings. (I personally have a different memory of how well attended those meetings were in the 1980s and 1990s; I remember constant worries about getting a quorum.) We abolished the work requirements when we opened the Chestnut Hill store, and this seems to have added a sense of estrangement for some old-time members.

The point of the meeting was to arrive at some suggestions that would help people on fixed incomes continue to shop at Weavers Way and continue to feel part of the community. This is entirely different from Food For All, the recently announced program to offer a discount to very low-income people, mainly new customers whom we want to attract. The people at the meeting were old-timers who are often frustrated in their shopping at Weavers Way when comparing prices with local markets.

Glenn explained that the major portions of our expenses are first, product, and second, labor, including our commitment to decent wages and paid benefits. Other local markets often work with family labor, with no benefits and lower wages, and possibly with part-time contractors rather than employees (meaning no Social Security payments by the employer). We also engage in a number of other activities, many of them at a slight loss, but these do not have a major impact on our income. One example is Weavers Way Farms, currently operating in the red. One alternative suggested was to convert the farms to be part of our nonprofit, Weavers Way Community Programs.

A number of the suggestions revolved around the idea of changing the working member program to give people who want to do more hours an opportunity to get a larger discount than the current 5 percent. (The consensus at the meeting seemed to be that 5 percent is not a meaningful savings).

From my point of view, such a change in the working member program would likely not interest a large number of people. I remember very clearly the many complaints that six hours per vear per family member, as used to be required, was too great a burden.

But there might be a small but significant cadre of members who are interested in additional cooperating. By offer-

We Want Your 2 Cents

Co-op Prices Meeting Wednesday, Feb. 18 7:30 p.m.

Summit Church, Parlor Room 6757 Greene St.

For info or to RSVP: outreach@weaversway.coop 215-843-2350, ext. 118

Hosted by Weavers Way Food Justice Committee

ing a larger discount for more hours, we might be able to help bridge the gap between lower-income old-timers and newer members.

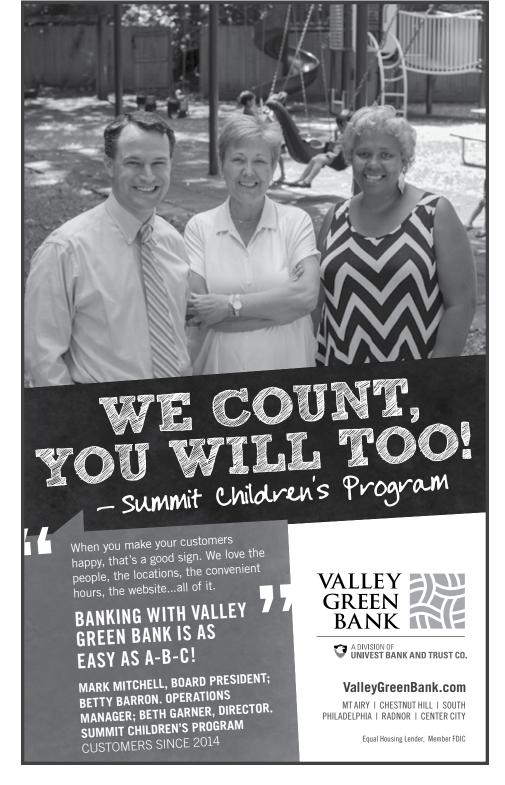
It is important to remember that some of our costs are driven by our signature social commitments, such as buying local, emphasizing organic products and animal welfare and considering the ethics of some of our suppliers. These admirable social goals entail costs. Are we willing to give up on some of them? We might lose a number of socially minded members but achieve only a slight reduction in prices.

Weavers Way intends to continue to have these open meetings with the hope of developing an approach that can satisfy the full range of our membership.

edcomm@weaversway.coop







### L·E·T·T·E·R·S

### Off-Leash Dogs a Danger to All in the Wissahickon

F PHILADELPHIA'S LEASH LAW DOES not deter dog owners from letting their dogs off-leash in the Wissahickon, the dangers posed to fellow park visitors and park neighbors should.

- I walk my dogs on-leash in the park on a daily basis, and fights occur on a daily basis with off-leash dogs. Off-leash dogs, the vast majority of whom are not under reliable voice control, run up and incite fights with my pups. When, after the owner makes a variety of unsuccessful attempts to verbally recall the dog, I ask him or her to physically come and move the dog, I am often told the whole thing is my fault for having dogs that dislike unfamiliar, charging dogs.
- When I ride my horse in the park, offleash dogs put us in serious danger on every ride. The horses I ride are accustomed to a variety of scary sights and sounds (dump trucks, flying mountain bikes, weddings at Valley Green Inn). However, no amount of desensitization can teach a prey animal to ignore an off-leash dog. A horse cannot tolerate a predator charging while barking, running around/ underneath them, or biting their tail or legs — all things I have witnessed

or experienced. They will bolt, rear or buck to defend themselves, which can easily lead to a fall and serious injury to a rider.

• A few weeks ago, a park visitor's off-leash dog came onto my park-bordering property and killed one of my chickens. If you live in the Mt. Airy/Germantown/Chestnut Hill area, you likely know someone who has backyard chickens (or have some yourself). You likely know how much the local backyard chicken-keeping community loves its birds. And you can imagine how devastated I felt. But I simply requested the dog be kept on leash during all future park visits.

The next morning I discovered the same dog, unattended, on my property, digging through my compost pile. Thankfully the chickens were secured in wake of the previous night's fatality or I surely would have lost more.

Depriving my chickens free range of my own backyard out of fear of trespassing dogs is unacceptable.

I can't deny that dogs love running freely on the park trails, and that it's a joy for owners to experience. What I can

#### **What the Law Says**

§10-104. Animals Running at Large [5]

(1) No person shall permit any animal other than a cat to go at large upon any street, public place or private property other than the property of the owner of the animal. All animals using any street, public place or private property of anyone other than the owner of the animal shall be on a leash not exceeding six (6) feet in length including the handgrip but excluding the collar and accompanied by a person able to fully control the animal at all times.

Horses shall be exempt from the provision requiring a leash but shall under this Section require proper rein and bit or halter and lead shank.

deny is that off-leash exercise for your dog is more important than the safety of the rest of the park community.

I hereby call on the park users community to contribute to the safety, enjoyability and amicability of the Wissahickon. Walk your dog on a leash.

Jocelyn Tunney

### Thank You From Brenda's

**P**URRS OF THANKS TO THE Weavers Way family from Brenda's Cat Rescue.

We deeply appreciate the help we have received in our efforts to rescue, feed, shelter, showcase and find furever homes for the countess stray cats and kittens living in the mean streets of Philly.

The mission of Brenda's Cat Rescue is to reduce cats' suffering through rescue, sterilization, education and adoption. We can't do this alone

Please: spay/neuter your pet; report animal cruelty; and when you see an animal who looks hungry, injured, lost or homeless, please don't just ignore it.

Wishing everyone a New Year filled with caring, safety, comforts and happiness.

Brenda Malinics Brenda's Cat Rescue

#### POSITIVE CANINE CONCEPTS

Basic Obedience and Behavioral Issues
Positive Reinforcement Training Techniques

Christopher Switky, dog trainer (CCDT) 215.849.8617

cswitky@gmail.com

positivecanineconcepts.com



Nicole Hehn VMD Scott Gellman VMD

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

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



- Certified Teacher Training
- 100hr Yoga Immersion Program
- 5 classes a week for just \$7
  - Weekly Classes for ALL Levels beginner's to advanced,

prenatal, toddlers, kids & more!

practice on the mat to live Yoga off the mat

7153 Sprague Street/Phila, PA/19119 www.bluebanyanyoga.com



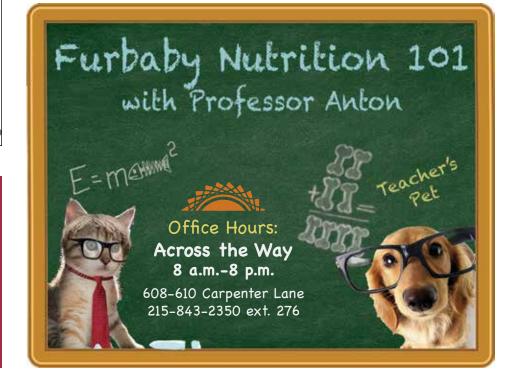
Protect your pet. Help your neighbor.
Visit **www.epetalert.com**,
Your Online Source for Missing Pets.





Awarded for 25 years of Excellence by the American Animal Hospital Association

114 East Mt. Airy Avenue | Phila., PA 19119 | 215-248-1866 | www.mtairyvet.com



## Spring Launch **Update for Philly Bike** Share

by Alison M. Cohen, for the Shuttle

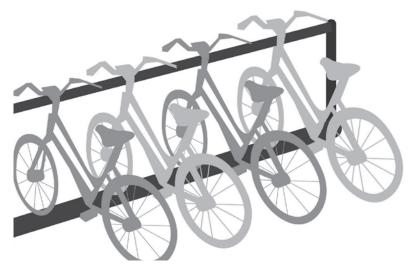
ERE'S A FOLLOW-UP TO MY Tarticle last spring about the upcoming Philadelphia Bike Share

Philadelphia Bike Share is slated to launch in April 2015, with at least 60 stations and 600 bikes in an area bounded roughly by Passyunk Avenue and the Delaware on the east and south, Norris Street on the north and 45th Street on the west.

Here are some of the things that set the Philadelphia bike-share system apart:

**Equipment:** The bikes and stations are made by Wisconsin-based B-cycle, 100 percent owned by Trek Bicycles, who will be delivering their new station to the Philadelphia system. B-cycle has over 30 bike share systems worldwide. Philadelphia will be their largest. A system demonstration was held in the Philadelphia Navy Yard in December, with much success.

Outreach: This fall, the city undertook a unique outreach campaign for citizens to give input on potential bike-station locations via text message. Philadelphia's Mural Arts Program designed a 3-foot-by-3-foot "medallion," placed on the



street at 60 locations, and another 20 were shown on an online map. People were asked to share whether they wanted bike-share stations at these location and why. More 10,000 responded, helping the city trim down the list from these 80 potential sites to the 60 final bike station locations for launch in April. You can find the full report at phila.gov/bikeshare, the station addresses at phillybikeshare.com.

**Accessibility:** Philadelphia is the lead for a first-of-its-kind foundation grant to increase bike-share accessibility for people of all incomes. The nation is watching our system to see whether we can make an impact on this important issue. This grant includes funding for 20 stations in low-income neighborhoods (including Mantua and portions of South and North Philadelphia). It also includes a significant amount of marketing and outreach, and the creation and management of a system allowing payment for membership in cash (as opposed to credit cards, typically required for bike share).

**Pricing:** Philadelphia is pioneer-

ing a new pricing scheme that will mirror public transit more than any other system in the nation. It will include a low-cost monthly unlimited membership, a pay-as-you go card for occasional users and walkup membership. It will be the simplest structure and is expected to create the lowest barrier to entry for any system in the country.

Local: My company, Bicycle Transit Systems, won a competitive process to launch and operate Philadelphia Bike Share. Even better, two core members of the management team (myself and a colleague) live in Mt. Airy!

Look for news in March that you can buy your founding membership, and be one of the first to sign up!

Alison Cohen is a Weavers Way member, and has worked from her home in Mt. Airv to launch several bike share systems including, Washington, DC, Boston and New York. Alison is President and CEO of Bicycle Transit Systems, operator of Philadelphia Bike Share.

## **NW Village Network Has a Familiar Ring**

by Sara Allen, for the Shuttle

TUTUAL MT. AIRY, THE TWO-YEAR OLD ORGANIZAtion that works to support and enrich the lives of seniors who wish to age in community, has changed its name.

As of January 2015, we're Northwest Village Network.

This action, confirmed by vote of the Board of Directors in November, reflects the success and widening appeal of the organization to residents of Chestnut Hill, Germantown and Wyndmoor.

Northwest Village Network is one of a growing number of "villages" across the United States, organized by and for seniors who value and wish to sustain the lives they have built in their neighborhoods into their elder years. Many of these communities, including Northwest Village, are members of the national umbrella organization, The Village-to-Village Network, which has 140 villages with another 125 in development. Philadelphia has two others: East Falls Village, and Penn's Village in Center City. The organization of each village is member-determined; mission, operating structure and programming vary widely.

Mutual Mt. Airy began in the fall of 2012 with a series of exploratory meetings and a small but dedicated working group. We developed a program based on participant input and an organizational structure, bylaws and a business plan in successive meetings. By September 2013, there was sufficient interest and commitment to enable Mutual Mt. Airy to become a member nonprofit of the Mt. Airy Community Services Corp.

Northwest Village Network adds a voice for seniors in an already service-rich Northwest Philadelphia. Besides connecting members to existing services, Northwest Village offers interest groups, social networking, volunteer opportunities and commercial partnerships. Visit our monthly programs at Lovett Library, usually on the last Monday of the month. Join us for our "Cup a Jo" sessions at Allen Lane Train station on Friday mornings (9:15-10:30 a.m.) and for our third-Thursday lunch at a local restaurant.

Track these events and others on our soon-to-be-revamped website, www.northwestvillagenetwork.org.

#### Dental Arts of Chestnut Hill, LLC

8625 Germantown Ave. Philadelphia, PA 19118

Tel. 215-242-6630 Fax 215-242-6633

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

www.DentalArtsofChestnutHill.com

#### Awakening to the Spirit Within

Deepening your relationship with your spiritual nature

Opening to Your Loving Self I accept, love and appreciate myself

Creating Your Positive Life Physical Emotional Mental Spiritual

Counseling, Positive Skills Training Presentations for Groups 484-416-3828

Jan Collins, M.Ed. www.creatingpositive.net Creating Your Positive Life! LLC

#### \*\*\*\*\*\*\* COMPUTER HELP!! \*

\* Having trouble getting your computer, \* printer, scanner, CD/DVD/Blu-Ray, \*\*\* digital camera, or system software working properly?

Would you like to set up a home wired \*\* \* or wireless network to share your files, \* \* multiplayer games, and Internet access \* between all of your computers?

