City Council Passes Land Bank Law

Philadelphia’s City Council has approved historic legislation that will create a Philadelphia Land Bank, a new tool to attack the vacancy and blight that plague Philadelphia’s neighborhoods.

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

The mayor’s signature can’t come soon enough: The signs of Philadelphia’s vacant property epidemic are everywhere—see them in forlorn, crumbling facades of blighted buildings and trash-strewn vacant lots scarring the urban fabric; see them in increased crime and decreased property values; we see them in the Leaping Bunny program, relates that the Coalition for Consumer Information on Cosmetics, a group of eight animal protection organizations.

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

Do you have an interest in serving Weavers Way and a commitment to its mission, values and goals?

Are you a conceptual thinker who can grasp the big picture but also willing to work on organizational issues? If this sounds like you, you might be interested in running for the Weavers Way Board of Directors.

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

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

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

12 Local Co-ops Explore Expansion

Last month, leaders of eight Delaware Valley startup food co-ops and four existing co-ops came together in Mt. Airy to explore the pace and success of expanding the number of cooperative grocery stores in our area. The National Cooperative Grocers Association shared their analysis that demonstrated that the Philadelphia area had the potential to support 14 local co-ops with at least $5 million in annual sales each.

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

Glenn and the Weavers Way staff and board have already spent many hours assisting and supporting Mariposa Co-op in West Philadelphia and Creekside in Elkins Park grow and develop. Board members and staff have also worked closely with board members who would like to get more moola than the register cash-back limit, and for non-member shoppers, who aren’t eligible to get cash at the register.

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

Don’t Be Cruel — Look for the Leaping Bunny

You’re used to keeping an eye out for certain logos on the products you shop for at Weavers Way. The one for USDA organic certification is easily recognizable, as are the non-GMO Fair Trade and Equal Exchange certification logos. But there’s another one you should be looking for, especially at Weavers Way Acrossthe Way and Weavers Way Next Door — the Leaping Bunny.

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

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

(Continued on Page 10)
When It's Cold, These Farmers Just Work Inside

by Mike Herbst, Weavers Way

Chestnut Hill Produce Buyer

When winter comes around, local produce becomes scarce. Fortunately we work with some farms that use year-round growing techniques so our shelves and your kitchen can be fresh and local throughout the colder months.

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

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

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

Bux-Mont Hydroponics consists of four greenhouses in Perkasie, PA, that continuously deliver top-quality basil and butter leaf lettuces all year long. While they currently only grow two different items, they are experimenting with other produce, including watercress and red leaf lettuce varieties. Although Bux-Mont is relatively small and only employs four people including the owner, it is very efficient in its operation. Rainwater is used to irrigate the crops, computers closely monitor the nutrient levels, and scrap wood from a neighboring business is used to heat the greenhouses.

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

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

The Shuttle is a monthly newsletter that provides information about co-ops, healthy food practices, and other matters of interest to Weavers Way customers and citizens. Ad rates are available at our stores, online at www.weaverswaycoop.coop, or via e-mail at advertising@weaverswaycoop.coop. Ads must be submitted electronically, with payment. Advertised products or services may not be construed as endorsed by Weavers Way Co-op.
Artisan Exchange Makes Do, Does Well, in Suburban Office Park

by Stephanie Kane, Weavers Way Local Product Coordinator

O n S A T U R D A Y m o r n i n g s i n W e s t

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

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

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

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

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

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

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

- Take Me Bake Me Pizzas come in whole wheat and seasoned crusts for $20 a pair. Need a family-size pie shell? Need a gluten-free biscuit mix? You’ll find it here. (CH, MA)

Taste Artisanal Market Marinated Asiago and Southern Pimento. These spreads are in the refrigerated case, and are great for last-minute guests. (CH)

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

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

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

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

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

The Big Game is Feb. 2, so you have a whole month to huddle with the Weavers Way special offerings. Because there’s no event that can’t be improved by bringing something you bought at the Co-op! Because there’s no event that can’t be improved by bringing something you bought at the Co-op!

Prepping for 2014 at Mt. Airy by Rick Spalek, Weavers Way Mt. Airy Store Manager

J ust a n u p d a t e o n w h a t i s g o i n g h e r e i n M t . A i r y.

In the area of staffing, we have hired a new prepared-foods manager, David Ballantine, who brings years of restaurant and management experience and is working to increase our grab-and-go items. Other additions include Sierra Dunn in the Bulk Department and Jesse Mostoller in front end. (Jesse also runs the Weavers Way Community Programs school Mar-ketplace program — see his story about it on Page 5).

