



The Shuttle

March 2014 Vol. 42 No. 3

Community-Owned Food Markets Serving Northwest Philadelphia Since 1973

How Farmers Spend the Winter

by Nina Berryman,
Weavers Way Farm Manager

I JOKE ABOUT THE FACT THAT DURING the growing season I rarely set foot outside the 4-mile radius that encompasses my house, the farms and the Co-op stores. You could draw a box around those four points and 99 percent of the time from April to October, you'll find me inside. So winter is a refreshing change of pace because I have the time to venture out! And where might I venture to in February? To farming events, of course! In February, for example, I attended the PASA conference in State College with five coworkers.

The Pennsylvania Association for Sustainable Agriculture was founded in 1992 with the mission of "promoting profitable farms that produce healthy food for all people while respecting the natural environments." PASA serves to educate and support both experienced and beginning farmers in the areas of non-traditional agriculture, such as organic, biodynamic and grass-based, as well as working to create local markets for these products. Every year PASA hosts the "Farming for the Future" con-

(Continued on Page 24)



Lauren Todd photo

BOOM! Goes the Daisy

Weavers Way staffer Lauren Todd designed Next Door's "ARTiculture Flower Bombing" window for the Pennsylvania Horticultural Society's Flower Show Window Decorating Contest. The Flower Show, themed "ARTiculture: Where art meets horticulture," opens March 1.

Survey Says!

by Rebecca Torpie,
Weavers Way Marketing Director

IN DECEMBER, WEAVERS WAY checked in with membership, conducting our biennial customer survey. We asked you about your shopping habits, your relationship to the Co-op and how well you thought we are doing — from customer service to fulfilling our mission.

The Reed Group conducted this survey as well as our last one in 2011. The earlier survey drew 583 responses. This time, 1,255 of you filled it out, including 10 non-members. We collected quite a bit of data and appreciate your patience while providing it. One thing you told us is that it was quite a long questionnaire!

The Reed Group report was quite long too, with a 103-slide PowerPoint (available to view in the Online Members Center) and more than 300 pages of your written comments. So here are the highlights:

You are a very satisfied bunch.

Even more satisfied than you were in 2011, and you were pretty satisfied then. You told us that Weavers Way is meeting and exceeding your needs and expectations in many areas.

(Continued on Page 22)

WEAVERS WAY BOARD ELECTIONS ARE COMING

Our election cycle is in full swing — Candidate bios will be posted next month. We'll be choosing four at-large board directors to serve three-year terms, and you may cast your ballot starting April 1. (No fooling!). Results will be announced at the 2014 Spring General Membership Meeting May 18.

Voting begins: April 1 • Voting ends: May 18 • New Board meets: June 3

For more information, go to www.weaversway.coop/2014-board-elections or contact David Woo woo3d@earthlink.net

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

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Editor's
Note

by Mary Sweeten, Shuttle Editor

FEBRUARY WAS AN ODD MONTH AT the Co-op. Oh, your house too? I keep telling people around here that there is nothing staler than an old weather story, but a few things bear mentioning. Hurricane season is just around the corner, so listen up:

If the weather has you wondering if Weavers Way is open, give us a call. Or check the website, www.weaversway.coop. Or friend us on Facebook or follow us on Twitter. We're-closed announcements, closing-early announcements, opening-late announcements — they'll go up in all those places. Just as soon as we can find a working electrical outlet.

In the Benefits of Membership category, we're also gonna be sending emails to members. Do you get the eNews? You'll get an email. We had some discussions about this, 'cause I hates spam. But the first time we did it, there were no complaints, so there you go. No, we're not doing text messages. Sorry.

Speaking of complaints. Weavers Way commissioned a customer-satisfaction survey in December. (Marketing Director Rebecca Torpie reports on it in this issue, starting on Page 1.) When I first read the results, I got kind of depressed. Because although your multiple-choice answers said yes, yes, your narrative comments cried no, no:

- You don't know why you shop at Weavers Way because we don't stand for anything anymore.
- You don't know why we waste so much money on all that touchy-feely political stuff.
- And the prices . . . oh, the prices.

It took some fairly expensive fairly traded chocolate and a few locally brewed beverages to regain my perspective. Which is this: Oh yeah, when you own the place, you're entitled to hold it to high standards, and to complain about it.

Just another benefit of membership!

Meanwhile, I think I will not be getting my peas in by St. Patrick's Day this year.

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

 The Shuttle is printed on 100% recycled paper.

What's in Store at Weavers Way

Fair Trade Certification Comparison

	 Fairtrade Labeling Organization	 Fair Trade USA	 Fair for Life	 Eco Cert	 UTZ Certified	 Rainforest Alliance
Standards	Uses internationally recognized standards.	Creates own standards.	Uses internationally recognized standards.	Creates own standards.	Creates own standards.	Creates own standards.
Type of Farms	Primarily small-farmer co-ops; plantations for tea and bananas.	Plantations, small-farmer co-ops.	Small-farmer co-ops and plantations (excl. coffee where it's most important).	Plantations, small-farmer co-ops.	No publically posted labeling policy.	Plantations, small-farmer co-ops.
All that can be FT must be?	Yes	No; only tea, coffee, cocoa and quinoa required to be 100% certified.	Yes	No	No; only tea, coffee and cocoa.	No
Percentage of finished product that is certified	20% of the total product is FT certified. If the product contains ingredients that can be certified greater than 20%, they must include them.	20% FT certified. (Total on back of package.)	80% certified for front label (50% for cosmetics). Doesn't state percentage of final product, though their requirements are higher.	20% FT certified. (Total on back of package.)	Rules differ by ingredient, and they are not posted.	30% requirement for single or core ingredients. (Total on back of package.) Must put ingredient's percentage with seal on front panel.
100% single-ingredient certified?	Yes	Yes	Yes	Yes	No	No
Examples at Weavers Way	Equal Exchange, Ben & Jerry's, Divine, Green & Black's, Wholesome Sweeteners.	Greene Street Coffee, Aura Cacia, Badger, Ciao Bella, Frontier, Nature's Path.	Alaffia, Maine Root, Canaan, Chocolive, Dr. Bronner's, Equal Exchange, Guyaki, Interrupcion, Lake Champlain, Mavuno, Theo.	Sambazon	La Columbe*	La Columbe*
* La Columbe uses a process called Strictly Earth Conscious, which requires two of six certifications – Bird Friendly, Rainforest Alliance Certified, USDA Organic, FT USA, UTZ and Certified Carbon Free						

Weavers Way Guide to Reading a Fair Trade Label

by Stephanie Kane,
Weavers Way Local Buyer

THERE ARE A FAIR NUMBER OF DIFFERENT Fair Trade certifications on the shelves at Weavers Way. And in an effort to help you, our loyal and socially responsible shoppers, I spent the better part of a couple of weeks trying to compile all the certification information into an article for the Shuttle. Unfortunately, none of you would want to read that article. The picture is complex, and always changing. So instead I've tried to boil it down to a couple of key points, plus a chart, that I hope will make it easier to understand what the main certifying organizations stand for. This list isn't exhaustive; new certifications, and self-certifications, are always being developed. Look for these marks mainly on chocolate and coffee.

Ingredients. Have you ever thought about how much of the ingredients in your chocolate bar was Fair Trade? For almost all certifications, you'll need to check the back of the package. For that chocolate bar, look on the back where they list the ingredients, and you'll likely see something like this:

*Organic Whole Milk Powder, *Organic Raw Cane Sugar, *Organic Cocoa Butter, *Organic Chocolate Liquor, *Organic Unrefined Whole Cane Sugar, Organic*


Local Mondays
Sampling and specials from our local producers. Both stores, 4-7 p.m.

*Ground Hazelnuts, *Organic Ground Vanilla Beans. *Fair Trade ingredient. By weight 70% Fair Trade content.*

When all the ingredients are added together, 70 percent of the finished bar is Fair Trade. But depending on the certification, each of those ingredients may or may not be 100 percent certified. If they aren't, most certifiers require an additional asterisk, like this: ***30% Fair Trade certified sugar* — if only a portion of a particular ingredient in the bar is certified.

This is unfortunately the case for the Rainforest Alliance, where as little as 30 percent of the coffee in the bag or cocoa in the chocolate bar is Fair Trade.

Both the Fairtrade Labeling Organization and Fair for Life have policies that encourage, as much as possible, that if a product contains any ingredients that are available as FT-certified, that those ingredients be sourced as such. This is referred to as Commercial Availability, or, "All that Can be Fair Trade Must Be."

Production practices. One thing you won't see on the bar of chocolate or bag of coffee is the type of farm it came from. One of the major differences among the certifiers is that some work only with small-farmer-owned cooperatives, while others include large plantations. Certifications that allow plantations have standards for worker safety and wages. Across certifications, tea and banana plantations are prevalent, mainly because small farmers don't tend to grow these crops.

One of our vendors, Equal Exchange, which buys goods certified through both FLO and Fair for Life, is working to reverse that process, and turn plantations into cooperatively owned farms. For other products, including coffee and cocoa, there has been a struggle about certifying large plantations. FLO stands behind only small farmer cooperatives, because the original goal of the Fair Trade movement was to get small farmers access to market. Fair Trade USA allows plantations in all their products, mainly because their established supply chains make more product available.

As a co-op ourselves, we support Equal Exchange's efforts and hope other certifiers move in the direction of small farmer cooperatives.

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What's in Store at Weavers Way

Lowly Cabbage? More Like King Cole

by Mike Herbst, Weavers Way
Chestnut Hill Produce Manager

CABBAGE HAS BEEN A MAINSTAY OF diets throughout history and around the world, and continues to be a staple of the Produce Department. However, despite its long history and omnipresence, cabbage has a negative reputation. It's commonly thought of as smelly and lowbrow. Yet it has so many admirable qualities.

Today's cabbage and many other related vegetables (including kale, collards, cauliflower and brussels sprouts) are all derived from wild cabbage, which is native to coastal regions of Europe. Over time, plants were selected for reproduction and propagation based on desirable qualities such as sweetness, head size and hardness. The cabbage we are familiar with today was likely developed in Germany and Italy over 3,000 years ago.

Cabbage is an excellent crop for subsistence living. It is easy to grow, high-yielding, cold-hardy, easily stored and preserved and full of nutrients. It is very reliable and has been dependable during hard times. While these traits are what make it such an amazing crop, it is also why cabbage is oftentimes associated with peasants.

Before modern cold storage and refrigeration, growing cabbage was a great way to get essential nutrients year-round. Cabbage is rich in vitamin C, beta-carotene, fiber and several cancer-preventing phytochemicals. Cabbage can be stored



Purple or green, there's more to cabbage than corned beef — or coleslaw.

for months in root cellars or even simply buried in the ground. Its combination of late harvest-ability, high nutrient content and long storage life is unrivaled.

Another way of keeping cabbage is through fermentation. Briefly, fermentation is the process of harmless bacteria converting sugars into acid. Foods such as sauerkraut and kimchee are the products of fermentation; sailors have taken sauerkraut to sea for centuries to prevent scurvy.

The cabbage plant can tolerate cold temperatures (as low as 20° F.). It is among the first crops that can be planted in the spring and is harvested late into the fall. In milder climates that lack harsh winters, it can even be grown year-round. Another useful agricultural characteristic of the cabbage plant is that through proper technique, the roots can be damaged to retard growth. So if too many heads of cabbage would otherwise be ready to har-

vest at the same time, this procedure can delay maturation and extend the harvest.

When selecting cabbage, look for heads that are firm and heavy, with tightly furled leaves. Avoid heads that are light for their size or cracked, or that have yellowed leaves.

To prepare cabbage, pull off and discard any wilted outer leaves and cut out the core. If a recipe calls for shredding or slicing the cabbage for salad, a mandoline or food processor works very well. In the United States, most cabbage is used to make coleslaw, but it can also be stuffed, braised, sautéed, used in soups and cooked into fillings for dumplings or pastries.

Often overlooked, yet always present, cabbage is a truly marvelous vegetable.

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New on the Shelves

Hey Baby, Have We Got Snacks for You

by Karen Plourde, Weavers Way
Chestnut Hill Grocery Staff

WE ALL LOVE SNACKS, EVEN THOSE of us who are working with just a couple of teeth. So anyone with a baby in their life should take note that Weavers Way Mt. Airy has a bunch of new tidbits for our little consumers.

Ella's Kitchen Organic Munchy Biscuits have no concentrates, juices or refined sugar, and come in apple-cinnamon and banana flavors. Same goes for **Ella's Organic Nibbly Fingers**, which are individually wrapped and contain organic fruits, veggies and whole-grain oats. They're available in bananas+raisins and cranberry+acai.

Little Duck Organics Tiny Fruits, out of Brooklyn, are bits of dried fruit that the website says dissolve easily in a toddler's mouth. They are gluten-free, kosher and Non-GMO Project-verified. Mt. Airy offers them in three flavors.

Also, the next time you're down on Carpenter Lane, check out the **new grab-n-go refrigerated case** next to the door, across from the deli. That's where you'll find sushi, sandwiches and other prepared items. One more addition: **Divina roasted yellow tomatoes** are now in the main case across from the deli counter.

Elsewhere at the Co-op

Mt. Airy Pet: Our feathered friends are still looking for a few handouts to tide them over until things warm up and start growing. If you don't have a feeder, or if your current one has taken a pounding, consider a **No/No all-metal feeder**. Pet supplies buyer Anton Goldschneider has them in stock, along with models by **Droll Yankee** and **Audubon**. Fill them with bird seed from **Brown's**, **Scarlett** and **Bradley Caldwell**. Anton also has suet and suet feeders.

CH Grocery: Back to people snacks. **Fundamental** chocolates are made by **Donna & Company** of central Jersey and are made from organic cacao from South America, organic cocoa butter and honey from local apiaries. The Hill has them in Real Raspberry and Pistachio and Sea Salt varieties.