\*

\*

\*\*\*\*\*\*\*

\*\*\*\*\*\*\*\*\*

\* Need help removing **VIRUSES**, Need help removing VIRUSES, \*

SPYWARE, or other malware \*

which may have invaded \*

your system? \*

Need help finding, designing, repairing, or upgrading a PC \*

and setting up software which best meets YOUR needs? \*

For expert, reasonably-priced service, \*

instruction, and assistance in your own home or office... \*

call \*\*

call

#### **Lauren Royce Emery**

Phone: (215) 844-5570 E-mail: LREmery@fast.net 24 hours, 7 days

\*\*\*\*\* \*\*\*\*\*\* Alternative Healthcare for Women



Holistic Gynecology Natural Menopause Counseling Fertility/Pregnancy Consultations

> Energy/Sound Healing Arts Therapeutic Touch Tibetan Bowls

Shamanic Drums and Journeying

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



Tired of Feeling Cold in Winter? **Build Yang, your Internal Heat** With Acupuncture and Moxibustion



#### **Chestnut Hill Family Acupuncture**

Jan Wilson, L. Ac. 7825 Germantown Avenue I Chestnut Hill, PA 19118

267.670.0989

"it takes courage to grow up and turn out to be who you really are." Coop Member Discount 215-843-8258 www.mollykellogg.com



## Molly Kellogg, RD, LCSW

Psychotherapist and Nutritionist



100 East Sedgwick St. Mt. Airy

135 South 19th Street Center City

# Pelham

...where patients come first!

#### **MONTHLY HEALTH TIP**

#### **Advice to Avoid Colds and Flu**

Although colds and the flu share similar signs; such as fever, headache, chills, dry cough, body aches and fatigue, the flu can lead to more serious complications. The best way to protect yourself from the flu is to get vaccinated every year. Vaccination is especially important for those at greater risk for flu-related complications, including seniors, pregnant women, children younger than 5 years, people with chronic health conditions (asthma), health care providers and caregivers. In the United States, flu season peaks between December and February.

There is no vaccine for colds, but measures to prevent the spread of viruses include:

- Washing your hands frequently, using soap and water when possible. If necessary, an alcohol-based hand sanitizer can help.
- Avoid exposure to infected people.
- · Eat a healthy well-balanced diet
- Get enough sleep
- Exercise regularly
- Reduce stress

If you do get sick, the FDA recommends gargling with salt water to relieve a sore throat and using a cool-mist humidifier to relieve congestion. Avoid alcohol and caffeine which can be dehydrating. Call your Doctor as soon as you think you have flu.

> Support Your Local Pharmacy and Keep Our Community Healthy.

Pelham Pharmacy 6555 Greene Street 215.848.0500 www.pelhamrx.com

Store Hours:

Mon, Wed, Thurs, Fri 9 a.m-7 p.m. Tues 9 a.m.-5 p.m. Sat 9 a.m.-2 p.m.

#### **APRIL 18, 2015 WORKSHOP**



#### TAKING CHARGE OF YOUR BONE HEALTH

Many questions arise if you have a diagnosis of osteopenia or osteoporosis.

WE INVITE YOU TO JOIN US AT THIS IMPORTANT WORKSHOP TO **GET THE ANSWERS TO MANY OF YOUR QUESTIONS.** BECOME EMPOWERED ABOUT YOUR BONE HEALTH.

#### **LEARN ABOUT:**

- safe, effective exercises
- vitamins and supplements
- food as medicine
- bone health without drugs
- medications and side effects
- mind-body connection
- prevention
- yoga, tai chi and your bones



For information and to register visit joannefagerstrom.com or shelleyzeichner.com



Collision Repair Professionals Since 1945 Family Owned & Operated

20 W. Allens Lane Philadelphia, PA 19119

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

## **Spice Up Your Routine in February**

by Tema Esberg, for the Shuttle

RUNNING OUTSIDE IN WINTER IS NOT for everyone. Many of us turn to the treadmill, but that can get boring. Turn to intervals, dumbbells and fartleks to spice things up.

Intervals: Interval training emphasizes alternating bursts of high and low intensity activity. Research suggests that intervals can improve cardiovascular fitness, increase fat burning and boost metabolism. Moreover, they'll work for anybody because the speed and resistance on the treadmill are easily adjusted to fit any skill level. Try this interval workout the next time you hit the treadmill:

Beginners: 2 minute walk at a "Rate of

Perceived Exertion" (RPE) of 3.

2 minute jog at RPE 5.

1 minute run at RPE of 7.

Repeat 3 to 5 times.

Intermediate: 2 minute jog at RPE 3.

2 minute run at RPE of 5.

1 minute run at RPE of 7.

Repeat 3 to 5 times.

Advianced: 2 minute jog at RPE of 4.

2 minute run at RPE of 6.

1 minute sprint at RPE of 9.

Repeat 3 to 5 times.

**Fartleks:** Not only is it fun to say, but it is also a great training method. "Fartlek" is a Swedish word that means "speed play," and it is an unstructured mix of fast running and slow/moderate running. To include fartleks in your treadmill workout, choose the total amount of time you will

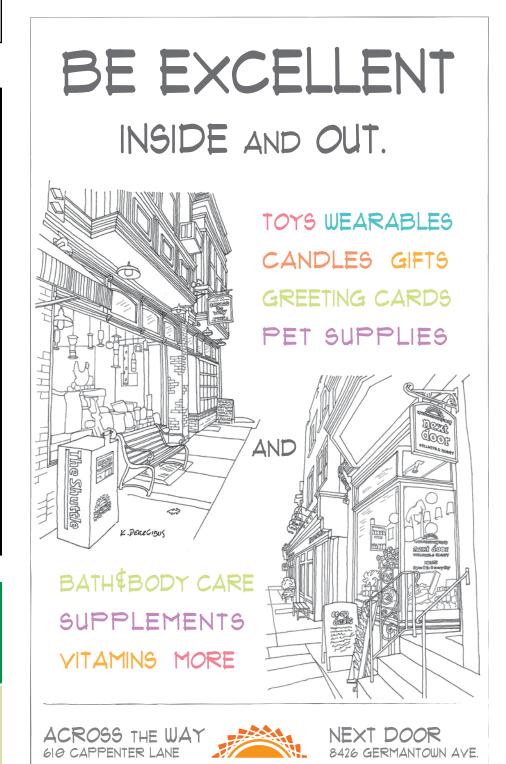
run; intermittently burst into a short, fast run, return to your base speed and repeat the fartlek when you feel like it or use a visual or sound cue to prompt you. For example, watch a 30-minute TV show, running at an RPE of 4 and going up to an RPE of 7 during the commercials!

Hop On, Hop Off: Do you typically do your strength training before or after the cardio? Try incorporating the strength exercises into your time at the treadmill. Hop off the treadmill every 5 minutes and do a series of squats, push-ups, lunges and planks.

**Grab Your Dumbbells:** To add some variety and save some time, grab light dumbbells and do bicep curls and shoulder presses while you walk or run. The key is to find a speed where you are increasing your heart rate while keeping your balance!

Hills: It may be too cold or windy in February to enjoy the natural terrain outdoors, but you can simulate it with the treadmill's "hills" option, which automatically varies the incline for you. Or try a workout where you increase the incline by 2 notches every 2 minutes for 10 minutes; stay at the 10 incline for a total of 5 minutes and then gradually decrease the incline by 2 every 2 minutes. Add this to your weekly routine, and you will be prepared for your spring hike through Fairmount Park.

Personal Trainer Tema Esberg welcomes your comments or questions at PotentiaPersonalTraining@gmail.com.



## International Co-op Principles

- Voluntary and Open Membership
- Democratic Member-Owner Control
- Member-Owner Economic **Participation**
- Autonomy and Independence
- Education, Training and Information
- Cooperation Among Cooperatives
- Concern for Community

## **HPV vaccine: What Does It Do and Should I Vaccinate My Child?**

by Connie Winkler, for the Shuttle

NE ISSUE RAISED IN OUR WELLNESS Committee survey was the desire for more information about the HPV vaccine, which is recommended to be given in three doses over a 6-month period to girls and boys starting at age 9.

January was cervical cancer awareness month, and you might have seen some of this information published because of that. Here is a summary of what that can be found on various sites on the Internet, including the Centers for Disease Control and Prevention and National Cancer Institute websites.

HPV stands for "human papilloma virus." HPVs are a group of 150 related viruses that may cause papillomas, or warts. Forty types are transmitted through sexual contact, and HPV is the most common sexually transmitted infection in the United States.

HPVs are so common that almost everyone will be infected with them at some point in their lives, though most people never know they have been infected and in 90 percent of cases the infection resolves without treatment within a couple of years.

However, in the United States, some HPV types cause about 17,000 cancers in women, and about 9,000 cancers in

men each year, leading to 4,000 deaths. The CDC and American Academy of Pediatrics strongly recommend the HPV vaccine because it provides protection against HPV types that cause about 70 percent of cervical and anal cancer and 90 percent of genital warts.

There actually are two types of HPV vaccine currently available: Gardasil protects against cervical and anal cancer as well as genital warts; Cervarix protects against cervical and anal cancer.

The top reasons parents are hesitant to have their children vaccinated are lack of knowledge, safety concerns, feeling it is not needed, that their children are not yet sexually active, and that the shots are not recommended. There has been controversy about the vaccines' safety, fueled most recently (2013) by a flurry of stories about two mothers who claimed the HPV vaccine took their daughters' lives. On the other hand, use of the vaccines received a boost when actor Michael Douglas attributed his own throat cancer to

In fact, no deaths have been tied to the vaccines to date.

Vaccines undergo rigorous safety testing and any adverse effects are reported to VAERS, the federal Vaccine Adverse Event Report System. Most adverse events are minor - soreness at the injec-



tion site, fainting or dizziness, headaches or fever. A major, though rare, side effect is blood clots.

The reason the vaccine has to be given at a young age is for children to build immunity long before they become sexually active. The vaccine is prophylactic — it does not prevent progression of existing disease or cure infection. And it is important to note that neither vaccine provides complete protection, so even vaccinated women should continued to be screened for cervical cancer. It is also unknown whether it will provide lifelong immunity. The maximum follow-up time to date is eight years.

Weavers Way member Connie Winkler is a hospital-based pediatrician. Contact her at winklercal@gmail.com.

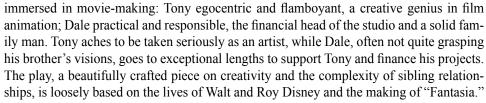
*Views expressed are those of the* author, not necessarily the Weavers Way Health & Wellness Committee, and are not meant to be a substitute for talking to your own health-care provider.



## Comedy **'Something** Intangible' at **Stagecrafters**

THE THIRD PRODUCTION OF THE L current season at The Stagecrafters, Bruce Graham's smart and engaging comedy-drama "Something Intangible," opens Friday, Jan. 30, and runs weekends through Feb. 15.

The action centers on Tony and Dale, very different brothers who head Tony Wiston Studios in Hollywood's golden age. Both are totally

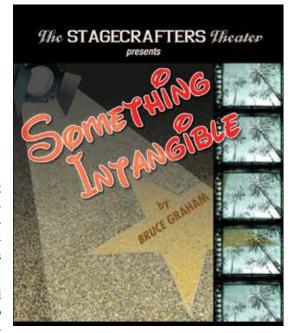


Graham (b. 1956) is a successful Philadelphia playwright, having authored well over a dozen full-length plays, three of which have been produced at The Stagecrafters: Moon Over the Brewery (1999), The Champagne Charlie Stakes (2000), and Coyote on a Fence (2005). Something Intangible, which premiered at the Arden Theatre in 2009, was the winner of the Barrymore Award for Best New Play.

Performance are at 8 p.m. Jan. 30 and 31; Feb. 5, 6 and 7; and Feb. 12, 13 and 14, with 2 p.m. matinees Feb. 1, 8 and 15. A "Meet the Director & Cast" Q & A session will take place following the Friday, Feb. 6, show.

Tickets are \$17 online (no service charge), \$20 at the door. Discounts are available for students and groups and on Thursday nights. For information call 215-247-8881; for reservations, call 215-247-9913.

The theater is located in the heart of Chestnut Hill at 8130 Germantown Ave. Visit www.thestagecrafters.org.



## Kafka's 'Metamororphosis' **Adaptation at Quintessence**

QUINTESSENCE THEATRE GROUP CONTINUES ITS FIFTH SEASON OF PROGRESSIVE classic theatre with "The Metamorphosis." As part of the centennial celebration of Franz Kafka's novel, Quintessence welcomes its first guest director, Rebecca Wright, founding Artistic Director of Philadelphia's Applied Mechanics, directing Steven Berkoff's stage adaptation.

Previews begin Wednesday, Feb. 4. Opening night is Saturday, Feb. 7 at 8 p.m. and the show runs through March 1.

In "The Metamorphosis," successful traveling salesman Gregor Samsa finds himself transformed overnight into a gigantic insect-like creature. Can Gregor sustain his life, his family and his job despite his inexplicable metamorphosis? Gregor's parents and sister, who have been living off of Gregor's success, must transform their lives in order to survive. How long will their love for Gregor remain unconditional once they are unable to communicate with him, repulsed by him and fearful of his presence?

Wright will collaborate with Philadelphia's Kristen Bailey as Gregor, using cross-gender casting to delve more deeply into questions of the transformative nature and performance expectations of the body.

Tickets are \$34 - \$27 general admission, \$25 for seniors (65 and over), \$15 for youth (21 and under). Group discounts and weekday student matinees are available. A special PAY WHAT YOU CAN preview will be presented Feb. 4. Post-show talkbacks with the creative team will take place on Sunday, Feb. 15 and Thursday, Feb. 26. Check the complete schedule at QuintessenceTheatre.org for exact performance times and dates, and go to the website or call 215-987-4450 for tickets.

All performances are at the historic Sedgwick Theater, 7137 Germantown Ave.

#### **Elemental Recitation Series**

Join Quintessence for our Elemental Recitation Series, as members of the Quintessence ensemble and actors from Philadelphia's theater community gather to recite rarely performed classics. "Reader's theater" this winter features two adaptations of other classic Kafka's tales: "In The Penal Colony," Monday, Feb 16, and "The Trial," Monday, Feb. 23, both at 7 p.m.

Tickets to the Elemental Recitation Series are \$10, free to Quintessence subscribers. For information and tickets, please visit our website.



## Mt. Airy Psychotherapy & Wellness

#### BRINGING HOLISTIC HEALTH TO THE NORTHWEST COMMUNITY

#### **Psychotherapy**

Genie Ravital, LCSW Lauren Kahn, LSW, LMFT Lenore Jefford, LPC Eda Kauffman, LSW Althea Stinson, MSW Nathalie Vallieres Hand, LPC Linda Hawkins, PhD, LPC

Homeopathy Ameet Ravital, PhD, DiHom

Massage & Yoga Lisa Kaye, LMT Acupuncture Anna Beale, LAc

7127 Germantown Ave • Philadelphia, PA 19119 215-242-5004

www.Mt Airy Psychotherapy.org

In case of really lousy weather, check www.weaversway.coop, Facebook or Twitter to see if the Co-op is open. Or just give us a call!

for health, balance, manifestation

LEO MCELROY

215-843-9718

Shiatsu Bodywork Shamanic Healing Practices

Cresheim Healing Arts 138-A West Gorgas Lane

www.ShiatsuLight.com



WELLSPRING HOMEOPATHIC CARE Natural and Holistic Health Care For Children & Adults

Introducing our New associate Naturopathic Doctor Call today for your free 15 minute consult!

