

**Celebrate the Great
American Meatout**
at Weavers Way Chestnut Hill
FRIDAY, MARCH 20
All-vegan hot bar, sampling, tabling
& our own vegan cheesesteaks for sale.

**MEAT
OUT**

*Best Vegan Cheesesteak
in Philly*

Join **V** for Veg blogger Vance Lehmkuhl
and celebrity judges at 4 p.m.

Vote for your fave beforehand at
philly.com/vegancheesesteak.



The Shuttle

March 2015 Vol. 43 No. 3

Community-Owned Food Markets Open to Everyone

Cooking Up a Co-op in Kensington

**Organizers hope growing
bank account plus 600
members and counting
is a recipe for success**

by Karen Rueda, for the Shuttle

FOR NEARLY SEVEN YEARS, THE MOVEMENT to open a co-op in the Kensington section of Philadelphia has been steadily simmering. With the acquisition in May 2014 of a lease-to-own location at 2670 Coral St. (at the intersection of Frankford and Lehigh avenues), it appears the Kensington Community Food Co-op will soon be serving up a fully operational store.

KCFC's recipe for reaching its ultimate objective calls for more members to throw their carrots and potatoes into the pot

as KCFC launches the second phase of its member-loan campaign. As a result of the campaign's first phase in the fall, the organizers are less than \$200,000 shy of their overall fundraising goal of \$400,000 in member loans. They hope to capitalize on tax-return season to close the gap.

"If we can raise more money from the members in loans, the less money we'll have to approach a bank for in the end. . . . We're really hoping to acquire as much of that money from our members. And it's a nice opportunity for them as well," explained Board President Colleen Watts, noting that the group upped its original goal of \$300,000 in member loans after a strong pre-commitment phase.

KCFC has doubled its membership base in the last two years, recently surpass-

(Continued on Page 23)



Karen Rueda photo

KCFC Board President Colleen Watts at the proposed store site at Frankford and Lehigh.

SAVE THE DATE!



**SPRING 2015
GENERAL
MEMBERSHIP
MEETING**

**Sunday, May 31
Morris Arboretum**

- Member-driven discussion
- Board election results
- Eat and greet
- Open mike!

Editor's Note

by Mary Sweeten, Editor,
Weavers Way Shuttle



NOTICE WAS TAKEN AT THE MOST RECENT general membership meeting (held last October at First United Methodist Church of Germantown) that no time was allotted for questions and comments from the floor.

Well, the people have grumbled, and the Board has heard you. Next time there will be less reporting from the dais, more talking from the member-owners.

If you have a topic you'd like the meeting to take up, email it to Board President Chris Hill (chris@chrishillmedia.com).

Prices? Expansion? Second-floor access in Mt. Airy? That darn TV in Chestnut Hill? The spring General Membership Meeting is Sunday, May 31, 2015, at lovely Morris Arboretum, so you have LOTS of time to think about what you want to discuss.

A number of topics will be selected and announced in advance. During the business meeting — after dinner, that is — attendees can join a breakout discussion of their choice. Each group will be allotted time at the end to report and recommend. The Board will be listening.

This is easier than getting on the agenda. But of course, there's nothing to prevent you from doing that the old-fashioned way: Follow the procedures set out in Article IV, Section 4, of the Weavers Way Bylaws. It's not even that complicated. (Note also that any member can call a special meeting. The threshold for that is higher; read all about it in Article IV, Section 2.)

On the other hand, there's nothing in the bylaws that prevents President Chris from soliciting this virtual show of hands that hopefully will get many voices in the mix at the spring meeting.

At lovely Morris Arboretum, did I mention that?

msweeten@weaversway.coop

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CHANGE SERVICE REQUESTED

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What's in Store at Weavers Way

How Our Buyers Help Purveyors Become New Co-op Suppliers

by Stephanie Kane, Weavers Way Local Purchasing Coordinator

WE'RE AWARE THAT MANY OF OUR shoppers look to Weavers Way to be their food guide. Our Purchasing Department has recently been updating our procedures for how new vendors become the shelf staples everyone loves.

Purveyors who want to get into Weavers Way have more than just their excellent salsa or favorite muffin recipe to think about. We require all of our vendors to have \$1 million in liability insurance. Prepared foods must be made in a certified facility and stored and transported safely. We also inquire about the origin of ingredients. For example, we ask all new vendors with products that contain chocolate for verification that it's slavery-free.

When considering a new vendor, we place a priority on the following qualities:

- Healthy and wholesome food.
- Certified Organic or sustainably grown food.
- GMO-free food.
- Products that minimize environmental impacts through reduced packaging, shipping, use and disposal.
- Sustainably sourced seafood.
- Animal products — including dairy — from animals that are humanely raised and processed.
- Fair trade certification.
- Businesses that support fair labor practices and the overall health of their employees.
- Cooperatively owned businesses.

We also have a list of ingredients we won't accept, and new products will likely get turned down if they contain:

We're updating our product philosophy.

The new one is a lot longer than the old one (www.weaversway.coop/product-philosophy). Check it out on Page 25.



- Ingredients on the Center for Science in the Public Interest list of products to avoid.
- Artificial colors and flavorings (e.g., Yellow No. 5, vanillin, aspartame).
- Preservatives (e.g., sodium benzoate).
- Trans fats.
- High-fructose corn syrup.
- GMO beet sugar.
- Other GMO foods.
- Irradiated foods.
- Known carcinogens.

We don't buy products tested on animals. We prefer not to buy meat from animals that have been treated with preventative antibiotics, added hormones or growth promoters, or fed animal by-products.

We do our best to steer clear of exploitative labor systems.

Having these standards in place provides a great opportunity for our buyers. Each main department (Grocery, Produce, Meat & Seafood) has a manager that does much of the buying, but we also have buyers for smaller departments, like

(Continued on Page 25)

The Shuttle is published by Weavers Way Cooperative Association.

Statement of Policy

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

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

Advertising

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

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

Weavers Way Board

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

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

2014-2015 Weavers Way Board

Chris Hill, President Joshua Bloom, Vice President
Stu Katz, Treasurer Laura Morris Siena, Secretary

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Emmalee MacDonald Linda Shein



The Shuttle is printed on 100% recycled paper.

New on the Shelves

It's Getting Raw-fully Snacky at Chestnut Hill

by Karen Plourde, Weavers Way Chestnut Hill Grocery Staff

I'M NOT A RAW FOODIE, AND I'M NOT likely to become one. But I get the frustration with wanting to follow a certain food path, and having difficulty with finding the products you need to stay on that path.

So it's good news that the latest infusion of new items on the grocery shelves at Weavers Way Chestnut Hill includes a selection of raw snacks. You can find all of these on the wooden set of shelves next to the baking items. They include **Wonderfully Raw** coco-rooms and **Go Raw** salad snacks, both in three flavors. The latter is a "salad" of dried kale, spinach, cabbage and other veggies, tossed in a raspberry vinaigrette, ranch or Thousand Island dried "dressing." For a portable raw option, check out **Artisana's** collection of raw nut butters, available in four varieties. And if you're into raw and local, don't forget **Awesome Foods** of Bridgeport and **Rawsome Fudge** of West Chester. Bruce and Marsha Weinstein of Awesome Foods put out an array of items, from snacks to salads to wraps to lasagna. Yep, that's right — raw lasagna.

Elsewhere at the Co-op

Mt. Airy Bulk & Grocery: Bulk Manager Luis Cruz has refreshed the selection of vinegars and added a new variety — **Olive Oil Source** pomegranate balsamic. Also new is Olive Oil Source's Cask 25 balsamic and **Spectrum** organic apple cider vinegar. The Cask 25 is aged using the Solera method of blending, in which the vinegar goes through high-quality wood casks of various sizes during several years of aging.

On the second floor in grocery, it's sproutin' season. You'll find two kits for growing your own — Sprout Garden, distributed by **Handy Pantry**, and the **Sproutamo** Easy Sprouter. Handy Pantry sprout seed mixes are organic and non-GMO.

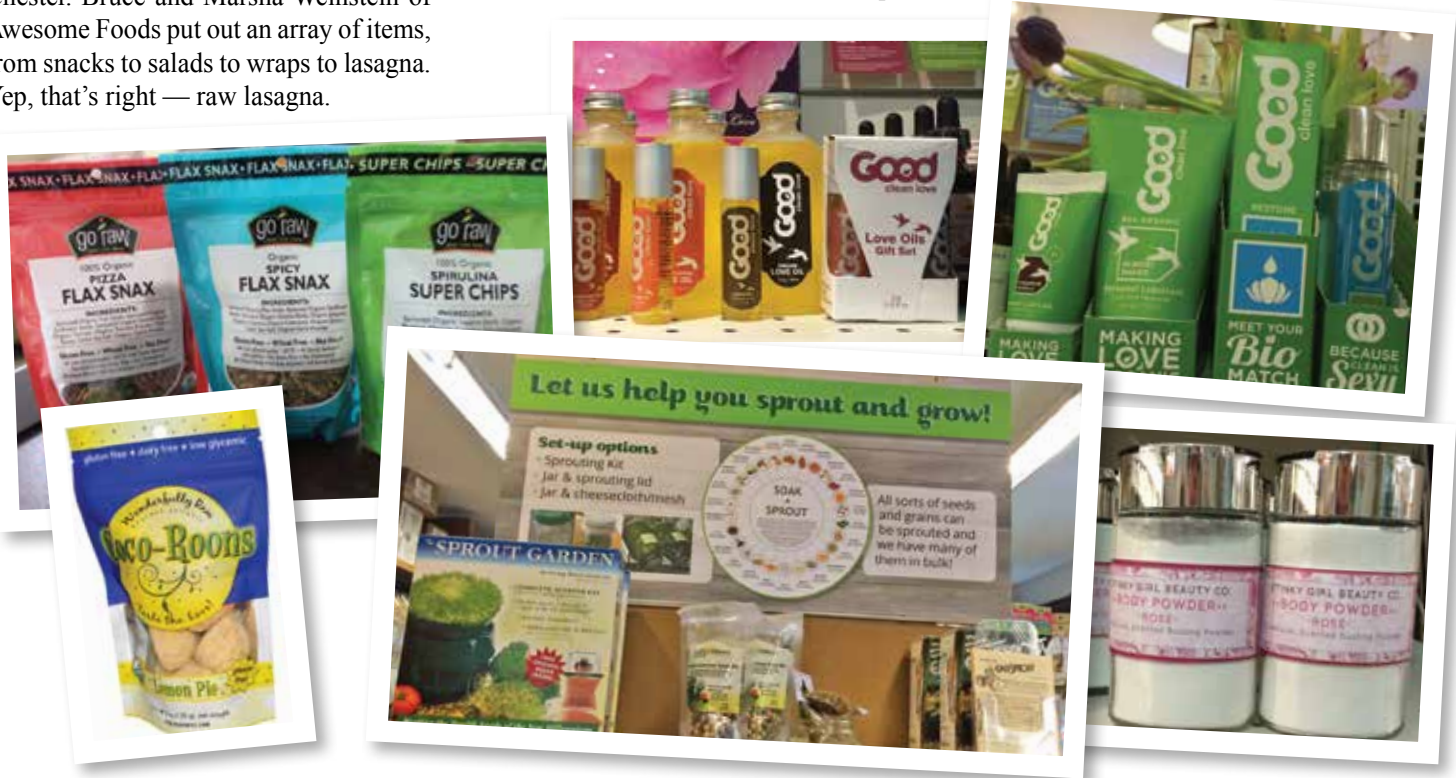
Next Door & Across the Way: You may have used diatomaceous earth to naturally rid your environs of insect pests. But did you know you can eat it? The food-grade variety, processed by **Lumino**, is now available at Weavers Way Next Door. Its fans believe a bit of DE as part

of your regular diet is great for detoxing and keeping your colon clean.

To help keep the outside of you clean and smelling good, Across the Way has added to its selection of **Stinky Girl** beauty products (girls only, guys; sorry). You may already know about their unscented and lavender cream deodorant, also available Next Door. Now ATW has brought in rose body powder and beet/hibiscus lip and cheek stain.

With any luck, you might have to follow up those purchases with something from the bumped-up line of **Good Clean Love** products now available in Mt. Airy. These include roll-on love oils in three flavors, two types of personal lubricants (one is cinnamon-vanilla flavored) and two types of body candy. That last one is designed to augment your kissable parts (really, it says so on the website). The "candy" is available in vanilla chai and spicy orange flavors. Could make an interesting alternative to dessert.

kplourde@weaversway.coop





What's in Store at Weavers Way

Dinner and a Movie

When Everyone's Irish And the Food Is Too

by Margie Felton, Weavers Way
Mt. Airy Deli Manager

THIS YEAR I SEEM TO BE DRAWN TO TRADITIONAL monthly themes — last month, Romance for Valentine's Day and for March, Irish food and film.

I hadn't eaten much Irish food and didn't know a great deal about it. I started my research with the menus from Philadelphia's Irish restaurants and found that most menus were heavy on bar foods such as hummus and chicken wings, two items I don't consider Irish. Dishes I consider Irish included bangers and mash, Irish stew and corned beef and cabbage. Then an Irish bartender informed my brother that bangers and mash — pork sausages and mashed potatoes — is English, and that it's ham and cabbage that's Irish, not corned beef and cabbage. So I did more research and learned that because of Ireland's geography and climate, fish and seafood are traditional foods and dairy products are also important because of the lush green hills for grazing cows. Not to mention lamb, pork and potatoes. Traditional beverages include beer, whiskey, hard cider, tea and, more recently, Irish gin and microbrews.