We will be building a new, more accessible soup station downstairs in the freezer case.

Cape Seasonings Spice Blends — Get out of the neutral zone and go deep with this perfect blend of sassy spices. Soul, No Cayenne and No Salt blends. Mix it with sour cream and a dash of hot sauce for the perfect pairing with…

Alexia Fries and Rings — Peeling your own potatoes? Bad clock management! Toss these frozen Onion Rings and Sweet Potato, Waffle, Oven and Yankee Select fries in the oven for crispy, delicious snacks that will keep you hustling.

DePalma Bakery Old-Fashioned Tomato Pie — Frankford Avenue and Decatur Street is the red zone, and this old-school Italian bakery turns out an amazing tomato pie. Tell your buds you made it and see if you get away with the fake.

Zen Party Mix — Run a coffee-table formation featuring peanuts, sesame sticks and tamari almonds tossed in a sassy spice mix. Then you and your guests will want to down some Reed’s Ginger Beer, the all-natural refresher with a kick!

Party Smart Pill — If ginger beer isn’t your go-to play, set up a smart defense by taking this herbal supplement before taking the snap (or whatever you’re calling what’s in that cup). Odds are it will take the edge off the next day. Which will be Monday, don’t forget. Drink plenty of water too!
She’s Cultivating Women Farmers

by Jill Fink, Executive Director, Weavers Way Community Programs

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

Shelley was recently asked by the Pennsylvania Women’s Agriculture Network (WAgN) to be a statewide mentor for woman farmers, particularly those in urban areas. Not only is it an honor for Shelley, but it brings good company as the conference brings in women from all fields of agriculture, including Judy Wicks, who is delivering the keynote. Later this year, Shelley will present on “Urban Agriculture and Food Access” at the Pennsylvania Women’s Agriculture Network Symposium “Building the New Food & Agriculture Economy.” They’re in good company as the conference brings in women from all fields of agriculture, along with Philly’s own food-access center, Judy Wicks, who is delivering the keynote. Later this year, Shelley will host a “farminar” on urban agriculture, bringing woman farmers from across Pennsylvania to Philadelphia.

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

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

jill@weaversway.coop
Many of you know and love the Marketplace program and might be wondering how it’s going this year. In short, terrific! Marketplace is operating healthy, local and organic snack sales at four local schools: Our Mother of Consolation and J.S. Jenks in Chestnut Hill and Lingelbach and Parkway Northwest High School in Mt. Airy. Each school has 15 to 20 students involved, some of whom have been members for five years.

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

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

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

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

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

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

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

Volunteer in Latin America!

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E-mail amigosphilly@gmail.com or Call 215-800-7654 for more information!

Contact the AMIGOS Philly chapter to prepare for your exciting summer abroad!
I'm Getting My Head Around 10 Years at Weavers Way

I CANNOT BELIEVE THAT ANOTHER gray hair has grown in place of the light brown ones I once had. I blame it all on the Co-op. When I first came to Weavers Way in 2004 — yes, 10 years ago — I thought this was going to be a short stay, perhaps two or three years. What I thought I was going to do was help secure the Co-op’s financial base of, assist with setting the Weavers Way name out into the community, and make sure that staff were compensated better, with secure benefits. Yes, I figured two or three years.

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

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

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

What about equity return? I have not heard that for 10 years. We talk about making sure there is money for bonuses, for patronage rebates, for paying down our loans, for investing in our stores and people. No profits go to investors somewhere else. No excess funds leave the community. When we pay out a bonus to staff, and we have for almost eight years straight now, that money will most likely be spent right here in the Philadelphia area.

As we have grown over the last 10 years, from $5 million to $19 million in sales and from 40 staff to 155, we have increased the amount of local products purchased from farmers and local suppliers five-fold. Today we are at around 56 million local. Most of that is in produce, prepared foods, meat and dairy, but we are working to increase these purchases in all areas of the store (soup, grocery, baked goods, frozen food). This is our goal (one of our Ends): to help the local economy. I do not remember that as any goal at the corporate world — it just cannot be if they want to maximize their profit.

The Co-op is a strong financially — membership is steadily increasing, sales growth is at or above the national average, there is widespread interest in starting co-ops (see Stu Katz’s article starting on Page 1), and we are providing benefits as good as any large “progressive” company in our world. We have to work on finding ways to reduce costs and prices, and getting younger people into positions that excite them and preparing them to take over the Co-op in the future. And we need to keep an eye out for new opportunities.