Areas of Interest

· Autism, Anxiety, ADD/ADHD, Behavioral/Mood Disorders, Homeopathy & Wellness Consults

• Diet & Weight loss, Nutrition, Developmental Delays, Fatigue

215-247-4400 ■ Homeopathy1@yahoo.com ■ WellspringHomeopathicCare.com

#### You can feel better about your life!

- Do you have conflicts and tensions in your family?
- Are you experiencing communication road blocks?
- Do you need a place to talk about stuff?

call or email Claudia today!



215.317.8855 \* claudialistens@gmail.com \* ClaudiaListens.me

Claudia Apfelbaum, LCSW, Psychotherapist

#### A FRESH BREEZE IN YOUR LIFE Therapy for Individuals, Couples and Groups



Trauma, Anxiety, Divorce Recovery, Adult Children of Alcoholics/Addicts LGBTQ Positive and EMDR

Sylvia G. Brown, MSS, LCSW, PhD, JD

Offices: Chestnut Hill and Center City

By Appointment 484.574.6819 Sliding Scale

**Mellow Massage Therapy Center** 3502 Scotts Lane Bldg 17 | 1721A | Box A10 Philadelphia, PA 19129

w. www.mellowmassage.com e. info@mellowmassage.com **p.** 215-843-2234

Ask about our discounted monthly massage membership program!



10% off any service - new clients only (Use Code: ww14)

## **Vegetarianism Since 1699:** Fruits, Nuts and Recipes, Too

by Lynn Hoffman, for the Shuttle

STANDING AT THE CORNER OF CARPEN-ter and Greene in the early 21st century, it's hard to imagine that vegetarian cuisine was once no cuisine at all. We know about early vegetarianism mostly as a protest against both worldliness and cruelty.

Although early Christianity was sympathetic to meat-free living (Augustine wrote that Christians who

"abstain both from flesh and from wine" are "without number"), meat eating or at least aspirations to meat eating — were culturally dominant in the Western world outside the monasteries.

It's true that eventually we hear about the romantic vegetarianism of Percy Bysshe Shelly and its influence on Robert Browning and George Bernard Shaw. We also know that Dr. Frankenstein's monster is a vege-

tarian. What we don't know much about is what these early and marginal vegetarians ate. Still less are we aware of an aesthetic, a system of foods and flavors that supported what was, until recently, a very eccentric way of eating.

Mark Thompson's book, "Vintage Vegetarian Cuisine," tries to add some historical depth to our current understanding of the vegetarian and vegan diets. He has selected 250 recipes from 15 vegetarian cookbooks dating back to 1699. (The word "vegetarian" doesn't even enter the English language until 1847.) He has omitted many of the contributions of authors who thought that flavor itself was dangerous, and concentrated on recipes that contain at least the germ of an appreciation for the potential of a vegetarian diet to be delightful.

The cookbooks and their authors don't do much to reduce the crank, and cranky, aspects of early vegetarianism. There is an abundance of both fruits and nuts. Sylvester Graham, for instance, claimed that meat "stirred up the unclean fires of morbid lust" — a stirring of which he apparently disapproved. Russell Thatcher Trall believed that water was the only necessary medicine and that "all nutritive material is formed by vegetables." Dr. William A. Alcott was sure that a vegetable diet would cure epilepsy, tuberculosis and smallpox.

> But the chance to chuckle at our forbears is not the only reason to enjoy this book. Hidden amid all the charlatanism are accounts of attempts to create a cuisine that was based on ethical principles: The recipes here are the real charm.

> > Gay Arthur Payne, in his 1891 cookbook, frankly concerned about the problem of converting meat eaters to the vege-

tarian diet. "There are hundreds . . . who would positively prefer a vegetable fritter to meat," he observes, and then gives us a series of recipes for the ancestral veggie burger. Pane also offers an ancestor to the now-iconic mac and cheese. His contemporary, Mrs. E.W. Bowdich, provides a recipe for chestnut soup that's positively modern and easily adaptable to other nuts and starches.

Thompson is a good investigator and a charming writer. His histories are well told and insightful, giving us a look at a now mainstream idea back when it was still out on the edge of the fringe's margin. And although there's no overriding notion of a unifying cuisine, the recipes will no doubt inspire some culinary exploration.

I, for one, can't wait to hear about your version of Jellied Soy Salad, Parsnip Cake or Savory Brick.

Read more from Weavers Way member, food writer and blogger Lynn Hoffman at www.radiationdays.com.



Photo from E+CO

Reflective mirrored panels help heat up this Bolivian mom's solar box oven

## First, Build a Better Cookstove; Then Talk Women into Using It

by Betsy Teutsch, for the Shuttle

OR COOKS AROUND HERE, THE Cooking fuel debate goes: gas or electric? For rural girls and women in the global south, the cooking fuel question is: foraged wood or dung? Open-fire cooking is extremely inefficient, producing billowing smoke full of nasty particulates. Cooks and everyone in the fire's vicinity suffer from stinging eyes and respiratory ailments. The planet suffers too: The black carbon is a greenhouse gas that contributes to global warming.

Global initiatives to design higher efficiency cookstoves have proliferated. Improved cookstoves are generally freestanding single burners, often costing less than \$20. While swapping out threestone campfires for these better-designed stoves, which consume far less fuel, seems like a no-brainer, they have actually been a hard sell.

Women are reluctant to change cooking methods. Most of the 2 billion potential users in the market for improved cookstoves have never seen or tasted food prepared in non-traditional ways. It's not easy to convince women who have cooked tortillas over flat stones for their whole lives, like generations of women before them, to adopt a new cooking technology!

The most successful producers of improved cookstoves engage women in their product development. Women are often hired as sales reps, demonstrating and talking intimately about improved cookstove uses and benefits. Some higher end designs can convert heat to electricity to charge cell phones, adding to their appeal. Improved, higher-efficiency woodburning stoves are not relevant for cooks in the developed world, except for camping. BioLite, for example, manufactures stoves for the outdoorsy market that subsidize their stoves designed for the devel-

Solar cooking, on the other hand, is totally adoptable locally, supplementing existing cooking techniques. Solar technologies include portable solar ovens, solar box ovens and parabolic solar cookers. I was surprised to discover how far solar designs have evolved beyond do-ityourself flimsy affairs made of cardboard covered with reflective foil.

Solar box stoves are solid, insulated, raised wooden platforms designed to collect and retain solar-generated heat. The interior of the box is painted black. A black pot full of anything you'd cook in a crock pot is placed in the compartment. A slanted, double-glazed panel closes over the pot. Temperatures reach 248-320 degrees Fahrenheit, suitable for most cooking and even baking. Cedesol, a Bolivian NGO, has been a great champion of solar box ovens; founder David Whitfield and his wife, Ruth, have written an e-book, "Cooking with Sol," to help cooks embrace solar box oven cooking. Construction plans are available online.

Parabolic solar cookers are popular in Nepal and Tibet. These large, convex, circular reflectors concentrate the sun's rays; a shelf mounted in the center holds a pot, or a kettle can be suspended in the hot spot. Temperatures can reach 450 degrees F! A simple version can be constructed from a junked TV satellite dish; numerous instructions are posted online.

Hopefully the answer to cooking will become: gas, electric or solar!

www.womensglobaltoolkit.com

## Blue Marble **Bookstore**

It's a 5% bonus for the winter doldrums: if you redeem a full frequent buyer card in February, get 25% off instead of the usual 20%!

**HOURS** Mon 11:00 am - 6:00 pm Tues - Wed 10:00 am - 6:00 pm Thur - Fri 10:00 am - 7:00 pm Sat - Sun 10:00 am - 6:00 pm

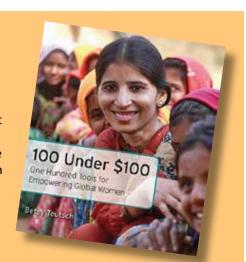
Voted Best Kids' Bookstore in Philly 2007 by Philadelphia Magazine!

551 Carpenter Lane 215-844-1870 info@bigbluemarblebooks.com

www.bigbluemarblebooks.com

#### '100 Under \$100'

Betsy's book, "100 Under \$100: One **Hundred Tools for Empowering Global** Women" (She Writes Press) will be out on March 6. She's doing a book event at 7 p.m. Thursday, March 19, at Big Blue Marble, 551 Carpenter Lane, and will be a presenter at FemFest, Saturday, March 7, from 10 a.m. to 4 p.m., at Summit Church, 6575 Greene Street. For more information about "100 Under \$100," visit www.womensglobaltoolkit.com.



## Earth Quaker Action Team Loves Mountains; PNC, Not So Much

by Eileen Flanagan, for the Shuttle

N Monday, Feb. 9, Members and allies of Earth Quaker Action Team (EQAT) will demonstrate just how much they love the Appalachians and the Earth as part of their five-year campaign to get PNC Bank to stop financing companies engaged in mountaintop-removal coal mining.

As allies in Appalachia prepare to celebrate the 10th annual I Love Mountains Day, the action in Philadelphia will include red hearts sent from people around the country..

Although PNC has Quaker roots and often brags about its "green" buildings, it finances two of the largest companies engaged in mountaintop removal, which contributes to both climate change and high rates of cancer and birth de-

## Clean Water Action Needs Your Input

E VERY DAY, TRAINS CARRY 160,000 barrels of crude oil through Philadelphia to be processed and refined.

These trains travel through our backyards on old, crumbling railroads. Derailments of this same cargo have happened throughout North America, warning signs of the serious risks involved with its transport. Are the federal government, the Commonwealth of Pennsylvania, the City of Philadelphia and the railroad companies doing what's necessary to doing to ensure our protection?

On Feb.10, Clean Water Action will present a comprehensive information session about this issue. Join us at 7 p.m. in the Community Room, 555 Carpenter Lane (adjacent to the Mt. Airy store) to learn about the issue, ask questions and make your voice heard.

This is part of a listening series that CWA is conducting across the city. Info and feedback shared at these meetings will be compiled and utilized in communications with key decision-makers. The community of members of Weavers Way can be a powerful contributor. For more information, visit www.cleanwateraction.org/pa.

fects in Appalachia. EQAT's past tactics have included a 200-mile walk across Pennsylvania, fasting, civil disobedience and bank branch actions that range from street speaking to silent Quaker worship.

The Feb. 9 action comes on the heels of the group's geographic expansion in 2014. In July, while a national Quaker gathering was being held not far from Pittsburgh, EQAT organized buses and brought 200 people from around the country to PNC's national headquarters. EQAT followed up with those participants through phone calls and regional trainings, and used September's People's Climate March in New York to continue building participants skills and confidence while bringing the campaign against PNC to Manhattan. Then they encouraged those participants to challenge PNC in their home states.

The strategy worked. On Saturday, Dec. 6, approximately 300 people participated in EQAT's "Flood PNC" national day of action, which spanned 31 locations in 12 states and the District of Columbia (with a few held Friday afternoon to accommodate local bank schedules). Twenty-two of the action leaders were playing that role for the first time — including a few teenagers. Six actions took place in the Philadelphia area, including one in which Germantown's Green Street Friends Meeting closed its PNC account. That action was led by Weavers Way member and EQAT board member Walter Hjelt Sullivan, who is also part of the planning team for February.

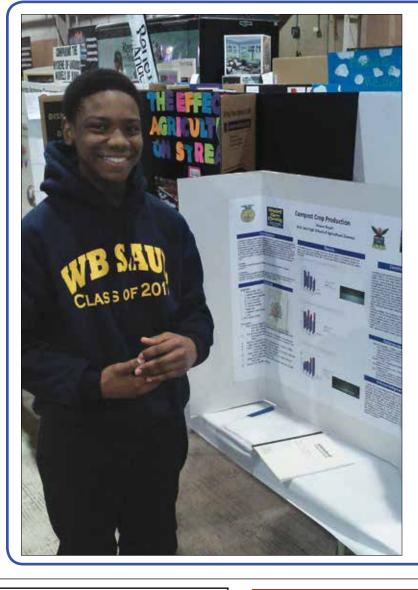
The February action will be preceded by a two-day action camp based at Green Street Meeting for those from around the country who wish to deepen their skills and understanding of nonviolent direct action. Anyone who wants to participate in the Feb. 9 action is welcome to join the group for orientation at 8:30 a.m. Monday, Feb. 9, at Friends Center, 1501 Cherry St.

Those interested in having a role or attending the action camp should contact EQAT campaign organizer Chris Baker Evens at chris.eqat@gmail.com for more information and to register.

Those who want to help make red hearts are also needed!

To make a contribution to support this work, visit www.eqat.org/donate.

Weavers Way member Eileen Flanagan has a new book, "Renewable: One Woman's Search for Simplicity, Faithfulness, and Hope," coming out in March. Her website is eileenflanagan.com.





## Saul Students Cookin' at the Farm Show

Future Farmers of America from Saul High School entered posters at the FFA Agricultural Education Science Fair at last month's Pennsylvania Farm Show. The team of Armani Brown, Hanaiah Lee-Brown and Damier Kemp earned a second place for their compost-pile temperature experiment —basically, they showed the steaming compost-in-progress was so hot it could cook a sweet potato — while Shawn Royall (pictured) placed third with his poster "Compost Crop Production."



## come see the difference



Open House: February 7, 2015, 1:00 - 3:00 p.m.

Call or visit us online to register, to learn about our Honors Scholarship and tuition assistance programs or to schedule a visit.

AFS offers a bus shuttle service for our students coming from Northwest Philadelphia.

www.abingtonfriends.net | 575 Washington Lane, Jenkintown, PA 19046 | 215-886-4350 An independent Quaker college-preparatory school serving students age 3 through grade 12



## **GRANTS AVAILABLE FOR GREEN COMMUNITY PROJECTS**

weavers way comp **Environment Committee** 

**Weavers Way Environment Committee** 

invites groups from Mt. Airy, Germantown, East Falls, Roxborough and Chestnut Hill to submit proposals for grants to make tangible improvements for the community. These small grants are drawn from funds raised from donations, which include 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 based educational programs, and range from \$100 to \$400, depending on available funds and number of qualified applicants. Deadline for submission of proposals is March 16, 2015. Decisions will be announced in early April.