And according to National Geographic, "Ireland drinks more tea per capita than any other place in the world except for Turkey."

So with a little more knowledge, I ventured to Brittingham's in Lafayette Hill. I had a craving for the bangers and mash on the menu.

We arrived at dinner time without reservations and decided to sit at one of the bars instead of waiting for a table. This turned out to be a great decision. The bartender was one of the best I have ever encountered. She was friendly, attentive and very knowledgeable about both the food and the bar offerings. I was disappointed when I first looked at the menu because bangers and mash was nowhere to be found — the menu had recently changed.

Our meal was far from traditional Irish cooking, but nonetheless it was fantastic, starting with the beer. I had a Philadelphia Brewing Co. Joe's coffee porter and my friend had a beer cocktail called a Dirty Hoe, which was a mix of Hoegaarden and framboise. Our meal began with clams steamed in butter and garlic and a crispy mushroom flatbread with creamy truffled goat cheese and baby arugula. Luckily, we decided to share an order of fish and chips because even the two of us couldn't finish the large portion of battered haddock and potato wedges. On the side we also sampled homemade pickles, Brussels sprouts seasoned with bacon and mashed potatoes. (If I couldn't have the bangers, at least I had the mash.)

After watching a few Irish movies on Netflix, I decided on a beautiful Irish-American film, "The Secret of Roan Inish," that I discovered when my daughter was young. The story of a girl's search for her missing brother is told through tales of family history and folklore of the sea and its mythical creatures. The scenery is the rugged and lush Irish coast with a background of traditional Irish music and the sounds of the ocean. This is a magical film that can be enjoyed by all ages.

margie@weaversway.coop

Brittingham's
640 Germantown Pike
Lafayette Hill, PA 19444
484-344-5162 / brittinghams.com

The Secret of Roan Inish (1994)
Directed by John Sayles
Available on Netflix DVD and at the Free Library.

Five Things

Five Things is a service of Weavers Way.

Because there's nothing that can't be improved by bringing something you bought at the Co-op!

To Celebrate the Comin' o' the Green

Looks like the planet is still spinning. What better way to mark springtime than a tip o' the cap to the Co-op's favorite color?



- 1 **Nature's Way Chlorofresh Liquid Chlorophyll** — Clean up from the inside out. Mint flavored or plain, this "internal deodorant" will make your oft-ignored innards feel like they're lolling about in the verdant fields of County Cork.



- 2 **Roz's Mint Chocolate Vegan Cupcakes** — Upgrade from the Shamrock Shake. Our favorite South Philly cupcake maven does it again. Vegan + mint means the perfect fit for our veggie-phile friends.



- 3 **WW Basil Pesto** — Go green or go home. Exec Chef Extraordinaire Bonnie and her culinary team offer vegan and classic versions. Try adding a shmear to your Dubliner cheddar grilled cheese.



- 4 **Blue Moon Micro Watercress** — Can't have a Green Five Things without actual GREENS, right? And how we love this wee watercress in salads and on sandwiches alike. Perfect for teatime.



- 5 **GimMe Organic Roasted Seaweed Snacks** — Where does seaweed look for a job? In the "kelp wanted" ads, and on the shelves of the Co-op. Savory sheets of 100% organic seaweed roasted with a pinch of sea salt and a blast of organic toasted sesame oil, in three flavors: Sea Salt, Sesame and Teriyaki.

Bangers and Mash

I was still craving this dish when I saw that Weavers Way sells Irish-style bangers from Stryker Farm in the Meat Department, so I bought some and made it myself. This recipe serves 2.

- 1 package Stryker Farm Irish Style bangers
- 1 tsp. oil
- 1 medium onion, thinly sliced
- 3 large baking potatoes, peeled and cut into large pieces
- 2 tbs. butter
- 1/4 cup half and half
- Salt to taste
- 1/2 cup beef broth
- Grainy mustard

Boil potatoes in salted water until tender. Drain well and mash with butter, salt and half and half. Set aside.

Brown the bangers in the oil in an ovenproof pan, add the onions and cook for a few minutes, place in a 350 degree oven and cook until sausages are done, stirring occasionally.

Remove sausages from the pan and return the pan with the onions to the stove. Brown the onions a few minutes if needed, then add the broth to the pan and simmer until the liquid is reduced by half.

Place the bangers on the potatoes and top with the onion broth. Serve the mustard on the side.



stryker farm
IRISH style
BANGERS

on sale
for \$6.99/lb.
reg \$7.99/lb

(Gluten-free)
Through March 21.



Weavers Way Community Programs

Help Our Gardens Grow: WWCP Spring Wish List

by Andrew Turner, WWCP Farm/Garden Manager

PUNXSUTAWNEY PHIL HAS SPOKEN! ON FEB. 2, THE discerning groundhog saw his shadow, indicating that this winter season will last at least six more weeks. While this prompted many of us to shiver and thwarted any premature plans to put on our farming shorts, the Garden Club kids were more concerned with how Phil’s pronouncement would affect the garden at Stenton Family Manor.

After serious deliberation, we agreed that we did not want a prolonged winter. We want to get outside. We want to eat the bounty spring and summer provide. The sooner we can work the soil, the sooner we can get things planted. The sooner we get things planted, the sooner we get to enjoy the fruits of our labor!

At the Feb. 2 Garden Club meeting, most of the kids in attendance were recent arrivals at Stenton Family Manor and they had yet to venture into Hope Garden. But their enthusiasm is infectious. Their energy unsurpassed. They can’t wait to get out there.

Alas, the garden remains dormant, with clumps of snow and ice scattered here and there amid our frostbitten cover crops.

Even the warmth of the greenhouse is elusive. The lock is frozen! But this is winter in the Northeast. Would we have it any other way? Just like our neighborhood groundhogs, the garden is sleeping, waiting for spring! So we wait.

Already, 2015 has brought some changes to WWCP. It is great to have two new staff members: Melissa Powell, our new farm educator, and Jackie Schrauger, our new program director. Roles are evolving, lessons are being developed and plans are being made.

As we welcome new staff and prepare for the upcoming

season, we are reminded that we would not be where we are without all the hard work of everyone involved in WWCP over the last seven years. Thank you, members of the Weavers Way community! Your continual support is much appreciated.

Our big project this year is to establish an experiential learning garden at Martin Luther King High School. We are planning at least one workday in the spring to build raised beds and move (literally) tons of topsoil and compost donated through the Philadelphia Horticultural Society’s City Harvest program.

Details for this and other volunteer days will be forthcoming. Co-op work hours are available! If you would like to be put on our volunteer email list, contact Jackie at jschrauger@weaversway.coop.

In the meantime, you can still help! During the winter months, all Garden Club activities are held indoors. Cooking and preparing food has been a large part of our curriculum during the winter. We need large mixing bowls, cheese graters, pots and pans and much, much more. As we gear up to move things outdoors, we are always on the lookout for good quality garden tools that are perhaps collecting dust in a shed or garage. Raincoats of all shapes and sizes would also be very useful. We also need to tidy and organize our garden sheds. Once the sheds are tidy, there will be just enough space for a gas powered weed whacker and walk-behind mower. Perhaps someone out there has a spare they would be willing to donate? We know it’s a long shot, but . . .

See the accompanying list. If you can donate any of these items, please email me to arrange pickup or dropoff.

Thank you! Stay warm. We will see you in the garden. (Whenever spring comes!)

aturner@weaversway.coop

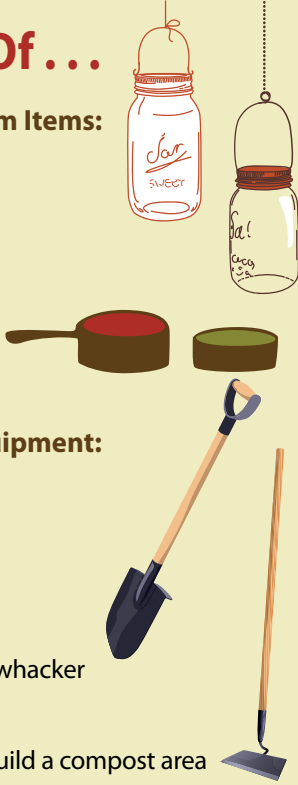
In Search Of ...

Kitchen/Classroom Items:

- Large mixing bowls
- Cheese graters
- Pots and pans
- Canning equipment
- Food-grade buckets
- Dry-erase easel

Garden Tools/Equipment:

- Digging forks
- Pruners
- Hoes
- Trowels
- Gas-powered weed whacker
- Walk-behind mower
- Wooden pallets to build a compost area
- 50-gallon plastic barrels to help with our irrigation system
- Submersible electric utility pump
- Free-standing shelf unit for shed
- Large plastic storage bins with lids
- Raincoats of all shapes and sizes, particularly children’s sizes



If you can donate any of these items, email Andrew at aturner@weaversway.coop to arrange pickup or dropoff.



CONNECTING PEOPLE THROUGH SONG

LYRIC FEST

presents

WAXING POETIC

In This Blue Room

A Concert of New Songs
An Art Show
A Poetry Reading

Lyric Fest unveils an exciting world premiere of a new song cycle by composer in residence Kile Smith.

Join us for this cross fertilization of visual, poetic and musical arts. Featuring Laura Pritchard’s fine art batik paintings and the poems they inspired.



Poets
Donna Wolf-Palacio
Siobhan Lyons
Julia Blumenreich
Susan Fleshman

with
Suzanne DuPlantis, mezzo soprano
David Teadt, baritone
and Laura Ward
at the piano

Friday, March 13, 2015 at 7:30 at The Presbyterian Church of Chestnut Hill
Sunday, March 15, 2015 at 3pm at The Academy of Vocal Arts
Tickets - \$25 at the Door or visit www.lyricfest.org





Saunders

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Amanda J. Saunders, MBA | 215.514.9597 (Cell)
amanda.saunders@foxroach.com | www.thesaundersrealtygroup.com

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WWCP

WWCP Is Looking For Board Members

WEAVERS WAY COMMUNITY PROGRAMS is the dynamic nonprofit offshoot of Weavers Way Co-op, building on the Co-op's commitment to enriching the communities in which it operates. WWCP's mission is to empower children, youth, and families with the values and knowledge to be healthy, strong and informed through experiential activities centered on urban agriculture, nutrition and the cooperative economy. This spring, WWCP invites members of the Weavers Way community to self-nominate for positions on its board. We are seeking individuals with passion for our mission, nonprofit board experience and expertise in the following areas: marketing/communications; fundraising; capacity-building, board leadership and organizational development; and advocacy/policy in areas of farm/nutrition and education/public health.

If you would like to be considered, send a letter of interest and qualifications to Sue Wasserkrug, co-chair of WWCP's Governance Committee, at wasserkrug@gmail.com. The committee will schedule interviews with candidates in March and April and recommend nominees to the full WWCP Board for election at our June meeting. WWCP board member nominees must also be approved by the Weavers Way Board of Directors, as per our bylaws.

— **Mira Rabin, President,**
WWCP Board of Governors

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Farm Manager
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Giving Twosdays!

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

When you shop at the Co-op on the second Tuesday of the month, please consider adding \$2 to your total bill to support WWCP programs and services. (You can also give more — or less — and we'll love you all the same.)

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



From the movie

Mt. Airy Filmmaker Presents 'Consumption'

LAST YEAR, THE SHUTTLE RAN A STORY about a short movie being made in Mt. Airy by local filmmaker Brittany Rafalak. Now the film is ready to be shown.

"Consumption" is about a society where food has been outlawed. Corinne discovers food and struggles with eating in a society where it is considered barbaric to consume.

"Thinking about how food affects our lives is the foundation for the film's thematic subjects," Rafalak said. "This film explores how perspective, experiences and culture impact the way we see others."

The film, shot last summer with a local cast and crew, will serve as Rafalak's graduate thesis at The New School. She financed it partly with an Indigogo crowdfunding campaign.

"A goal throughout my filmmaking career is to present women and people of

color as something that transcends stereotypes while assuming the audience is more than ticket sales," Rafalak said. "I plan on creating films that feature women of color and delve into fantasy, science fiction and issues about human nature."

A free screening will take place at 7:30 p.m. Saturday, March 28, at Filmtech School, 2019 S. Juniper St. The screening will feature a live, improvised score, another of Rafalak's interests as a filmmaker. "I feel that the most honest, emotionally driven and effective film score is one that is improvised," she said. "For 'Consumption,' musicians will be influenced by on-screen images and the film and score will be manifested simultaneously for the audience. I also aim to explore the effect of live music on an audience's perception of a film."

For more information, email consumptionfilm@gmail.com.

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MONTHLY HEALTH TIP

Advice to Avoid Colds and Flu

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

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

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

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



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like us on Facebook.**



General Manager's Corner

Paid Sick Leave: Weavers Way Was There First

by Glenn Bergman, Weavers Way General Manager

IT HAS AMAZED AND SADDENED ME THAT SO MANY workers in our country do not have basic sick and vacation leave at their jobs. The Philadelphia Inquirer reported last month that about “40 percent of the city’s workforce . . . do not get paid sick leave.” My grandmother would have been horrified that this was still going on a century after she served as an officer of the International Ladies Garment Workers Union.