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

P.S.: I am thinking about that “natur- hair dye” we sell in Wellness as well. What do you think?

gbergman@weaversway.coop
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Consider Being a Candidate for the Board!
(Continued from Page 1)

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

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

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

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

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

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

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

Ready to Run?
We need a few good people for the board. If it seems like a good fit for you, please complete the nomination form. If you have any questions or need more information, contact David Woo, chair of the Leadership Committee, wwoo3d@earthlink.net, or come to the Candidates Orientation on Jan. 15 or Feb. 11.

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

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

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

Name: ____________________________________________ Member #: __________________
E-mail Address: ____________________________________________________________
Phone: _________________________________________________________________
Address: ________________________________________________________________

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

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

Spring General Membership Meeting
Sunday, May 18, 2014
(Voting will end at 6:30 p.m.)
Board Positions to be filled:

4 At-Large Directors for 3-Year Terms

Members may vote online beginning on or about April 1, 2014 and at the Weavers Way Spring General Membership Meeting Sunday, May 18, 2014 (Voting will end at 6:30 p.m.)
Everybody Get In Line — MALT Ball Is Back

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

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

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

Advance tickets can be purchased for $15 by calling the MALT office at 215-843-6533 or by visiting the website at www.mtairylearningtree.org. Tickets will also be available at the door for $20. The event will include a cash bar and light fare, and you can also BYO food.

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

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

Don’t miss out on breaking news! Sign Up Online at WWW.WEAVERSWAY.COOP
Coalition Still Working To Support Voter Rights in PA

by Andi Moselle, for the Shuttle

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

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

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

Recently, PVRC was invited by a group in Coatesville to assist in increasing voter awareness and participation for the recent school board election in that Chester County school district. PVRC hopes to identify specific local nonpartisan campaigns of this type for future action.

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

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

(Continued from Page 1)

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

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

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

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

Meet Leaping Bunny

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

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

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

ACURE: Fair-trade organic skin care, including 100 percent pure argan oil.
Veria: Makers of VeriaID InnerDosha, ayurvedic body care; choose your dosha!
Sevani: A local, non-GMO ayurvedic face-care line.

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

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

mweisberg@weaversway.coop

Antioxidant-rich mineral skin care

Alba Botanica

Beauty Without Cruelty

Crystal Deodorant

EO

Kiss My Face

Nature’s Gate

Sevani

Un-Petroleum

Ancient Secrets

Biokleen

Desert Essence

Giovanni

LEAP Organics

Nourish

Seventh Generation

Veria

Andalou

Biopac

Dr. Bronner’s

Glad Rags

Method

Preserve

Shikai

Wally’s

Aubrey

Badger

Dr. Woods

Hain Celestial

Mineral Fusions

Radius

South of France

Waxelene

Aurorome

Bulldog

Eco Dent

Hugo

Mountain Ocean

Sappo Hill

Suki

Terrestrial Research

Tom’s of Maine

Un-Petroleum

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Un-Petroleum

Terrestrial Research

Be Excellent Inside and Out.

Be Excellent Inside and Out.

Be Excellent Inside and Out.

Be Excellent Inside and Out.
I am happy to announce the formation of a new committee on Health and Wellness. Our committee represents a diverse complement of practitioners from various disciplines committed to the pursuit of informed medical pluralism. On the whole, we understand health more as a journey than a destination, and wish to encourage an open and comprehensive dialogue incorporating ideas about individual empowerment.

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

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

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

Wellness Walks with Great Scenery at Morris

The holidays are over and it’s time to get back on track with healthier eating and an exercise plan. Morris Arboretum invites you to get outside to get some exercise! Every Saturday morning at 10:30, visitors meet at the Morris Arboretum Visitor Center to join an Arboretum guide for a two-mile loop around the garden on paved paths. What better way to gain energy for the day? Wellness Walks are included with regular admission ($16; $14 for seniors, $7 for children).

These walks are fast paced and energetic, intended to get your heart rate up. Guides will point out some of the Arboretum’s specimen trees and other distinctive features along the way, but there is no lingering to smell the roses! The walk lasts 45 minutes to an hour, and walkers are welcome to continue on their own afterward.

Winter is an ideal time to observe tree shapes and bark texture, and to see which winter blooms may be peeking through the cold ground. Without leaves on the trees, open vistas provide far-reaching views. And if you’d like to escape the cold into a tropical paradise, step in at the Arboretum’s glasshouse Fernery which is always a balmy 80+ degrees. It’s the only freestanding fernery in North America. The 92-acre Morris Arboretum of the University of Pennsylvania is at 100 East Northwest Ave. in Chestnut Hill. Info: www.morrisarboretum.org.