Download a form and guidelines on the Weavers Way website:

www.weaversway.coop/ community-grant-application

Or pick up a form and guidelines from the Environment Committee mailbox upstairs at either Weavers Way store (Mt. Airy, 559 Carpenter Lane; Chestnut Hill, 8424 Germantown Ave.).

### **Call for Craftsmen!**

O YOU ENJOY WORKING WITH NATU-Pral and recycled materials? Are you excited at the challenge of creating an art piece that can be both admired and climbed

Are you a local artist who would like your work to be displayed on the grounds of the new, state-of-the-art Wissahickon Charter School in East Mt. Airy?

WCS is looking for innovative and skilled artisans and craftsmen to install a functional art piece at the Awbury campus at Chew Avenue and Washington Lane, which opened in September 2014. One of the biggest priorities is the cultivation of the green space there so Awbury students can both learn and play outdoors.

WCS's mission of environmental stewardship, peace and conflict resolution, parental

involvement and service learning. The winning artist(s) will be announced at the April 2015 Community Building Day.

Prospective artists will need to provide written answers to these questions: How does your proposed project line up with the mission of Wissahickon Charter School? How will your pro-



A successful installation will reflect Wetland or playground at Wissahickon Charter? Trick question: Both!

posed project benefit WCS students and the surrounding East Mt. Airy community? What is your philosophy on the intersection between the arts and environmental sustainability?

For more information or to apply, email Alex Evenson, alex@wissahickoncharter.org.

Deadline for applications is March 6.

#### ECO TIP

From the Weavers Way **Environment Committee** 

### Do You Really Need to Flush All That Water?

Forty-five percent of water use in the average home occurs in the bathroom, with nearly 27 percent used by toilets. Older toilets use 3.5, 5 or even up to 7 gallons with every flush. Consider replacing an older toilet with a low-flow toilet that uses only 1.6 gallons per flush (GPF) or a high-efficiency toilet that uses only 1.28 GPF. Even if you can't afford to replace your toilet, do you really need to flush every time you take a tinkle? There's that saying, "If it's yellow, let it mellow ..." You can save a lot of water by following that advice. Just make sure to add some white vinegar (that excellent all-purpose cleaner) to your bowl from time to time to counteract the buildup of urine salts that can clog your toilet. Pour 1-2 cups of vinegar in the bowl and leave overnight...



A Cooperative School Community • K-8



Small, Progressive, Independent

For Admissions and Open House registration:

www.crefeld.org 215.242.5545



Looking for a school where parent involvement is welcomed?

Come to an Open House!

Mon., Feb. 2nd • 9 am

Call to RSVP or Schedule a Tour 215-438-3623

Apply Now for 2015-16!

www.projectlearnschool.org



OMS Private Label • Green Sleep WJ Soutbard • Cozy Pure Royal-Pedic • Shepherd's Dream

1075 Main Street, Hellertown, PA 18055 Showroom Equidistant from Philadelphia & New York City www.theorganicmattressstore.com



Toll Free: 1.866.246.9866

## **Solarize Philly Partnership Promises Savings in Northwest**

N AN EFFORT TO INCREASE ROOFTOP solar installations in Philadelphia, the Clean Air Council and the Sustainable Business Network of Greater Philadelphia are offering a special opportunity to residents of Northwest Philadelphia. Through March 2015, homeowners can save money by using collective buying power to get solar systems for their properties through Solarize Philly.

Solarize Philly is a partnership of SBN (www.sbnphiladelphia.org) and the Clean Air Council (www.cleanair.org) with local solar installers Solar States and Exact Solar. Its goal is to reduce the cost of going solar for homeowners, and to meet the city's ambitious solar energy goals outlined in the city's Green Works Plan. (Interested? Find it here: www.phila.gov/green.)

Philadelphia has enough rooftop solar potential to meet about 25 percent of its energy usage. Solar energy could provide more than 4,000 well paid jobs, increase grid reliability, and bring about \$1.95 billion annually for the region in direct and indirect economic activity. Energy efficiency, a key element of creating a renewable energy hub, could bring about 5,000 jobs to Philadelphia by 2025.

Working with community partners like Weaver's Way, Lovett Library, Germantown United CDC, the Germantown Sustainability Network and the Germantown Life Enrichment Center, Solarize Philly is introducing its very first collective solarization campaign in Mt. Airy, Germantown and Chestnut Hill.

Going solar collectively puts renewable energy within the reach of homeowners to a degree never before seen in the Philadelphia area. All it takes is thirty to forty residents across these neighborhoods to go solar at the same time to get monthly loan payments on solar that are less than average electric bills.

Right now is a critical time for Philadelphia when it comes to making decisions about what type of energy future our city should have. The Philadelphia Chamber of Commerce and Philadelphia Energy Solutions, the company that now owns the former Sunoco oil refinery in South Philly, have recently been promoting a vision for turning Philadelphia into a fossil fuel energy hub. This vision includes ramping up production and export of natural gas liquids, expanding liquefied natural gas capacity, building new gas pipelines from the shale fields into the Philadelphia area, and building new natural gas-fired power plants.

Solarize Philly is promoting an alternate vision of the Philadelphia region as a renewable energy hub. This vision is to improve air quality and spur local, goodpaying jobs for Philadelphians by concentrating more energy efficiency initiatives and solar energy installations here.

For info: www.energysage.com/sbn.



Parent Marcell Porter recounts his heroic experience for second and third graders.

## At Miquon, Considering Heroes

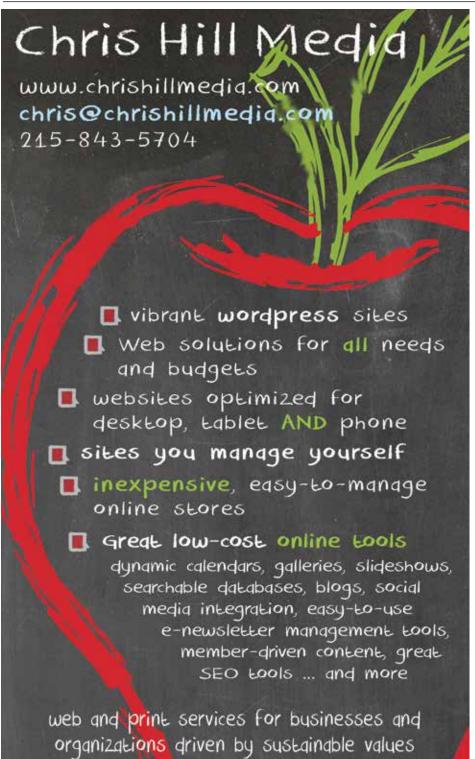
by Kristin Sanderson, for the Shuttle

AST FALL, SECOND AND THIRD GRADERS AT THE MIQUON SCHOOL STUDIED HEroes, exploring the character and lives of fictional characters like Wonder Woman and Superman and real-life heroes like Malala Yousafzai and Albert Einstein. Then Miquon parent Marcell Porter visited the classroom to share his own heroic journey, when he and two other men rescued a woman trapped inside a car in Cobbs Creek last summer.

Marcell described the 8 minutes it took to break the car's window, dive into the car, cut the woman away from her seat belt, pull her out of the murky water and resuscitate her. The children were riveted. Their questions were largely about whether he was scared. He wasn't scared, Marcell told them, and he didn't even feel heroic. The main thing, he said, was that he made that decision to stop. "I wasn't too caught up in my thoughts or distractions, and that's why I noticed a woman flagging me down at the side of the road." Perhaps, as Miquon teacher Mark Palacio suggested, Marcell's "super-powers," his knowledge of CPR and skills gained as an auto body mechanic, also helped him know what to do.

Following Marcell's talk, the children reflected and discussed the hero's journey, and how they might ready themselves for some heroic call in their own lives

kristins@miquon.org







## Schuylkill Center Celebrates 50 Years of People + Nature

by Anna Lehr Mueser, for the Shuttle

July 1, 1965, Richard L. James, then a young science teacher, arrived for his first day of work at the Schuylkill Valley Nature Center.

The environmental movement was in its early years. Millions of Philadelphiaarea residents would come to the Center, thousands of school children would learn about everything from aquatic life to the intersection of art and science, and the country's only environmental art program based at a nature center would offer cutting-edge installations and programs. But when the Meigs and Smith families, longtime Roxborough-area residents, broke ground for the Schuylkill Center and hired Dick James to run it, all of that was yet to come.

Since its founding, the Schuylkill Center has been a pioneer, exploring new frontiers in environmental education. Our emphasis on experiential learning means that visitors and students come away with real, meaningful experiences — whether from a student field trip or a professional workshop. Last year, the Schuylkill Center launched a new type of environmental art residency, combining art and ecological restoration. And in 2013 the Schuylkill Center opened Nature Preschool, the first of its kind in Pennsylvania, pairing a deep belief in the value of nature with an emphasis on child-led learning.

At its heart, the Schuylkill Center's work, whether with children or adults, thorough art or science, in the classroom or the woods, is about connecting people with the natural world.

In today's world, this work is evermore important. All around us, our planet, our local ecosystems, are changing. With more and more people growing up in cities, finding a way to build these connections is crucial to our future. This is why the Schuylkill Center continues to innovate, offering more programs and finding new ways to foster these connections, for people of all ages. In 1965, this was a dream, shared by the then-young Dick James and the Center's founders. Now, 50 years later, we are gearing up to celebrate our golden anniversary.

The celebrations began in January with the annual Richard L. James Lecture, named in memory of the founding director who went on to lead the Center for 31 years. Environmental artist Mary Mattingly, creator of the Fringe Festival installation WetLand, explored what environmental art means in the context of climate change.

In February, the Center turns the spotlight on our Wildlife Clinic with "Creature Comfort," Feb. 28. It's a chance for visitors to meet some of the animals cared for at the clinic and to talk with the staff and volunteers who dedicate their time to the sick, injured and orphaned wild animals brought there. It's also an opportu-



Richard James, the Schuylkill Center's first director, was famous for his weather reports on WFLN-FM radio; February's 50th anniversary spotlight is the Center's wildlife rehabilitation



nity to help the clinic get ready for baby bird season in the spring. Attendees are asked to bring something to help the clinic: dog and cat food, paper towels, bleach, towels and rags.

And 2015 will offer more celebrations, with a grand public picnic in June, the burial of a time capsule and an environmental education symposium in October.

As we complete five decades of connecting people and nature, the Schuylkill Center has its eyes firmly on the future. The coming months bring many celebrations for the community, as well as the first steps in the Schuylkill Center's master plan. Look out for changes both at the visitor center and on the property as the Center moves to make the property more modern and more accessible.

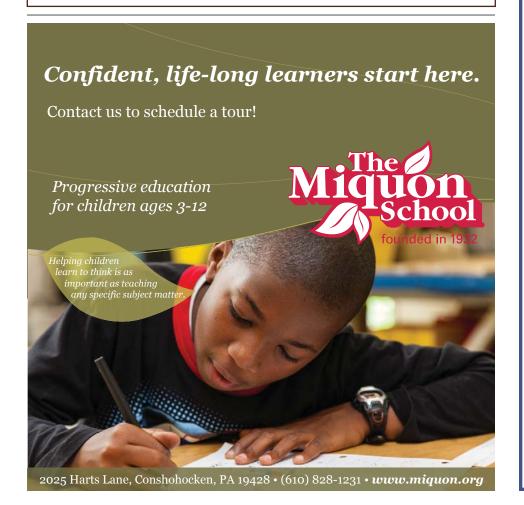
For more information about the Schuylkill Center's 50th anniversary, or about any other Schuylkill Center program, start by visiting the website at www.schuylkillcenter.org or calling 215-482-7300. (To reach the Wildlife Clinic, call 215-482-8217.)

## **FOW Seeks Naturalist Trainees**

RIENDS OF THE WISSAHICKON IS PARTNERING WITH THE VOLUNTEER TRAINing program of Pennsylvania Master Naturalist to prepare citizens to become leaders in their communities through natural resource conservation education, citizen science and stewardship.

Apply now for the Pennsylvania Master Naturalist spring training session, April 6-May 28 which includes classroom instruction at the Schuylkill Center for Environmental Education on Monday and Thursday evenings and Saturday field sessions coordinated by FOW.

The deadline for applications is Feb. 17. Applications and information can be found on Pennsylvania Master Naturalist's website at www.pamasternaturalist.org.



## summer camp

AT THE SCHUYLKILL CENTER

Because summer is for climbing trees, catching frogs, and walking through waterfalls.



#### NATURE RAMBLERS

OFFERING AGE-BASED DAY CAMPS FOR AGES 3 - 9

From forest to field, stream to pond, it's fun in nature every day.

**DOWN ON THE FARM DAY CAMP** OFFERING AGE-BASED DAY CAMPS FOR AGES 7 - 9

All about food, farming, and the land that sustains us.





#### SUMMER ADVENTURE TREKS OFFERING AGE-BASED CAMPS FOR AGES 10-15

Personal growth and environmental stewardship through exploration and adventure.

Register online at schuylkillcenter.org. For more information, call 215-482-7300, x110



8480 Hagy's Mill Road Philadelphia, PA 19128 215-482-7300 | schuylkillcenter.org

## Campaign for the 'Dallas 6' Inmates

by Susan Windle, for the Shuttle

PERHAPS YOU NOTICED US LEAFLETING RECENTLY OUTside the Mt. Airy Co-op. Here is the news we are spreading and why we think Co-op members will want to hear it. The "Dallas 6" are prisoners at Pennsylvania's State Correctional Institution in Dallas, Luzerne County. They are facing riot charges.

On April 10, 2010, these men staged a protest. For over a year, they had endured food deprivation, destruction of mail, beatings, neglect of medical conditions, use of a torture chair and the deaths of other prisoners.

After guards kept prisoner Isaac Sanchez confined in a torture chair overnight, the six inmates protested by covering their cell windows with mattresses. Prison guards responded in riot gear with electroshock shields, tasers and pepper spray. The guards involved suffered no injuries and initially no charges were filed against the inmates, who were left bloodied, naked and burned. They filed grievances and initiated civil action against the guards and officials involved.

Four months later, the six men were charged with rioting. They believe the charge is bogus, payback for speaking out. Their trial is set to begin Feb. 17 in Wilkes-Barre.

We (Susan Windle, Lynne Iser and Libby Harman) are members of Mishkan Shalom's New Jim Crow Study-Action Group, an interfaith gathering formed last winter to study issues around mass incarceration and to find ways to take action. Campaign organizer Shandre Delaney, the mother of one of the inmates, and recently paroled Dallas 6 member Derrick Stanley were guests at our January gathering. We were moved to help them.