When I was working at Frog and the Commissary, Steve Poses gave sick leave, and that was back in the ’80s! Who wants a restaurant worker coming in sick with a norovirus? (I’ve had it and it is no fun.) However, if your job will not compensate you for sick leave and you need the money, you come in to work. If your boss will fire you for taking a sick day or two, you come in. You risk the public’s health to protect your income. No one would, or should, blame you for that action.

At Weavers Way, staffers can accrue a week of sick time a year. We expect them to use it for themselves, to take care of a sick family member or to seek personal health care. I am sure some staff use it to take a day off, but I truly believe almost all the time is legit. It is the right thing to provide.

I applaud City Council for helping poor working class people in our city by mandating sick leave for com-

panies with 10 or more employees.

Now it is time to get the minimum wage increased. In fact, the state should raise the rate to \$12.50 or higher across the board for everyone. Not only will that stimulate the local economy, with money being spent here, but it will also help lift many workers out of abject poverty. Organizations such as Philabundance and SHARE should get behind this initiative to help poor workers have more money for food, shelter and clothing. Raising the minimum wage will also improve the health of our community over time.

Food For All Program

As many of you know, our Weavers Way Food Justice Committee proposed last year that we do something to assist low-income Co-op member-owners with purchases. Over the last few years, we have watched as a number of co-ops across the county started programs that offered a 10 percent discount on all shopping to members on public assistance, such as food stamps and SSI. Weavers Way’s program, called Food For All, was rolled out in January, and after two months, our membership coordinator has signed up 20 people. We have given out \$574 worth of discounts.

I saw one of the FFA participants and she told me how thrilled she was to get a 10 percent discount and how it has extended her shopping dollars. She is able to purchase more healthy food for her children. She thanked

We Want Your 2 Cents

Co-op Prices Meeting
Wednesday, March 18
7 p.m.
Upstairs at the Chestnut Hill Community Center, 8419 Germantown Ave.
(across from the Co-op)

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

Hosted by the Weavers Way Food Justice Committee



me . . . I felt great! Isn’t that what makes life wonderful?

For more information and to enroll in the FFA program, contact Membership Coordinator Kirsten Bernal at member@weaversway.coop or 215-843-2350, ext. 119. You can also read about it on the website at www.weaversway.coop/food-for-all.

Let’s Talk Expansion

Starting in April, I plan to hold monthly meetings in members’ homes and at the stores to discuss expansion of the Co-op. Our plan is to expand in three ways over the next few years:

- 1. A Mt. Airy prepared foods kitchen and café in 555
- (Continued on Next Page)

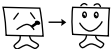


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GM's Corner

(Continued from Preceding Page)

Carpenter Lane, connecting to the main Mt. Airy store, with kitchen space for production, serving space and possibly a small seating area.

2. A third store. This raises a host of questions for our house meetings, starting with why a third store, and where?

3. Commissary kitchen and production site to serve all our stores. We know that prepared foods are popular, and can help us make great inroads in our Weavers Way goals of providing local, wholesome, sustainable food, and helping the local economy. Should it be part of our third store? What other products could we produce that we don't make now (pickles, breads, etc.)? More questions for the house meetings.

Keep an eye on the Shuttle and the website for dates, times and locations. Contact me if you would like to host.

Financials for the First Two Quarters

Please read Controller Nancy Pontone's article on Page 8 about our finances for the first half of FY 2015. A few great things happened between July 1, 2014, and Jan. 1, 2015: sales grew by 7.5 percent from last year even while the nationwide average for our type of co-op was only 4 percent. Mt. Airy sales were 12 percent higher; Chestnut Hill rose about 3 percent. Our farms came in at \$20,000 better than budget for the first time ever and that was great news. It was a good first six months even though we raised the starting pay rates by 5 percent, to \$10.50 an hour, added a third shift in grocery and expanded the warehouse operation.

In February we paid off an additional \$100,000 in debt, bringing us to \$200,000 in increased debt payment. We hope to do that again before the fiscal year is over.

The Co-op is in great financial shape and I can say that we are getting ready for competition and expansion.

gbergman@weaversway.coop

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

Members with Other Things to Do

ENJOYED ANNE BONN'S COLUMN IN JANUARY'S Shuttle — couldn't agree with her more, and very well expressed.

Unsaid, but clear to me, is where the "expansionist drive" has been coming from.

We realize, of course, that we have a "Trojan elephant" in our midst with all those "members" who have "other things to do," so they don't give volunteer time. And one of the other things they will "just have to do" once that new market at the old Magarity opens up is GO THERE.

My wife, Bernadette, and I voted against allowing new members in without having to do volunteer time for two reasons:

- It shows a Co-op commitment and esprit de corps when one volunteers.
- It helps keep labor costs down when members do work.

But in the rush to get as many members on board as possible to help with the big mortgage of new store, the leadership encouraged, and the membership, unfortunately, followed with welcoming in new members with hefty pocketbooks and little or no Co-op spirit.

Yes, the financial figures looked good at last General Membership Meeting. I hope I am wrong, but let's see what they look like six months after the new Fresh Market opens.

Lawrence H. Geller

Losing Sight of Co-op Spirit?

ABSOLUTELY APPLAUD ANNE BONN'S COLUMN PUBLISHED in the Shuttle in January.

I appreciate the desire to cast a large net (as large as the stores allow) to provide food choices catering to an array of customers, but the huge inventory of gourmet items, especially in the Chestnut Hill store, is over the top. Especially since we don't stock items like conventional romaine lettuce, having the only option to purchase organic romaine lettuce at \$3/head. Outrageous!

I've been a member of Weavers Way Co-op for 40 years. I joined initially to have access to lower-cost foods I could purchase in bulk to feed four children as a single parent with only one income. I've watched Weavers Way mature and grow, implementing a number of improvements along the way. However, recently I'm thinking we have lost our way, losing sight of the spirit of co-ops — mainly to be a community, reaching out and caring how to be inclusive and sensitive to the collective needs.

I truly wanted you to know that Ann doesn't stand alone with her comments and suggestions.

I hope the Board will stand still for a moment and brainstorm how to improve communication with members, new members and longer-term members.

Annet Davis

LETTERS POLICY

The Shuttle welcomes letters of interest to the Weavers Way community. Please include your name and email address or phone number so we can contact you for verification; no anonymous letters will be published. Letters should be under 200 words and

may be edited. The Shuttle may decline to publish any letter for any reason. In most cases, the deadline for contributions is the 10th of the month prior to publication (e.g., March 10 for the April issue). Send to editor@weaversway.coop.

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Highest Sales Ever Surpass Budget in First Half of Fiscal 2015

by Nancy Pontone, Weavers Way Controller

WEAVERS WAY SALES WERE \$10,195,856 FOR THE SIX months ending Dec. 31, 2014, the first half of the 2015 Fiscal Year. This was the highest sales the Co-op has ever had for a six-month period. Sales increased 7.5% over the \$9,485,517 recorded in the same period in the prior fiscal and were 1.6% over budgeted sales of \$10,037,179. Although the rate of increase in sales has dropped from last year, the increase in sales is well above sales increases in co-ops nationwide (4%).

The Co-op achieved its highest week ever with sales of \$440,650 in the week ending 12/20/2014.

Sales in the Mt. Airy store are 6.8% above budget, while Chestnut Hill store sales are below budget by 2.7% but still greater than the prior year. At the

present rate, sales in both stores should exceed prior year sales and meet budgeted sales of \$20,479,000 for the full 12 months.

Gross profit increased 4.7% over the prior year but decreased 0.4% compared to budget due to an increase in cost of goods. Net income is below the prior year by 59.8% but below budget by only 13.1%. A reduction in net income was planned this year in part because of increases in salaries and base pay rates that increased personnel expense by 12%. Expenses for completed renovations and maintenance projects in the Chestnut Hill building contributed to the below-plan returns to date. These were one-time expenses.

The Co-op's cash has increased \$135,361 over the prior year to \$1,133,625 even after paying an extra

\$100,000 on a loan at Valley Green Bank that helped reduce long-term liabilities. Accelerating repayment of debt is an objective of the Co-op's Strategic Plan. We plan to pay another \$100,000 on our Valley Green loan by March.

Inventory has grown this fiscal year but efforts are in place to reduce it as product adjustments are made, especially at Weavers Way Next Door in Chestnut Hill

Our members and shoppers continue to drive the Co-op's success. Our dedicated staff have undertaken customer-service training and are planning to learn an open-book management system to help serve our members and shoppers more effectively and produce even better results. Thank you to everyone in our Co-op community.

npontone@weaversway.coop

Weavers Way Co-op Financial Summary FY 2014, FY 2015

	12/31/13 Actual		12/31/14 Actual		Current to Prior Year Change	12/31/14 Budget		Actual to Budget Change
	6 Months Ending		6 Months Ending			6 Months Ending		
	\$	% of Sales	\$	% of Sales		\$	% of Sales	
Income Statement								
Sales	9,485,517	100.0%	10,195,856	100.0%	7.5%	10,037,179	100.0%	1.6%
Cost of Goods Sold	5,880,513	62.0%	6,423,132	63.0%	9.2%	6,250,746	62.3%	2.8%
Gross Profit Margin	3,605,005	38.0%	3,772,724	37.0%	4.7%	3,786,433	37.7%	-0.4%
Expenses								
Personnel	2,371,565	25.0%	2,657,032	26.1%	12.0%	2,676,170	26.7%	-0.7%
Other Operating Expense	948,161	10.0%	1,008,215	9.9%	6.3%	1,015,946	10.1%	-0.8%
Operating Profit	285,279	3.0%	137,477	1.3%	-51.8%	94,317	0.9%	45.8%
Other Income/(Expense)	13,778	0.1%	(23,713)	-0.2%	-272.1%	26,623	0.3%	
Income Before Taxes	299,057	3.2%	113,764	1.1%	-62.0%	120,940	1.2%	
Income Taxes	94,493	1.0%	31,491	0.3%	-66.7%	26,224	0.3%	
Net Income	204,564	2.2%	82,273	0.8%	-59.8%	94,716	0.9%	-13.1%
Balance Sheet								
	As of 12/31/13	As of 12/31/14	Current to Prior Year \$ Change	Current to Prior Year % Change				
Assets								
Cash	998,264	1,133,625	135,361	13.6%				
Inventory	574,096	667,817	93,721	16.3%				
Other Current Assets	96,050	137,858	41,808	43.5%				
Fixed Assets	6,506,316	6,194,254	(312,062)	-4.8%				
Other Assets	446,748	450,349	3,600	0.8%				
Total Assets	8,621,475	8,583,903	(37,572)	-0.4%				
Liabilities & Equity								
Accounts Payable	345,534	423,456	77,922	22.6%				
Other Current Liabilities	1,492,690	1,328,095	(164,595)	-11.0%				
Long Term Liabilities	3,742,172	3,590,517	(151,655)	-4.1%				
Total Liabilities	5,580,396	5,342,067	(238,329)	-4.3%				
Member Equity	1,534,175	1,807,008	272,832	17.8%				
Retained Earnings	1,506,904	1,434,828	(72,076)	-4.8%				
Total Equity	3,041,079	3,241,836	200,757	6.6%				
Total Liabilities & Equity	8,621,475	8,583,903	(37,572)	-0.4%				



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Stick Sculptor Returning to Morris Arboretum

STICKWORK SCULPTOR PATRICK Dougherty returns to Morris Arboretum starting March 9 to construct one of his original, site-specific sculptures in the Butcher Sculpture Garden. As he does in other locations around the world, Dougherty will get inspiration from the garden, from images it conjures up for him and maybe from something unrelated that tickles him.

Many Arboretum visitors may remember the 26-foot-high “Summer Palace” that Dougherty created at the Arboretum in April 2009. It featured windows to look out of and corridors inside to wander into the center of the structure. Its sight lines from the Wisteria Walk prompted children to race down the slope to get up close and personal to explore. The new piece will be built in the Arboretum’s sculpture garden bordered by the East Brook and Metasequoia Grove.



Morris Arboretum photos

Dougherty designs 10 works of art per year, each completed within a three-week time period. He works with volunteers and staff from the institution where he is creating. Last year, he created “Fit for a Queen,” a sculpture in the

moat of the castle of the duke of Brittany. Like all of his sculptures, it is made entirely of sticks, and invites visitors to amble within a labyrinth of 16 rooms, 27 doors and many windows. For that piece, learning about Anne of Brittany, who was

Dougherty's installed his “Summer Palace” at the Arboretum in 2009. Like all his sculptures, it was meant to disintegrate eventually but first it sprouted a halo of new willow growth.

a child when she went to Nantes Castle, inspired him to create a sculpture that would appeal to adults but would also suggest a royal garden where a young princess might frolic.

The grand opening for Dougherty’s new Morris Arboretum installation is scheduled for April 4. Morris Arboretum of the University of Pennsylvania is located at the top of Chestnut Hill, at 100 E. Northwestern Ave. For more information, visit www.morrisarboretum.org.