Are you curious about packaged cookies but think they can't be good? Bring home a pack of **Lavinia's** cookies from West Chester. They're soft, chewy, and fresh, and we carry several varieties. Then again, they might not make it home.

Mt. Airy Bulk: Manager Luis Cruz has a winner: individually wrapped **Reed's ginger candies**. Meanwhile, the boundaries of bulk continue to expand. You can now find **bulk falafel mix and hummus dip mix by Fantastic Foods** — no packets or cardboard to deal with. I tried the falafel mix and found it a bit bland, but easy to work with. Next time, maybe I'll add some cumin, coriander or garlic.

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Five Things

FIVE THINGS IS A SERVICE OF WEAVERS WAY.
Because there's no event that can't be improved by
bringing something you bought at the Co-op!

to Bring to the Vernal Equinox Party

The Vernal Equinox is March 20 in the Northern Hemisphere, so dust off the flower crown you bought at the RenFaire and celebrate the start of Spring!

1. **Chakra Balancing Aromatherapy Roll-ons** — Is your solar plexus out of whack? These travel-friendly soothers made with organic essential oils will line you up just right.
2. **Demeter Sunshine** — With night and day the same length, tip the scales in favor of light with this bright, natural fragrance that really does smell like, well, sunshine.
3. **Thayer's Witch Hazel** — 100 percent all-natural, alcohol-free astringent and skin soother. Take a whiff — it's early springtime!
4. **No/No Three Tier Wild Bird Feeder** — Birds like a good seasonal celebration too. This classy bird feeder won't leave Tweety feeling left out.
5. **PA Maple Syrup** — Pay homage to Eostra, Saxon Goddess of Dawn, by bringing your own container to the Bulk Department in Mt. Airy for some tasty, new-season maple syrup from Emerick's in Somerset County.

Weavers Way Community Programs

Children’s Gardens — Laboratories for Democracy?

By Mira Rabin, President, Weavers Way Community Programs Board

RECENTLY, A FRIEND FOUND amongst her grandmother’s books a small volume titled “Children’s Gardens for Pleasure, Health and Education,” and thought that we at WWCP might enjoy reading it.

While I had known that there had been a period of progressive thinking about education in the early part of the 20th century (indeed “kindergarten” means “children’s garden”), and an effort to re-connect urban children to nature as an antidote to urban overcrowding and pollution, the wisdom of this book was a revelation to me. It was written in 1910 by Henry Griscom Parsons, whose credentials included secretary and practical adviser of the International Children’s School Farm League and Director of the Department of School Gardens at New York University (two entities that no longer exist), and presents a bold, comprehensive and persuasive manifesto for the importance of small-scale farming as a critical piece of elementary urban education.

The first sentence of the book notes that

“throughout the United States, there is the anomalous condition of a country of large natural wealth . . . on the one hand, and on the other hand, masses of people struggling with poverty and its hardships.” Parsons identified a failure of education as the primary cause of that anomaly, and a robust farm education program as part of the solution.

The book is divided into two sections: the first sets out the author’s arguments in support of farm education, and the second describes, in great detail, how to do it. The chapter titles in the first half will give you an idea of the breadth of Parsons’ thesis:

Educational Needs to Relieve

Poverty, Sickness and Inefficiency; The Children’s Garden — A Laboratory in Which To Teach How Wealth, Health, Courage, Energy . . . and Happiness Are to Be Gained; How the Garden Work Trains for Occupations Other Than Gardening — The Pedagogy of the Spade; The Garden, A Place to Teach Economy; Play; Civic Training by Means of the Individual Plot; The Dignity and Honor of Manual Labor.

While Parsons lauds the obvious benefits of fresh air and learning how to

grow fresh and nutritious food, his aim is much higher: he sees farm education for children — boys and girls, rich and poor — as crucial to making them good cit-

izens. He argues persuasively that the individual responsibility, patience, collaboration, thrift and keen observation necessary for growing and harvesting food on a plot of land are the same skills needed to live in a democratic society, and that finding dignity in manual labor at a young age encourages a society where all work is honorable and honored.

The second part of the book offers a practical guide to anyone wishing to establish a children’s farm, with precise instructions regarding everything from the dimensions of plots and pathways (taking into account the reach of a child), tools needed, crops to plant and simple experiments to perform to learn basic soil and plant science. I am not a farming expert, but I think the instructions in this century-old book could be followed today with great success.

In 2014, we still face the anomaly of poverty in a country of great wealth, and are once again seeing an interest in re-connecting urban children with the natural world and the source of their food.

We know farm education is good for them; maybe it’s good for all of us!

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Spring 2014

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Storytime Nature Yoga
Stroller Strides
- CULINARY ADVENTURES**
Introduction to Canning
- BOTANY**
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Dumbarton Oaks:
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web and print services for businesses and organizations driven by sustainable values



Weavers Way Community Programs



The Hope Garden crew in winter.

365 Days of Farm Education at Stenton Family Manor

by Larken Wright Kennedy,
WWCP Junior Farm Educator

MISS, IS IT TIME FOR THE GARDEN?"

In the midst of January's cold, dark days, the earnest question from an inquisitive 6-year-old brings me an incredible amount of unanticipated joy.

"Yep," I respond, "it's time for the garden!"

The actual Hope Garden behind Stenton Family Manor has been a field of snow for two months running, and the only things growing in it are icicles. Only twice have temperatures climbed high enough to take the kids outside, and yet still they want to know if it is time for "the garden," because it is more than just a physical space — it's an hour and a half of their day when they get to play games, do art projects and create delicious and seasonally appropriate dishes. The ground may be dormant but their eagerness remains the same, which is why WWCP is committed to programming beyond the growing season.

As a first-ever endeavor, the winter program has been a process of trial and error with positive results. How do you design an experiential food literacy program with no produce growing, no outdoor work to be done and no specified indoor space? Step one: Make sure your partners are on board! Many thanks to Stephanie Devose, Stenton's Program Coordinator, for her scheduling flexibility and continuous enthusiasm for the garden. Without her, Ms. Hall and Mrs. Heard, the leadership of Director Rob Harrison and the help of all the other awesome

staff at Stenton, none of this would be possible.

The structure of the indoor program is quite different and yet the goal to have the children grow, prepare and appreciate wholesome foods remains the same. Did you know that a potato is actually a seed (but only if it has an "eye")? And that you can make delicious pear-apple sauce with the "seconds" from the season with no added sweetener? Could you determine whether a tomato is a fruit or a vegetable, and why? Because of our winter program, the attendees can answer "Yes!" to these questions, along with many more.



Larken Wright Kennedy photos

Raw kale salad was a hit.

During a mid-February lesson, a raw kale salad with lemon juice, local fuji apples and a handful of shaved parmesan had kids coming back for thirds and fourths. Their enthusiasm for hands-on work combined with genuine appreciation for fresh, whole foods will carry over into the spring when we're able to do more work outdoors.

At a time when it is evident that we all need to increase our food literacy to be able to navigate the intricacies of eating and to fully appreciate ethically grown and nutritious produce, WWCP is committed to continuing our program at Stenton and grateful for the opportunity to do so.

Stenton Family Manor is one of the largest emergency housing facilities for homeless families in Philadelphia. Hope Garden was established by WWCP and Stenton in 2009 to provide farm and nutrition education for the youth residents. This is the first time we've been able to offer year-round programs. WWCP intends to expand programming to include parents later in 2014.

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Our Doubleheader: Do What You Do, & Support WWCP

by Jill Fink, Executive Director, Weavers
Way Community Programs

AFTER A COUPLE OF MILD WINTERS, THIS year Mother Nature gave us the opportunity to make full use of our boots, shovels and all-wheel-drives. It's been both beautiful and brutal, calm and chaotic and, if nothing else, has me anticipating spring with even greater enthusiasm than usual. As you come out of hibernation, mark your calendars and join us for these great events that benefit Weavers Way Community Programs.

Iron Hill GIVE 20. Perhaps our most generous community partner, **Iron Hill Brewery in Chestnut Hill**, is hosting a GIVE 20 night for WWCP on Tuesday, March 25. The last GIVE 20 promotion for WWCP raised more than \$700, and broke the record for the most money raised at a GIVE 20 event! With your help, we hope to break our own record this year. Just dine at Iron Hill on March 25, present your server with the GIVE 20 voucher (on this page) and they'll donate 20 percent of your food bill to WWCP!

To sweeten the deal, Iron Hill will donate 75 cents to WWCP for every Triple Chocolate Hill dessert that's ordered . . . any time this year! That's right, all year long, WWCP benefits each time you indulge in this double fudge brownie topped with vanilla ice cream, peanut butter-caramel sauce, chocolate sauce and whipped cream.

The Phillies and WWCP. Spring training has started, Opening Day is just a few weeks away, so now's the time to grab some tickets for the Phillies vs. the Nationals, Friday, May 2. Bring your family, housemates, colleagues and neighbors out for an evening of hot dogs, cold beer and baseball. And it gets better than that, because \$4 from every ticket you purchase will benefit WWCP! Only a limited number are available, so don't procrastinate. Visit www.phillies.com/wwcp to get your tickets now!

So venture out! Go out to dinner! Head to the ballpark! Do the things you love and support WWCP at the same time! Embrace spring and live it up. August will be driving us back indoors before you know it.

P.S. — Art lovers! Save the date for WWCP's inaugural **Spring for Art** event Friday, April 18, featuring the work of artist Robert Blunk.

jill@weaversway.coop

DINNER and a DONATION

✂ Cut along dashed line

Weavers Way Community Programs

GIVE 20...means dine with us on Tuesday, March 25, 2014, and we'll donate 20% of your food bill (excluding alcoholic beverages, gratuity and taxes) to the Weavers Way Community Programs. Thank you for your support.

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not all ...

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all year long!

General Managers Corner

What Do Honey, Fish and Olive Oil Have to Do with Supplements?

by Glenn Bergman, Weavers Way General Manager

NORMAN WEISS, WEAVERS WAY'S purchasing director, and I have been having some discussions about the adulteration of food. The problems are well documented. You may have read the recent reports of fish listed on restaurant menus not really being the fish on the plate. That some honey is adulterated with sugar water. The many ways “extra-virgin” olive oil is not. On top of that are reports on apple juice and nutritional supplements.

Our buyers are confident that our food suppliers are selling us what is on the label. Our local buyer, Stephanie Kane, has been out to our supplier for bulk honey and confirms that our honey supply is 100 percent local. Our fish supplier is Samuels and Son Seafood, and we trust them.

However, when it comes to supplements, we are not sure of all of our products. As has been documented in the press, some supplements, lacking government oversight, do not have dosage or ingredients listed on the container. That is why Weavers Way has gathered a group of scientists and Co-op wellness staff to research the industry and the products we have on our shelves. We will eliminate

any suppliers who do not provide us with results from third-party testing.

My goal is not to discuss whether the product works (that is a bigger question) but to make sure that what is listed on the label is what is in the container. You, as customers and owners, have a right to know, and we will take the necessary steps to make sure of this.

For more reading, here are a couple of New York Times articles:

www.nytimes.com/2013/12/15/opinion/sunday/skip-the-supplements.html

www.nytimes.com/2013/11/05/science/herbal-supplements-are-often-not-what-they-seem.html

Walk a Crooked Mile

News has reached us that Walk a Crooked Mile Books shop at the Mt. Airy train station is closing this year. It is sad to see this Mt. Airy institution of used books, music and wonderful conversation disappear. I wish I could blame it on Amazon, but Greg Williams tells us that he is moving his operation to his house on Carpenter Lane, where he will continue to operate an online business.

A number of Weavers Way members have asked me to start a Co-op- or community-operated bookstore. I can say

“My goal is not to discuss whether the product works (that is a bigger question) but to make sure that what is listed on the label is what is in the container.”

this: Weavers Way will help in any way we can to organize the public to keep a used bookstore operating, but we cannot take on the task of operating one.

It would be wonderful if any members are interested in meeting and discussing how to keep this bookstore active as a co-operative entity with member volunteer labor. Perhaps the store could remain at the present location or at a new location in Mt. Airy. Imagine a small Strands in Mt. Airy or a Buffalo Book Co-op like the one in Ithaca, NY.

Co-op member Geoff Keston is very interested in this project. Email him at geoffkeston@gmail.com to join the discussion.

Snow and Then Some

Just when I thought we would be able to sit back and take a breath, a bunch of new opportunities pop up. I have to first thank the Weavers Way staff for keeping all the stores up and running on time during this difficult winter. Your Co-op team did this with a high level of professionalism and positive energy.

In January, the Mt. Airy store lost refrigeration for a day as a result of an equipment malfunction (a ball bearing clogged an oil line) and it took a full day to resolve the problem. Right after that, there was the famous ice storm that took out electric power in both stores for a day. (We were relatively lucky, as it turned out!)

I am pleased to report that we did not have any sizable losses. Our insurance agent, Bill Iowa, actually called me in mid-morning during the Big Ice to ask if we needed anything from him. I told him we could use dry ice. Within 30 minutes, Bill had located enough for both stores, which helped us keep the food in our freezers frozen. Now, that's great service from your insurance agent.

We also realized we need to review and update our procedures for deciding what hours to open and communicating that information in a weather emergency.

So, as I know you are, we at Weavers Way are looking forward to spring! I promise never to complain again about a hot day in July!

gbergman@weaversway.coop

Mt. Airy USA Hosts 10th ‘Dinner’

TAKE A TRIP BACK TO THE 1920s AT the 10th Annual Guess Who's Coming to Dinner? Benefit and Auction — Mt. Airy USA's signature fundraiser — Saturday, March 15, at the Sedgwick Theater, 7137 Germantown Ave.