#### Why We Support the Dallas 6

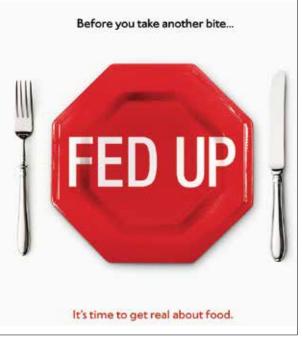
We believe that prisoners should be able to speak up about their conditions without fear of retaliation. This campaign is part of a movement of prisoners taking action through hunger and work strikes in Georgia, Ohio, Alabama, Illinois, Indiana, Virginia and California. We want to connect with and support this movement.

We believe torture must remain illegal in this country. Solitary confinement is torture. These men were held in solitary for over a year.

#### **What You Can Do**

- Make a donation to help with legal fees. (The goal is \$10,000; the men have no income and their families are not wealthy.)
- Pack the courtroom with us on Feb. 17.
- Set up a Dallas 6 speaking engagement for your group or organization.

Donations or questions? Visit scidallas6.blogspot.com or contact me at susan@susanwindle.com.



(From the movie)

### 'Fed Up'

(Continued from Page 1)

recommendation.)

Remember, this is *added* sugar — the American Heart Association would not want you to cut down on whole fruit, even though it does provide sugar, and, as the movie shows, your body absorbs sugar indiscriminately, whether it's from a strawberry or a Hershey bar. The difference is the strawberry also contains fiber (which slows the metabolism of the sugar) and nutrients.

One of the big issues I saw in the movie is how package design persuades families to switch from relatively unhealthful but homemade food — mashed potatoes, greens with fat, biscuits — to low-fat but processed products. It shows parents struggling to make the right choices, switching to Lean Pockets (11 grams of sugar) as a substitute for the regular Hot Pockets (3 grams of sugar) their children love. These parents believe they are doing the right thing and don't understand why their families are overweight.

Here in the "natural-foods" business, we often think we are immune from this level of marketing. We sell healthful, wholesome foods, along with the occasional cheese-coated — but organic! — cracker touted by a happy bunny. While many do uphold standards of sustainability and healthy living, many organic producers are owned by the very food companies being exposed in "Fed Up." Co-op staple brands Food Should Taste Good, Cascadian Farm and Muir Glen are owned by General Mills; Smuckers owns Santa Cruz Organic.

A big question: Does it matter? Don't big marketing budgets and economies of scale help natural foods producers reach more people and bring costs down? These companies have grown from independent roots to national brands, in much the same way that the health-

If you are interested in hosting a "Fed Up" screening, contact Weavers Way Outreach Coordinator Bettina de Caumette at outreach@weaversway. coop or 215-843-2350, ext. 118.

food store of the past is the Whole Foods Market of today. And now that you can find organic food in Target and Super Fresh, is our work here done?

Note that a third of Weavers Way's sales is of local products made or grown within 150 miles of Philadelphia. These purchases help keep jobs in our region and ensure that 255 entrepreneurs have the opportunity to reap the benefits of owning their own business.

There are examples all over the store. We have local organic yogurt from Seven Stars (Chester County) that is cheaper than the national brand. Beechwood Orchards Applesauce (Adams County) is priced in line with Santa Cruz. We could easily have half the selection, and purchase all of this from a few dozen companies. But concentrating ownership keeps the real money in only a few hands, with less circulating within the communities where they operate.

Meanwhile, for those who already know the food industry spends billions marketing junk food to kids, lobbying against labeling and sneaking sugar into everything, "Fed Up" can feel a little negative. I wanted to see families learning how to read a nutrition label and eating better, instead of watching them fail. It is, however, eye-opening to see a mother in tears, realizing she can sit down and watch TV and nuke Hot Pockets or spend an hour making dinner.

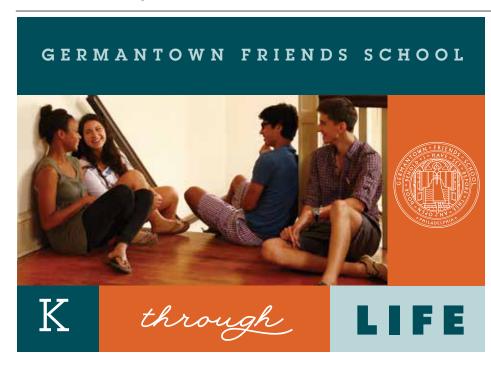
The end of the movie does show people learning to cook healthier, noting that the best way to subvert Big Food is by going local, going small and avoiding processed foods.

The same concept that created fat-free foods can change our food system for the better. Big Food Companies responded to people asking for less fat in their packaged food. They could also respond to fewer people purchasing packaged food to begin with.

Overall, I feel pretty lucky to have the Co-op at my disposal. But within this context, it's interesting to look at what we sell the most. In quantity sold since Jan. 1, Equal Exchange Chocolate Minis, tempting you right at the cash register for 25 cents apiece, were No. 1, which is so ironic I can't even stand it.

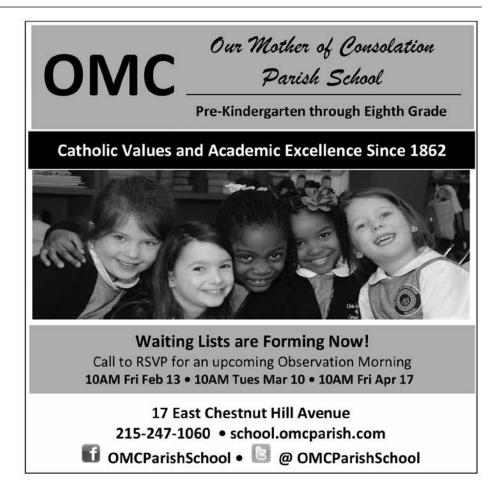
The point that I hope is taken from "Fed Up" is that investing time in purchasing whole foods and cooking for your family is an action against major food companies and an act of love — through your time spent making it, and time spent sharing it. But is also a sign that you want to keep them around for a long time.

skane@weaversway.coop



APPLY NOW FOR FALL 2015

31 WEST COULTER STREET, PHILADELPHIA, PA 19144
215.951.2345 WWW.GERMANTOWNFRIENDS.ORG



#### The Passionate Gardener

## Plan Now for Your 'Green Manure' Crop

by Ron Kushner, for the Shuttle

F YOU WANT TO IMPROVE YOUR SOIL IN A SIMPLE, IN-Lexpensive way, "green manures," commonly called "cover crops," are the way to go. Most garden soils can be kept productive and healthy by crop rotation with the addition of organic matter from cover crops.

Organic matter is the nutrition in the soil for your future plants. Fungi and bacteria work together to break down the organic matter by "eating" it and releasing nutrients back into the soil in a form that the plants can take up and use. This process, called "nutrient cycling," builds a healthy soil. The addition of organic matter creates great soil structure, increases water absorption, holds nutrients for a longer period of time and keeps the soil pH-steady.

In addition, cover crops choke out weeds and stabilize the soil surface. Their roots aerate the soil and bring needed minerals to the surface for the plants to utilize. They also provide habitat for beneficial insects and soildwelling microorganisms.

In our area, cover crops can be sown in the fall and cut back and turned into the soil in the spring, about three weeks before planting. (Make sure you cut it down before it goes to seed.) I do not till my garden beds; I simply cut the cover crops down in small pieces with hedge clippers, let them remain as mulch and then bury them with compost at planting time.

Cover crops can also be sown in the summer, either after harvesting early crops or to give some areas a rest from production. They not only control weeds but provide excellent cover and food for beneficial insects.



Photo courtesy of Cornell University Garden Ecology Project, blogs.cornell.edu/gep/blog/

A fine array of cover crops, clockwise from front: crimson clover, vetch, ryegrass, mustard and a little buckwheat in the center

fava beans and vetch, can act as a host for the bacteria that "fix" nitrogen from the air and make it available for summer vegetables. When you plant legumes, an inoculant is recommended as it increases the nitrogen-fixing ability of the plants. Inoculant in powder form is available in any garden center. Legumes form a relationship with rhizobial bacteria (or "rhizobium") that causes nitrogen from the air to accumulate in nodules on the roots. This nitrogen is then converted into a form that plants can use. Inoculants are simply live rhizobial bacteria. Note that the bacteria die when exposed to sunlight, so be sure to plant your seed immediately once it is inoculated.

Favas (Vicia faba) are deep-rooted and produce an abundance of green, organic matter. The stalks are brittle and break down quickly. Crimson clover (Trifolium incarnatum) is a winter-hardy annual that does not multiply like perennial red clover. It can be planted in the fall and

One of my favorite summer cover crops is buckwheat (Fagopyrum esculentum). It grows quickly and can be cut down only 5 to 6 weeks after germination. The roots are brittle and easily chopped up with a hoe. Sow the seeds over the top of the soil and water in. Buckwheat tends to smother all weeds, attracts many beneficial insects and accumulates insoluble phosphorus that is released back into the soil when you turn it in.

Other cover crops include soybeans (a good summer cover crop), vetch, New Zealand white clover, daikon radish, winter wheat, Austrian field peas and oats.

I would not recommend alfalfa as a green manure; my experience is that it's hard to cut down and hard to turn under, and keeps growing all season long, becoming one of my worst weeds.

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







Celebrating our 17th Anniversary of Inspiring Landscape Solutions in Support of Awbury Arboretum

For over 17 years, Awbury Arboretum Landscapes has provided arborist and landscape design, installation and maintenance services to the 55 acre arboretum and to many other Philadelphia institutions and residences.

Utilizing us for landscape services helps to support the Arboretum, which is free and open to the public 365 days a year.

#### Now is the perfect time to call us for:

- Aged Firewood –
- Spring Cleanup -
- Garden Design & Installation -
  - Tree Work -



Call us today for a free site visit, consultation and estimate.

Chris Carrington, Director, Awbury Arboretum Landscapes 215-849-2855 x 17 • ccarrington@awburylandscapes.com www.awburylandscapes.com



#### CALENDAR OF EVENTS

Weather closings are posted on www.weaversway.coop, Facebook and Twitter. Or just give us a call at 215-843-2350!

#### **ALL MONTH LONG**

#### **WEAVERS WAY CHESS CLUB**

7 p.m. Mondays at Mt. Airy Read & Eat, 7141 Germantown Ave.

LOCAL MONDAYS, 4-7 p.m.

**NEW! MONTHLY MOVIE NIGHT** 

First Thursdays at Mt. Airy Read & Eat, 7141 Germantown Ave.

Tuesday, February 3

**Weavers Way Board of Directors Meeting** All are welcome. This month's meeting is in the Parlor Room at Summit Church, 6757 Greene St.

RSVP with your member number to Board Administrator Julie Jurash, boardadmin@weaversway. coop or call 215-843-2350, ext. 118.

7:30 p.m.

WW Environment Committee Meeting Info: Steve Hebden, steve@weaversway.coop or 215-843-2350, ext. 128.

**Thursday, February 5** 

Weavers Way Movie Night at Mt. Airy Read & Eat:

**FOOD FOR CHANGE** 

On the first Thursday of every month, Weavers Way members are invited to view and discuss select documentary films at 7141 Germantown Ave. This month's movie is "Food for Change" (www. foodforchange.coop), the history of the modern American cooperative movement. We screened it at the last General Membership Meeting; if you missed it, here's another chance! Seating is limited — RSVP with your member number to outreach@weaversway.coop or 215-843-2350, ext. 118.

Workshop: FIVE WISHES

Weavers Way member Martha From speaks on aging with dignity. "Five Wishes" is a workshop intended to help adults legally declare how they want to be cared for, in case at some point they can't speak for themselves. Includes a free Five Wishes Workbook for each attendee. In the Community Room at 555 Carpenter Lane (adjacent to the Mt. Airy store). RSVP with your member number to outreach@weaversway.coop or 215-843-2350, ext. 118.

Tuesday, February 10

Clean Water Action Presentation on Philadelphia Oil Trains

Get up to speed on current statistics and conditions regarding the transport of oil through our region and the potential impact on both residential and commercial corridors. An open discussion follows this presentation, a project of PA Clean Water Action hosted by Weavers Way. In the Community Room, 555 Carpenter Lane (adjacent to the Mt. Airy store). To RSVP or for more information: outreach@weaversway.coop or 215-843-2350, ext. 118.

Wednesday, February 11

**Workshop: DEFYING THE FLU** 

Member Margaret Kinnevy, RN, LAc, Integrative Acupuncture, presents on how to boost immunity to prevent the flu using kitchen and botanical medicine. In the Community Room, 555 Carpenter Lane (adjacent to the Mt. Airy store). RSVP with your member number to outreach@weaversway. coop or 215-843-2350, ext. 118.

Wednesday, February 11

**Welcome Meeting for New Members** 

Let us introduce you to the Co-op! Earn two hours credit towards working membership for attending this presentation about Weavers Way, the cooperative movement and much more. In the Community Room, 555 Carpenter Lane (adjacent to the Mt. Airy store). RSVP: member@ weaversway.coop or 215-843-2350, ext. 119

Thursday, February 12 7 p.m. Weavers Way Committees Convergence

Representatives and prospective members of all Weavers Way member committees are invited to discuss goals and aspirations for 2015, not to mention committee protocols and other business. In the Community Room, 555 Carpenter Lane (adjacent to the Mt. Airy store). RSVP with your member number to outreach@weaversway.coop or 215-843-2350, ext. 118.

Friday, February 14

**HAPPY VALENTINE'S DAY!** 

Member Forum on Pricing & Food Access A continuation of our open discussion of pricing and food access, commenced in December 2014. This forum will be the third; all Weavers Way members are invited to attend, listen and speak up. Refreshments will be provided. In the Parlor Room at Summit Church, 6757 Greene St. RSVP with your member number to outreach@weaversway.coop or 215-843-2350, ext. 118.

Saturday, February 21

**Annual Gluten-Free Day at Weavers Way Chestnut Hill** 

Gather at the Co-op in Chestnut Hill to discover the best in gluten-free, with tastings and demos all afternoon. Meet our guests from the National Foundation for Celiac Awareness who will be on hand to answer all your questions. Join in our raffle and buy a chance to win a gift basket chock-full of

Wednesday, February 25 Weavers Way Membership Committee Open House

This Membership Committee Open House is for Co-op members interested in earning work credit by supporting General Membership Meetings, new member orientations and Member Forums. Come find out what's involved and why joining this committee is a great way to do your hours and get 5 percent off your shopping tab! You'll discover that it's fun and full of rewards of its own. In the Community Room, 555 Carpenter Lane (adjacent to the Mt. Airy store). RSVP: member@weaversway. coop or 215-843-2350, ext. 119.