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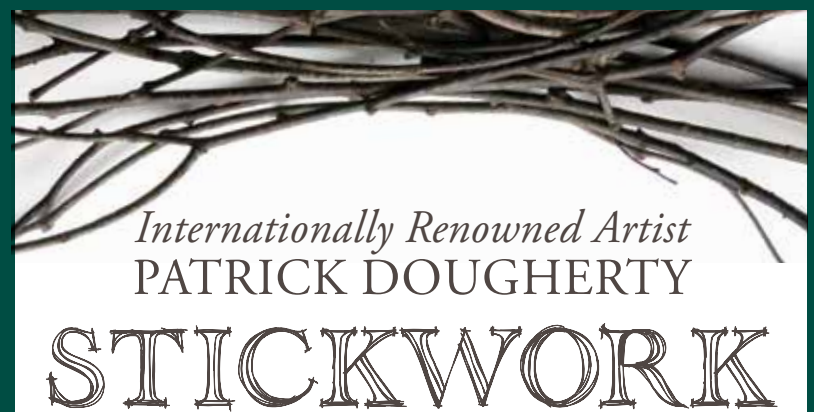
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Pictured: Summer Palace, a 2009 installation at Morris Arboretum



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My Obsession: To Overcome Osteoporosis

by Shelley Zeichner, for the Shuttle

WHEN I TURNED 60 RECENTLY, I realized I'm in the best shape I've been in for a long time. It's because I'm actually older and wiser. I now know you are what you eat. I know there is a mind-body connection. I know we can do just about anything we want to do. I know we can heal ourselves and that food is medicine. I know it's important to take care of your health when you are younger. I know I'm not a writer. . . . but, in the interest of sharing some information, I AM a writer.

First, I have a confession. I have an obsession with overcoming osteoporosis. It's been going on for a long time. Many years ago, a rheumatologist sent me for a dexa scan and then diagnosed me with osteoporosis. He suggested I take Boniva, a popular osteoporosis medication. I read the literature and possible side effects and didn't go forward with Boniva.

More years passed. Dexascans were ordered every two years by other rheumatologists. I searched for a doctor I could trust and feel comfortable with. I did intense research about osteoporosis. Other drugs were prescribed, but they sat in my medicine cabinet. The side effects scared me. I wasn't convinced medicine was the only answer.

One of the possible causes of my osteoporosis at a young age was Nexium, the little purple pill for acid reflux. I took it for years, my gastroenterologist assuring me it was safe. Not the case! Nexium isn't good for bone health. This added to my hesitation about taking more medication. I stopped the Nexium before I knew about the osteoporosis connection. I



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weaversway.coop/de-stress

SATURDAY APRIL 25, 2015

stopped it because I had muscle and joint aches and pains, head to toe. Within three days, the pain went away. Next I gave up certain foods that contribute to reflux, including coffee, chocolate and tomato sauce. Something amazing happened. The reflux stopped without medication, other than the occasional Tums. That was the clue: You are what you eat, it's really true!

Many people already know this, many more do not. Nexium wasn't the answer for my reflux and certainly not for my bones.

Back to the osteoporosis obsession. Over the years, the dexa scan results basically remained the same, except for the year I did a lot of walking, when one of the numbers showed significant improvement. I started thinking there is more to building bone than pharmaceuticals. There's diet, which I mentioned, and now

exercise. In addition to walking, I now take a local class called Super Bones. We do exercises to help build stronger bones, learn good posture and achieve better balance. Research shows yoga and tai chi are great ways to work on balance and posture, too.

There is so much more to say about healthy alternatives for taking charge of your bone health. Focusing on bone-building foods and exercise is a great start. As we age we lose bone, but we can rebuild bone. If we fall and break a bone, it will heal. But we can also work on doing what we can to prevent falls.

Maybe I'll get to write more about this, or about meditation and the mind-body connection, now that I'm a writer!

Health and Wellness Committee member Shelley Zeichner runs events, retreats and workshops. Visit shelleyzeichner.com for info.

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

March Muscle: Get Strong in 15 Minutes a Day

by Tema Esberg, for the Shuttle

WE LIVE IN A FAST-PACED WORLD, and many of us feel like we do not have enough time in a day to get everything done. With busy schedules, we frequently forego exercise.

The good news is that, when time is limited, you can achieve great results by doing a full-body workout at home — and it will only take 15 minutes of your day. Commit to the following routine three to five times a week to build strength, balance and endurance. (Be sure you get medical approval before starting an exercise program.) Perform each of the following exercises for 30 seconds, and take a 15-second break between each exercise.

Squats: To strengthen quads, hamstrings and glutes. Be sure to stand with your feet shoulder-width apart, or slightly wider, and push through the heels as you return to standing.

Push-ups: To strengthen muscles in the chest, shoulders, triceps, back and abs. Be careful to keep your core tight so that your belly does not sag toward the ground, and do not arch your back.

Alternating reverse lunges: To develop your leg muscles and balance. It is important to do them properly so you do not put unwanted strain on your joints. To maintain good form, keep your front knee directly above your ankle, not pushed out too far.

Dips: To strengthen triceps, back, front of shoulders and chest. You can use a chair (or sofa or coffee table) for this exercise. Place your back to the chair, put your hands behind you on the edge of the seat and then walk your feet out until you are in a table-top position. Keeping your elbows tucked in at your sides, slowly bend your arms and lower your body until your upper arms are parallel with the floor, and then straighten your arms.

Planks: To develop core stability and strength. You can rest your forearms on the floor or plank from an extended arm position. Once you are in the plank position, be mindful to maintain a neutral spine and a tight core. It helps to feel like you are pulling your navel toward your spine.

Jog in place.

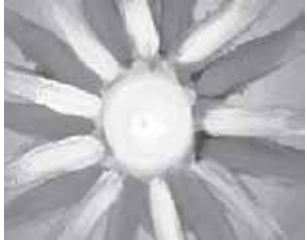
After this series, rest for one minute. Then repeat the series two more times. As you become more fit and build more endurance, you can reduce the rest time between sets to 30 seconds.

Do this routine three times a week for the month of March, and by the end of the month, you will feel great about your improved strength and overall wellness.

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



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ECO TIP

From the Weavers Way
Environment Committee

Free Rain Barrels & Installation

The Philadelphia Water Department and the Pennsylvania Horticultural Society are providing rain barrels to residents of Philadelphia free of charge. Using rain barrels reduces stormwater flows to our sewer system and creeks, which helps the environment and minimizes sewer backups. In addition, by using water stored in your rain barrel for purposes such as lawn watering and washing down patio furniture, you can cut down on your use of tap water.

Through the program, Philadelphia residents can have a rain barrel installed at their homes for free after attending a one-hour educational workshop. Workshops are hosted twice a month at PHS headquarters in Center City (100 N. 20th St.), as well as various locations in the city throughout the year. The next workshops at PHS are Tuesday, March 17, 5:30-6:30 p.m., and Wednesday, March 18, noon-1 p.m. For info and to register, visit www.phillywatersheds.org/rainbarrel.

How ‘Green’ Is That Credit Card in Your Wallet?

by Sandy Folzer, Weavers Way
Environment Committee

HOW MUCH DO YOU KNOW ABOUT YOUR CREDIT card?

Better, how much do you want to know? I have a credit card, which I like because it gives me Amtrak miles on the train which is far kinder to the environment than plane travel. But my credit card is a Chase card. I blush when I say this. I just learned that until recently JPM-organChase funded mountaintop removal coal mining, and they remain invested in fossil fuels.

So I am on a hunt for a new credit card. It’s not easy, as there are a number of faux green cards.

Here are some examples, so you’ll know what I’m talking about.

Sierra Club’s credit card announces “Rewards for the Environment.” They say their card is a “valuable alternative to the many credit cards that finance harmful environmental practices.” The bank they use is Capital One, a Fortune 500 company. Aside from having ties to the mortgage crisis, Capital One sponsored an energy conference last December whose main presenter was Haliburton, a company that is synonymous with environment destruction, holding patents for the toxic chemical mixtures used in fracking.

Next, I turn to the World Wildlife Fund. WWF’s credit card makes donations to their worthy fund, but their bank is MNBA, a division of Toronto Dominion Bank (TD), known as the major investor in the Tar Sands pipeline.

The Nature Conservancy is another environmental group I admire. Their cards are with Bank of America/Merrill Lynch, whose CIO of Portfolio Solutions has been quoted as saying, “The droughts caused by climate vola-

tility have lowered water tables in parts of the U.S., so fracking may soon be profitable only where there’s greater access to water, such as in the Northeast.” Does giving a donation to an environment group excuse a bank that invests in fracking while wasting our precious water resources?

Next, I turn to CREDO, as I respect this phone company which I have been using for two decades (since it was Working Assets). While they do not use a mega bank, they too have problems. Comenity Bank issues their credit card. I was ready to sign up until I read some of the bad reviews they received. One customer last month said she filed a “complaint and [Comenity] has over 1,600 complaints against it in the last 3 years.”

I am not completely discouraged as I had seen an article in Green America’s Winter 2014 issue that referred to their website, TakeChargeofYourCard.org. They list their own credit card, issued by Beneficial State Bank, a community, not mega, bank, which looked good. They also listed several other credit cards issued by community banks, like Sunrise Banks (not to be confused with other financial institutions with similar names), which is certified by the U.S. Department of Treasury as a Community Development Financial Institution.

There are other options on the website, like Permaculture Credit Union in New Mexico. It “has helped build support for sustainable living by investing in local businesses that care for the earth and its people. So far, the credit union has lent more than \$15 million toward sustainable farming, energy-efficient homes and environmental education.”

My optimism has been restored. Now I have to make the change. I encourage you to do the same. Together . . . you know the rest.

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GRANTS AVAILABLE FOR GREEN COMMUNITY PROJECTS



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

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

**Deadline for submission of proposals is March 16, 2015.
Decisions will be announced in early April.**

Download a form and guidelines on the Weavers Way website:
www.weaversway.coop/community-grant-application

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

NW Village Network Offers Program on Safety at Home

WE ALL KNOW THAT THROW RUGS can trip you up, but what else should you be thinking about to make your home safe, especially as you get older and creakier? Northwest Village Network (formerly Mutual Mt. Airy), is offering a free public program Monday, March 23, with occupational therapist and interior designer Marlene Weiner.

Weiner specializes in helping seniors live safely in their homes. She will give a virtual tour through a home, starting with the entrance, discussing modifications, mobility aids and information that make the home safer as a resident ages.

A licensed occupational therapist focusing on geriatrics, physical disability and rehabilitation, Weiner also has 25 years of experience in interior design, working in both residential and commercial environments. She has appeared on HGTV and PBS and has been featured in the Philadelphia Inquirer and the New York Times. She also consults through her own company, Interiors for Independence (interiorsforindependence.com).

Weiner's presentation is at Lovett Library, 6945 Germantown Ave. Get there at 6:30 p.m. to meet, greet and enjoy refreshment; she'll take the floor at 7. For more information, contact Anne Javicas, 215-247-0457.



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**For information on camps, scholarships,
or to register, contact:**



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7

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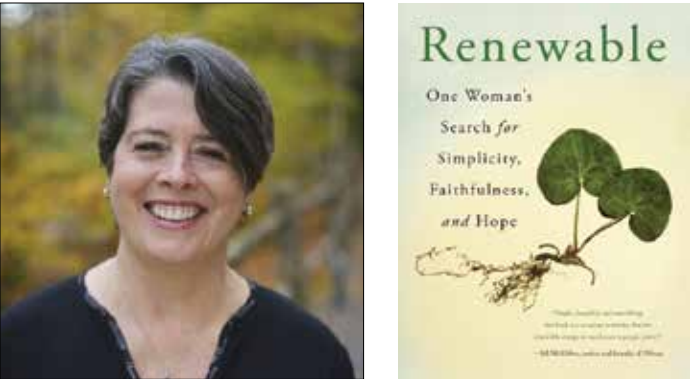
WHAT DOES ST. PATRICK’S DAY HAVE IN COMMON WITH fighting climate change? Not just the color green, says Weavers Way member Eileen Flanagan, who is using the day to celebrate the publication of her third book, “Renewable: One Woman’s Search for Simplicity, Faithfulness, and Hope” (She Writes Press, 2015).

Endorsed by UN Special Envoy on Climate Change Mary Robinson, the former president of Ireland, as well as writer and environmentalist Bill McKibben, the book is the story of Flanagan’s midlife realization that she was not living up to her potential or her youthful ideals, and the series of events that led her to handcuff herself to the White House fence in opposition to the Keystone XL Pipeline. One of those events was learning that the potato famine literally wiped her grandmother’s village off the map of County Cavan, Ireland, in the 19th century.

“I happened to do some genealogical research right around the same time that I was learning about the horrific predictions for climate-change-induced famine in Africa, where I’d served in the Peace Corps in my 20s,” Flanagan said. “Realizing how the Irish famine had affected my own family, and realizing that the predictions for Africa are literally a hundred times worse, really shook me.

“I knew I needed to do more than compost and take short showers.”

Flanagan joined Earth Quaker Action Team, where she now



Eileen Flanagan is launching “Renewable” with a St. Patrick’s Day party.

serves as clerk of the board. Although she had long taken part in marches and rallies, experiencing EQAT’s bold and strategic nonviolent direct action, and learning about the history of other nonviolent movements, helped her out of her midlife funk and made her much more hopeful about our potential to avert catastrophic climate change.