When I say “No”, I feel guilty.

A self-exploration group

Do you think that speaking up for yourself only backfires for you? Are you afraid of getting on someone’s bad side by disagreeing? Do you find yourself holding back from speaking your mind? When I say “No”, I feel guilty.

Participants will explore the ways and reasons each of us holds back, experience new ways of communicating, and gain strength and strategies for speaking up in one’s life.

Wednesday Evenings, 7:30 pm to 9:00 pm
Starting January 15, 2013 in Northwest Philadelphia
8 sessions

Two meetings per month @ $50/meeting
Join our group and be clearer with the people in your life.

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

To register, contact me at Claudialistens@gmail.com or 215-317-8855

L E O M C E L R O Y
215-843-9718

Shamanic Healing Practices

Cresheim Healing Arts 130-A West Gogas Lane www.shiamahlight.com

Become a member of the ABC Club! Ask a Weavers Way Staff Member for Details.

Molly Kellogg, RD, LCSW
Psychotherapist and Nutritionist

January 2014 THE SHUTTLE 11
Quaker Activists Train to Clean Up XL Pipeline Decision-Making

by Eileen Flanagan, for the Shuttle

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

So far, 76,000 people across the country are protesting these extreme methods of getting more, pro-

Some background: As the easy-to-get coal, gas and oil have been used up, companies have engaged in increasingly destructive methods of getting more, pro-

The struggle against mining the tar sands of Canada gained special attention after climate scientist James Hansen declared that burning these vast reserves of dirty oil would mean “game over” for the climate. Stopping the Keystone XL pipeline would make extracting that oil much easier to spend the day volunteering?

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

How to Get Involved

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

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

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

The State Department farmed the report out to a contractor tied to TransCanada, Koch Industries and Shell Oil—the same corporations that would profit from the proposed pipeline—and then tried to hide the conflict of interest. Because we believe President Obama values his reputation, we also believe highlighting the sham process could help tip the political calculation for him.

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

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

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

— Mary Sweeten
Editor, Weavers Way Shuttle

MLK a Day For Service

T he 19th Martin Luther King Day of Service is Monday, Jan. 20. Isn’t it convenient that schools and banks are closed so it’s easier to spend the day volunteering?

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Grants for Green Community Projects

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

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

Summer Camps at the Schuylkill Center

NATURE RAMBLERS DAY CAMP
Ages 3-9

DOWN ON THE FARM DAY CAMP
Ages 7-9

TEEN ADVENTURE TREKS
Ages 10-15

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

Registration opens January 20. For the full camp brochure, call 215-482-7300 ext. 110, or visit us at schuylkillcenter.org.
In Winter’s Cold, Help Wildlife Make It Through the Night

by Brenda Malinics, for the Shuttle

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

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

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

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

Birds are the most obvious critters active during winter daylight hours. These feathered powerhouses have a very high metabolic rate to sustain the energy they need to fly. That means that they must eat every 20 to 30 minutes. Our most common backyard birds eat between 30 and 80 percent of their body weight each day. That’s comparable to a 150-pound person requiring 45 to 120 pounds of food a day. Without the availability of bugs and seeds, city birds have come to rely on the generosity of humans.

Because most natural seeds and berries, from hollies, poison ivy, dogwood and cypress, have all been eaten by early January, feeding the birds can really make a difference for their survival.

Suet (fat trimmed from the kidney area of a cow) put out in specially designed feeders, or simply hung in an old onion bag, will attract an assortment of birds, including woodpeckers.

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

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

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

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

Brenda Malinics is a wildlife rehab specialist. Contact her at brendascatrescue@gmail.com.
The Passionate Gardener

Get the Dirt on Sustainable Gardening Success

by Ron Kushner, for the Shuttle

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

Simply switching from synthetic chemicals to organic products does NOT fix the problem if the beneficial organ-

isms are missing, and the new “organic grower” will not be successful.