To suggest an event, or for more information, contact Outreach Coordinator Bettina de Caumette at outreach@weaversway.coop or 215-843-2350, ext. 118.

## **Every FIRST THURSDAY**



Join us for a flick and a conversation monthly at Mt. Airy Read & Eat, 7141 Germantown Ave. This month is FOOD FOR CHANGE (info: foodforchange.coop).

> Check the Weavers Way Event Calendar, www.weaversway.coop/events for updates!

Info: outreach@weaversway.coop

or 215-843-2350, ext. 118.



## Shop, Feel Good at GJC Giveaway

THE GERMANTOWN JEWISH CENtre's Women's Clothing Giveaway IX is Sunday, Feb. 22. This event has become a beloved date on many local women's' calendars. It's a chance to

- Meet up with friends and neighbors. Bring your mom, your daughter, your sister, your whatever!
- Clean out your closet, sending gently used, rarely worn apparel on to a new life. Be they vintage or just a recent mistake, another shopper might be thrilled to scoop them up.
- Do your own shopping for basics, accessories, or even shoes. Who doesn't need a pick-me-up by late February? And if you bring home an item and decide it was a mistake, just bring it back for Clothing Giveaway X in 2016!
- Support great causes. Among the recipients of this year's entrance donations (suggested: \$20) are Dining for Women and POWER:

Philadelphians Organized to Witness, Empower & Rebuild, an interfaith activist network.

• Unclaimed clothing will go to the Whosoever Gospel Mission of Germantown.

Germantown Jewish Centre, at Ellet and Cherokee streets, will have a bin out during the week preceding the event, for those who cannot attend to contribute clothing. See the website, www.WomensClothingGiveaway.com, for details.

Saturday night, Feb. 21, a Clothes Sorting Party will begin at 7 p.m.; it is surprisingly fun. Volunteers for the sorting, as well as the Sunday event, should contact Genie Ravital at GenieBud@gmail.com

Check out for details and admire the beautiful sign on Lincoln Drive featuring our iconic women shoppers, designed by Mindy Shapiro. For more info, visit www.WomensClothingGiveaway.com

#### Tax Returns @ Reasonable Rates

#### Gerard A. Plourde Attorney at Law

Wills · Estate Administration · Real Estate Transactions Misdemeanor Criminal Matters · Small Claims Court

Consultations at your location

Phone (215)843-8203 Mobile (215) 901-7222

Grant Fox Contracting



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

Grant@GrantFox.biz

215-771-2713

John Sutton **Masonry** 

License #39705

- Concrete Sidewalks
- Basement Walls
- Brick and Stone Repointed & Repaired
- Stucco
- Flagstone

Contact John for a free estimate: masonrytradesman@gmail.com

215.510.6724

## Hansell Contractors, Inc.

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

HansellContractors.com

Office: **215-572-7141** Fax: 215-572-7149

Lic.# PA022176 **EPA Lead Certified** 

## **Suggestions**

by Norman Weiss, Weavers Way **Purchasing Manager** 

REETINGS AND THANKS FOR WRIT-Jing. 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.

Being in the food biz, I read industry publications. Co-ops have their own trade group, National Cooperative Grocers, and they recently sent out some information on market trends. Our primary natural-food wholesaler, UNFI, also sends out their take on trends, as do other industry participants, like supermarket trade publications.

I view "trends" in food with a skeptical eye, as I think a healthy food system is a fairly sustainable one, and once you figure out what it looks like, there is not that much need to make alterations, hence market "trends" to me are more like if our local farmers had one crop come up short and another come up heavy, expect to eat more of the heavy one.

I've seen many food-biz market "trends" over the years, starting with "natural foods" (at that time primarily meaning avoiding processed ingredients, eating whole grains, organic produce, etc.). Over the years, market trends have included the oat-bran craze, low-carb foods, low-fat foods, eliminating free radicals with noni juice, anti-inflammatory foods, eliminating sugar in diets, green tea and oxygenated water. Among others. All of these seemed a little crazy to me, but they sold tons of products.

Lately I've been thinking that looking at market trends misses the point. It shouldn't be about competing for food dol-



lars in the marketplace; it should be about changing the entire food system so everyone has healthy food available to them. I wonder if grocery stores are the healthiest way to get healthy food to people, and I also wonder about a food system in which getting healthy food to people is a competition with winners and losers and profits for some and losses for others.

I suspect it means we (as a culture) haven't yet developed the best system for this most basic of human needs.

I've seen one "trend" statement I agree with, resulting from an email exchange about MOM's Organic Market (a DC chain) opening in Philadelphia, from our own Marketing Director, Rebecca Torpie. The trend is "about a holistic experience with food that is about well-being, connectedness, relative social responsibility and adventure," she said. That would be a great trend to make sustainable (and thus no longer a "trend"). I'm just skeptical that the way to get there should involve a "marketplace." I see the Co-op stores as a way to help transition people to a closer connection to food even if it eventually means the role of the store changes to be less of a retail operation and more of the true definition of "store," a place to temporarily store food until it's needed, since that's the nature of harvest cycles.

In my mind, by far, the most impor-

I wonder if grocery stores are the healthiest way to get healthy food to people, and I also wonder about a food system in which getting healthy food to people is a competition with winners and losers and profits for some and losses for others.

tant food "trend" should be people being more involved in growing food, via their own gardens, a neighborhood garden, a CSA, some other direct link with farmers or, for now, supporting a retail store with a farm. I'm pretty certain this is valuable, and may be the path out of the mess we are in.

In fact, I think our new work requirement should be every person has to spend two hours helping to grow food each season (so eight hours a year). You can spend the time however you want, in your yard, community garden — whatev — but you have to put your hands in dirt and be involved with things like seeds, planting or harvesting for at least a little bit of your time. This kind of thinking, where every person has availability of healthy food, is not on the food industry's radar. Growing food together will lead to the "holistic experience" mentioned above, available to everyone, not just people that can pay natural-food store prices.

Sounds more idealistic than realistic, but continuing to work within the existing food system looks to me like a prescription for a bad outcome, kind of like doing things that lead to global warming.

As Mother Nature once ominously said (in a 1970s commercial where she was tricked into thinking Chiffon margarine was butter): "It's not nice to fool

Mother Nature."

#### suggestions and responses:

- s: "Please order more Le Bus Sesame Italian Loaf sliced. It's morning and I only found one loaf and it was hard to find."
- r: (Matt MA) We'll review our order of this item. Due to limited shelf space, sometimes loaves can get moved around. Sorry that happened.
- s: "Did we stop carrying Good Earth Original Tea? We have Sweet & Spicey, which is not all herbal like the original."
- **r:** (Heather MA) Sorry, I'm not sure why the original herbal fell off our radar. We will bring it back.
- s: "Are we discontinuing Nature's Path Corn Flakes? I hope not. The Whole O's, which appear to be replacing them, have cane sugar and corn flakes don't. Also, is Cascadian Organic replacing Minute Maid orange juice? Something was out of stock but not clear what. We think the Cascadian is significantly more expensive. If so, we'll have to purchase at Acme."
- r: (Heather MA) We did stop carrying the large bag of corn flakes but I will replace the boxed honey corn flakes with the fruit juice sweetened ones you like. We did not want to stop carrying the Min-

(Continued on Next Page)

#### **DESIRABLE APARTMENT LOCATIONS** IN MT. AIRY/GERMANTOWN!

\*\*\*AVAILABLE NOW\*\*\* See photos at phillyofficeretail.com

#### **Cobblestone Flats** 5301 Germantown Avenue (At the corner of Penn St)

6 Units - 1BR/1BA at \$700/mo. Unit - 2BR/2BA at \$900/mo. Tenant pays all utilities.

#### 6734 Germantown Avenue, 2nd Fl (Corner of Pelham St) 1BR/1BA with a small bonus room! \$825/mo. + utilities.

6629 Chew Avenue, 2nd Fl (Near E. Hortter St) 2BR/1BA with a great kitchen layout!

#### JUST LEASED! 279 W Mt Pleasant Avenue 2nd Fl

(Entrance on Lincoln Drive) 3BR/2BA with TWO living/great rooms! \$1,500/mo. + utilities.

Move to revitalizing areas in Mt Airy and Germantown! Newly renovated apartments with unique character and charm. Features: heat and A/C, garbage disposal, full range, microwave, and refrigerator Visit our website to read about all of the bonus features!

Near retail stores, cafes and restaurants. First, last and security due at lease signing. THESE APTS. WON'T LAST!

**NO APPLICATION FEE.** Contact Vaughn at 215-247-6960 or taylor@phillyofficeretail.com

Proudly serving our local community since 1987

**Complete Roofing Services Residential & Commercial Prompt, Reliable, Quality Work** 



The cold winter months are coming! Is your roof ready for ice and snow? NOW is the time to get your free roof inspection...

Remember... It all starts at the top!

(and don't forget those pesty gutter cleanings too!)

#### Call 215-843-1970 Email: AppleRoofing@verizon.net

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

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

www.AppleRoofingCo.com

## HANSON SERVICES

Small Projects for the Home

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

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

#### Call Ed "The Tech Guy"

**Computer Service and Repair** 

FOR ALL WINDOWS PC COMPUTER SERVICES In-Home or Remote Assistance **LOW RATES** 

cell 719-964-9538 www.edttg.com

Don't miss out on breaking news!

Sign Up Online at WWW.WEAVERSWAY.COOP



(Continued from Preceding Page)

ute Maid Orange Juice but our supplier doubled the minimum order from 50 cases to 100 cases. We can't hold that much in our freezer walk-in. We are looking for another vendor or other less expensive variety of frozen orange juice concentrate. (Norman) Also, people should know the U.S. orange industry is in a bit of trouble, and I've

read orange juice is likely to become very expensive due to a fun-sounding disease called "Citrus Greening," also known as "Huanglongbing" or "yellow dragon disease." Huanlongbing (if Microsoft had chosen this name instead of "Bing" for their search engine, it would have caught on better) is caused by bacteria transmitted by a little green louse called the citrus psyllid. Florida growers are doing what they can, mostly using pesticides. At least one organic grower is trying to use more natural methods like predatory wasps to eat the psyllids

and spider webs to catch them. But depending on what you read, the prognosis for the Florida orange industry ranges from annihilation of most of the trees to damaging but manageable with the right mix of treatments. Maybe Monsanto could genetically engineer our backyard tomato plants to produce oranges in the winter so we could have a winter supply of home-grown orange juice. In fact, why bother growing and juicing oranges at all? Maybe Monsanto could engineer a plant that just grew the juice directly, preferably in a little cup with a straw.

- s: "Two favorite Annie's salad dressings: \*\*Chili Lime \*Lemon Chive."
- **r:** (Heather) We carry the Lemon Chive. Not sure how to interpret the stars.

s: "Please look into Beyond Meat's 'Not Chicken Strips.' This product replicates chicken texture quite closely. It contains better plant protein, pea-based, and avoids the chemical processing normally used to produce texturized vegetable protein."

r: (Heather) This product looks interesting. We will bring in a few flavors and see how they go. (Norman) We're also stocking Beyond Food's "Not Anything Cutlets," which also replicates chicken texture, and replicating chicken flavor and texture ("tastes like chicken") ap-

pears to be a goal of our society.

- **s:** "Could you please stock single-serve soy milk and/or coconut milk (Silk, So Delicious) that isn't all chocolate? I've gotten it, but I guess not here. Thanks."
- r: (Heather MA) Look for Silk Vanilla individuals coming soon. I can't find any other coconut that isn't chocolate. Eden used to make single-serve plain soy but they stopped.
- s: "I tried the Paleo diet and found it kind of primitive. I'd like to move up in time a little. I've heard of the Robin

Hood diet. Can we look into stocking those products?"

r: (Norman) Of course, we are here to serve. We'll be bringing in boiled pullets, lark pies, plover's eggs, brown bread, oaten cakes, skins filled with ale and, for the occasional treat, venison sushi. Be aware that the Robin Hood diet is highly caloric, suitable for active forest life in support of the training and fitness required to attack noblemen on their way to pay tribute to the throne, then carry away heavy bags of silver and gold, and transport the plunder to the poor via long horseback rides in crappy English weather. I've heard there's also a "lite" version the diet, reduced calorie by substituting creek water for ale and turnips for lark pies.

normanb@weaversway.coop

### L.E.T.T.E.R

#### A Delicious Use for Almond Flour

HI GLENN, DO YOU REMEMBER YOU ASKED ME about almond flour rooi: labout almond flour recipe on Dec. 31 at Chestnut hill Co-op? I am very happy to share this fantastic almond banana bread recipe with you. I hope you enjoy it. It is very moist and sweet without sugar.

Mariko LaFleu

(Recipe reprinted with permission from Cook Eat Paleo. For more quick and easy gluten-free, paleo recipes visit cookeatpaleo.com.)

#### **Paleo Banana Bread**

- 2 eggs
- 2 very ripe bananas, mashed
- ½ cup honey
- 1 tsp. lemon juice
- 300 grams almond flour (about 3 cups)
- 1 tsp. baking soda
- ½ tsp. sea salt
- ½ cup walnuts or gluten-free chocolate chips,

Preheat oven to 325 degrees F. Grease 3 mini loaf pans.

Beat eggs until thick and pale yellow, 2-3 minutes. Reduce miser peed, add bananas and mix until combined. Pour in honey and lemon juice and mix until combined.

Mix dry ingredients, then add to wet ingredients in 2 additions. Mix until combined, fold in add-ins if using, then spoon batter evenly into loaf pans.

Bake 35-40 minutes, until golden brown and toothpick inserted in center comes out clean. Cool on wire rack.

## **BASEMENT PLUS CO.**

#### ...Plus We Waterproof

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

#### ...Plus We Renovate

- ☐ Redesign your basement
- Drywall, drop ceilings, closets
- Pergo flooring, carpeting, ceramic tile
- ☐ New bathroom, shower, toilet & sink in one week
- We handle all plumbing & electrical in basement



## **Show This Ad and SAVE \$100**

www.basementplus.com 215.233.4598

Insured & Licensed

Free Estimates

#### DON'T UPGRADE YOUR INSULATION!

Insulating without air sealing does only half the job and can lead to mold in your attic.

Read all the details at **EnergySVC.com** and find out if you qualify for an energy grant.

## NWIR Construction, Inc.

#### **Carpentry & General Contracting Custom work in older homes**

Free estimates - Local references We do repairs.