The lineup of local celebrity guests is nothing short of the cat's meow: Restaurateur **Aimee Olexy**; **Greg Moore** of Moore Brothers Wine Company; Philadelphia Inquirer architecture critic **Inga Saffron**; “You Bet Your Garden” host **Mike McGrath**; public radio pioneer **Bill Siemering**; City Representative **Desiree Peterkin Bell**, Mayor Nutter's Director of Communications; Hidden Philadelphia founder **Thaddeus Squire**; Project Runway contestant **Kristin Haskins Simms**,

principal designer at Krys Design + Manufacturing; **Donna Cooper**, executive director of Public Citizens for Children and Youth; Woodmere Art Museum CEO **William Valerio**; and Free Library of Philadelphia Director **Siobhan Reardon**.

Bid on noteworthy items from the silent and live auctions hosted by the one and only Pig Iron Theater's Dito von Reigersberg, a/k/a **Martha Graham Cracker**.

Guess Who's Coming to Dinner? raises much-needed funds for the Mt. Airy community from individual donors who share our commitment to strong Philadelphia neighborhoods.

For tickets and information, visit mtairyusa.org.



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'Importance of Being Earnest' at Stagecrafters

THE IMPORTANCE OF BEING Earnest," the enduring 1895 classic by Oscar Wilde, opens at The Stagecrafters Theater Friday, March 28. This rollicking romantic escapade is the improbable story of two young women in love with two young men because their first names are "Ernest." Each of the men in turn pretends to be Ernest, and as they are exposed in this pretense, the stage is set for a mish-mash of twists and turns. The play is a stylish send-up of social rituals, interwoven with timeless themes: love, lies, foolishness, flip-pant wit, mistaken identity and the follies of courtship. At once brilliant satire and high farce, "Earnest" remains totally fresh, funny and edgy even today.

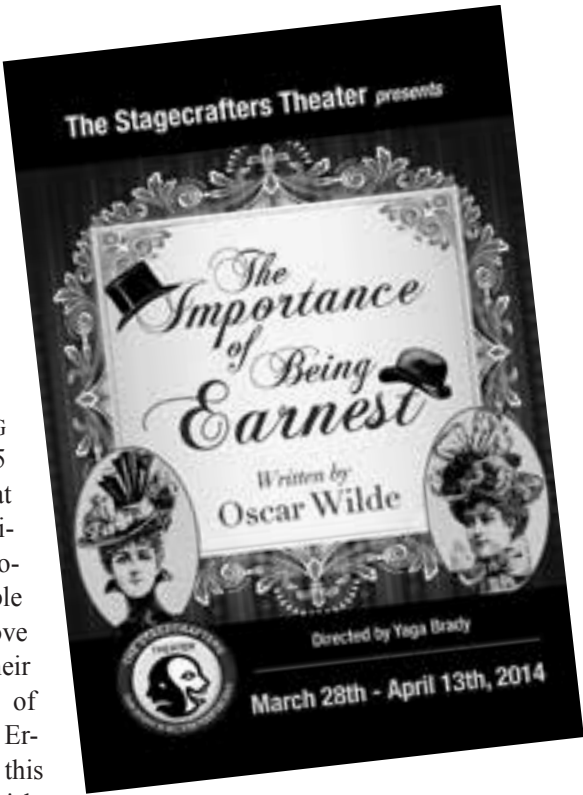
Director Yaga Brady has moved the action to the early 1920s, "a period of great cultural and social upheaval, when women started enjoying freedoms not previously known to them. Wilde's spirited heroines trying to flout social conventions seems to fit ideally into the context of that era."

Other plays by Wilde (1854-1900) deal with the mores and manners of his time, but none is as cherished as "The Importance of Being Earnest," his final play.

Performances are 8 p.m. March 28 and 29 and April 3, 4, 5, 10, 11 and 12, with 2 p.m. matinees March 30 and April 6 and 13. A "Meet the Cast and Director" Q & A session will follow the Friday, April 4, performance.

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

The Stagecrafters Theater is at 8130 Germantown Ave. in Chestnut Hill.



Quintessence Presents O'Neill's 'Mourning,' Plus Classical Forbear

QUINTESSENCE THEATRE GROUP continues to explore the power of classical drama adapted for the contemporary world with its first American masterpiece, Eugene O'Neill's "Mourning Becomes Electra."

O'Neill's adaptation of Aeschylus' "The Oresteia," directed by Alexander Burns, concludes Quintessence's fourth season. It follows the successful Quintessence production of Jean Anouilh's adaptation of Sophocles' "Antigone."

The Mannons are an upstanding New England family: shipbuilders, civic leaders and military servicemen. Despite attempts to forget dark secrets in the family's past, the grand Mannon estate is built in hate, standing as a grave for all living Mannons. Adultery, incest, murder and suicide ensue as the Mannon descendants attempt to escape their curse. With the searing pain that only family can inflict, O'Neill creates a universal tragedy that takes us into the darkness of our deepest secrets.

"Mourning Becomes Electra" runs April 2-27, with shows at 6:30 p.m. Wednesdays and Thursdays, 7 p.m. Fridays and Saturdays and 2 p.m. Sundays. The production, which includes all three parts of O'Neill's trilogy, runs approximately four hours and 10 minutes. Performances are at the Sedgwick Theater, 7137 Germantown Ave. in Mt Airy.

Tickets are \$25, with discounts for students and groups. The April 2 show is a special pay-what-you-can preview. Post-show discussions with the cast and director will take place April 10 and 20.

'Oresteia' Recitations

Experience the source material for O'Neill's great trilogy recited by the Quintessence ensemble and actors from the Philadelphia theater community. On Monday evenings in April, Quintessence will present special readings of Aeschylus "The Oresteia," each play of the trilogy being read on a separate evening: "Agamemnon," April 7; "Choephoroi" ("The Libation Bearers"), April 14; "The Eumenides," April 21.

The readings start at 7 p.m. Tickets are \$10 for one evening or \$20 for all three.

To purchase tickets, visit www.QuintessenceTheatre.org or call 215-987-4450. Or for ticket information, email BoxOffice@QuintessenceTheatre.org.

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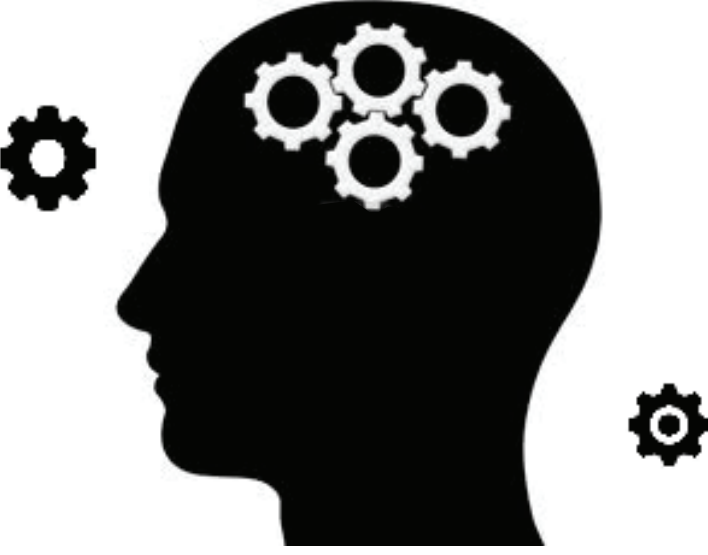
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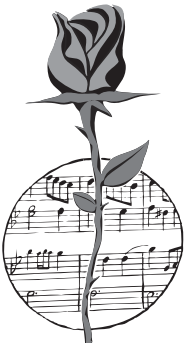
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Record Sales Week Punctuates First Half of WW Fiscal Year

Weavers Way's results for sales at mid-year (as of 12/31/13, halfway through the 2014 fiscal year) were \$9.485 million, a 15.64 percent increase over last year, and 3.3 percent increase over budgeted sales of \$9.1 million.

The Co-op achieved its highest week ever in the week ending 12/14/13, with sales of \$422,108. This is a fantastic achievement!

Sales at both the Mt. Airy and Chestnut Hill stores continue to exceed their budgets. The full-year sales forecast is slightly over \$19 million.

Net Income for the mid-year is \$204,561, including an estimate for taxes. This is 308 percent better than budget. This overage is being driven by our sales increase, as well as by improvements in product shrink and departmental inventory controls. We will continue to focus on expense reduction for the remainder of the year.

The Co-op's cash balance remains strong at \$1,048,786. This amount includes the renovation costs for opening Weavers Way Next Door in Chestnut Hill as well as paying an extra \$100,000

on one of our Valley Green Bank mortgages. This was part of the Co-op's Five-Year Strategic Plan to accelerate repayment of our debt.

We also purchased two commercial convection ovens for our Chestnut Hill Prepared Foods operation.

I thank all our member-owners for their support, and all our employees for their hard work and dedication. These results would not have been possible without you.

mmcgeary@weaversway.coop

Weavers Way Co-op Financial Summary

FY 2013, FY 2014

	12/31/12 Actual (Half Year)		12/31/13 Actual (Half Year)		Current to Prior Year Change	12/31/13 Budget (Half Year)		Actual to Budget Change
	\$	%	\$	%		\$	%	
Income Statement								
Sales	8,218,698	100.0%	9,485,517	100.0%	15.4%	9,185,830	100.0%	3.3%
Cost of Goods Sold	5,187,052	63.1%	5,880,513	62.0%	13.4%	5,693,569	62.0%	3.3%
Gross Profit Margin	3,031,646	36.9%	3,605,005	38.0%	18.9%	3,492,261	38.0%	3.2%
Expenses								
Personnel	2,182,312	26.6%	2,371,565	25.0%	8.7%	2,449,181	26.7%	-3.2%
Other Operating Expense	912,223	11.1%	948,161	10.0%	3.9%	987,775	10.8%	-4.0%
Operating Profit	(62,889)	-0.8%	285,279	3.0%		55,306	0.6%	
Other Income/(Expense)	18,328	0.2%	13,778	0.1%	-24.8%	18,026	0.2%	-23.6%
Income Before Taxes	(44,561)	-0.5%	299,057	3.2%		73,332	0.8%	
Income Taxes	0	0.0%	94,493	1.0%		23,306	0.3%	
Net Income	(44,561)	-0.5%	204,564	2.2%		50,026	0.5%	308.9%

Balance Sheet	12/31/12 Actual		12/31/13 Actual		Current to Prior Year Change
	\$	%	\$	%	
Assets					
Cash	602,150	7.2%	998,264	11.6%	65.8%
Inventory	493,489	5.9%	574,096	6.7%	16.3%
Other Current Assets	63,767	0.8%	96,050	1.1%	50.6%
Fixed Assets	6,762,849	81.0%	6,506,316	75.5%	-3.8%
Other Assets	427,630	5.1%	446,748	5.2%	4.5%
Total Assets	8,349,884	100.0%	8,621,475	100.0%	3.3%
Liabilities & Equity					
Accounts Payable	382,173	4.6%	345,534	4.0%	-9.6%
Other Current Liabilities	1,019,812	12.2%	1,492,690	17.3%	46.4%
Long Term Liabilities	4,267,131	51.1%	3,742,172	43.4%	-12.3%
Total Liabilities	5,669,117	67.9%	5,580,396	64.7%	-1.6%
Member Equity	1,475,797	17.7%	1,534,175	17.8%	4.0%
Retained Earnings	1,204,971	14.4%	1,506,904	17.5%	25.1%
Total Equity	2,680,768	32.1%	3,041,079	35.3%	13.4%
Total Liabilities & Equity	8,349,884	100.0%	8,621,475	100.0%	3.3%

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

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

**Call Jonathan Leeds
at 215-843-2350 x119.**

The logo for Weavers Way Co-op is a circular emblem. It features a stylized sunburst or fan-like pattern at the top. Below this, the words "weavers" and "way" are written in a lowercase, sans-serif font, with "weavers" on the top line and "way" on the bottom line. At the very bottom, the word "co-op" is written in a smaller, lowercase font. The entire logo is enclosed within a circular border.



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Celebrating Our Friend Cornell

by Joan Myerson Shrager,
for the Shuttle

ABOUT EIGHT YEARS AGO, MY FRIEND and fellow artist, Paula Mandel, and I began an after-school art program, The Stained Glass Project: Windows That Open Doors. The program was located in a church adjacent to Germantown High School. (Since the closure of GHS, the Stained Glass Project has been meeting at the Kendrick Recreation Center in Roxborough.)

Cornell J. Gilliland, then about 15, joined the class about a year after we began and it became clear that he was a special person. Despite family difficulties, he was always the first to offer to help others and he always maintained a jovial demeanor. He was always ready to help set up and to clean up after class. Before long, he became everyone's favorite with his laughter and warmth. He would always enter the room with a hug for all the adults. His interest in each of us and his engaging ways made us feel close to him.

As the years passed, he experienced much personal heartache and he was willing to share his life with many of us. We truly developed a special relationship.

Cornell lived in a homeless shelter during his last year of high school. During that time, the Stained Glass Project folks were there as his support. The director of the shelter told me she had never seen such an outpouring of love for a kid in such a place. An adult from the Stained Glass Project was in touch with him ev-

ery day. We took him to lunch and dinner and were there if he needed us.

During this difficult period, having shopped at Weavers Way many times and having a friend who had worked there, I got the idea of contacting Jon Roesser, the Co-op's Human Resources manager. I told him about Cornell and he suggested that he apply for a job at Weavers Way. The rest is history, because Cornell immediately became a favorite employee at the Chestnut Hill store.

Jon emailed me the following: "Cornell has been a terrific addition to the staff — he's lived up to all of the great things you said about him before he was hired! Not only is he a hard, exceptional worker, he provides an uplifting presence to all of us. We just like having him around. We're thrilled for him as he prepares for school and do sincerely hope he'll continue to work here with us whenever he's home from school."