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

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

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

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

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

1. We need to have most of the nutrients present in the soil in non-leachable forms most of the time.
2. We also need to have the mechanisms in that soil to convert nutrients that are not available to plants into available nutrients, in the root zone, for the most part, not away from the roots.
3. The mechanisms to do this are benefi cial microbes, including bacteria, fungi, protozoa, nematodes and microarthropods. All of these microbes have both beneficil species and disease species. The beneficil species are naturally found in healthy growing systems.
4. Simply putting down high quality, expensive organic nutrients in your garden or lawn is not likely to result in great plant growth unless the correct microbes are present.
5. Beneficial bacteria and fungi degrade residual toxic chemicals and then tie up nutrients so they are not leachable (not lost when water moves through the soil).
6. Finally, bacteria and fungi must be eaten by protozoa and nematodes to release the tied-up nutrients in a plant-available form. Anything missing needs to be replaced in order to reestablish normal nutrient cycling.

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

The plants that contain more nutrients have built up their immune systems to become resistant to problem pests and diseases. Maintaining a healthy population of 70 percent of beneficil microbes in the soil and on plant surfaces will nurture a protective type of environment that will thwart any disease-causing organ-

isms that may come along, simply by out-competing them for food and space.

Sustainable landscaping is a work in progress. It happens slowly, especially as we garden mindfully of the processes. Use the following list to serve as a point of de-

parture that you can implement continually through the seasons.

1. Aerobic compost needs to be added to the soil to return the needed benefi cial life.
2. Feed your soil with compost, sea kelp, humic acid and other organic materials.
3. Do not use synthetic pesticides, herbicides and fertilizers.
4. Do not compact the soil.
5. Rotate crops.
6. Do not till your soil.
7. Recycle organic material.
8. Utilize diversity in your plantings.
9. Choose the right plant for the right place.
10. I wish everyone a happy, healthy and productive new year.

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

Annual Pre-Season Seed Sale
25% Off
Jan 18th—Feb 10th 2014
Featuring: Heirloom, Open-pollinated,
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Real Estate for Tomorrow and Today.
Urban Farms Sprout High Tunnels
by Anna Herman, for the Shuttle

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

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

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

Penn State Extension Urban Ag Coordinator Tommy McCann coordinates the High Tunnel Alliance for growers and organizations that use high tunnels in their urban farming production. More than 20 farms are represented in this alliance, not just the farms that have had Penn State Extension help to construct or fund their projects. The Alliance offers support and advice to all farmers about best practices in high tunnels, and to help provide opportunities for farmers to connect. Meetings are held at different farms to expose the group to the variety of opportunities and strategies to make the best use of this technology. Through the High Tunnel Alliance, Penn State Extension has been able to participate in the dialog with the Mayor’s Office of Sustainability regarding city policies for zoning and licenses and inspections for agricultural related structures, as well as working in support of the Land Bank initiative.

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

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

Anna Herman coordinates the Penn State Extension Master Gardeners Program. Reach her at aeh22@psu.edu or annasedibleadventures.com.
Returning Henry School Counselor Hits the Ground Running

by John Kromer, for the Shuttle

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

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

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

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

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

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

Book Drive for Houston School Library

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

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

This two-phase project will improve water quality in Wissahickon Creek by helping to meet the EPA Total Maximum Daily Load (TMDL) for sedimentation. It also restored native vegetation and, last but not least, improved parking conditions. Some 350 feet of stream adjacent to the parking was stabilized by installing rock steps designed to dissipate high energy storm flows.

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

Schuylkill Center Nature Preschool

Visit our Open Houses, January 14 & March 19 at 7pm

2014 school year registration opens February 3.

For a preschool packet, call the Schuylkill Center at 215-482-7300, ext 110, or visit us at www.schuylkillcenter.org

Because nature makes kids smarter, stronger, calmer, healthier.

Students of all ages welcomed.

Improving students’ writing > inside & outside < the classroom.

Jill Gates Smith, MA
jgatessmith@gmail.com
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Academics Arts Athletics

Open Houses
April 20, 2014* at 9:30 a.m.
Grades pre-K through 8th only

Friends of the Wissahickon photos
Eco-Sand Castles from Bottle Bricks

by Betsy Teutsch, for the Shuttle

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

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

German architect Andreas Froese pioneered a horizontal dirt-filled bottle-brick technique in Honduras in 2005. Around the same time, Susanne Heise — founder of Pura Vida, a movement for alternative trash management — realized her eco-match, since the soil filling the garden holes can be a wonderful material to construct Key Eco-friendly house, which is generated by decomposing waste.

African bottle-brick construction projects include latrines, biodigesters, homes and even a whole housing project. They are locally fabricated.