Please visit: NWIRconstruction.com 215-849-2003

office@NWIRconstruction.com

Lic# 23805 Fully Insured - Certificate Provided



- Caleb L. Schodt, General Contractor
- Kitchen & bath Additions & decks
- Doors & insulation
- Windows & skylights
- Moulding, trim work built-ins & closets
- Plaster, spackling, drywall & painting
- Ceramic tile & natural
- Porches/cornice/eaves
- Mansard/Tutor/soffits re-built & preserved
- Finished basements All masonry work
  - Building & Zoning

• Architectural & structural

permits/violations

#### COMPLATE MASONRY SERVICE

#### Flagstone, Brick & Stone Pointing JAMES G. CARDAMONE

- Concrete Work
- Basement Wall Plastering & Waterproofing

All Calls Returned

PA# 060401

- Chimney Repairs • Walkways & Patios • Glass Block Windows

- Ceramic Tile
- Retaining Walls www.jgcardamonemasonry.com

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

215-887-9323 GLENSIDE

Be Fido's and Fifi's Secret Valentine..



Adopt



#### Dinner and a Movie

## On Valentine's Actually, Your Best Play Might Be Staying In

by Margie Felton, Weavers Way Mt. Airy Deli Manager

FTER LAST MONTH'S FOOTBALL/SPORTS BAR Atheme, what's obvious for February's Dinner and a Movie? Love, of course . . . or "Actually."

I am sitting here watching this month's film, "Love Actually," for the third time since Christmas and although it is very much a holiday movie it is also my favorite romantic film. It starts and ends capturing people meeting their loved ones at the Heathrow Airport arrival gate and is filled with multiple love stories loosely intertwined — mostly romantic, but love between family and friends as well. Set in London, the cast features many English favorites: Bill Nighy, Hugh Grant, Emma Thomson, Liam Neeson, Keira Knightley, Alan Rickman, Colin Firth and more. "Love Actually" is not without some sadness and conflict, but in the end it is a feel-good movie perfect for watching on Valentine's Day.

Dining out on Valentine's Day? Not as good an idea. Restaurants are packed, menus and prices fancied up, expectations high. If you are trying to impress someone new or don't want to seem cheap, go ahead and make a reservation, but otherwise I recommend going out on a different night.

If you do need a suggestion, I recently discovered (OK, Glenn Bergman recommended it) a very romantic restaurant, Fiorino in East Falls.

I don't often go out for Italian because I feel it is fairly easy to cook it at home, but I made an exception for this tiny BYOB hidden on a steep, narrow street. The menu features traditional Italian dishes that are fresh and very well prepared. Both of my dining experiences started with complimentary bruschetta followed by fresh bread served with a fantastic roasted tomato puree. The first course on my initial visit was tasty beet salad, roasted beets with just the right touch of mint. On my second visit, tuna carpaccio and grilled calamari began the meal. The raw tuna was sliced very thin and flavored with lemon and capers; the calamari was tender and tossed with tomatoes and olives. Both were served with bright green baby arugula and both preparations were perfectly simple and just right. For entrees, I tried spaghetti with clams, which was straightforward and satisfying; orecchiette Rimini with scallops, shrimp and zucchini in a blush sauce, which was delicious; Mediterranean tilapia surprisingly served with roasted potatoes and green beans; and the eggplant parmesan special, which was what you would expect but unexpectedly light. To end the meal, my favorite French dessert is on the menu — crème brulee, creamy with a caramelized sugar crunch. The waiter brought shots of homemade limoncello to finish the experience.

When you leave Fiorino, you feel well fed and well cared for, the way a meal and a good relationship should make you feel. The meal reminded me of the value of the simple things in life and the significance of paying attention to details. As a chef, it is important to me that the people I love feel well cared for by making sure they are well fed.

Happy Valentine's Day!

margie@weaversway.coop



3572 Indian Queen Lane, East Falls 215-843-1500 www.fiorino.us/

Fiorino has a special menu on Saturday, Feb. 14, with four courses for \$45 per person. See the website for details. Seatings are at 5, 7, and 9 p.m.

#### **Love Actually**

2003. Written and directed by Richard Curtis. Available on Amazon and Netflix DVD, and at the Free Library.



FORGET

You can Shop, Donate, Invest or Take the Cash



www.MacIntoshConstruction.com

**A Complete Restoration** 

Company

215-843-2090

MacintoshConstruction@verizon.net

Fully Insured

The cold winter months are upon us and now is the time to begin thinking about brightening up your interior or investing in that great home project you have been putting off over the summer months.

Maybe give yourselves a Holiday Gift of a new kitchen or bath

Call us NOW for your FREE estimate

Kitchens - - Bathrooms - - Decks - - Windows - - Porches Doors - - Additions - - and more

Proudly serving Chestnut Hill, Mt. Airy, Germantown and surrounding areas for over 20 years



Janet Ames Member of EXECUTIVE REALTY'S Green Group

610 Old Lancaster Rd. Bryn Mawr, PA 19010 Office: (610) 520-0400 Cell: (610) 308-0802

janetamesrealestate@gmail.com www.realtorjanetames.com

Spring Market Will Soon Be Upon Us...

Now is the time to prepare!

Visit www.realtorjanetames.com/freebooklet to get your **FREE** Buyers/Sellers Guide today! Or call me for more info.



As seen in Philadelphia Magazine

 Five Star Professional surveyed Philadelphia area residents who nurchased a home priced at more than \$150,000 within an 8-month period. The final list of 2014 Five Star Real Estate Agents is a select group, representing less than 5% of real estate agents in the area.

Also visit me at: www.facebook.com/realtorjanetames www.linkedin.com/in/realtorjanetames

### SHOP SPACE AVAILABLE

Local wood working business now renting bench space. Contact Charles Todd: ctoddmacf@hotmail.com

#### A Name to Remember—Service Not to Forget



Ingrid Brown

215 248 6520

INGRID BROWN, GRI, Senior Real Estate Specialist Associate Broker since 1975 8400 Germantown Avenue, Philadelphia, PA 19118-3315 215 248 6520 direct · 215 353 3917 cell 215 247 3750 office Ingrid.Brown@foxroach.com Over 1,000 houses sold

A member of the franchise system of BHH Affiliates, LLC

(Continued from Page 1)

mer status as the most important city in the new country. Philadelphia is where we announced our independence from England, and made our first decisions about what kind of country we should be. It was a busy international port, a city of Quakers and abolitionists as well as slaveholders and racists.

And it's where much of the best food in the new United States was served.

In the earliest days of the republic, Philadelphia was our nation's capital, and local resident George Washington's famous private chef, Hercules, was a slave. Owning one's domestic help was common in old Philadelphia; slaveholder William Penn was a model citizen in more ways than one. Though we birthed an effective abolitionist movement, and Pennsylvania law curbed the holding of slaves as

early as 1780, abolition did not technically come to Pennsylvania until 1847. The city was a magnet for free blacks, but its appeal was relative; the rights that white folks take for granted came to blacks slowly, piecemeal and with reluctance.

But with the decline of slavery, fewer well-to-do families could maintain private chefs, so the notion of a "public butler" developed: someone who could serve food properly to guests when you had company and would do the same for other households when you were having leftover night.

The short jump from public butler to caterer created a new industry. Restaurants in those days weren't fancy, and if you wanted to dine in style, you hired a caterer. Philadelphia's first rock-star caterer was Robert Bogle (1774-1848), a former slave whose descendants founded and still run the Phila-

delphia Tribune newspaper. He developed a large operation, and his praises were literally sung by wealthy banker Nicholas Biddle in a lengthy "Ode to Bogle," but he also ran an undertaking business to make ends meet.

As his empire grew, he not only supplied cooks, servers and potwashers, but also platters, linens, stemware and fancy cutlery; he was the first full-service caterer. W.E.B.

Du Bois, in his groundbreaking 1899 "The Philadelphia Negro," described Bogle as the "butler of the smart set . . . his taste and eye and palate set the fashion for the day." Even the meat pies sold in Bogle's shop on S. 8th

Street were famous.

preneurs of color, some native born, some refugees from Haiti, got into the business. Peter Augustin, Peter Albert, as Dorsey and Albert Dutrieuille were players in Philadelphia's food scene unplayers in Philadelp

Other

entre-

Thomas Dorsey and Albert Dutrieuille were major players in Philadelphia's food scene until the latter part of the 19th century. In fact, as black caterers' influence grew, they formed a union that was among the city's first. It was, Du Bois wrote, "as remarkable a trade guild as ever ruled a medieval city. They took complete leadership of . . . a group of Negroes, and led them steadily to a degree of affluence, culture, and respect as has . . . never been surpassed in the history of the Negro in America."

One important caterer, John S. Trower, operated out of Germantown. At the turn of the 19th century, Booker T. Washington wrote about both his business acumen and his lifetime of philanthropy. This was typi-

cal of successful black businessmen of the time; they worked on many levels helping other blacks succeed. They supported black educational institutions; they opened financial doors via home mortgages and business

loans. Early on, they were active abolitionists.

Trower was born in Virginia to freed slaves, and worked on his parents' farm until he was 21, by which

time he had saved enough money to pay off their mortgage. In Baltimore, he learned to shuck oysters — possibly the single most important skill needed for success in the food world of the day. He moved to Philadelphia in 1870, purchasing the vacant Germantown Savings Fund building at 5706 Germantown Ave. His business included an ice cream parlor in the front, and dining and production rooms throughout the building. He eventually owned property throughout the region.

Among his humanitarian efforts was the founding of the Downingtown Industrial and Agricultural School. This school for black students was envisioned as the northern equivalent of the Tuskegee Institute, and it endured long after Trower's death in 1921. On its site today is a campus of Delaware County Community College.

His most noteworthy culinary triumph was traveling to Washington, DC, in the 1890s to cater a fancy dinner for John Wanamaker, U.S. Postmaster General at the time. Trower's obituary described him as "the wealthiest Negro in the state."

What sort of food did Philadelphia's black caterers serve their privileged customers? Like most successful businessmen, they

(Continued on Next Page)





7401 Germantown Ave, Phila, PA 19119, 215.242.3110, www.mybrewersoutlet.com

## BEST FOOD IN THE UNITED STATES

(Continued from Preceding Page)

gave the people what they wanted, and what they wanted was food that made them think they were in Europe. Menus of the day included filet of beef in various preparations, roast duck, lobster salad, deviled crabs, ladyfingers, jellied champagne, charlotte russe, deviled eggs. Early on, black chefs might be sent to France to learn their trade, and later generations who came up through the ranks often learned to prepare the dishes without benefit of a first-hand European connection.

But local waters teemed with oysters, and Philadelphia caterers sold mountains of them, raw, fried, stewed, frittered and, famously, with chicken salad.

Another local specialty, terrapin, a variety of turtle plentiful in brackish South Jersey bays, slow moving and easy to catch, was originally considered poor people's food.

But at some point during the latter 19th century they gained cachet (perhaps because they were overcaptured and had be-

chefs made them famous - in a consommé,

come scarce), and our

creamed in a stew, in fritters, in a dark, spicy soup. Enterprising Philadelphia caterers even shipped their turtle delicacies to New York and Europe.

Our culinary forbears were a hit.

As one reads over the accounts of black business enterprises in our local history, it is easy to get the impression that there was a significant black foothold in Philadelphia's middle class - to forget that blacks entered this country as enslaved people, their road to success littered with setbacks. Most 19th century blacks were poor, and their day-today lives were quite different from those of most whites.

Professional cooking, like other professions, is made up of individual skills and lessons that are, in and of themselves, easy to learn. It's the discipline and aptitude to master them that make you a success. What makes cooking different from being a lawyer is that so many of those skills involve heat and speed and sharp objects. It's a profession of endless and rigid deadlines. Back then, there were other challenges; refrigeration was primitive, transportation slow. Customers expected more and more varied food at fancy dinners. It must have been very difficult to excel, and be successful.

Another thing that made the professional kitchens of the 19th century different from today's: Whites didn't want to toil in those

hot, sweaty workplaces, so blacks were given the chance to prove themselves.

And they did.

Royer Smith is a Caucasian food writer and retired chef who worked at many whitetablecloth Philadelphia restau-

rants in the '70s and '80s, where he noticed nary a black cook or chef, and at

several high-volume catering enterprises, where he observed many black cooks and few, but some, black chefs. He is indebted for this article to the works of Jessica Harris and Adrian Miller, to the resources of the Germantown Historical Society and the Historical Society of Pennsylvania and to the guidance of Germantown chefs Valerie Erwin and Weavers Way's own Val Jamison.





THIS RECIPE FOR CHICKEN croquettes might have been used by any number of Philadelphia chefs 150 years ago. You can see its

French derivation - its cooked chicken and mushrooms bound by a very thick béchamel. It's interesting to note that croquettes are still considered company fare in many African-American homes.

- ➤ 3 tablespoons butter
- > 1/4 cup all-purpose flour
- ≥ ½ cup fresh chicken stock
- ≥ ½ cup evaporated milk (unsweetened)
- > ½ teaspoon salt
- > 1/4 teaspoon black pepper
- > 1 teaspoon fresh lemon juice
- > 1 teaspoon finely diced onions
- > 2 cups cooked chicken meat, minced
- > 3 tablespoons chopped pimento
- > Tiny amount freshly ground nutmeg
- ➤ 1 beaten egg yolk
- ➤ 1 cup sliced mushrooms, cooked well
- > 1 cup very fine bread crumbs
- ➤ 1 whole egg
- ➤ 6 cups vegetable oil, approximately

Melt butter in a skillet. Stir in flour and cook, stirring constantly, until light brown. Gradually stir in the chicken broth and milk. Stir over low heat until mixture is thick.

Blend in all remaining ingredients except the crumbs, the whole egg and the oil.

Allow the mixture to cool. Place crumbs in a plate and the whole beaten egg in a small bowl.

Shape the mixture into six croquettes. Dip first in crumbs, then into beaten egg and again in crumbs.

Have the oil about 3-4 inches deep and heat until very hot. Fry croquettes until browned. Drain well on paper towels.

Serve with a white sauce and, if desired, cooked vegetables such as green peas.

Note: Gail Borden first made evaporated milk in the United States in 1853. His E<mark>agle</mark> brand had become popular by 1858, but its sales soared during the Civil War.