A special by-product of working at Weavers Way was Cornell's relationship with Bruce Hoffman, director of Gravers Lane Gallery at 8405 Germantown Ave., directly across the street from the Co-op in Chestnut Hill. Cornell visited the gallery many times during breaks and he and Bruce struck up a friendship. Bruce has become one of the Stained Glass Project's most important supporters. Last year the work of our students was exhibited in the gallery; this year, a wonderful exhibition, "American Heroes and Innovators," focusing on the Tuskegee Airmen, will benefit the Stained Glass Project.



Cornell J. Gilliland has a lot of fans at Weavers Way — and elsewhere

As an aside, before getting the job at Weavers Way, Cornell had applied to a department store on a friend's recommendation. They turned him down because his address was Covenant House. Weavers Way has been so supportive not only to Cornell but to other students from our program. Weavers Way people epitomize humanity in all they do for the community. I believe Cornell's employment with them gave him the spark of self-confidence he needed to go on to a training program in Johnstown, Pa. He has just completed his studies and is now seeking employment as a nurse's aide.

Thanks to Weavers Way and their wonderfully humane way of treating employees and customers, Cornell is ready for whatever life brings him.

Joan Myerson Shrager is the co-director of the Stained Glass Project. Learn more about the program on their Facebook page, www.facebook.com/TheStainedGlassProject.

Women & the Arts at MAAG

THE MT. AIRY ART GARAGE MARKS International Women's Day March 8 with "Outloud — A Celebration of Women's Voices." We'll be highlighting the international aspects of IWD along with Northwest Philadelphia, with visual arts, spoken word, poetry, music and dance. Admission is \$10.

On March 9, at 3 p.m., MAAG hosts a panel discussion, "Ain't I an Artist?" with distinguished women in the fields of art and material culture, including Sarah Bond (quilting), Diana Trout (mixed media and needlecraft), and Carol Loeffler (professor, Arcadia University, and fiber artist). This event will address the place of art forms traditionally associated with women's work in fine art. Admission is \$10.

Our IWD celebration coincides with MAAG's exhibition "The Art of the Quilt: Unfolding Our Stories" (through April 25), featuring textiles by contemporary artists/quilters. In addition, Bond has organized a series of quilt classes for second-graders at the Pennsylvania School for the Deaf in Germantown, and their finished quilt will be on exhibition at the Quilt Show.

Mt. Airy Art Garage is at 11 West Mt Airy Ave. Info: www.mtairyartgarage.org.



PSD student at work on quilt project.

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Witnesses to the Presidential Election in El Salvador

by Bud Alcock, for the Shuttle

IT WAS PROBABLY IN 1983, ON A MIS-
erably hot humid July day, that I went
to D.C. with my wife and 2-year-old son
in his stroller. We were there with tens of
thousands to protest U.S. involvement in
civil wars in Nicaragua and El Salvador.
Now, 30 years later, I became involved
again with El Salvador as a member of
an international delegation to observe the
first round of their presidential election
held last month, on Feb. 2.

The candidates represented par-
ties that either ruled during the civil war
(ARENA) or that formed after the signing
of peace accords in 1992 from the nation-
al liberation movement (FMLN). After the
accords, ARENA retained the presidency
until 2009, when a coalition of the FMLN
and independents of the center and left
supported the winning candidacy of Mau-
ricio Funes, a respected Salvadoran jour-
nalist. Sánchez Cerén, the FMLN candi-
date in this election, is the vice president.

I left for San Salvador a week be-
fore the election, traveling with my good
friend and former Mt. Airy resident Paul
Stetzer. We were met at the airport by
seven other members of the delegation
and began a process of getting to know
and learning to work with a group of 70
observers organized by the Committee in
Solidarity with the People of El Salvador.
On election day, we would observe vot-
ing at some 30 centers, each with 10 or
more tables, each the site where 500 peo-
ple were assigned to vote.

For the first five days, we learned
more about El Salvador, its history and the
reforms that have been initiated to bene-
fit the poor since 2009 and the economic
difficulties the country faces. On Friday
and Saturday, we met with officials from
the Electoral Tribunal, the group that es-
tablishes national election procedures, to
learn about those procedures and how we
were to act as neutral observers.

On Sunday, my team of six arrived at
a polling station in the small city of San
Martín. It was 4:45 a.m. and 50 FMLN
poll watchers were already there. As we
climbed out of our van, we heard an ap-
proaching crowd of ARENA poll watch-
ers singing and chanting. As chants rang
out in a vocal confrontation, the center's
Electoral Tribunal representative opened
the doors early to calm the situation and
redirect the energy toward getting each
table ready to receive voters when the
polls opened at 7 a.m.

The day seemed long — my back
ached and by the afternoon I wished for
a comfortable place to rest. In what must
have been intended as a compliment to an
old geezer, a slightly younger colleague
remarked on how amazed he was that I
could stay on my feet.

All whining ended when the polls
closed at 5 p.m. and the vote-counting
began. The Electoral Tribunal has set
up a system of voting and counting that
uses the parties' mutual mistrust to guard
against fraud. The voting tables included
three officials from different parties, and
up to two poll watchers for each party. As
a result, every act associated with voting
and counting was scrutinized.

To count a vote, the "president" of
the table would take it from the ballot
box and hold it up for everyone to see.
If there was agreement on who received
that vote, it was handed to a poll watcher
for that party who guarded the votes he or
she received with great care. If there was
a disagreement, then an argument would
ensue, attracting other workers and offi-
cials who would cite the law (or simply
give an opinion).

I witnessed one disputed ballot that
had a small, obviously accidental second
mark. It was clear to everyone that the
intent was to vote for the FMLN, but an
ARENA watcher claimed the stray mark
made the ballot invalid. Because disputes
are settled by a vote of the three officials,



CISPES photo

The author
talks with a
Salvadoran
after voting

and because two at this table were aligned
with ARENA, we all expected that the
vote would not be allowed. But one of the
two ARENA reps voted on the principle
that if the voter's intent is clear, the ballot
should be counted. I found this a remark-
able act that speaks well of El Salvador's
future as it moves further from the hostili-
ties of the past.

The FMLN won a plurality of the
votes at the stations I observed, missing
the absolute majority needed to avoid a
runoff by 5 or 6 votes of the 300 cast at
each table. Nationally, the results were
similar, with the FMLN winning a plural-
ity of 49 percent over ARENA's 39 per-
cent. A runoff will be held March 9. Re-

sults will be available by about 9 p.m. at
the Tribunal Supremo Electoral website,
escrutiniofinal2014.tse.gob.sv/.

My experience in El Salvador was
exhausting and thrilling. Back in 1983, I
could not have imagined a future when a
fair and honest election might choose an
ex-guerilla leader for president. I am hon-
ored to have participated in that process.

*Longtime Co-op member Bud Alcock
is a retired geology professor and anti-
war activist since the '60s. For more
information about the delegation, visit
[www.cispes.org/blog/highlights-first-
round-el-salvador-2014-elections-blog/](http://www.cispes.org/blog/highlights-first-round-el-salvador-2014-elections-blog/)
or contact Bud at jea4118@gmail.com.*

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Why the Keystone XL Pipeline Matters

“You could scarcely do more to destroy the biosphere if you tried.”
— George Monbiot, *The Guardian*,
on Tar Sands oil extraction

by Sandra Folzer, Weavers Way
Environment Committee

WHY WOULD I TRAVEL TO THE FEDERAL Building in Center City, in a blizzard, with my daughter, granddaughter, and partner on a February morning? We were attending one of 250 events the same day to urge President Obama to reject the Keystone XL Pipeline.

It might be tempting to believe that this pipeline has little to do with those of us in Philadelphia. However, if you care about climate change, serious damage to the environment, and higher fuel prices, then it matters.

The coordinated action was prompted by the release, on Jan. 31, of the State Department’s “Final Supplemental Environmental Impact Statement,” which concluded, basically, that building the pipeline would not affect climate change because the Canadians would continue to develop the Alberta Tar Sands anyway, with or without a pipeline through the middle of the United States.

The conclusion would seem to satisfy President Obama’s criterion for approving the project, announced last summer, that it “not significantly exacerbate the climate problem.” Now we wait for a final review by federal agencies and the recommendation of Secretary of State John Kerry on whether the pipeline is in the national interest. (The secretary of state has the final say on cross-border pipeline projects.)

The proposed Keystone XL project consists of a 875-mile long pipeline and related facilities to transport up to 830,000 barrels a day of heavy crude oil across Montana, South Dakota and Nebraska and ultimately to Gulf Coast refineries. Extracting usable oil from the Alberta Tar Sands requires massive inputs of water and energy, more than conventional oil extraction, and this heavy crude is also far harder to clean up. The proposed pipeline crosses crucial aquifers and wildlife habitat. Even the EPA has questioned whether the State Department has given sufficient weight to the project’s negative environmental impact.

This report has been questioned by environmentalists who say the company



who did the report has ties to oil companies, who have a financial stake in crude oil extraction and would thus profit from its construction.

The report doesn’t address whether the oil will be shipped to China, which has invested heavily in the Keystone project. The report does say that the pipeline will not only carry the Tar Sands oil but also oil fracked from the Bakken Shale in North Dakota and Montana. So the fight against the Keystone XL Pipeline is against fracking as well as Tar Sands extraction and climate change.

Who benefits from the pipeline?

Oil corporations will benefit the most from the Keystone XL Pipeline. They will transport 830,000 barrels of crude oil a day from Alberta to Texas, mainly for export. U.S. prices for gas and oil will have to rise to remain competitive with much higher foreign prices, The Koch brothers,

who own refineries on the Texas coast, from which the oil will be exported, are also beneficiaries. Billionaires David and Charles, the sons of the founder of the John Birch society, are powerful lobbyists pushing for the pipeline; they’re also the money behind Americans for Prosperity, the national Tea Party lobby.

Who may suffer from the pipeline?

Farmers and other residents along the pipeline route will have their land disrupted. People’s health anywhere near the pipeline is at high risk.

In North Dakota alone, there have been more than 300 pipeline spills since January 2012 and none of these were reported to residents. Spills of bitumen are nearly impossible to clean up because bitumen, unlike conventional oil which floats on water, is very heavy and sinks in water or soil. Evaporation of the oil and mixture sends highly toxic fumes into the air.



The next step in the Keystone XL saga is for Secretary of State John Kerry to determine whether the pipeline extension is in the national interest.

Bakken Shale oil is already being transported by rail through Philadelphia. There was a derailment over the Schuylkill in January, which could have killed or injured multitudes if it had exploded as happened in Quebec last summer. Trains hauling 100 or more cars weaving through the city represent accidents waiting to happen. More gallons of oil have been spilled via rail cars carrying crude oil in 2013 than in the previous four decades combined.

We don’t need it

Our real choice is not about transporting oil via pipelines or rails but about using less oil and putting our resources into renewable energy. The U.S. already imports one third of its oil from Canada without Keystone XL, which intended to beef up exports to other countries. Keystone has nothing to do with energy independence.

People like myself have signed pledges that we are willing to risk civil disobedience if President Obama gives his consent. More than 60,000 have already signed this pledge.

Two years ago, I wrote an article on the Tar Sands oil, which the Keystone XL Pipeline will carry. I described how the extraction, transport and refining of “the world’s dirtiest oil” endangers water, wildlife and human health and well-being across a wide swath of North America. Nothing has changed except that, as Bill McKibben of 350.org puts it, “This issue has already brought more Americans into the streets than any other environmental issue in decades.”

Inside Climate News
contributed to this article.
envcomm@weaversway.coop

ECO TIP

from the Weavers Way environmental Committee

When you order something online or from a catalog, it can be a challenge to find a responsible way to deal with the packing material that usually comes with it — bubble wrap, Styrofoam packing peanuts and the like. It turns out there’s a place close by that will take all such flexible packing materials and reuse them: the UPS stores in Chestnut Hill and Roxborough. Hours at 7715 Crittenden St., in the Market Square shopping center, are 9 a.m.-7 p.m. Monday to Friday, 9 a.m.-5 p.m. Saturday. Hours at 6024 Ridge Ave. are 7:30 a.m.-7 p.m. Monday-Friday, 9 a.m.- 5 p.m. Saturday and 10 a.m.-4 p.m. Sunday. (Note: They will not take rigid Styrofoam panels.)

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Grants for Green Community Projects



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

Grants range from \$100 to \$400 and may be used for such projects as planting trees and gardens, garden equipment and environmentally focused educational programs.

Deadline for submission of proposals is March 15, 2014.

Decisions will be announced in early April.

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

You're Invited!

Did you know that Weavers Way Environment Committee’s grants program has been supporting local community groups since 1995? Help raise funds to keep the program going by attending our Potluck for Projects!

WHERE: Wissahickon Charter School, 4700 Wissahickon Ave.

WHEN: Sunday, March 30, 4-7 p.m.

DETAILS: Please bring a favorite dish to share and the money you would have spent had you gone out to a restaurant for dinner (or whatever you can afford).

WHAT ELSE TO BRING:

- Something (a pair of earrings, a knickknack, a gift you received that doesn’t quite suit you) for us to sell at the potluck to raise additional funds. All items will be sold for \$10 each.
- A musical instrument. We plan to do some jamming!
- Your own plate and utensils, if possible, since we’re trying to promote greener lifestyles and reduce waste

RSVPs are requested but not required. Please e-mail Marsha Low at mg.low@comcast.net.

Bike Share On Its Way to Philadelphia

Alison Cohen, for the Shuttle

IF YOU HAVE BEEN TO NEW YORK, Washington, D.C., Boston, Chicago, Des Moines, Charlotte or any of about 30 other cities across the United States, you may have noticed hundreds or thousands of bicycles parked at stations on the streets and available to the public for the mere swipe of a credit card. If you haven’t, you will soon. The city of Philadelphia is planning to launch a bike-share program in 2014, and it will change the face of the city.