A low-tech, low-barrier do-it-yourself construction technique, women quickly adopt it. One famous practitioner is Bolivian dynamo Ingrid Vaca Diez, a lawyer with a passion for helping the poor. When her husband complained that the mountain of discarded bottles accumulating on their patio was enough to build a house, she took up his challenge and did just that. She has since headed up 10 bottle-brick home-construction teams, working with low-income families.

Hug It Forward stresses the environmental benefits of bottle bricks. Since there is no local waste-disposal infrastructure, much of the trash is burned, releasing toxic fumes, or dumped in waterways. Building bottle bricks reduces litter, but no energy is required to fire them, so their carbon footprint is less than conventional bricks.

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

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

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

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

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

A low-tech, low-barrier do-it-yourself construction technique, women quickly adopt it. One famous practitioner is Bolivian dynamo Ingrid Vaca Diez, a lawyer with a passion for helping the poor. When her husband complained that the mountain of discarded bottles accumulating on their patio was enough to build a house, she took up his challenge and did just that. She has since headed up 10 bottle-brick home-construction teams, working with low-income families.

Hug It Forward stresses the environmental benefits of bottle bricks. Since there is no local waste-disposal infrastructure, much of the trash is burned, releasing toxic fumes, or dumped in waterways. Building bottle bricks reduces litter, but no energy is required to fire them, so their carbon footprint is less than conventional bricks.

Eliza Moreno blogged from St. Monica’s Tailoring School in Guia, Uganda, where she spearheaded a bottle-brick home-building project.
Suggestions

(Continued from Page 28)

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

In our government, the federal government is in charge of things that affect everyone in a major way and/or benefit from overall coordination/standardization — things like defense, foreign relations, airwaves, coining money. States can enact laws, borrow money set aside for health, education and intrastate trade. Both can enact laws, borrow money set aside for defense, foreign relations, etc. — things like defense, foreign relations — things like defense, foreign relations.

Suggestions and responses:

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

r: (Norman) When we chose the Chestnut Hill location, we thought the lot was large enough. However, the parking lot is actually not our property, we are unable to change anything, if we are not? I have asked the cashiers but no one seems to have any idea. Thank you.

r: (Nick CH) I agree that parking behind our store can be a bit frustrating at times. However, the parking lot is actually not ours. The lot is owned and maintained by the company that owns the building where Iron Hill and Jos. A. Banks are, and they are nice enough to allow our shoppers to park there for free — though we have no formal agreement with them. Since the lot and area behind the store are not our property, we are unable to change anything. If there are any updates or changes to the parking in front of our store, I will be sure to let you know. Thanks for asking! Please don’t hesitate to direct any future questions or concerns.

r: “Nick is the Front End manager? Where is Jenn Johnson? The only reason people go to the Co-op is to chat with someone people go to the Co-op is to chat with"
I could see new co-ops being the franchisee and Weavers Way or some other established co-op organization being the franchisor. The product the franchisor and franchisee are selling is co-op values as applied to getting food to people. Who gets say over what? What if there is disagreement about what reflects a different implementation or interpretation of the shared values?
Cooperatives are voluntary organizations, open to all persons, that are democratic organizations controlled by their members, that at least part of their surplus accumulate for the members, that lend money to members at a lower rate of interest than banks, and that support local food banks. Cooperatives engage in self-help, self-reliance, democracy, equality, equity, and solidarity. In other words, cooperatives are based on the values of self-help, self-reliance, democracy, equality, equity, and solidarity.

1. Voluntary and Open Membership

Cooperatives are voluntary organizations, open to all persons, that are democratic organizations controlled by their members, that at least part of their surplus accumulate for the members, that lend money to members at a lower rate of interest than banks, and that support local food banks. Cooperatives engage in self-help, self-reliance, democracy, equality, equity, and solidarity. In other words, cooperatives are based on the values of self-help, self-reliance, democracy, equality, equity, and solidarity.

2. Democratic Member Owner Control

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

3. Member Owner Economic Participation

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

4. Autonomy and Independence

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

5. Education, Training and Information

Cooperatives provide education and training for their member owners, elected representatives, managers and employees so they can contribute effectively to the development of their cooperatives. Information is published in newspapers, periodicals and other media. Information is available to the public.

6. Cooperation Among Cooperatives

Cooperatives cooperate with each other to achieve common objectives.

7. Concern for Community

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

International Cooperative Principles

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

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

And a statement of values:

“Cooperatives are based on the values of self-help, self-reliance, democracy, equality, equity, and solidarity. In other words, cooperatives are based on the values of self-help, self-reliance, democracy, equality, equity, and solidarity.”

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

Please Call the Hearing Garden to register.