“‘Renewable’ is really a story about moving out of despair,” said Flanagan, whose previous book, “The Wisdom to Know the Difference,” was endorsed by the Dalai Lama and made the Top Ten Books of NW Philly list compiled by Newsworks.org.

The launch party for “Renewable” is 7 p.m. Tuesday, March 17, at Chestnut Hill Friends Meeting, 20 E. Mermaid Lane. All are welcome for snacks, dessert and a reading by the author. (In the Quaker tradition, there will be no alcohol.) A portion of book proceeds that night will go for solar panels for the meetinghouse.

For more info about the book and Eileen Flanagan’s other events, visit eileenflanagan.com.

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Nature Needs
Our Children

by Mike Weilbacher, for the Shuttle

LET’S STATE A SIMPLE FACT: CHILDREN need nature. Over the last decade, a mountain of research has demonstrated the central relevance of nature and green space to growing children. Children who spend time outdoors are happier, healthier, calmer and, by some studies, smarter. Children playing in nature play more creatively and more appropriately. Outdoor time boosts white-cell counts, lowers blood pressure, even improves language skills. (Fear not, city residents, “nature” can be something as simple as a tree-lined street or vacant woodlot.)

Our brains are hard-wired for green. And children need nature. But the corollary is also true: Nature needs children.

In this age of climate change and mass extinctions, rising oceans and melting ice caps, we’ll need next-generation Rachel Carsons and John Muirs to lead the struggle to improve the planet’s ecology.

Environmental psychologists have been studying the factors that cultivate an environmental ethic in people. What inspires someone to adopt green values, or even better, commit to a life of environmental work?

Quantity time spent in the outdoors,

says the research, is the single largest factor behind green values — and immersion in nature with a loving adult is even better.

But guess what has been happening to children over the last few decades? They have been retreating inside. Seduced by technology and terrified of ticks and strangers, the average American kid spends less than 1 percent of his or her time outside, and the territory over which a typical child roams shrank 90 percent between 1970 and 1990 (and likely continued shrinking in the 20 years since). In addition, that same child spends more than 50 hours each week — that’s a full-time job — looking at a screen of some kind.

We will likely never get children back, as Stephen Sondheim put it, “into the woods.” But the nature center community is responding to what writer Richard Louv labeled the “nature-deficit dis-

order” facing our kids.

At the Schuylkill Center, for example, we launched Monkey Tail Gang, an after-school adventure program where kids come to us for two or three hours of free play in the outdoors, running, climbing, engaging in creative play, building forts, being kids. Summer camps give campers a full week of immersion in green, and day-off camps extend that experience to days when kids have no school. In 2013, we launched Nature Preschool, where 3-, 4- and 5-year-olds spend quality time in the outdoors every single day; they’re like the post office, “neither wind nor rain nor snow.” The response has been great and in 2014 we opened a second classroom.

Many other nature centers, like Silver Lake in Bristol and Briar Bush in Abington, have nature-play areas, playgrounds

made of all-natural material where a young child can safely dig, climb, jump, run, stack, splash and more, all outdoors, all surrounded by green.

It’s a revolution in the nature-center community, but a necessary one, looking to inspire the next generation to actively care for a planet that desperately needs our attention by providing massive doses of Vitamin N, nature.

Children need nature, without question. But it’s a symbiotic relationship: nature, in turn, needs your child.

Schuylkill Center for Environmental Education Executive Director Mike Weilbacher has been teaching for 40 years, and is also “Mike the All-Natural Science Guy” on WXPN’s “Kid’s Corner.” Reach him at mike@schuylkillcenter.org.



Smiles for Valley
Green Book Drive

Henry School kindergarteners (from left: Ashton Helm, Kessiah Less, Bryen Yacker, Ameira Bennett and Ayanna Senior Caldwell) show off the new volumes donated to their school as part of Valley Green Bank’s 2014 Holiday Book Drive. New or gently used books were donated to Mt Airy Schools Coalition, comprising A.B. Day, Emlen, Henry, Houston, Jenks and Linglebach; Health Center #9 in Germantown; and Mastery Charter elementary schools, including Pastorius in Germantown.

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	By Sales	By Sales per Foot	By Time Spent Growing	By Sales per Time Spent Growing
1	Lettuce heads	Dandelion	Kale	Salad mix
2	Kale	Radicchio	Carrot	Kale
3	Heirloom tomato	Mustard greens	Lettuce heads	Green garlic
4	Mustard greens	Collard greens	Heirloom tomato	Mustard greens
5	Carrots	Perennial herbs	Lettuce mix	Fennel
6	Paste tomato	Paste tomato	Beets	Lettuce heads
7	Lettuce mix	Eggplant	Hakurei turnips	Radicchio
8	Cucumber	Daikon radish	Bok choy	Paste tomato
9	Hakurei Turnip	Heirloom tomato	Arugula	Daikon radish
10	Salad mix	Parsnips	Scallions	Eggplant



Farm record-keeping took account of productivity and sales by row.



Farm Records Report for 2014

by Nancy Anderson, Weavers Way Farms Record Keeper

AS IN ANY BUSINESS, THE STAFF IN the Farm Department track many numbers, such as expenses, sales, CSA share values and harvest totals. A year ago, we decided we wanted to get a deeper understanding of crop profitability, so during the 2014 growing season, we tracked data about labor per crop and sales per crop. My task as Farm Record Keeper was to collect and present information about specific crops to help inform our decisions about what to grow to improve our bottom line in the coming seasons. (As you may recall from our December story, numbers alone cannot guide the decision of what to plant; we also take into consideration customer preference, biological diversity and available space.)

Thank you to our 2014 farm staff,

especially to Emma and Hannah, for diligently filling their daily timesheets with how many hours they spent on which crops, and also for tracking the hours the volunteers worked with specific crops! This was an added task to already long days. I was then able to look at additional farm records about income and planting sizes, and profitability per crop was calculated for the year.

Labor cost was calculated as staff hours plus volunteer hours multiplied by \$10.50, the Co-op’s starting hourly rate.

For sales, we tracked income by outlet type (wholesale, Co-op stores, farmers markets and the CSA). Crops are priced differently for each outlet, which had to be taken into consideration.

Bed-feet were calculated based on how many square feet of growing space a particular crop used during the season. If a crop was planted multiple times

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2014 Weavers Way Farms by the Numbers

Farms	2 (Saul High School and Awbury Arboretum)
Acres in Production	2.8 acres (actual planting beds, not including pathway areas)
Staff	We started the season with 3.65 full-time equivalents (5 people), then found it necessary to increase hours and people to a total of 4.25 full-time equivalents over the course of the season.
Labor Hours	12,903 (9,267 staff plus 3,636 volunteer)
Harvest Weighed	39,821 lbs. (nearly 20 tons)
Farm Produce Items Grown	66 annual crops plus 30-40 perennial herb, flower and fruit crops
Farm Sales (produce only)	\$148,727
Outlets as Percent of Total Sales	Henry Got Crops CSA: 41% Co-op Departments: 28% Markets (Saul Farmstand, Headhouse Market): 27% Other Wholesale Outlets: 4%

throughout the season, those bed-feet were added cumulatively.

We will drop some “low performers,” such as storage onions and winter squash, and increase production of some of the consistently profitable ones. See chart at left; note that some relatively time-consuming crops can also be popular and profitable. (Kale!)

The crop profitability analysis is a portrait of the labor, sales and space that went into a certain harvest, but it is not

fully comprehensive number because it does not factor in land, water and other fixed costs. However, because labor is our largest expense, this analysis is invaluable in helping us see trends and guide future decisions.

We do not expect to track labor and sales per crop this coming season but likely will do so every few years, as our systems are always evolving and improving.

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Penn State Extension at Your Service

Master Gardeners on the Move; Master Water Stewards on the Way

by Anna Herman, for the Shuttle

SINCE I LAST FILLED IN READERS OF the Shuttle on the goings on at your local Penn State Extension Service office, we have moved, taken on more projects and partners and are gearing up for spring.

Late last spring, we moved into new offices. The Penn State Center, 675 Sansom St., is just around the corner from Independence Hall, and not only hosts Penn State Extension horticulture, Nutrition Links and 4H educators, but also has a studio and part-time staffing for Penn State’s Stuckeman School of Architecture, Landscape Architecture and Graphic Design. Stuckeman students can work and learn in Philadelphia, collaborating with local experts and professionals supported by this partnership.

Our offices also include the Integrated Pest Management Team, who offer training and consulting to help all Philadelphians decrease the use of toxic pesticides to combat urban pests.

The Penn State Center has a tag line, “Engaging Philadelphia,” and we do so by bringing research-based information to consumers, by creating useful educational opportunities for adults and youth on site and with our many local program partners and working with educators and researchers from Penn State University.

In my department, Horticulture, we have graduated 38 new Master Gardeners and have another 35 in the pipeline. These dedicated volunteers commit to training and volunteer hours and become integral team members on youth, community and demonstration garden projects throughout the city.

One local example is the small but mighty group dedicated to renovating and recreating an overgrown old butterfly garden at Awbury Arboretum in Germantown into a demonstration pollinator habitat. To this end they have researched native species and pollinator needs, visited Mt. Cuba Center in Delaware to see theory in practice and meet weekly to design, plot and plan for spring and summer. Their work will include propagating plants, labeling and creating interpretive signage for the garden and creating a welcoming flower-filled space where pollinators will find sustenance and the general public will find information and inspiration.

This work builds on the Penn State Extension Master Gardeners’ longstanding demonstration gardens in Fairmount Park and is a great example of the kind of work Master Gardeners undertake to benefit our city.



Penn State Extension photos

The author, far left, with some of her crew in a previous season, and the pollinator garden in Fairmount Park; this summer, the Master Gardeners are helping renovate the overgrown butterfly garden at Awbury Arboretum.



Our newest initiative is bringing the Penn State Extension Master Water Steward Program to Philadelphia. Founded several years ago as a partnership between water conservation districts and Penn State Extension in Lehigh and Northampton counties, this training and volunteer program promises to be a great fit in Philadelphia.

The program was initiated to strengthen local capacity for management and protection of watersheds, streams and rivers, through educating and empowering volunteers. It’s a research-based educational program that provides citizens who are not natural-resource professionals the information and knowledge they need to be able to engage in water-resource conservation projects in their communities.

With support and funding from the

Philadelphia Water Department, Penn State Extension Philadelphia hopes to launch a first class in Fall 2015.

Master Water Steward prospects will get 40 hours of training on topics such as water chemistry, stream restoration, native plants, wetlands and flooding. After classroom and “hands-on” work is completed, Master Watershed Steward trainees will be required to complete a group project, prepare a 5-minute presentation and perform 50 hours of volunteer service to gain the title of “Master Watershed Steward.”

Orientation and information sessions about both of these programs will be scheduled in the spring. For more information, please be in touch!

Reach Anna Herman at aeh22@psu.edu.

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Happy St. Patrick's Day

The Passionate Gardener

Peas Are First In, First Out

by Ron Kushner, for the Shuttle

PEAS ARE ONE OF THE OLDEST CROPS in Europe, where they grew wild long before they were domesticated. It is normally the first vegetable planted in the spring and the first harvested (along with radishes).

Pea vines need support. I use a two-piece 7-foot-tall galvanized “pea tower” that folds up for storage. Make sure you set up your trellis or climbing area in advance as once the peas take off they will be 6 feet tall quickly.

Old-fashioned “garden” or “English” peas need to be shelled. My favorites are snow peas and snap peas, which are 100 percent edible, pods and all. Snow peas have flat pods; snap peas start flat but mature to thick, round pods when peas inside are mature.

Peas have always been my first seeds planted to officially start the spring growing season. St. Patrick’s Day, around mid-March is the traditional date to plant in our area. Unfortunately, the past springs have been cold and wet and most peas planted this early didn’t germinate for weeks, if at all. I highly advise holding off your planting until the first week in April. The soil will be warm enough (at least 50 degrees F.) and germination should happen within 8 days with constant moisture. The harvest will still start in June.

I have never soaked my seeds over-

night as normally recommended but I do inoculate them with nitrogen-fixing bacteria prior to planting. Plant in full sun, especially early morning sun, if possible. Any decent garden soil is fine with a pH of 5.5 to 7.5. Peas are legumes so they are able to produce their own nitrogen. They do not need fertilizer. Add compost to the existing soil before planting and make sure there is good drainage. Raised beds are perfect. Plant the peas directly into the soil. Late spring frosts are not a problem. Plant the seeds 1 inch deep and 2 inches apart and do not thin them. In fact, you should interplant with radishes or greens — Swiss chard works great. Don’t plant onions near peas.

Too much water will rot the peas and not enough will stop germination. Once vines begin to grow, 1 inch of rain per week is all that is needed. Keep the bed weeded. I use a mulch of at least 2 inches of chopped and shredded hay and straw. It keeps the weeds down and looks great.