Bike share is sweeping communities of all sizes. In this innovative transportation program, system subscribers have access to public bicycles through self-service kiosk locations. The low-cost subscriptions range from a few dollars for one day to \$50 to \$100 for annual membership.

Some characteristics of bike share:

- It is like a transit system, oriented to short-term, point-to-point use. The average ride is 15 to 20 minutes and 1-3 miles.
- Bicycles can be picked up and returned to any self-serve bike-share station.
- The bicycles are rugged (typically



Bike share fleet in Washington, D.C., above; the initial Philadelphia Bike Share effort focuses on Center City

40-50 pounds to withstand many rides per day year-round), one style and easy to operate, with simple theft- and vandal-proof components and easily adjustable seats.

- Bicycles have GPS devices on them, so riders can track where they rode, how many miles and even how many calories they burned.

Cities love bike share because it offers economic, health, mobility and environmental benefits, and a full system can be launched in six months!

For a few million dollars, a city can build 100 yards of train track or less than a mile of road, or implement a city-wide bike-share system. You can see why New York Mayor Mike Bloomberg, Chicago Mayor Rahm Emanuel and London Mayor Boris Johnson made bike share a key part of their urban transportation and transformation strategies.

So what will bike share look like in Philadelphia? The city is in the process of picking an operator and equipment. A formal request for proposals was issued in November, and a contract is expected to be awarded in March 2014. At the same time, the city is seeking one or more corporate sponsors to help support operations and make the system bigger. Expect to see a system of 500 to 2,000 bikes later this year.

A bike-share system works best with a dense network of stations to maximize the number of convenient sources and destinations. The core of the system as currently proposed will span Center City and West Philadelphia, as shown in the map — Vine Street to South, from the Delaware River to 52nd Street. The system is expected to be expanded as further funding becomes available.

What does this mean for us up here in the Northwest? It’s not likely we will



see stations anytime soon. But bike share could become a part of everyday life for people who use other means of transportation to commute into Center City. Imagine getting off the train at Suburban Station, swiping your card, grabbing a bike and riding to Rittenhouse Square, the Italian Market or Front Street. Or riding from Temple to 11th and Market and taking the train home.

Bike share will give you one more reason to leave the car at home.

Weavers Way member and Mt. Airy resident Alison Cohen is Director of Bike Share Services for Toole Design Group, which wrote the Philadelphia Bike Share Strategic Business Plan. Her new company, Bicycle Transit Systems, is bidding to operate the Philadelphia system. She helped launch several bike-share systems, including those in Washington, D.C., Boston and New York.

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Wild Things Joining You at Home? Now’s the Time to Uninvite Them

by Brenda Malinics, for the Shuttle

THIS IS THE TIME OF YEAR WHEN wild animals — skunks, raccoons, bats and squirrels — are looking for a nice comfy place to start a family. And with so much of their natural habitat lost to development, animals have discovered that they can make a pretty good living at your house.

Neighborhoods provide plenty of food, shelter and water — all an animal really needs. Expensive and exotic landscaping is also very appealing — deer can find more varieties of munchies on the average lawn than they would find foraging in the forest. Neighborhoods also have endless tempting aromas hinting at overflowing dumpsters and garbage cans and an assortment of street trash just ripe for the picking.

A home’s age or cleanliness is not a factor in a wild animal’s selection process for moving into attics, basements or chimneys. Several common conditions are very enticing — rotting wood, holes, torn screens and limbs hanging over roofs.

I hold a Nuisance Wildlife License from the Pennsylvania Game Commission, which manages all the state’s wild-

life. This means I have been approved to remove “nuisance animals” from properties. Getting this license means I must abide by state laws, keep records, pay an annual fee and charge for my services.

I did not get this license because I wanted a second income. I got it so I could try and stop animals from being trapped and killed for doing what is natural to them. By law, any healthy nuisance animal must be killed. Ironically, if a wild animal is injured, it can legally be taken to a wildlife rehab facility for help, but if it is young and healthy and a nuisance, it must be killed.

My “Pollyanna” thinking was that I could educate the public on how to co-exist peacefully with the animals that are such a valuable part of our lives and of our landscape tapestry. Happily, about 90 percent of the people who phone me with wild animal problems like the idea of saving a couple hundred dollars and agree to leave the animals alone once they learn more about the animals’ habits. Too many do not know that a healthy animal will flee from humans and will only attack if threatened. Some people agree to try simple solutions, like building a fence around the garden, to stop destructive behaviors. And everyone is happy to learn that most animals will likely go into hibernation

“
It’s imperative to seal
cracks, repair holes and
cut limbs before nests
are built and babies
have been born.
”

for the winter or move on to find their own territory once they become adults by summer’s end.

Some 30 percent of Americans used pest-control services in 2012, according to the National Pest Management Association. Exterminating can be a lucrative business, especially if one first scares the homeowner with misinformation about animals. I’ve heard of someone who paid \$25,000 to have bats removed after they were told that they could “breathe rabies” (not true), and in order to secure a life-time guarantee that the bats would never return — an impossible guarantee since there is no such thing as a batproof home. Bats can fit through a crack the size of a nickel.

Fortunately, most exterminators don’t use the toxic irritant chemicals that they did just 20 years ago. Today, most critter-control folks know that they must find the animals’ entry points into the home and seal those spots after the animal has exited. Some irresponsible trappers disregard the times when females are birthing and, knowingly or not, seal babies inside the interiors of homes and exclude moms from getting back to their

starving young. It is imperative to seal cracks, repair holes and cut limbs before nests are built and babies have been born. If you are not sure, check the internet or call a wildlife facility for time-frame guidance.

Early spring is the time to critter-proof your home. Owls are having young in February; squirrels start having babies in March; raccoons not until April. It is too late to risk repairs by May.

Homeowners need to assess the outside of their homes from top to bottom. Search for and seal cracks in foundations, and repair any holes, broken or rotted wood in rooflines and around windows, warped siding and trim boards. Replace missing screens around eaves. These are all easy entry points for animals.

Keep branches and limbs away from your house and roof. Is your chimney capped? If not, install an animal-proof chimney cover. Vines provide a highway for animals to move about the exterior of your home while looking for the way in. Remember that mice only need a gap about the size of a quarter to gain entry and bats can move through even smaller holes. Monitor where different building materials join, including window wells. Fill cracks around pipes and cables.

Stack firewood away from your house. Cover compost piles.

Yes, animals and humans can co-exist. Trapping and removing an animal is not a solution — it’s like putting a sign out announcing a vacancy.

People don’t like to hear this, but if you don’t want birds or squirrels or anything wild around, consider a high-rise.

To get info about the critter in your life, call the Schuylkill Wildlife Rehab Center at 215-482-8217 or the Diamond Rock Rehab Center in Malvern at 610-240-0883.

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by Ron Kushner, for the Shuttle

HERE’S A PLAN TO HAVE YOUR GARDEN AND YOUR summer vacation too.

“No maintenance” refers to the labor involved once seedlings are established until harvest time. Obviously, soil preparation, purchasing seeds or seedlings, fertilization and initial watering are still required. I’m also assuming you’re using raised beds rather than 100 square feet of prepared soil on a patch of ground. Without raised beds, any vegetable garden left unattended will be an unsightly mess by August. Guaranteed!

The raised beds should be in 3-foot-by-3-foot sections, except for asparagus (3 by 6) and raspberries (3 by 9). Any raised bed design can be used as long as you place it where it gets at least 6 hours of sun a day.

Artichokes: Plant one or two plants after the last frost in late spring. Fertilize at planting time with a balanced granular fertilizer and keep watered until the plants begin to leaf out. Mulch after planting. No more effort is required until you harvest the buds in late summer.

Asparagus: Plant 12 crowns in a 3-by-6-foot space in the spring or fall. Fertilize at planting time and again every spring when new spears are showing. Harvest a few spears the second year. Harvest anything fatter than a pencil the third year until June 1. Leave the plants alone until they turn yellow in late fall, then cut them down to the ground around Thanksgiving. Mulch the bed with manure or shredded leaves, compost or other organic matter.

Garlic: Plant the cloves of two or three heads in mid-October. Mulch if you like. Nothing more is required. No water is required after June 1. Harvest the garlic in July once about a third of the leaves begin to yellow. Braid

and hang in an unheated garage for the winter.

Horseradish: Plant one or two roots a few inches deep in the spring or fall. Plant on an incline with the thickest end on the high end. Harvest roots in the fall before the ground freezes, cutting down all the leaves to the ground. There will be enough roots left in the ground for the next year. Mulch with manure or any organic matter for the winter. Fertilize in the spring once new growth is showing.

Onions: Buy 30 sets in the spring. Plant them about 4 inches apart. Harvest whenever they look large enough. You can also tuck some around other plants in your garden. They tend to repel many pests.

Potatoes: Plant pieces with at least two “eyes” showing about 6 inches apart in all directions. Cover with about 2 inches of soil. As the stems grow longer, keep covering with soil, compost or other organic matter to the top of the bed. When the plants begin to flower, harvest some small “fingerling” potatoes. When the leaves begin to yellow in late summer, harvest the rest. Let them dry outside and out of the sun for three days.

Strawberries: Plant everbearing plants in early spring or fall about 6 to 8 inches apart in all directions. Water well. Mulch plants with straw or salt hay. Water well until flowers come. Harvest berries all summer. Cover with garden cloth if the birds are beating you to the ripe fruit.

Tomatoes: Two or three indeterminate plants are all you need. Plant once the ground has warmed in late spring. Water well and add a granular balanced fertilizer with calcium. A handful of gypsum can also be added to each hole. Water well until plants start to add leaves. Contrary to much garden writing, tomatoes need nothing else beside rain and sunshine. Don’t stake, don’t prune suckers, don’t do anything. Fruit will come with or without you. Harvest when the fruit turns pink and let them ripen fully



in your kitchen.

This is just a small sample of plants for a “no maintenance” veggie garden. Herbs and annual flowers can (and should) be tucked in where you have space. Basil, dill, chives, oregano, zinnias, marigolds, nasturtium and sweet alyssum are a few of my favorites.

Don’t worry about pruning, pests, disease, sprays, weeds or water (unless you want to). With normal summer weather in Zones 5, 6 and 7, you will have a productive garden without a “to do” list every weekend!

Send questions to Ron Kushner at ronkushner@comcast.net or visit his website, www.ronsorganicarden.com



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Wissahickon Village Co-Housing Eyes Mt. Airy Development

by Don McGuire and Susan Sussman, for the Shuttle

DID YOU KNOW THAT MT. AIRY MAY become the site of the first cohousing community in Pennsylvania?

Wissahickon Village Cohousing, a group that has been working for several years to build a cohousing community in NW Philly, is now in conversation with local developer Ken Weinstein (of Philly Office Retail and Weinstein Properties LLC) about plans to redevelop the former school building of the Mt. Airy Presbyterian Church at Germantown and Mt. Pleasant avenues. Weinstein is in the process of acquiring the property and intends to convert the building into 18 to 20 condo or rental units; WVC hopes that the basement of the building will serve a variety of common uses, including a place to eat together, play, meet and socialize. The sanctuary of the church will likely be rented back to the congregation.

Cohousing is a relatively new form of housing that embraces the goal of putting the “neighbor” back in “neighborhood.” By providing individual residences along with larger, more integrated common spaces and shared community resources, cohousing aims to assure a healthier balance between public and private life.

Six principles guide the cohousing approach:

- Participatory process.

- Consensus decision-making.
- Neighborhood design.
- Common facilities.
- Resident management.
- No shared community economy.

These principles distinguish cohousing from other kinds of “intentional” communities like housing co-ops and communes. There is more information about cohousing in general and WVC in particular (wissahickonvillagecoho.com) available on the Web.

Some of WVC’s priorities are building a home that is accessible, sustainably built and open to people of all ages and from all backgrounds.

Weinstein believes the Mt. Airy Presbyterian project could provide the right mix of space and resources for a relatively small, compact community. He is open to receiving input from WVC on the design of the building and intends to give WVC the opportunity to sell units to cohousing members before selling on the open market, once WVC commits to the purchase of about one third of the units. The good news is that WVC may already have this commitment from its current membership!

If development unfolds according to plan, Weinstein expects that general floor plans sufficient for zoning approval will be completed within the next month or two. Once zoning is approved, a more detailed



Don McGuire photo

Wissahickon Village Cohousing and developer Ken Weinstein are discussing Mt. Airy Presbyterian (seen along East Mt. Pleasant Avenue).

design process will occur with sufficient information to generate an accurate unit price within approximately 60 days. It is possible that units may go on sale as early as the summer of 2014 and move-in day could be as soon as spring 2015.

WVC’s goal is to have every unit purchased by a family or individual who wants to be a part of a cohousing community in Mount Airy. If you think cohousing might be right for you, if you want to live in a community where everybody knows your name, we’d love to see you at a WVC informational meetings:

- Saturday, March 15, 3-5 p.m., Weavers Way Community Room, 555 Carpenter Lane.

- Wednesday, March 26, 7-8 p.m., Chestnut Hill Library.
- Saturday, April 12, 3-5 p.m., Weavers Way Community Room, 555 Carpenter Lane.

In addition, Vanessa Lowe will host a potluck and info session for people of color at 5:30 p.m. April 5. Email or call to confirm: vaness32@earthlink.net; 267-323-2787.

Stay tuned for additional articles about WVC and its progress in upcoming Shuttles. Meanwhile, please use the WVC web site (www.wissahickonvillagecoho.com), Facebook page and Meetup.com site to learn more and to keep in touch as this exciting project moves forward.