**NOTARY PUBLIC**

Regular Hours in Mt. Airy:
9 a.m.-4 p.m. Monday-Wednesday
11 a.m.-5 p.m. Thursday
11 a.m.-3 p.m. Friday
Weavers Way Membership Office First Floor, 555 Carpenter Lane.

**Hearing Aids**

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

Please Call the Hearing Garden to register.

**January Calendar of Events**

**Wendy Way Workshop: “Dreambuilders: Beyond Resolutions, Blueprinting a Life you LOVE Living”**
Marina Patrice Van Gossen is a Life Mastery Institute-certified Dream Builder Coach and the “Chief Possibility Officer” at Sweet Perfection Evocative Coaching. Create a New Year’s resolution that you’ll stick to and grow from! WW Community Room, 555 Carpenter Lane, adjacent to the Mt. Airy store. For info, contact outreach@weaversway.coop.

**Every Monday**

**1. Welcome Meeting for New Members**

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

**Monday, January 20**

**All Day**

Martin Luther King Day of Service

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

**Tuesday, January 7**

**7 p.m.**

**Weavers Way Board of Directors Monthly Meeting**

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

**Tuesday, January 7**

**7:30 p.m.**

**Weavers Way Environment Committee Meeting**

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

**Thursday, January 9**

**6:30 p.m.**

**Weavers Way Membership Committee Meeting**

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

**Saturday, January 11**

**10 a.m.-2 p.m.**

**Electronics Recycling**

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

**Tuesday, January 14**

**6:30 p.m.**

**Weavers Way Health & Wellness Committee Meeting**

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

**Wednesday, January 15**

**6:30 p.m.**

**Welcome Meeting for New Members**

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**Monday, January 20**

**Saturday, January 26**

**All Week**

**Weavers Way Member Appreciation Week**

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

**Saturday, January 25**

**10 a.m.-noon**

**Weavers Way Workshop: “Dreambuilders: Beyond Resolutions, Blueprinting a Life you LOVE Living”**
Marina Patrice Van Gossen is a Life Mastery Institute-certified Dream Builder Coach and the “Chief Possibility Officer” at Sweet Perfection Evocative Coaching. Create a New Year’s resolution that you’ll stick to and grow from! WW Community Room, 555 Carpenter Lane, adjacent to the Mt. Airy store. For info, contact outreach@weaversway.coop.

**January 2014**

**February 1st at noon**

Ave on Tuesday, January

**555 Carpenter Lane, adjacent to the Mt. Airy store.**

**Wednesday, January 26**

**All Day**

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Cresheim Valley Trail Closer to Reality

by Susan Dannenberg, for the Shuttle

It all started in 2007 with an artwork project for the rusting former Pennsylvania Railroad bridge across Germantown Avenue. Karl Shaffer and his friends at the Chestnut Hill Rotary Club wanted to brighten up the gateway between Chestnut Hill and Mt. Airy. But despite selecting a winning entry in a design competition and acquiring some funding from the Mural Arts Program, the neighbors were stymied by right-of-way ownership. PECO would not allow the art installation unless the city would take ownership of (and responsibility for) the bridge. The city was not interested in an isolated asset that caused more problems than it solved.

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

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

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

In August 2011, I hosted a meeting to see what could be done to revive the project. The Friends of the Cresheim Trail decided to redouble their efforts to move it forward. It quickly became obvious that Philadelphia would have to break the stalemate by going first in building their 2-mile portion of the approximately 8-mile trail.

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

While it took another two years to bring PECO and the City of Philadelphia to the table, all parties agreed in November to a transfer of ownership of the rusty old PRR bridge and a 20-year lease of the right-of-way to the city. (A 20-year lease is the standard for trails in Philadelphia. It is expected that after 20 years the lease would renew.) We expect to see the legal documents finalized by Spring 2014.

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

Spend less time waiting. And more time getting the care you need.

When you come to our emergency room with a serious illness or injury that requires admission to the hospital, we’ll get you from the E.R. bed to the hospital bed faster. Chestnut Hill Hospital offers the shortest time – by far – between arrival in the E.R. and admission to the hospital than any other hospital in our eight-county region.* To learn more about our E.R., visit ChestnutHillHealth.com.

CHESTNUT HILL HOSPITAL
UNIVERSITY OF PENNSYLVANIA COMMUNITY HEALTH NETWORK

*Source: Center for Medicare and Medicaid Services data submitted by hospitals between Jan. 1 and Sept. 30, 2012.
Queso Fundido

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

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

In a bowl, mix cheese and flour. Add more minutes. Add beer and cook until just a small bit of moisture is left in the pan.