Harvest peas as you can see peas in the pods. Faded peas are over-mature and the peas inside will be tough and starchy so don’t harvest too late. They are normally ready within 3 weeks after blossoming. Harvesting daily will keep the vines producing. The sugar in peas turns to starch within a couple of hours after picking so eat them quickly! Cut the pods off with scissors or snips; pulling them off could shut down production — although I do pull them off constantly for a



Pea vines can get tall fast, so make sure you have a staking system in place.

snack while working in the garden!

Peas are a cool-season vegetable and grow best when the temperature is below 80 degrees during the day and below 65 degrees at night. When it gets hotter, plants stop producing and gradually die.

Insect pests include aphids, weevils and thrips, all of which can be controlled with insecticidal soap spray. Diseases of peas include root rots, wilts, blights, viruses and powdery mildew. Most are not common, and rotating crops, discarding debris in the trash rather than in the com-

post pile and mulching will keep your plants healthy.

I do not compost spent vines for fear of putting undetected viruses or fungi back into the soil. But I do cut the spent vines off at ground level rather than pulling them. That way, the root nodules loaded with nitrogen stay in the soil for the next crop.

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

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HEALTH AND WELLNESS

Will Drelles 1984-2015

Our Weavers Way coworker Will Drelles died suddenly over the weekend of Feb. 14.

If you knew Will — cashier, Pet Store staffer and man about the floor in Mt. Airy — he likely brightened up your day as he always did ours.

If you'd like to make a donation in memory of Will, his father, Bill, has asked that gifts go to Green Street Rescue.

Will loved animals, and Green Street is one of the animal-rescue organizations that does cat adoptions at Weavers Way Across the Way on Saturday afternoons. You can donate through their website, greenstreetrescue.org.



Suggestions

by Norman Weiss, Weavers Way
Purchasing Manager

GREETINGS AND THANKS FOR WRIT- ing. As usual, suggestions and re- sponses may have been edited for brev- ity, clarity and/or comedy. In addition, no idea, concept, issue, remark, phrase, de- scription of event, word or word string should be taken seriously. This also ap- plies to the previous sentence.

Saw a blurb about cereals in a trade newspaper stating that when it comes to packaged food, cereals rank fourth in overall supermarket sales. I was kind of shocked, since I view most packaged ce- reals (including the organic ones) as a fairly wastefully packaged and expense- adding thing to do to what starts out as a fairly healthy and inexpensive whole grain. What happens to cereals in indus- trialized countries seems almost a food crime — start with something healthy and inexpensive and then convert it into something expensive and often not healthy and then market it to millions as healthy. Cereals are grasses cultivated for the edible components of their grain, composed of the endosperm, germ and bran. Cereal grains are grown in greater



quantities and provide more food energy worldwide than any other type of crop. In their natural form (as a whole grain), they are a rich source of vitamins, miner- als, carbohydrates, fats and protein. How- ever, when refined by the removal of the bran and germ, the remaining endosperm is mostly carbohydrate and lacks the ma- jority of the other nutrients.

Annual cereal sales = \$7.7 billion. Boxes sold = 2.7 billion. Pounds of sug- ar used = 816 million. Number of annual cereal commercials on TV = 1.3 million. Interesting statistics.

Most grains are fairly cheap to buy in whole-grain form, so this is one exam- ple of a healthy, natural food that is with- in most people's budgets if you avoid

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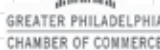
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the boxed and bagged processed versions. Add the fact that grains are usually prepared by simply boiling (no culinary training needed), and that they keep for a while in a refrigerator, are easily seasoned and/or fruit- or veggie-d-up, it seems like it is worth it to find a way to make a bunch at once and have some good food available on short notice.

suggestions and responses

s: “Please consider a trial of ready-made Swiss fondue (yellow and red box if possible). Thanks.”

r: (Margie MA) We have tried this kind of product in the past and it doesn’t sell. I will look up a recipe and have it available in the deli.

s: “Fil-A-Bagel Tuscan bagels. (Please!)”

r: (Matt MA) Due to a limited number of bins, fitting an additional Fill-A-Bagel flavor is difficult, but I would be more than happy to accept pre-orders for any kind they make.

s: “Arghh! Three times in a row, the bananas I bought here went straight from deep green to over-ripe. Any way we can get even vaguely yellow bananas? Thanks.”

R: (Jean MA) Yes, we’ve certainly had trouble getting even partly yellow bananas. Banana ripening is as much art as

“
What happens to cereals in industrialized countries seems almost a food crime — start with something healthy and inexpensive and then convert it into something expensive and often not healthy and then market it to millions as healthy.
”

science, and our distributor has had trouble ripening them. I have found that even when they turn gray they are often properly ripe on the inside. I could probably get yellow bananas if we were willing to get non-Fair Trade bananas, but so far we’re sticking to them. A small consolation, I know, but we will buy back any bananas you find unsatisfactory. (Norman) Bananas have a fascinating history. Some horticulturists think bananas were the earth’s first fruit. Bananas in the United States were the result of some railroad tycoons expanding into South America and realizing that the bananas they were planting to feed railroad workers could be export-

ed to America and sold at a huge profit and still be cheaper than most U.S. fruit like apples. This led to fairly exploitative capitalist endeavors at the expense of local peoples, to the point of entire countries in the Caribbean and Central America ending up as “banana republics” because they were so economically and politically dominated by companies like Dole and Chiquita, whose main interest was profiting from the banana trade. Unfortunately, non-Fair Trade bananas are still grown in a fairly exploitative manner, hence our decision to choose Fair Trade bananas when available, despite any ripening issues. Our primary brand is Equal Exchange, which

sources bananas from two co-ops of small farmers, one in Ecuador and one in Peru.

s: “Jerusalem artichokes. Classic winter produce. Why none?”

r: (Jean) I’ve had trouble selling even one full case in the past, but if I get a couple requests, I’ll bring them back.

s: “Thanks for supplying the half-pint soup containers. It makes your yummy soup more affordable for lunch.”

r: (Rick MA) You are welcome, they have been a big hit at both stores.

s: “HFCS-free tonic water. Might be nice.”

r: (Heather MA) We do carry Q-tonic brand without high-fructose corn syrup, sweetened with organic agave. It’s shelved near the other seltzer waters. Keep in mind that agave has issues, too.

s: “Please go back to regular Kashi Go Lean cereal. The ‘Crunch’ has way more sugar and less protein.”

r: (Heather MA) When choosing which items to discontinue, we always look at sales reports and get rid of the slower sellers. The Go Lean was a slow seller.

s: “Could we please stock ‘Follow Your Heart’ Vegan Mayonnaise? Comes highly recommended by the chefs/owners at Ve-

(Continued on Next Page)



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Suggestions

(Continued from Preceding Page)
dge restaurant in Center City.”

r: (Heather MA) We already carry three varieties. Look in the front refrigerated case with the Prep Foods. We also stock “Just Mayo,” which also gets good reviews and is vegan and not made with GMO oil and battery-cage eggs like Hellman’s (although Hellman’s has committed to using cage-free eggs by 2020, which is progress of a sort).

s: “Could we please carry Cabot salted butter on a continuing basis? I don’t want to spend a lot more for the organic brands. Also, could we get 3 Twins Sea Salt Caramel ice cream? It’s lower in sugars and calories than the Talenti and even tastes better to me.”

r: (Heather MA) I wish we could carry Cabot butter on a regular basis but our main supplier discontinued it and our backup supplier has been inconsistent.

We will try to keep it in stock. Yes, we will try the salt caramel from 3 Twins.

s: “I saw the suggestion about fondue and would like to add a request that the Co-op sponsor some fondue events where we invite populations underserved with fondue experiences to enjoy fondue as I am troubled that people might live a life having never fondued.”



r: (Norman) There is some precedent in Philadelphia for bringing food “bowl” experiences to otherwise underserved populations. Philadelphia witnessed the birth and growth of Wing Bowl, which has brought a decadent food experience to people who were previously underserved by decadent food experiences. The producers of Wing Bowl might be open to expanding their bowl. Imagine an event where fondue lovers scrape melted cheese off the sides of a bowl and onto chicken wings and see how many they can eat, with the winner receiving prizes such as motorcycles, jewelry and dietary and emotional eating counseling.

normanb@weaversway.coop

MARCH

CALENDAR OF EVENTS

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

ALL MONTH LONG

Weavers Way Chess Club
7 p.m. Mondays at Mt. Airy Read & Eat, 7141 Germantown Ave.

Local Mondays at Weavers Way
Sample specialties from our vendors, 4-7 p.m.

Saturday Is Adoption Day at Weavers Way Pet Store
Noon-3 p.m. Across the Way (608-610 Carpenter Lane)

Tuesday, March 3 7 p.m.
Weavers Way Board of Directors Meeting
The Parlor Room at Summit Church, 6757 Greene St. All are welcome! The agenda is published online on the preceding Thursday. RSVP with your Weavers Way member number to Board Administrator Julie Jurash, boardadmin@weaversway.coop or 215-843-2350, ext. 118.

Wednesday, March 4 7:30 p.m.
Weavers Way Environment Committee Meeting
City of Philadelphia Recycling Director Phil Breese will be our guest. Community Room, 555 Carpenter Lane (adjacent to the Mt. Airy store). All are welcome. For info, contact Steve Hebden at steve@weaversway.coop or 215-843-2350, ext. 128.

Thursday, March 5 9 p.m.
Weavers Way First Thursday Movie Night: KING CORN
On the first Thursday of every month, Weavers Way members are invited to view and discuss select documentary films at Mt. Airy Read & Eat, 7141 Germantown Ave. This month, we're screening "King Corn" (2007; www.kingcorn.net), an engrossing, eye-opening and frequently funny look at how and why we're cultivating this crop, and what becomes of it. RSVP with your member number to outreach@weaversway.coop or 215-843-2350, ext. 118.

Saturday, March 7 10 a.m.-4 p.m.
Weavers Way FEMFEST
A new event honoring International Women's Day, FemFest features presentations, demonstrations and interactive workshops, on topics such as nutrition, mindfulness, plant medicine, relationships, transitions, health, aging and personal development. While everyone is welcome, FemFest will speak to middle-aged and older women especially, and will address issues like sexuality, hormones, inflammation and bone health as well as feminism, politics and culture. Our engaging experts will speak from deep knowledge, compassionate practice and personal experience. FemFest will include a marketplace and food vendors. Summit Church, 6575 Greene St. FREE, but pre-registration is required. For info and to register: outreach@weaversway.coop or 215-843-2350, ext. 118.

Sunday, March 8 2 a.m.
Daylight Saving Time

Wednesday, March 11 6:30 p.m.
Welcome Meeting for New Members
Let us introduce you to Weavers Way Co-op, and earn two hours credit towards working member status for attending. Chestnut Hill Friends Meetinghouse, 20 E. Mermaid Lane. RSVP: member@weaversway.coop or 215-843-2350, 119.

Thursday, March 12 7 p.m.
Weavers Way Education Committee Meeting
Community Room, 555 Carpenter Lane (adjacent to the Mt. Airy store). Info: outreach@weaversway.coop or 215-843-2350, ext. 118.

Wednesday, March 18 7 p.m.
Member Forum on Prices & Food Access
We have a new venue for the fourth of our monthly discussion sessions about Weavers Way pricing and food access. Join us upstairs at the Chestnut Hill Community Center, 8419 Germantown Ave. Refreshments provided. RSVP with your member number to outreach@weaversway.coop or 215-843-2350, ext. 118.

Friday, March 20 All Day
Great American Meat-Out and 2nd Annual Vegan Cheesesteak Judging
Vance Lehmkuhl of V for Veg and his panel of celebrity judges join us for festivities at the Chestnut Hill store in honor of World Vegetarian Day. Vegetarian and vegan vendors, sampling and tabling, plus an all-vegan hot bar! Announcement of the Best Philadelphia Vegan Cheesesteak is at 4 p.m. Vote for your favorite beforehand at Philly.com/vegancheesesteak. And Weavers Way's very own vegan cheesesteaks will be on sale at the sandwich bar all day. Info: outreach@weaversway.coop or 215-843-2350, ext. 118.

Sunday, March 22 Noon-3 p.m.
5th Annual Chestnut Hill Rotary Club Chili Cook-off
Local restaurants and caterers compete for Best Chili in three categories: Traditional, Exotic and Vegan. A People's Choice Award means you do the tasting — at \$10 per person, it's a fun way to enjoy Sunday lunch, while helping Rotary advance its humanitarian causes. And Weavers Way is a multiple laureate! Brossman Center, 7301 Germantown Ave. Visit www.chestnuthillrotary.org and click on the "Chili Cookoff" tab for more info or to order tickets.

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

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(2007; www.kingcorn.net)

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Info: outreach@weaversway.coop or 215-843-2350, ext. 118.



The KCFC building, a former tavern (with parking!), in a recent photo, left, and in an artist rendering.

Kensington Co-op

(Continued from Page 1)

ing the 600 mark. The organizers hope to hit 1,000 before June 1, and just hired a part-time membership recruitment coordinator, Kat Taylor.

Taylor, KCFC’s second part-time employee (book-keeper Dan Swirski was there first), relocated to Philadelphia with a background in co-op development and nonprofit outreach.

“I like using the energy that people have to make something happen,” Taylor said. “And this seems like a shared vision that’s at a really good and exciting stage.”