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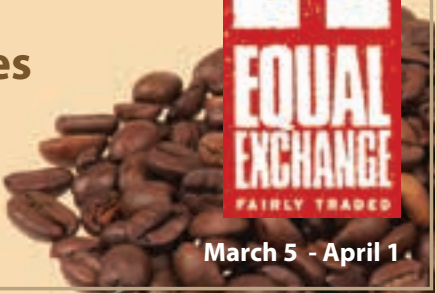
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Got Books? They Put Them Where They're Really Needed

by Daria Panichas, for the Shuttle

NEED TO CLEAN OUT YOUR OVER-flowing bookshelves? Want your books to go to someone who really needs them? Then consider doing an early spring cleaning and donating your gently used books to Books Through Bars (BTB). Initiated by Weavers Way member and BTB volunteer Miles Pustinsky, Weavers Way is hosting a book drive at both the Chestnut Hill and Mt. Airy stores for the month of March.

Books Through Bars is an all-volunteer Philadelphia nonprofit that sends free books and educational materials to prisoners in seven states. The organization gets hundreds of letters every week from prisoners asking for books. BTB sends out over 8,000 packages per year — about 24,000 books! — entirely from donations.

The people who write range from teenagers to the elderly. Some are in solitary confinement. Many are indigent. Educational and vocational programs in prison are limited and have long waiting lists; prison libraries are often poorly stocked and access is limited. For most prisoners, self-education is the only way to gain the skills and knowledge they



Books Through Bars photo

need to succeed once they are released. The books they receive have a tremendous impact.

Each year BTB gets hundreds of letters like these:

“I just wanted to say a huge thank you for the biology book. This is the newest edition of the very same book I had in the county jail. I can pick up my studies right where I left off.” — Timothy

“The legal books you sent have really helped me out . . . with them I helped others with their legal questions.” —Troy

“I greatly appreciate these books, they will give me many weeks of pleasurable reading. There are already four other inmates waiting to read them when I am

done.” — Nate

Most-needed books include:

- Personal finance.
- How to start your own business; real estate.
- Trade skills books: electrical, automotive, HVAC.
- Current law books, especially federal and PA; Black’s Law Dictionary.
- How to draw.
- Self-help, particularly addictions, relationships and parenting.
- Unused puzzle books (crossword, word search, Sudoku).
- U.S. history.

Constitution High School volunteers do their service learning with Books Through Bars.

- Exercise, fitness, men’s health, general health.
- Islam, Judaism, Wicca.
- Comics and graphic novels.
- Urban fiction.

Paperbacks are strongly preferred. Most prisons do not allow hardbacks, and they are expensive to send. Books should be in good-to-excellent condition, with intact covers, pages, bindings and minimal markings. BTB does not need children’s books, very old books, computer, reference or law books more than five years old, or books with a lot of wear.

So get to work on those shelves! There will be collection bins at both Weavers Way stores.

In addition to sending books, Books Through Bars also educates the public on issues of mass incarceration in the U.S., conducts correspondence courses for prisoners, and attends related events. Volunteer opportunities abound! Individuals and groups are welcome at the highly popular Tuesday night and Saturday afternoon book-packing sessions, during which volunteers read letters, choose books and wrap them for sending.

Visit www.booksthroughbars.org to learn more.

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Enrollment Deadline at West Oak Lane Charter

APPLICATIONS FOR 2014-2015 kindergarten at West Oak Lane Charter School are due March 14, and if the school receives more applications than it can accommodate, a lottery to choose the class will go off March 24.

WOLCS will enroll 130 new kindergarten students. In keeping with charter school law, WOLCS awards sibling preference for any applicant who has a brother or sister already enrolled at the school. Siblings who apply for kindergarten are automatically granted a slot.

Charter school law also stipulates

that whenever there are more applicants than available, the school must randomly select the students from those who applied by the school's deadline. For the lottery, WOLCS will use a computer program to randomly select students from the applicant pool while also maintaining a balance between boys and girls.

Current WOLCS students, like those at other charter schools, must re-enroll every year. During the re-enrollment period that also ends on March 14, parents or guardians must let the school know whether they plan to send their children

to WOLCS next year. This re-enrollment process is important because the enrollment numbers determine the level of funding a charter school receives.

If openings become available in Grades 1 through 4, separate lotteries will be conducted for those slots. Currently, 954 students are enrolled at WOLCS. Enrollment for the 2014-2015 school year is expected to increase to at least 1,020 — still below the school's cap of 1,200 students in K through 8.

For more information on West Oak Lane Charter, visit www.wolcs.org

Goodwill Opens Mt. Airy Store

GOODWILL INDUSTRIES' NEWEST DONATION CENTER IS now open at 7061 Lincoln Drive in West Mt. Airy. Local residents are encouraged to clean out closets, basements and garages and donate unwanted items to Goodwill.

Proceeds from sales fund Goodwill's job-training programs and career services that help prepare local residents with disabilities and disadvantages for competitive employment in the community. Donating to Goodwill also supports sustainability — last year, Goodwill recycled more than 75

million pounds of textiles and diverted 5.2 million pounds of e-waste from America's landfills.

The West Mt. Airy center has a state-of-the-art computerized kiosk system that allows donors to input their contact information and what they donated and print out a receipt. They can also access their donation history on Goodwill's website, www.goodwillnj.org.

The West Mt. Airy Donation Center is open 8 a.m.-7 p.m. Monday-Saturday and 10 a.m.-6 p.m. Sunday.



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**ABC CLUB**

Successful Playworks in Its Third Year at Henry School

by John Kromer, for the Shuttle

DURING RECESS AT THE C.W. HENRY School, a disagreement interrupts a Four Square session. “That ball was out!” “No way — it was in!” “It was on the line!” The argument escalates until someone shouts “RoShamBo!” Everyone pauses; everyone quiets down. Two of the disputants face each other in preparation for a single round of Rock-Paper-Scissors. One...two...three! It’s paper and scissors — scissors wins. OK, the ball was in. The game continues.

No one at Henry remembers how Rock-Paper-Scissors came to be called RoShamBo, but everyone at Henry knows this: It’s an easy way to resolve minor disagreements before they get out of hand. This simple peacekeeping mechanism is one of many contributions that the Playworks program has brought to Henry and 13 other Philadelphia elementary schools.

The mission of Playworks, a national nonprofit organization that started as an initiative of the Robert Wood John-

son Foundation, is “improving the health and well-being of children through safe, meaningful play.” Playworks coaches, who are placed at participating schools on a full-time basis, find the best ways to make recreational activity a positive experience and make the school a place where every child feels a sense of belonging, has fun and is part of the game.

Dan Whelan, now in his second year as Playworks coach at Henry, is part of the Henry community. In his role as “Coach Dan,” he knows and interacts with every student at the school.

A Playworks coach has the ability to start a game that kids can learn quickly and then play on their own without a lot of intense adult supervision. One fourth-grader loved to play tag, so Dan suggested that he and his friends try “watch-your-back” tag: if you’re tagged, you freeze in place and you watch the person who tagged you — because when he or she gets tagged, you’re free to get back into the mix. During third-to-fifth-grade recess, Dan helped a handful of children get a game of watch-your-back tag started, then moved on. When he checked

back a few moments later, the game had grown to include two dozen enthusiastic participants.

Dan joined Playworks after majoring in sociology at Temple University. The program appealed to him because it offered an opportunity to interact directly with children and adults in a real-world school environment, rather than from the confines of an agency or institution. In addition to leading and organizing games and playground activities, Dan works with teachers in the classroom, provides leadership opportunities for students through a Junior Coach program and manages before- and after-school programs. He works closely with parent volunteers to organize and supervise sports leagues for fourth and fifth graders: coed volleyball and soccer leagues, a girls basketball league and a kickball league that just started this year. The Henry teams play teams from other schools in the Playworks program across the city. The games are noncompetitive; no one keeps score. It’s not about winning or losing — it’s about improving your game and having fun.

Does the Playworks approach work? In a study conducted by Mathematica Policy Research and Stanford University, teachers in Playworks schools reported significantly better student behavior at recess, as well as readiness for class, than teachers in control-group schools. And students in Playworks schools self-reported better behavior and attention in class after sports, games and play than students in control schools.

Much of the annual funding for Henry’s Playworks program comes through donations from Henry parents and other community members who regard Henry as a valued neighborhood resource. Interested in learning more? Check the Playworks website at www.playworks.org, and consider contributing online by scrolling to the bottom of the Henry PTA home page at www.cwhenrypta.org.

Weavers Way member John Kromer writes occasionally about C.W. Henry School.

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March

CALENDAR of EVENTS

All Month Long

COLLECTIONS for Books Through Bars

Weavers Ways is hosting a book drive for this all-volunteer Philadelphia nonprofit that collects books and educational materials and delivers them to prisoners in seven states. Check out the guidelines for donations (booksthroughbars.org/about/) and look for bins in both stores.

WW CHESS CLUB, every Monday 7 p.m.

New players of all levels always welcome. We have a Junior League too! Community Room, 555 Carpenter Lane.

LOCAL MONDAYS, every Monday, 4-7 p.m.

Check the eNews for details.

CHESTNUT HILL MEMBERSHIP DESK, every Friday, 9 a.m.-5 p.m.

Membership Manager Jonathan Leeds now has regular office hours from 9 a.m. to 5 p.m. Fridays in Chestnut Hill. Find him in the produce department, ready to handle membership issues or sign you up. He's also a notary. He's there to help!

Tuesday, March 4 7 p.m.

Monthly Board of Directors Meeting

This month's meeting is in the Parlor Room at Summit Church, Greene and Westview streets. Want to attend? RSVP: boardadmin@weaversway.coop.

Wednesday, March 5 7:30 p.m.

Environment Committee Meeting

Be an environmental superhero! Join this longstanding green-friendly Weavers Way committee. Community Room, 555 Carpenter Lane (adjacent to the Mt. Airy store).

Wednesday, March 12 6:30 p.m.

Welcome Meeting/Orientation for New Members

Once a month, alternately in Mount Airy and Chestnut Hill. This month's meeting is in the Community Room, 555 Carpenter Lane (adjacent to the Mt. Airy store). RSVP: outreach@weaversway.coop.

Thursday, March 13 7 p.m.

Membership Committee Meeting

Drop-ins welcome! Community Room, 555 Carpenter Lane (adjacent to the Mt. Airy store). Info: outreach@weaversway.coop.

Thursday, March 13 7 p.m.

Eating with Body in Mind WORKSHOP No. 2: Gut Gardening, The Root of Health

A free workshop that examines the crucial role of the gut in mineral absorption and depletion, the value of sea and Himalayan salts, sugar for common mineral deficiencies and the benefits of raw and fermented foods. The kitchen at Chestnut Hill Friends Meetinghouse, 20 E. Mermaid Lane. RSVP: outreach@weaversway.coop.

Sunday, March 16 2 p.m.

Co-op Coffee Klatch and Knitting Workshop with Jocelyn Tunney

Learn to knit and enjoy coffee, tea, cookies and conversation! Jocelyn manages U.S. distribution for Manos del Uruguay, an artisan cooperative based in Montevideo, Uruguay, that manufactures yarn (among other things). Bring your own supplies (size 9 needles and worsted wool) or \$15. Community Room, 555 Carpenter Lane (adjacent to the Mt. Airy store). RSVP ASAP: outreach@weaversway.coop.

Thursday, March 20 7 p.m.

New!! Weavers Way New Economy Study Group

Gar Alperovitz of the Democracy Collaborative asks, "How do we build a more democratic, equal and ecologically sustainable society? What can one person do?" His film, "The Next American Revolution," and his companion book, "What Then Must We Do?" will be the featured at this informative initial gathering in the carriage house at Historic Cliveden, 6401 Germantown Ave. RSVP: outreach@weaversway.coop.

Thursday, March 27 7 p.m.

Locavore Supper Club Brainstorming Party

Meet other Co-op members who are looking for innovative ways to share the task of cooking beautiful weekly dinners featuring locally sourced ingredients. This is a brainstorming event that welcomes a diverse array of dietary disciplines and interests, from vegans to omnivores. There will be some light sampling, and feel free to BYO! Community Room, 555 Carpenter Lane (adjacent to the Mt. Airy store). Info or to RSVP: outreach@weaversway.coop.

Thursday, March 27 7 p.m.

Eating with Body in Mind WORKSHOP No. 3: Fats

When the dandelions come up, it's time to shed winter's hibernation layers! This workshop will focus on the importance of healthy fats, sources of fats and why saturated fat is not the enemy, digestion, processing, heat tolerance and more! The kitchen at Chestnut Hill Friends Meetinghouse, 20 E. Mermaid Lane. RSVP: outreach@weaversway.coop.

Friday, March 28 6 p.m.

Food Justice Committee Meeting

This committee is preparing for big things. If you haven't dropped into a meeting, here's your chance to learn, listen, share and get involved. Community Room, 555 Carpenter Lane (adjacent to the Mt. Airy store). RSVP: outreach@weaversway.coop.

Sunday, March 30 4-7 p.m.

Environment Committee's Potluck for Projects Fund-Raiser

Bring a dish to share and a donation based on the cost of a dinner out, plus items to donate to the \$10 marketplace! Bring an instrument and join in some jammin'! Proceeds to benefit the WVEC Grant Program for local greening projects. Wissahickon Charter School, 4700 Wissahickon Ave. RSVP to Marsha Low at mg.low@comcast.net.

Suggestions

by Norman Weiss, Weavers Way Purchasing Manager

GREETINGS AND THANKS FOR WRIT- ing. 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.

Weavers Way staff and board are considering expansion again, because we all know more is better — more sales, more customers, more staff, more cash running through the business, more loans, more equity, more products. It's comforting to have more since at a primitive level we are all worried about not having enough (maybe this is why millionaires exist — deep-seated insecurity). Plus there is ego gratification when one has more than others. It's a measure of success in our society.