Sartori Bellavitano Reserve Flavors: Merlot, Balsamic **Classic Montamore** 

\$1 off per pound

Try the Balsamic with sea salt chocolate caramels from the Bulk Department





## Why Is Marko Is Our IT 'It' Guy?

Because last month, Marko became a U.S. citizen! A native of Serbia, Marko Nastić came to the United States in 2008, and he's been wrangling bits and bytes at the Co-op since 2011. Joining him at his naturalization ceremony were, from left, Weavers Way IT Director David Chaplin-Loebell and former Co-op IT manager Tanya Rotenberg, and IT colleagues Chris Capuccio, Virginia Herbaugh and Branden Pinkney.

#### **Board Corner**

(Continued from Page 1)

be active with the Weavers Way Food Justice Committee.

• At its November meeting, the Board nominated Emmalee MacDonald to fill Nathea's unexpired term.

Emmalee has been serving on the Finance Committee and has helped Weavers Way Community Programs with financial reporting. A Certified Public Accountant who has worked with many businesses including co-ops, Emmalee brings both deep professional expertise and a demonstrated willingness to give her time to the Weavers Way Board. A Germantown resident, she was a candidate for the Board at the last election and is eligible to run for a full term during the upcoming election cycle.

These changes were guided by Weavers Way's bylaws. In the case of the Vice President becoming President, refer to Article VI, Section 3. ("In the event of the death, resignation or mid-term withdrawal from office by the President, the Vice-President shall complete the unexpired term of the President.") In the case of filling a vacancy, refer to Article V, Section 5. ("Vacancies on the Board of Directors occurring between membership meetings at which Board elections are held shall be filled by a majority vote of the remaining Directors.")

With these changes in place, the Weavers Way Board looks forward to continuing to serve the Co-op.

## **ELECTIONS ARE COMING!** Applications are due for prospective Board candidates by Feb. 27. **weavers** See www.weaversway.coop/board-elections for information on why and how to run. But time is short! Candidates are required to attend at least one Board meeting before the. **Vote.** deadline, and your last chance is Tuesday, Feb. 3. This month **Coopers** Sepstairs in the Parlor Room at Summit Church, 6757 Greene St., starting at 7 p.m. We'll be publishing info about Board candidates in the Shuttle and on the website, www. weaversway.coop, starting in April. Voting runs until the spr<mark>ing G</mark>eneral Membership meeting, Sunday, May 31, when election results will be announced.

#### **Membership Corner**

## **Get As Involved as You Want To Be**

by Kirsten Bernal, Weavers Way Membership Coordinator

NE MONTH INTO THE NEW YEAR AND THE MEMBERSHIP DEPARTMENT IS BUZZing with activity!

January saw the rollout of Food For All, our low-income discount program. I am happy to report that Food For All has gotten off to a great start. Current members have been enthusiastic about taking advantage of this great member benefit, and Food For All is garnering attention with community members who may not have considered shopping at Weavers Way in the past. So, as it turns out, the program is an excellent means of staying true to our Ends. FFA is helping to expand access to high quality, reasonably priced food, with an emphasis on local, minimally processed and ethically produced goods. We look forward to watching this program grow and strengthen over the year.

Plus, there are two important dates to mark on your calendar this month:

- On Thursday, Feb. 12, at 7 p.m., we'll be hosting a member forum on the role of Co-op committees. Weavers Way's member committees have long made significant and tangible contributions to the life of the Co-op. (The Food For All program, conceived by our Food Justice Committee, is one example.) February's "Committees Convergence" will provide opportunities to highlight the legacy of the committees as well as envision the next stages — a revitalization for the future.
- On Wednesday, Feb. 25, at 7 p.m., we're throwing a Membership Committee Open House. We are seeking members who are interested in earning household work credit by supporting the Membership Department. This is a unique opportunity to participate in projects that directly benefit members.

Both events will be in the Community Room, 555 Carpenter Lane (adjacent to the Mt. Airy store).

So this is my shout-out to members new and old! I hope that you will consider attending one, or both, of these events. Our intention is to grow and strengthen our Committees. Participation is a fantastic way to earn work credit! What could be better than tapping into issues that you care about, alongside like-minded members, all working cooperatively to achieve a worthy end? Committees are also a great way for new members to make an impact as well as for long-time members who may be

Member **Specials** 

Learn more about **Weavers Way** committees!

7 p.m Feb. 12 **555 Carpenter Lane** 

## **Open House**

Ask what YOU can do for your Membership **Committee** 7 p.m. Feb. 25 **555 Carpenter Lane** 

> Yeah, you get work hours!

ready to move on from cheese-wrapping and cookie bagging and bring their valuable life experience to a group.

You will earn work credit for attending either event. So come out!

Finally, just before I wrote this, I stopped to chat with a long-time member. Our conversation turned to a certain market that is rising slowly not too far up the road. The member asked, "What are we going to do?" I thought for a minute and replied, "We are going to keep doing what we do best." We are going to continue to support our local economy and each other. We are going to keep on cooperating. Because Weavers Way is so much more than a grocery store. It is community and shared responsibility. The Co-op is where we come together for many kinds of exchanges, not just a shopping trip.

What does Weavers Way mean to you? The Membership Department wants to know. Give me a call or send me an e-mail. Tell me about the role Weavers Way plays in your life.

kirsten@weaversway.coop

#### It is with a heavy heart that we must share the sad news of the passing of Weavers Way Founding Member Dorothy Guy. Our deepest condolences to Dorothy's family from her Co-op family.



Dorothy Guy

WE WILL ALWAYS BE APPRECIATIVE OF THE CREATIVITY, STRENGTH OF CHARACTER, ENERGY, WISDOM AND TRUE CARING YOU HAVE GIVEN TO WEAVERS WAY.

When I started at Weavers Way in September 1974, I knew food co-ops were organized and governed by a volunteer Board and committee members, and as I got more involved at the Co-op, I worked with some of those volunteers. Most, like Dorothy, were nearby neighbors. I remember Dorothy and her box of index cards that she toted around. Each card was a record of a member's equity, address, household members, and that precious original WW membership number. Dorothy created our first membership database of hundreds of members, and she meticulously recorded and maintained it as

Dorothy was also involved in the early

days of the Shuttle (the name "Shuttle" was her idea), back when "publishing" the Shuttle meant assembling content, then cutting mimeograph machine stencils and then running off hundreds of copies on a clunky, dirty, noisy, mimeograph machine filled with probably toxic ink that got all over everything.

Dorothy stayed an active volunteer, became a Board member and, around 1978, became Board Vice President and then President. I found Dorothy to be quiet and non-confrontational, but she also did not duck difficult issues or decisions or conflicts. Rather, she used her nature as patient listener, facilitator and creative problem-solver to work through issues.

Dorothy stayed involved over the years as an active Board member including terms as Secretary, at-large Board member and Operations Committee Chair. I think Dorothy was even on staff for a while, serving as Board Coordinator.

Looking back, Dorothy was one of a number of dedicated community volunteers who provided both the leadership and the hands-on work that kept the Co-op alive and growing. All past, current, and future Weavers Way members owe Dorothy a tip of the hat.

Thank you, Dorothy.

Norman Weiss, Weavers Way Co-op

#### Staff Celebrity Spotlight: Chris Holder

## Blame It on the Bam! **Emeril Fan Forges Career as a Cook**

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

THRIS HOLDER HAS HAD A PASSION for food and cooking since his days growing up in Norristown and King of Prussia, when he and his family would watch Emeril Lagasse on the Food Network.

"He just inspired me to want to cook, and then I would cook dinner and stuff for us, and it grew from there,"

For almost three years, Chris has displayed his skills in the prepared foods department at Weavers Way Chestnut Hill, where for just over half that time, he's been the manager of the 4-to-midnight shift in the kitchen. A little over a year ago, he added a full load of classes at Montgomery County Community College to his weekly routine. His short-term plan is to transfer to West Chester University and earn his bachelor's degree in nutrition.

"I want to work with kids," he said. "'Cause that's where it all starts — obesity and all that. Catch it at the beginning, make them more aware of what they're eating . . . work in a

school, possibly."

It took Chris, 29, a little while to settle on this path. After graduating from Upper Merion High School in 2004, he worked at the record store FYE for six years, eventually becoming a shift manager. But the love of cooking was always in the background, and in 2009, he enrolled in JNA Institute of Culinary Arts in South Philly. After earning an associate degree there, he did an eight-month stage (pronounced "stazhje"), or unpaid culinary internship, working 15-hour days at high-end Blackfish in Conshohocken.

"At the time, it was the No. 1 restaurant, so I just wanted to throw myself into the fire," he said. "It was really hard, but . . . it paid off. I mean, it brought me here."

As the supervisor for the Hill's late shift five days a week, Chris coordinates the prep, cooking and cleanup tasks for himself and his staff of three. Since half their time is spent without shoppers in the store, they can put all their effort into production.

"We've been working together for almost two years, us three, so that's like, a good camaraderie," he said of his fellow



chefs, Mike Donato and Lee Fetelson. "We know what needs to be done."

That sense of camaraderie, both in the kitchen and throughout the Co-op, is one of the reasons why Chris enjoys working for Weavers Way.

"Never had a job like this, like where they actually take care of their employees," he said. "Everybody's friendly; it's kind of like a homey feeling. When you're doing a good job, you get told you're doing a good job. It's a lot less stressful, too."

Even so, there are challenges. "They set forth what they want, what

supervises the night shift in the kitchen at Weavers Way Chestnut Hill

they expect out of us," he said. "... Like [Executive Chef] Bonnie [Shuman] sometimes expects us to come up with new stuff on the fly, stuff like that. It's hard for me to do that. I can't put much time after work into work."

The loyal Dallas Cowboys fan (he likes the other Philly teams — really) lives in Mt. Airy with Katie, his girlfriend of four-plus years. At home, he likes to cook up Asian dishes and experiments with different combinations of tacos.

Chris hopes his current crammed schedule will lead to a better-paying position somewhere once he earns his degree in the fall of 2016. He believes Weavers Way has helped him grow as a person, and credits Katie, a kindergarten teacher in the Haverford School District, with helping him refocus his life.

"In my early 20s, I was in trouble kind of, hanging out with the wrong people, and I didn't have a path to where I was going," he said. ". . . So, it's like, a lot of credit to her . . . being around somebody who's accomplished and had goals and . . . had their head on their shoulders really put me on the right path."

kplourde@weaversway.coop

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

#### **The Shuttle**

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: Kim Paschen, Lisa Wallenstein, Kaela Farber, Andrea Moselle, Ken Ford, Michelle Quirk

Contributors for this issue: Glenn Bergman, Alison Cohen, Tema Esberg, Margie Felton, Jill Fink, Eileen Flanagan, Lynn Hoffman, Stephanie Kane, Ron Kushner, Marsha Low, Karen Plourde, Bonnie Shuman, Laura Morris Siena, Larry Schofer, Royer Smith, Betsy Teutsch, Rebecca Torpie, Sue Wasserkrug, Norman Weiss, Susan Windle, Connie Winkler.

#### 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!









**General Manager Executive Chef** Glenn Bergman, ext. 131

#### 215-913-9437 (cell) gbergman@weaversway.coop

**Purchasing Manager** Norman Weiss, ext. 133 normanb@weaversway.coop

Nancy Pontone, ext. 116 npontone@weaversway.coop

#### Finance Manager

Susan Beetle, ext. 110 sbeetle@weaversway.coop

#### **Marketing Director**

Rebecca Torpie, ext. 121 rtorpie@weaversway.coop

#### Membership Coordinator

Kirsten Bernal, ext. 119 member@weaversway.coop

#### **Outreach Coordinator** Bettina de Caumette, ext. 118

outreach@weaversway.coop

**Human Resources Manager** Jon Roesser, ext. 132 hr@weaversway.coop

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

#### Mt. Airy Wellness Manager April Pedrick, ext. 114

#### apedrick@weaversway.coop Pet Department Manager

#### Anton Goldschneider, ext. 276 petstore@weaversway.coop

#### Farm Manager Nina Berryman, ext. 325

nberryman@weaversway.coop

#### Floral Buyer

Ginger Arthur, ext. 317 floral@weaversway.coop

#### **Department Heads**

#### Grocery

Chestnut Hill main number: 215-866-9150

(MA) Heather Carb, ext. 113 hcarb@weaversway.coop (CH) Riley Luce, ext. 217 rluce@weaversway.coop

#### **Prepared Food**

(MA) Dave Ballentine, ext. 102 dballentine@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

#### **Weavers Way Community Programs**

#### **Executive Director**

Jill Fink jill@weaversway.coop

#### Office Manager

Angela Faranda afaranda@weaversway.coop

#### **Farm Educator** Tara Campbell

henryeducation@weaversway.coop

#### Farm Manager **Andrew Turner**

aturner@weaversway.coop

#### 215-843-8289

www.weaversway.coop/wwcp



#### **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 start at 6:30 p.m., in Mt. Airy in the Community Room, 555 Carpenter Lane, or in Chestnut Hill at various locations (call for details). Current members who help host also get work credit!

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

Wednesday, Feb. 11, 555 Carpenter Lane Wednesday, March 11, Chestnut Hill Friends Meeting, 20 E. Mermaid Lane



## **February Member Specials**

Valid from Feb. 4 - Mar 3

For more member savings, visit www.weaversway.coop



WOODSTOCK FARMS Organic Kosher Dill Pickles 24 oz

\$4.99 REG \$5.89



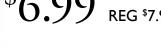
**BADGER** Lip Balm assorted .15 Oz

\$1.99 REG \$2.39



ANDALOU NATURALS Citrus Verbena Body Lotion 8 fl oz

\$6.99 REG \$7.99





WOODSTOCK FARMS Organic Bread & Butter Sweet Pickles 24 oz

\$4.99 REG \$5.89



SIR RICHARD'S **Condom Collection** 3 ct

\$3.39 REG \$3.99



ANDALOU NATURALS Lavender Thyme Body Lotion 8 fl oz

\$6.99 REG \$7.99



FOLLOW YOUR HEART Vegenaise Grapeseed Oil 16 oz

\$4.99 REG \$5.69



SIR RICHARD'S Ultra Thin Condom 12 ct

\$8.99 REG \$10.69



MINERAL FUSION Nail Polish - Assorted Colors .33 fl oz

\$5.00 REG \$6.35

**Member Benefit** All Weavers Way Branded Merchandise





STORIES AT THE HEART OF HEALTH, SCIENCE AND INNOVATION HOSTED BY AWARD-WINNING MAIKEN SCOTT



RADIO Tune in to WHYY-FM at 9 a.m. on Fridays or 10 a.m. on Sundays.



**WEB** Visit **WHYY.org/thepulse** anytime for the latest in current trends and critical issues.





**COMMUNITY** Join the conversation online at facebook.com/WHYYThePulse





WHYT