The challenges KCFC has encountered in its push to open a store include educating the community about the actual nature of co-ops and member loans. Weavers Way members can assist KCFC in this regard by sharing their own perspectives on what it’s like to be a member-owner of a co-op, or by spreading the word about KCFC through their networks and social media.

Another hurdle to signing up members was the uncertainty about the storefront’s actual location and opening date. Now that the lease has been signed, things feel different to many involved.

“You can see it. It is going to happen,” said Jen Brown, KCFC Marketing Committee co-chair, describing the tangible energy that the brick-and-mortar plans has bought to the efforts.

The site comes complete with a parking lot, a liquor license that will enable KCFC to sell beer (local and sustainable, of course) and roughly 3,000 square feet for retail on the 4,000-square-foot first floor. There’s an outdoor patio. Two apartments upstairs could provide income should KCFC purchase the property in the future.

Founding board member Jeff Carpineta connected KCFC with its landlords, Sue and Mike Wade, who have helped with generous terms on their lease.

“We were so fortunate,” Watts said. “[The Wades] just really have a heart for the project. Both of them have family from the area originally.”

Even though KCFC has yet to develop the building’s floor plan, the new site has already been put to work for the community, hosting events like the New Kensington CDC’s holiday tree and electronics recycling day, which managed to save an estimated 150 trees and a truckload of electronics from the landfill despite frigid January temperatures.

In addition to securing the remaining financing and mapping out the store, hiring a general manager is near



the top of KCFC’s to-do list. Otherwise, enthusiastic member-volunteers have been responsible for seasoning and stirring the soup.

KCFC already has dipped a toe in food sales, with a bulk foods and produce marketplace a day or two a month in a rented spot nearby.

Brown estimates she volunteers 20 hours a month keeping KCFC’s marketing humming in partnership with her co-chair, Kate Marshall. (Compare that to Weavers Way’s six-hours-per-year working member requirement.)

“It’s hard to keep up with,” Marshall said. “We’re volunteers with full-time jobs and families.”

KCFC’s hope is not just to create a food co-op in Kensington but also to implement the cooperative principle of cooperation among co-ops. As the reality of the organization takes shape, planners already are looking at how they might help the cooperative movement in other parts of the region by building in the message of pay-it-forward and cross-investment in other co-ops right from the beginning. For example, several KCFC members

“We are so lucky to be coming up in an area that has such a rich history of cooperatives.”

Colleen Watts,
KCFC Board President

have individually invested in other area co-ops.

“We want to make that part of our mission,” says Carpineta, explaining that KCFC is trying to draw up a template for supporting other co-ops once it’s off to a strong start. “There are so many co-ops that are opening at the same time, that now they’re all looking to ‘the elders’ for support, and that’s a little overwhelming, too, and we’re trying to help figure that out.”

“Under the surface, there’s a lot of threads between the two things. A lot of people here were kids that grew up in Weaver’s Way.”

“We have felt so fortunate,” Watts added. “Glenn [Bergman, Weavers Way’s general manager] has been so good to [us]. Everyone at Weavers Way has been so good to us [with] advice and guidance. And Mariposa, also Swarthmore. We are so lucky to be coming up in an area that has such a rich history of cooperatives.”

KCFC has yet to set a date for the storefront opening. But momentum is gathering.

“This neighborhood is overflowing with all kinds of grassroots initiatives,” said Carpineta, a community organizer who has lived in Kensington for 10 years. “But this one . . . is probably the biggest project to go down in this neighborhood in a long time. . . . The numbers are extraordinary, but the impact is extraordinary, too.”

“There’s not that many endeavors where you would say dozens of people have committed their lives and then hundreds of people, ultimately what will be a thousand at least, have committed their finances to this. It’s really unparalleled. . . . The whole identity of the neighborhood shifts.”

Who says too many cooks spoil the broth?

Contact Weavers Way member Karen Rueda at karen@karenrueda.com

Weavers Way members interested in supporting KCFC can get involved by sharing their co-op-related expertise, spreading the word or even joining and making member loans themselves. For more info, visit www.kcfc.coop.

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It’s Their Year, & the Cheese Isn’t Half-Baaaad Either

by Shawn O’Connell, Weavers Way Chestnut Hill Deli Manager

THIS MONTH, EXPLORE THE INCREDIBLE RANGE OF FLAVORS THAT sheep’s milk cheeses offer. We are featuring three classic cheeses from three different countries. Sheep’s milk contains more fat than either cow’s or goat’s milk, so it makes for big flavor that stands up to rich foods and pairs well with bold red wines and even tannin-rich black teas, as suggested by cheese blogger Madame Fromage (madamefromageblog.com).

Fratelli Pinna Santa Teresa is a young pecorino from Sardinia. It has a smooth, creamy texture and milky sweetness, but with a little sting at the end. The texture soothes your palate and you get the grassy, herbal, and lemony notes that make such a young cheese so interesting. Santa Teresa is a perfect cheese to pair with fresh berries or tart cherry jam or with prosciutto and crusty rosemary bread drizzled with olive oil or honey.

Manchego El Trigal from Spain is aged one year. It’s hard enough to be grated and has crystals like a Reggiano or aged Gouda. Try this if you love Manchego. Its age gives it a concentrated briny flavor, with butter, caramel and grassy meadow. Serve shaved over spicy greens like watercress or arugula with a bit of sherry vinegar and walnut oil or traditionally with quince paste and Marcona almonds. Grate it over pasta with olive oil and fresh cracked pepper. Simple and delicious.

Societe Roquefort from the limestone caves in the south of France is our featured blue cheese made from sheep’s milk. Its green mold is a distinctive characteristic which gives some indication of the salty flavor of the sea. It has a sweetness and peppery finish, which I love with fresh, crunchy raw vegetables like fennel, celery and radishes. It’s a classic blue for dressing a salad, but also a natural pairing with sweet dried fruit like figs and apricots.

Santa Teresa, El Trigal, and Roquefort are all \$1 off per pound for the month of March.

socconell@weaversway.coop

Advisory Council Helps Mayor Nutter Stay Focused on Residents’ Food Needs

by Katrice Cheaton, for the Shuttle

WITH A MISSION TO HELP MAYOR NUTTER develop policies that improve Philadelphia residents’ access to healthy food, the Philadelphia Food Policy Advisory Council keeps your needs front-of-mind. The mayor created FPAC in 2008 and the group has helped guide the city’s work on food system planning. It advocates for making locally grown, culturally appropriate and nutritionally sound food available across the city.

FPAC members include grocers, producers, distributors and others. Weavers Way General Manager Glenn Bergmann and I are both appointed members. The group’s priorities are reflected in its diverse committees which include:

Anti-Hunger: Working to create comprehensive food resources toolkits that will identify underserved areas in each City Council district.

Communication and Outreach: Helping to raise FPAC’s visibility among the broader public and in the media.

Governance and Membership: Focusing on increasing the nomination pool to diversify FPAC’s membership.

Local Food Procurement: Identifying opportunities for and barriers to local fresh produce purchasing and developing a pilot contracting model with the Philadelphia Health Department.

Vacant Land: Making recommendations about best practices for urban gardening and likely soil contamination in vacant lots in the city.

Zero Waste: Developing a white paper that will make policy recommendations to the city for achieving “zero waste” (90 percent waste diversion) with an emphasis on diverting food scraps and other organic material from the waste stream.

There are a number of ways you can join the effort and help FPAC achieve its mission: First, get connected:

- Sign up for updates, the bimonthly newsletter and invitations to general meetings by emailing fpac@phila.gov.

- Like FPAC on Facebook, www.facebook.com/PhillyFPAC.
- Follow FPAC on Twitter at @GreenworksPhila and tweet them using the hashtag #phillyfpac.

Second, attend a general meeting. FPAC meets on the first Wednesday of February, April, June, August, October and December from 3 to 5 p.m. at 1515 Arch St., 18th floor. Meetings are always open to the public and provide a great opportunity to network and stay up to date with FPAC developments. Email fpac@phila.gov to RSVP to attend the next meeting.

Third, become an appointed member. FPAC accepts nominations year-round. Members serve as individual volunteers, attend general meetings and often join or chair subcommittees — commitments that require 3 to 10 hours per month. If you or someone you know is interested in becoming

an FPAC appointed member, fill out a nomination form at phillyfpac.org.

Finally, join one or more of FPAC’s six subcommittees. Subcommittees research, study, evaluate and make recommendations on priority issues identified by members. Subcommittees typically meet once a month at the discretion of the Chair. Subcommittee meetings are always open to the public and you do not have to be an appointed member to join a subcommittee. To join, email fpac@phila.gov to be put in touch with a subcommittee Chair.

Here’s your chance to join the conversation. Learn more about FPAC today at phillyfpac.org and then spread the word.

Katrice Cheaton is a community advocate from Philadelphia working to connect low-income communities to tools they can use to break down the barriers to advancement in their lives. Contact her at kmcheaton@gmail.com.

Food Justice Committee Co-Chair Nathea Lee (nlee626@gmail.com) contributed to this report.



Dear Philadelphian,

The Philadelphia Food Policy Advisory Council invites you to a public forum on Food Policy and the Next Mayor on Wednesday, March 18, from 7 to 9 p.m. at the Free Library of Philadelphia, 1901 Vine St. Save the date on your calendars for an exciting opportunity to discuss the future of food policy in Philadelphia.

Diane Cornman-Levy, executive director of the Federation of Neighborhood Centers and co-chair of FPAC, will provide background on FPAC and the current state of Philadelphia food policy. Jonathan Deutsch, professor and founding director of the Center for Hospitality & Sport Management at Drexel University and FPAC appointed member will moderate discussion.

If you would like to attend, go to www.eventbrite.com and search for “Philadelphia Food Policy. Seating is limited. Sponsors: Culinary Literacy Center at the Free Library of Philadelphia, Drexel University, the Enterprise Center CDC, Federation of Neighborhood Centers.

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CHEESE OF THE MONTH

MARCH

Fratelli Pinna Santa Teresa
a young pecorino from Sardinia, Italy.

Manchego El Trigal
from Spain is aged one year.

Societe Roquefort
from the limestone caves in the South of France is our featured blue cheese made from Sheep’s milk.

\$1 off per pound
for the month of March.



Sambar, of Reading, PA, is working with us to get rid of GMO ingredients in its products.

Vendor Guidelines

(Continued from Page 2)

bakery, bulk goods and floral, to work with vendors on creating products that are more sustainable.

A recent addition to the Weavers Way shelves is Sambar Kitchen simmer sauces, a line of Indian cooking sauces from Reading, PA. We were impressed with their great flavor, clean ingredients and stellar nutrition label. There were, however, a couple ingredients we were wary of — canola oil and light brown sugar. Conventional canola and beet sugar are both likely to be genetically modified. Sambar’s sugar turned out to be certified non-GMO, but the canola wasn’t. But they agreed to do a run of the sauces with non-GMO canola.

In the grand scheme of things, WW might be one of the little guys, but if we and others ask about these things, companies might start to catch on. And if a few other customers ask Sambar about canola, they might switch over entirely instead of doing separate runs with non-GMO oil.

Check out the “Become a Vendor” page on the Weavers Way website (www.weaversway.coop/become-a-vendor) for a look at our system. While you’re there, you can find a link to the Center for Science & the Public Interest’s list of food additives to avoid. It’s a great resource when inspecting food labels, especially for people who may be at increased risk harm from hidden additives.

And rest assured that, providing you didn’t cause an avalanche while pulling down a box for your groceries, nothing was harmed in the making of your child’s lunch.

skane@weaversway.coop

Updated Weavers Way **product philosophy**

OUR PRODUCT PHILOSOPHY STATEMENT, FORMULATED DECADES AGO BY OUR MERCHANDISING COMMITTEE, needed to be updated to better reflect our product values and practices. Marketing Director Rebecca Torpie and I were given the assignment. We found Weaver Street Co-op in North Carolina had a good statement that combined idealism and pragmatism and accommodated what we were already doing, so we started with that, working to provide clarity for our buyers while showing how we are different from other grocery stores. Here is what we came up with. Let me know what you think, preferably via email, but also in person, Suggestion Book or phone.

— Norman Weiss, Weavers Way Purchasing Manager

We seek products that benefit our members, shoppers and community. This means we stock products that consider your tastes and also meet the values we have established as a co-op.

Our mission is to supply products that are as healthy as possible and:

- Positively impact our bodies, the ecosystem or other people in the present or future.
- Provide opportunities for the improvement of our food system by supporting producers who also care about doing minimal harm to ourselves and the ecosystem.
- Support our Mission Statement and our Ends.

Product Categories

We categorize products in three groups:

The best products are ones we know the background of and reasonably trust are in line with our values, i.e., that are produced in ways that are respectful to the environment, local when possible, reflective of cooperation, healthful, ethically produced and which we procure by dealing as close to the producer as possible. We recognize that such products may be scarce; we seek out and cultivate relationships with these suppliers and feature and promote them.

We also stock products that respond to our community’s desires, including convenience foods, options that are more affordable and foods important to our culture and tastes. We select these products through dialogue with our community that considers our buying ability, product and supplier attributes and customer requests.

The third group comprises products we will not stock because they are generally known to be harmful to our health, our society or our environment. These include tobacco products, foods with known harmful additives and products produced by disreputable companies or using exploitative labor. We believe it is important for us to make a statement about these products by refusing to stock them.