When I was a young manager, most of my older mentors on our board (shout-out to Bob I.) were of the "expand or die" mentality; they thought businesses had to be constantly growing. This was one of the many things about business that people took as common wisdom that I did not. It simply didn't make sense to me. (I was an idealistic 22 at the time.) I didn't see why a business couldn't achieve a



"steady state" existence, living sustainably in a niche that balanced selling products that met people's ongoing everyday needs with managing expenses such that the business was financially stable.

I had realistic examples in front of me — my father ran his own small wholesale business for 45 years without constant expansion, and my grandfather and two uncles also had stable small clothing businesses that lasted three decades, until they retired. They survived competition, economic ups and downs, industry evolution and neighborhood changes, all without expanding because they had found a niche that had a steady stream of customers for the products they could offer, with enough margin to raise families at a comfortable middle-class level.

That didn't mean I didn't believe in



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growth — I thought growth was different than expansion, which involved getting larger in space, people, money, etc., whereas growth includes things like refinement — becoming more efficient, learning more about what you’re doing and its impact, figuring out how to go deeper.

In thinking about expansion and Weavers Way, especially in light of the other groups around Philadelphia that want to open co-op stores in their neighborhoods, I got to wondering: What is the Weavers Way interest in expansion in general? How does it benefit our current members?

We are named after a group of weavers in Rochdale, England, that formed a consumer co-op in 1884 because they were frustrated with the price and quality of food available to them and thought by working together they’d have better access to healthy and reasonably priced food. It ends up a fairness issue; they were being treated unfairly from a food-access perspective. The same is true today. There are people in neighborhoods that have to go somewhere else to find healthy food sold in a healthy way, and since we, to some extent, have figured out how to use the same model as the weavers of 1884, it’s kind of incumbent on us to continue to share this understanding with others that might benefit from it. It would make Philly co-ops stronger, which should benefit all co-op members, and as the co-op value of fairness becomes more common, the community as a whole should benefit.

“ Since we have figured out how to use the same model as the weavers of 1884, it’s kind of incumbent on us to share this understanding. ”

suggestions and responses:

- s:** “Produce bags make GREAT poop bags — would love to buy whole rolls.”
- r:** (Rick MA) You can order them, just fill out a pre-order form. (Norman) We also stock a couple dog poop bags in our Pet Store. One is BioBag, which complies with ASTM D6400 standard compostability. However, in typical municipal landfills, almost nothing gets composted, so choosing BioBag has the main advantage that it’s made from plant-based resins as opposed to petroleum like the produce bags. Apparently the best choice for dog poop is actually flushing it down your toilet. We do stock Flush Puppies, bags made of polyvinyl alcohol that are strong enough to hold moist dog poop, but become soluble enough to dissolve when flushed.
- s:** “Jovial Einkorn flour — 2-pound bag. Einkorn wheat is much healthier and easier to digest than modern hybridized wheat flour, with much less gluten, but with more protein and minerals.”
- r:** (Heather MA) So, einkorn flour, what is it? The simple answer is einkorn is an ancient form of wheat, thousands of years old, the kind of thing people were eating

in their earliest grain-eating days. The longer answer is einkorn is original wheat, as in the kind that hasn’t been hybridized. It’s high in minerals and, like other ancient grains, rich in nutrients such as beta-carotene and B vitamins. It has fewer chromosomes than other grain and it doesn’t have the “D genome,” which many think has caused the most problems with modern wheat. The combination of these characteristics makes einkorn a pretty big deal, at least in terms of digestibility. What’s more, because the gliadin in einkorn functions so differently from the gliadin in modern hybridized wheat, there’s good reason to think it would be tolerated better by people with gluten sensitivities.

Find Jovial Einkorn flour on the second floor in Mt. Airy with the other packaged flours.

s: “Why don’t you order more sliced Le Bus Sesame Italian Loaf? It is always out of stock when I come in around 1 p.m. There are always at least three unsliced loaves available.”

r: (Molly MA) Sorry you haven’t found them. I will cut some of the unsliced and replace them with sliced.

s: “Soup is poorly displayed, hard to ladle (too high), easy to spill hot soup all over cup / table / hands — please fix!”

r: (Rick MA) We are having a very nice four-pot soup station built for us. Look for it this month.

s: “I don’t understand why sushi is offered in bite-size pieces only. I’d like one large piece which I could put in the middle of the table and have diners reach in and grab a handful. No chopsticks or utensils to wash. Plus, I’m disappointed there is no kosher sushi. I’d like to buy jumbo Jewish deli-style kosher sushi, the size of a fire-place log, with a whole smoked fish inside. Is this something I can order?”

r: (Norman) Few people know about the guild of sushi chefs, a secret and exclusive society of trained professionals around the world who closely guard the secrets and standards of constructing sushi. I asked one of our suppliers who is a guild member about your request, and he was horrified, kept chanting something like “sushi lox oy meshugana.” I took that for a no, so this is not something we can order. However, in our expansion planning, sometimes we talk about operating a food truck in underserved areas, and every food truck needs a theme, so maybe ours will be foot-long kosher sushi. Most neighborhoods are underserved with foot-long kosher sushi, so we could probably get grants to get this going. Thanks for the suggestion.

normanb@weaversway.coop

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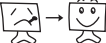
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Survey

(Continued from Page 1)

Overall, the brands you want are stocked, prices are good and the Co-op’s product selection and atmosphere are much improved over 2011.

Over the past year, we’ve been concentrating internally on improving the shopping experience at Weavers Way, not only through our formal customer-service training, but also by building communication among departments and stores. We’re also refining our pricing structure and buying processes to keep more money in shoppers’ wallets. We’re thrilled you’re pleased!

We’re also happy to learn that you’re

purchasing fewer products at other stores than in 2011 — that is, you’re shopping more at the Co-op and less at Whole Foods, Acme and Pathmark. However, you’ve been shopping more at Trader Joe’s. You’ve also started buying fewer frozen foods at the Co-op.

(When I put on my cross-variable market research hat — think “Downton Abbey” — I’d guess that TJ’s primary emphasis on low-priced, tasty frozen foods of every ilk is behind both trends. That’s tough competition, no question.)

Living la vida local

You like that the Co-op is committed to fostering a robust local economy and supporting local vendors and producers. In fact, you said that’s the most im-

portant reason for joining the Co-op and maintaining membership. (By the way, have you noticed that your receipts now tell you how much you spent on local products?)

We also checked in with you about our Ends. (You can review Weavers Way’s Ends on the website at www.weaversway.coop/weavers-way-ends). While you overwhelmingly support all of our Ends, the highest levels of support are for promoting recycling/sustainability, supporting local, sustainable agriculture and the urban farm movement, and creating a sustainable local economy.

We’re already using that information to prioritize those projects that speak directly to our Ends. A few examples: Norman is brainstorming ways to get us to

use fewer throwaway containers, and Nina has developed a new, more efficient farm plan for this year’s growing season. Thank you for inspiring us to continue our “big picture” efforts!

Prioritizing our priorities

This year, we asked a new survey question, asking what you thought of our spending priorities.

Essentially, we figured out how much the operational aspects of fulfilling our mission really cost — from providing a living wage and benefits to our staff, to the costs of member and community engagement (like putting out the Shuttle), to what we spend to run our farms — the sorts of expenses that a typical grocery store doesn’t have. Calculating this

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*Source: The Federal Reserve and Edward Jones estimates. The contents of this presentation are for informational purposes only. Edward Jones doesn't offer health insurance; however, we believe discussing the impact of health care costs within your retirement strategy is important, especially considering that rising health care costs may affect many investors approaching retirement. While the information is believed to be accurate, its accuracy and completeness are not guaranteed and are subject to change without notice. You should rely on Medicare for complete program details. For more information on Medicare, visit www.medicare.gov.

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number was a good fiscal exercise because it forced us to put monetary values on “soft” expenses, such as spreading the word about mission-related activities like member workshops.

We told you in the survey that mission-related priorities account for 17 cents of every dollar spent by the Co-op, broken down into six operational areas:

- Provide a living wage/health care coverage for employees (9 cents).
- Provide community outreach (2 cents).
- Marketing, labor and support for providing sustainable, local products (1 cent).
- Helping other co-ops and engaging WW membership (2 cents).

“ You really like that the Co-op is committed to fostering a robust local economy and supporting local producers. In fact, you said that’s the most important reason for joining. ”

- Supporting the working member program (1 cent).
- Supporting our urban farms (2 cents).

It was perhaps the most interesting and important question, and it had a two-fold rationale. One, Weavers Way operations wanted you to know how we spend Co-op money to achieve the goals of our mission. Two, we wanted you to tell us what you thought about that.

Turns out, operations and the membership are on the same page. Overwhelmingly, members supported our current allocation of operational expenses required to support our mission: 68 percent of you are satisfied with our current level of spending — and 99 percent of you would like us to spend even more.

That’s the statistical data in a nutshell.

But hold on . . . what about all the curmudgeonly comments Mary mentioned in her column? (That’s what you want to read about, right, the juicy stuff?) I’ll give you a rundown on the comments in next month’s Shuttle, with my assessment of why there are two very different views of the Co-op.

Please know that the time you spent telling us what you really think is appreciated and extremely helpful to those of us who are working to make Weavers Way the very best it can be. We are grateful for your support and continued commitment to the Co-op, and we can hardly wait to hear what you’ll have to say in 2015.

But feel free to chime in before then!

rtorpie@weaversway.coop

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PASA

(Continued from Page 1)

ference, which draws over 2,000 people from all over the country, not just Pennsylvania, to State College.

PASA has been changing with the times, and this year they offered an urban-farming workshop track, which touched on all aspects of urban farming, from farmer-to-farmer technical support to farming for social change. The breadth of workshops is impressive, with other topics including crowd-funding, raising turkeys, running successful apprenticeships, business planning, food safety bills, beekeeping, homeopathy, biodynamic orchard care, animal-powered farming, cheesemaking, hog-raising and worm-composting, just to name a few.

PASA provides valuable learning opportunities, but the importance of talking with other farmers shouldn't be overlooked. Some of the most useful conversations I had throughout the weekend were with farmers I had never met before but whose operations were similar to ours. To tap into a network of support and experience is just as helpful as listening to the experts leading the workshops. I spoke with one farmer who operates an educational farm that is expected to break even financially, and sells internally to another department within their organization. Sound familiar? We compared notes for an hour.

No farming conference would be complete without an array of shiny new tools that every farmer yearns for. Admir-

ing the tools made my hands itch for the feeling of a perfectly sharp hoe that slices through tender little weeds and turns the earth into a beautiful, clean bed of chocolate-cake soil. Nothing will get you more excited about pruning your berry bushes than holding the newest ergonomically designed pruners. There were also vendors with all the greatest books, seeds, and, of course, compost and organic fertilizer samples in little take-home trial bags.

Going to the PASA conference is also a great way for Weavers Way/Weavers Way Community Programs staff to get to know one another better. Six of us traveled together to the conference, with five different departments represented. And of course, a trip to State College would never be complete without stopping at everyone's favorite Indian restaurant, Passage to India in Harrisburg. It's a tradition, and a highlight of the trip.

nberryman@weaversway.coop



Brian Rudnick photo

A Farmer's Work Is Never Done

Above, Saul students (from left, Terrell Fontaine, Shkelqim Saiti and William Sorrell) work on a new hoop house while Compost Tzar Scott Blunk looks on; below left, neither snow nor rain nor dark of afternoon prevented intrepid farm volunteers from helping Nina get some chores done at Awbury (the coffee helped); below right, Nina demonstrates why every farmer needs a helmet lantern: to go underground to turn on the water.



Shelley Hedlund photo



Scott Blunk photo

March Member Specials

Valid from March 5 - April 1

For more member savings, visit www.weaversway.coop

	DANCING DEER Cookies - assorted varieties 6 oz \$2.99 REG \$3.85		WOODSTOCK FARMS OG Pickles - assorted varieties 24 oz \$4.99 REG \$5.49		AURA CACIA Massage Oil - assorted varieties 4 fl oz \$5.99 REG \$6.39
	ORGANIC VALLEY OG Neufchatel Bar 8 oz \$2.69 REG \$3.39		MISO MASTER Miso - assorted varieties 8 oz \$4.99 REG \$5.69		LIDDEL Homeopathic Spray - assorted varieties 1 fl oz \$9.99 REG \$11.99
	GLUTEN FREE PANTRY GF Cornbread/ Muffin Mix 12 oz \$3.39 REG \$4.49		HENRY & LISA'S Wild Alaskan Salmon 4 oz \$3.99 REG \$4.69		AURA CACIA Chakra Roll-On - assorted varieties .31 oz \$10.99 REG \$12.79

Mt. Airy Prepared Foods Is Stepping Out

by David Ballentine, Weavers Way Mt. Airy Prepared Foods Manager

HELLO TO ALL AND A BELATED HAPPY NEW YEAR from the Mt. Airy Prepared Foods Department.

A short introduction: My name is Dave Ballentine and I'm the Prep Foods Department manager. I'm a Philadelphia native, but now live in Doylestown with my wife, a nurse, and 20-year-old son, Jason. I've been in the food business in a variety of operations and capacities, primarily as a chef, for 30 years. (You may be familiar with some of the restaurants I worked at in Center City — La Terrasse, Frog, Odeon, Fork.) I came to the Co-op Thanksgiving week, and it's been an exciting and challenging experience getting acclimated during the holiday season, followed by the worst winter I can recall!

The Prep Foods Department has made, and will be making, some exciting changes. In January, we added an additional crock for takeout soup. We continue to try to offer at least one or two vegan or vegetarian soups, along



Mt. Airy Prepared Foods Department (and their new refrigerated case): From left, Amy Kurtz, Jenna Balaban, Dave Ballentine, Gabbreell James and Ciara Wilbanks

with a soup containing meat (most often chicken). By the time you read this, we'll have added a fourth soup.

Our new refrigerated case near the front door holds sandwiches, salads, sushi, cold soup, roasted chickens and entrée-type items. We've also brought back some favorites, including homemade whitefish salad and guacamole.

The Prep Foods Department is made up of myself

and four dedicated, talented staff members who always keep in mind our members' and customers' preferences. They strive to give you the most delicious, creative and freshly prepared items possible. We are looking forward to serving you. Stop by and try some of our fantastic products!

dballentine@weaversway.coop

Spring for Irish Cheeses in March

HERE IS A CLASSIC IRISH SODA Bread recipe. It can be made with whole wheat or all-purpose flour — both are traditional. It comes from Darina Allen of Ballymaloe Cookery School in Shanagarry (www.cookingisfun.ie/ballymaloe-cookery-school/lecturers/darina-allen).

Traditional Irish Soda Bread

- 450 grams all-purpose flour (about 3 1/2 cups)
- 3 grams fine sea salt (about 1/2 teaspoon)
- 4 grams baking soda (about 3/4 teaspoon)
- 1 1/2 cups buttermilk, more as needed

Heat oven to 450 degrees. In a large bowl, sift flour, salt and baking soda. Make a well in the center and pour in the milk. Using your hands, mix in the flour from the sides of the bowl. The dough should be soft but not wet and sticky.

Turn the dough out onto a well-floured work surface. Knead lightly for a few seconds, then pat the dough into a round about 1 1/2 inches thick. Place it on a buttered baking sheet and, using a sharp knife, cut a deep cross across the top of the dough, all the way to the edges.

Bake for 15 minutes, then reduce the temperature to 400 and continue to bake until the top is golden brown and the bottom sounds hollow when tapped, about 30 minutes longer. Serve warm. Yields 8 to 12 servings.

By Shawn O'Connell, Weavers Way Chestnut Hill Deli Manager

WELL, YOU MIGHT BE THINKING . . . Irish Cheeses for March. Eh, typical. Or you might be thinking . . . Irish Cheeses for March! Brilliant! Either way, we chose Irish for Cheese of the Month because if there is any promise of green, we will take it.

Margie and I will be featuring **Cashel Blue**, **Tipperary Irish Cheddar** and **Dubliner** for the month of March at \$1 off a pound. These cheddars and creamy, versatile blue really lend themselves to cooking. They are also great just with some freshly baked Irish soda bread and a cup of tea — a full-bodied, tannin-rich Irish Black Tea would work nicely with the cheddars and maybe a smoky Lapsang Souchong or sweet Rooibos with the Cashel Blue. Cashel Farmhouse Blue was developed in 1984 as an alternative to the powerful English Stilton. Cashel has a buttery yellow color indicative of the grass-fed cow's milk produced in County Tipperary. This blue is creamy and tangy with a mineral finish. Mushroom, caramelized onions, pears, and pecans are natural companions. Suddenly I want an omelette. This cheese is vegetarian.

Tipperary Irish Cheddar is a golden-colored sharp cheddar also made with the beta-carotene-rich milk of Tipperary. See if you can detect tropical fruit notes when you taste this. It's aged 12-15 months and is made with traditional animal rennet.

Dubliner Cheddar has some of the sweet and nutty personality of Parmigiano Reggiano. It's aged 12 months and is from Cork, though it's named for the Irish capital. It's made from grass-fed milk and is vegetarian.

Comp Shop Snapshot

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

	ShopRite	Weavers Way Co-op
Baby Carrots, 16 oz. bag	\$1.99	\$1.75
Bragg Organic Unfiltered Apple Cider Vinegar, 16 oz.	\$3.99	\$3.69
Cento Pitted Black Olives, 5.75 jar	\$2.39	\$2.30
Dietz & Watson Applewood Smoked Turkey (per lb.)	\$9.99	\$7.75
Earth's Best Organic Apple-Banana Baby Food, 4 oz.	\$1.49	\$1.45
Earth's Best Organic Baby-Spinach Baby Food, 4 oz.	\$3.99	\$3.99
Muir Glen Organic Chunky Style Pasta Sauce, 25.5 oz jar	\$4.29	\$3.89
Nature's Yolk Natural Large Eggs	\$3.99	\$3.15
Red & Green Leaf Lettuce	\$1.99	\$1.99
Romaine Hearts, Organic	\$3.99	\$2.99
Silk Chocolate Soy Milk, 32 oz.	\$2.50	\$2.45
Stacy's Naked Pita Chips, 8 oz.	\$2.99	\$2.99
Tofurkey Original Slices, 5.5 oz.	\$3.49	\$3.25
Wholesome Organic Milled Unrefined Sugar, 2 lb.	\$6.49	\$6.25

*Prices as of March 2014. Prices subject to change, but we'll do our best to stick to them!

Irish soda bread was meant to be a vehicle for rich butter and cheese. If you have never had it with lots of good butter spread all over, please do. It is one of my favorites with cheddar and a fried egg. Irish bacon couldn't hurt either . . . OK, add baked beans and grilled tomato

and you have Irish Breakfast. Fortify yourselves and push through, friends. We're almost there. I see crocuses in our future.

As the Irish blessing says, "May the nourishment of the Earth be yours."

soconnell@weaversway.coop

CELEBRATING



CHEESE OF THE MONTH

MARCH



Cashel Blue, Tipperary Irish Cheddar and Dubliner

\$1 off a pound during March.



Visit Yourself in the Online Member Center

by Jonathan Leeds, Weavers Way Membership Manager

OVER THE PAST COUPLE OF YEARS, the computer folks at Weavers Way have been busy adding new features and functionality to the Online Member Center, giving Co-op members a powerful tool for managing their own accounts.

In fact, you can now take care of most account-related tasks yourself with just a few clicks of the mouse.

For example, let's say you're not sure how much equity you have. At the Online Member Center (members.weaversway.coop), you'll be able to see your current balance, review your equity transaction history and check when your next investment is due. And when it's time to make that annual investment, you can take care of it right online, using a credit card. Making your annual equity investment online, instead of through the U.S. mail or at one of the cash registers, cuts down on processing time, and reduces the risk of clerical errors.

The Online Member Center is also a convenient way to update your contact info, such as your phone number and email address. If you've moved, you can update your address in your account yourself, instead of having to submit a paper

New Member Benefits!

Weavers Way now offers House Credit Accounts. Feed your fund, then shop and just show your member ID at checkout. When your balance is low, just re-up at the register.

We're also making register receipts optional. You spoke, we listened and the trees are happy. Need a receipt anyway? Just ask! (Receipts continue to be automatic for non-members and for all transactions over \$25.)



Questions? Contact Susan Beetle
Finance Manager at sbeetle@weaversway.coop.

form and then waiting for the change to be added in the database.

Keeping your contact info current will help ensure that you continue receiving important Co-op related communications, including the Shuttle, the weekly eNews and emergency weather notifications — and it will help the Co-op cut down on the use of paper too.

To access your member account, log in with your username and password. There's no need to register first — as a

Co-op member, you've already been assigned a username and password by the IT department. If you don't know or can't remember your username and/or password (yeah, that never happens), email me at member@weaversway.coop, or call me at 215-843-2350 ext. 119.

In the upcoming months, we'll be adding additional enhancements to the Online Member Center. We welcome your ideas and suggestions.

jleeds@weaversway.coop

Attention H.R. Professionals

THE CO-OP IS EXPLORING THE creation of a human resources advisory committee and we're seeking Weavers Way members who are professionals in the field of human resources.

As envisioned, the advisory committee would meet periodically — perhaps four times a year, in the evenings for about an hour or so. The committee will review important human-resources initiatives the Co-op is considering — such as a new group medical plan — and provide advice and feedback to the Co-op's human resources manager and general manager.

Further, the committee would review the general manager's annual report to the Weavers Way board of directors regarding staff treatment and offer its recommendations.

In exchange for your time, you will receive Co-op work credit. This is a great way to get your Co-op hours and help us with your particular area of expertise.

If you're interested in this opportunity, or if you have questions, please reach out to me at hr@weaversway.coop.

— Jon Roesser,
Weavers Way
Human Resources Manager





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Staff Celebrity Spotlight:
Annie Gontarek

A Spark of Social Conscience

by Karen Plourde, Weavers Way
Chestnut Hill Grocery Staff

ANYONE WHO KNOWS ANNIE GONTAREK, SHIFT manager at Weavers Way Mt. Airy, knows she’s well versed in the art of snark. But behind her blase exterior is someone who took an experience at Take Your Daughters and Sons to Work Day and molded it into a desire to help ex-convicts reintegrate into the community. Not so snarky, right?

Annie, 27, just completed her bachelor’s degree in criminal justice at Penn State Abington. Her father was a corporate lawyer, but another lawyer in his firm worked in criminal defense. “One year, we visited a holding cell and I found it fascinating and just stuck with it,” she said.

She went to Millersville University for a year, then dropped out and took a job as a cashier at Caruso’s Market, which later became Weavers Way Chestnut Hill. She may be the only current Weavers Way employee who also worked at Caruso’s.

Annie got to the Co-op in February 2009. At that time, she was attending Montgomery County Community College part time. About a year later, her older brother, Wes, was hired in the kitchen at Chestnut Hill, where he’s now closing kitchen manager. “My mom was like, ‘How would you feel if Wes applied at the Co-op?’ I was like, ‘No, I don’t want to work with him.’” She backed off once her mom assured her he

was applying only to Chestnut Hill, keeping 2.5 miles between them.

Annie and Wes often get together for lunch on Fridays, when they’re both off. Of course, work seeps into their conversations. “We always end up talking about the Co-op, which is kind of annoying,” she said. They also have an older sister, Kate, who’s a social worker and the mother of two girls.

Although Annie grew up in East Mt. Airy, her family didn’t belong to Weavers Way until she started working there. “People are like, ‘Oh, did you grow up in the Co-op?’ And I’m like, ‘No.’ I don’t want to die at the Co-op, either,” she noted.

For now, Annie is putting her criminal justice aspirations on hold. She and Jenna Balaban, who works in Prepared Foods in Mt. Airy and, like Annie, was adopted from South Korea as an infant, are planning a trip there this summer. “I just want to, like, enjoy not having to do schoolwork for a little,” Annie said. “I really wanted to go to Korea, so I figure, why not now, before I get a career — then who knows when I’ll be able to take off?”

The Wyndmoor resident’s favorite Co-op product



As shift manager, Annie Gontarek knows all the sweet spots at Weavers Way Mt. Airy

is GT’s Kombucha, specifically the gingerberry and raspberry chia seed flavors. She’s also a fan of Little Bakery gluten-free brownies and Weavers Way Philly Fresh Hot & Spicy Pickles.

Annie enjoys the friends she’s made at the Co-op and the atmosphere overall. “I like the feeling of community, and the fact that, like, people know each other,” she said. “It’s just, like, a good feeling.”

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What’s What & Who’s Who at Weavers Way

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Weavers Way Welcome Meetings

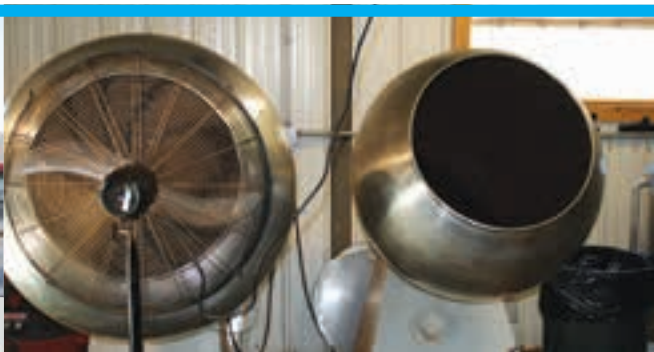
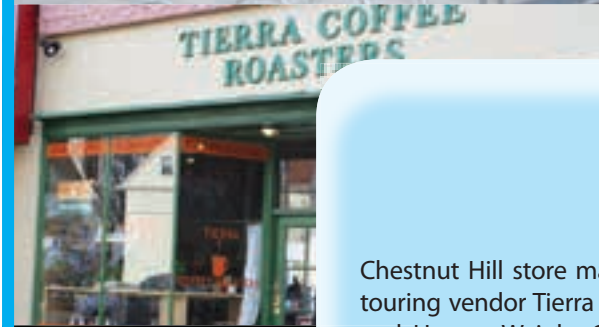
We wholeheartedly encourage new members to attend one orientation meeting. Learn all about our cooperative market, the benefits of buying in, the resources that become available to you and how co-ops contribute to local communities around the world. Meet staff and other member-owners and share in some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

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

Meetings are held at 6:30 p.m. Wednesdays in Mt. Airy (555 Carpenter Lane, next to the store) or Chestnut Hill (locations TBA) and include a store tour. (Current members who help host also get work credit.) RSVP to: outreach@weaversway.coop or 215-843-2350 ext. 118.

NEXT MEETINGS

March 12 (MA) April 16 (CH) May 14 (MA) June 11 (CH)



Road Trip

Chestnut Hill store manager Dean Stefano and I touring vendor Tierra Farm and Chatham Market and Honest Weight Co-ops outside Albany, NY, in January. Tierra Farm's Joe Pectik and Anabel Taylor (that's her with Dean and me) were our fantastic tour guides. They showed off Tierra Farms' spacious packing room and the stainless steel rolling vats used to coat nuts and fruit, among other things at their facility in Valatie, N.Y. They also accompanied us on our visit to Chatham Market and Honest Weight, which has a history akin to Weavers Way; they started in 1970 with 20 people in a small building in suburban Albany. Their brand-new store accommodates a giant cheese case, salad bar and prepared foods section, but it was the bulk section — way bigger than ours — that really got my attention.

Next trip (hopefully), Asheville, N.C!

— Luis Cruz
Weavers Way Mt. Airy Bulk Manager

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