Buyers

It is our buyers’ job to make product determinations about these three groups, using their judgment about what is best for our members, community, suppliers and planet at any given time.

Meat & Seafood

We believe we should be selective in our choice of meat and seafood and look for producers who value humane treatment and sustainability. It is clear that the issues surrounding the environmental and social impacts of meat and seafood production are complex and evolving, so we will continue to monitor reliable sources for new information. It is the best way to express our belief that, over the long term, high quality meat and seafood should be available to all, and sustainable management and production is the only way to ensure that this occurs.

Suppliers

We carry thousands of products from hundreds of suppliers. By necessity, we rely on the representations of our suppliers with respect to product integrity. We try to verify these representations, and we are forthcoming with any significant lapse where we stock a product that doesn’t fit in with this Product Philosophy.

Weavers Ways Ends

The Product Philosophy is meant to reflect Weavers Way’s Ends policy.

For more information, contact Purchasing Manager Norman Weiss at norrmanb@weaversway.coop or 215-843-2350, ext. 133.

By working together, we can ensure that Weavers Way’s products are a reflection of our tastes and our values.



The Wonderful World of Produce in — Yes — March

by Jean MacKenzie, Weavers Way Mt. Airy Produce Manager

MARCH IS A LITTLE RUGGED IN THE PRODUCE world around these parts: We have the least local produce we will have all year. But it’s still possible to keep plenty of fresh produce in your diet and improve your health to boot.

Cruciferous Vegetables and Your Health

Let’s start with the ever-popular cruciferous vegetables, also known as the brassica family. Cruciferous vegetables are twice as potent as other unrefined plant foods in terms of disease prevention. Vegetables in this family are high in vitamins A, C and E and contain substantial calcium, iron and protein. Most notably, the sulfur compounds in crucifers prevent cancer-causing compounds from binding to or damaging DNA and effectively inactivate carcinogens in the body. Regular consumption of cruciferous veggies is linked to lower incidences of breast, colorectal, lung and prostate cancers and is also correlated with reduced rates of cardiovascular disease.

The most powerful crucifers are broccoli, cabbage and Brussels sprouts. Others in the family are cauliflower, kale, kohlrabi, turnips (and their greens), radishes, arugula, collards and bok choy.

Sweet Potatoes: The Healthiest Veggie Around

Not only are sweet potatoes delicious, they also provide essential nutrients. So you can feel really virtuous when you sprinkle them with cinnamon and butter.

The Nutrition Action Health Letter rated 58 vegetables by adding up the percentages of the recommended daily allowance for six nutrients (vitamins A and C, folate, iron, copper and calcium), plus fiber. Sweet potatoes topped the list with a whopping 582 points; the nearest competitor, raw carrots, scored 434. When the Center for Science in the Public Interest rated the relative nutritional value of common vegetables, sweet potatoes once again came out on top. Some facts:

- One cup of cooked sweet potato provides 30 mg (50,000 IU) of beta carotene (Vitamin A).
- Sweet potatoes are a great source of vitamin E and are virtually fat-free, unlike most other vitamin E-rich foods (vegetable oils, nuts, avocados).
- Sweet potatoes provide many essential nutrients, including Vitamin B6, potassium and iron.
- Sweet potatoes are cholesterol-free and low in sodium.
- A medium sweet potato has just 118 calories and more fiber than oatmeal.

Don’t Forget Your Vitamin C

Good quality citrus is still abundant in March, especially pink and ruby grapefruit. But did you know that kiwis are very high in vitamin C, too? I used to send kiwi nearly every day in my kids’ school lunches, cut in quarters and put in a container to keep them from getting mashed and goeey. The kiwi never came back home.

Return to Your Roots

Executive Chef Bonnie Shuman and my counterpart in Chestnut Hill, Mike Herbst, have already sung the praises of root vegetables. But it’s a song worth repeating. It’s still cold, and roots make some some tasty, hearty soups. Potato leek is one cold-weather favorite that’s easy to make: Saute onions and leeks in butter until onions are transparent. Add broth, enough for the volume of soup you are making. Bring to a boil and add cut-up Yukon Gold potatoes. Boil until potatoes are soft. Use your immersion blender (my FAVORITE kitchen gadget) to blend it smooth. And that’s it. I like to serve it with Merryhead half and half on the side, but it’s a delicious soup with or without.

mackenzie@weaversway.coop



March Member Specials

Valid from March 4 - April 1

For more member savings, visit www.weaversway.coop

 CAFIX Instant Beverage 7 oz \$7.69 REG \$8.99	 LUNDBERG Organic Brown Rice Syrup 21 oz \$4.99 REG \$6.25	 AURA CACIA Relaxing Lavender Harvest Aromatherapy Body Oil 4 fl oz \$5.99 REG \$6.39
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Membership Corner

Committees Serve the Co-op Well

by Kirsten Bernal, Weavers Way Membership Coordinator

ON FEB. 12, THE MEMBERSHIP DEPARTMENT convened a meeting of Weavers Way committee chairpeople and other interested members. Our purpose was to begin the task of strengthening and reinvigorating our longstanding committees. In many cases, this will involve re-visioning. For others, like our Environment Committee, it will mean building upon a legacy of service to our members and community.

The discussion was lively. We covered a range of topics and fielded specific questions. Those included everything from “What the heck are committees?” to “How does the average member get involved?” and “How, exactly, do committees function?” We covered the origins of these groups, considered their evolution and speculated on a path for the future. Everyone was in agreement: Committees are a valuable asset for Weavers Way and can meet our ends by providing members the opportunity to participate in the life of the Co-op while exemplifying the cooperative principles of education and concern for our community.

Ultimately, we believe that member committees can serve as a powerful vehicle for the interests and concerns of our members and our community. We are convinced that, with some structure and guidance, these groups can accomplish great things.

In the coming months, you can expect to hear more about our progress and opportunities to become involved.

Cooperatives Helping Cooperatives — Your Help Needed Too!

Do you think food co-ops are terrific and should be more widespread?

Are you interested in helping existing food co-ops learn from each other?

Would you like to help new food co-ops get started and succeed?

Weavers Way is a member of the Mid-Atlantic Food Cooperative Alliance, which works to strengthen the cooperative movement by sharing best practices with other food cooperatives and mentoring start-ups. MAFCA hosts three regional gatherings each year and communicates via listserv, Facebook and Twitter. We’re looking for a few volunteers to help out; skills such as research, outreach and organizing meetings would be appreciated. Weavers Way work hours are available; if you’re interested, or for more details, email Sue at wasserkrug@gmail.com.

Committee work is an excellent means of earning household work credit while engaging in topics of special interest to you. A full list of active committees can be found on our website under “Join the Co-op.” Please contact me by email or at 215-843-2350, ext. 119, to learn more.

kirsten@weaversway.coop

Staff Celebrity Spotlight: Apollo Heidelmark

Mt. Airy Meat Cutter Carved Out A Living by Being Ready to Learn

by Karen Plourde, Weavers Way Chestnut Hill Grocery Staff

IT'S NO SECRET THAT LIFETIME employment anywhere has gone the way of the 8-track. Apollo Heidelmark, the meat cutter at Weavers Way Mt. Airy, knows that all too well. The Utica, NY, native had to zig and zag his way through a few career changes over the years, through high times and downturns in the economy.

Apollo's first big transition came at age 15. His parents divorced, and he and his mom relocated to Lancaster, PA, where his uncle, Bob Kingston, owned Lindie's Deli and Roberto's, a dog-grooming salon.

In 1988, Apollo graduated from McCaskey High School and went to work full time for his uncle, thinking he would eventually take over the deli. But his friend Dean, who owned a basement waterproofing business, convinced him he had good people skills, and so Apollo started doing sales. They soon became partners in Derby Waterproofing. But a drought in 1996 killed the business.

A good bounce came Apollo's way in 1997 while he was on vacation in Florida and met a divisional vice presi-

dent for Radio Shack. Upon his return, he was offered a management position at a store in Lancaster, and six months later, he was asked to run a Radio Shack outlet in Franklin Mills Mall. He packed up and settled in Northeast Philly.

Apollo's job grew to managing five stores, and being a team leader for 10 others. But in 2006, the company went through a restructuring, and the Franklin Mills store was closed. There were no management positions available to him, only jobs in sales. And if he became a manager again, he'd earn about a third of his previous salary. So he got hired as a fleet coordinator for Mannheim Auto Auction in Lancaster County, managing a fleet of 15-passenger vans used to transport dealers from the Philadelphia and Baltimore airports to the auction site. That job ended with the Great Recession of 2008.

By this time, Apollo had moved to Germantown and was living in an apartment building owned by Weavers Way GM Glenn Bergman. Glenn told him about paid cooperator hours at the Co-op, and Apollo started doing that in 2009. He soon began applying for staff openings. In the summer of 2011, Dale Kinley, meat/poultry/fish manager at



Mt. Airy meat/poultry/fish specialist Apollo Heidelmark learned to cut meat on the job.

Karen Plourde photo

Mt. Airy, hired him to be her assistant.

At first, Apollo's job consisted mostly of packaging meat and fish and receiving orders. But in 2013, when the Co-op hired butchers in Chestnut Hill and started doing fresh-cut meats, he was asked if he wanted to upgrade his skills. He did, and so Rick Neth, part-time butcher at Weavers Way Chestnut Hill, spent several months teaching him the trade.

Away from the Co-op, Apollo, is often accompanied by Mya Ray, his Bernese mountain dog. She's a fixture at Petapalooza and at "Chillin' & Grillin'" sessions at Mt. Airy in the summer. Those events are a favorite of Apollo's and allow him to show off his grilling skills.

As one of the few registered Republicans who work for Weavers Way,

Apollo, 43, gets a kick out of the discussions that swirl around the Co-op. "It's always interesting to watch the liberals and their reactions to the events of today," he said. "They're so much more like Republicans than they'd like to admit they are."

He's most impressed with Weavers Way as an enterprise and thinks it still has room to grow. "The people here are just wonderful, especially our older members," he said.

"It's amazing that they did everything so well that we're able to grow and still be safe about it. . . . I think we're in the middle. I don't think the Co-op has plateaued at all."

kplourde@weaversway.coop

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

Weavers Way Board

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

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

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Mt. Airy	Chestnut Hill	Across the Way	Next Door
8 a.m.-8 p.m. 559 Carpenter Lane	Monday-Saturday 7 a.m.-8 p.m. Sunday, 9 a.m.-8 p.m. 8424 Germantown Ave.	8 a.m.-8 p.m. 610 Carpenter Lane 215-843-2350, ext. 276	9 a.m.-8 p.m. 8426 Germantown Ave. 215-866-9150, ext. 221/222

HOW TO REACH US

General Manager Glenn Bergman, ext. 131 215-913-9437 (cell) gbergman@weaversway.coop	Outreach Coordinator Bettina de Caumette, ext. 118 outreach@weaversway.coop	Mt. Airy Wellness Manager April Pedrick, ext. 114 apedrick@weaversway.coop	Deli (MA) Margie Felton, ext. 109 margie@weaversway.coop (CH) Shawn O'Connell, ext. 209 soconnell@weaversway.coop
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Membership Coordinator Kirsten Bernal, ext. 119 member@weaversway.coop	Chestnut Hill Store Manager Dean Stefano, ext. 212 dstefano@weaversway.coop	Prepared Food (MA) Dave Ballentine, ext. 102 dballentine@weaversway.coop	
	Next Door Manager Amira Shell, ext. 220 ashell@weaversway.coop		

Weavers Way Welcome Meetings

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

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

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

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

NEXT MEETING: Wednesday, March 11
Chestnut Hill Friends Meeting, 20 E. Mermaid Lane

weavers way coop

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FREE

**HERE'S A PARTIAL LIST OF PRESENTERS;
VISIT WWW.WEAVERSWAY.COOP/FEMFEST FOR UPDATES.**

Greetings & Welcome:

Claudia Apfelbaum, MMS, LCSW

FemFest Founder, writer **Connie Garcia-Barrio**

Sexuality: **Iris Wolfson**, CNM, CRNP

Increase Your Energy Naturally: Health coach,
advocate and herbalist **Dana Barron**, PhD

The Creative Life: Writer and artist
Deborah Pratt Curtiss

Intro to 5 Rhythms: **Rebekah Zhuraw**

Medicinal Plants: Philadelphia University Associate
Professor of Biology **Anne Bower & Students**

Food & Trauma: Weavers Way Across the Way
Wellness Manager, herbalist **April Pedrick**

Sculptor, conceptual artist, painter **Karyn Oliver**

Author **Betsy Teutsch**

Super Bones: Physical therapist
Joanne Fagerstrom

Inflammation, Arthritis & Heat: **Nancy Post**, M.Ac

Let's Just Dance: Belly dancer, intuitive, healer
Linda Rukmini

Creative Voicework: **Deborah Crane**

Radiant Lotus Women's Qi-Gong: **Gabrielle Burke**,
Dragon Spirit Arts

Wildly Fiercely Flourishing: Life coach
Tracie Nichols

Storyteller, performer, writer **Patience Rage**



A pay-as-you-go marketplace will feature gift items, handcrafts, books and health and beauty products from Weavers Way Co-op, as well as refreshments, sampling and lunch options.

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