In a special holder next to an open fire. As the cheese melts, it is scraped onto plates and eaten with potatoes, gherkins or cornichons (small pickles), pickled onions, baguettes and sausages or salami.

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

Frosty weather has many of us craving heavier comfort foods like chili, lasagna, stews and often dishes topped with gooey melted cheese.

A great cheese produced in the icy regions of the Alps in both Switzerland and France is Raclette. The word comes from the French verb “racler,” meaning “to scrape.” Traditionally, Raclette is placed in a special holder next to an open fire. As the cheese melts, it is scraped onto plates and eaten with potatoes, gherkins or cornichons (small pickles), pickled onions, baguettes and sausages or salami.

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

When the cheese cooled I put it back in the oven to melt again. This worked very well.

Another easy winter cheese dish perfect is Queso Fundido, a Mexican dish of seasoned melted cheese served with tortilla chips. I also replace this in a cast-iron skillet. (My favorite cooking equipment after a sharp knife!) Queso fundido is often topped with crumbled chorizo, sautéed mushrooms or roasted poblano chili strips. Be creative. Have fun!

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

Srirachapocalypse Now?

by Rebecca Torpie, Weavers Way Marketing Director

It’s not looking rosy at Huy Fong Foods, maker of Sriracha, America’s favorite roasted-chile sauce. The Irwindale, CA, factory has been under fire twice by the City of Los Angeles, and now a possible shortage of the spicy stuff looms.

A court-ordered halt on production of the sauce in late November due to public-health concerns that pepper fumes were causing odiferous distress to area residents was the first blow. It was followed by another order to hold the sauce for 30 days before shipping out. According to a statement by the California Department of Public Health, this was “to ensure an effective treatment of microorganisms present in the product.” There was concern about a shortfall of 200,000 bottles per day.

In college, I discovered how much pizzazz Sriracha added to the ramen I cooked in my coffee pot in my dorm room. I’ve been an addict ever since. Now I squat it on just about anything: pizzazz, mac and cheese, grilled cheese, deviled eggs, Bloody Marys, Reuben sprouts. Have you ever dipped bacon in Sriracha?

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

I can only imagine the chaos if the pucriness comes to pass: block-long lines of angry, chili-deprived people handed their monthly Dixie-cup sized rations, leading to a whole new black market commodity. I predict the next major social crisis here. Think Waterworld . . . but with Sriracha.

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

By margie@weaversway.coop

F.I.Y.

Fondue It Yourself

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

Snow Melt? More Like Cheese Melt!

by Margie Felton, Weavers Way Mt. Airy Deli Manager

No fireplace or fancy electric raclette machine needed when you have a cast-iron pan and a working oven.
Chef’s Corner

by Bonnie Shuman, Weavers Way Executive Chef

My latest obsession is the pickle. It started when a friend gave me a jar of bread-and-butter pickles she had made from cucumbers from her garden this summer. They were simple and simply delicious.

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

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

Having confessed my fear, I’ll now tell you that if you don’t want to be bothered with all that boiling, you can still make a damn good pickle that can complement the wonderful cheeses we sell. (Thanks to Chestnut Hill produce manager Mike Herbst for that cool tip.)

The first batch of quick pickles, I will never buy pickles from the grocery store again (unless I am in a pickle, in which case I can always buy Weavers Way Philly Pickles, which are awesome, even if a little heavy on the vinegar). The reason I won’t buy pickles from the grocery store anymore is that the flavor and texture just doesn’t compare with homemade. I’ve made pickles myself and never looked back. But I’ve also实验ed with pickling and marinating our own chutneys and jams that would be a great complement to the wonderful cheeses we sell.

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

Also, look to find the influence homemade pickles have had on me in the food coming from our cheese case. To give a jar as a gift, I like to trace the inside disc of a canning jar lid on interesting wrap-and-seal and check out her blog at www.foodinjars.com.

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

I like to slice my cucumbers into little rounds, because then they retain a nice crunch. I also use a mandoline with a crinkle cut blade for a ridged pickle.

Toss cucokes and salt in a bowl and refrigerate for 1/2 hours. This process removes water from the cucokes, allowing them to absorb more of the pickling liquid. Once the salt pickling process is complete, throw cucokes in a colander and rinse thoroughly, this is really important to get a goo pickles. If you find, like me, that pickles. If you are interested, start with this. If you find, like me, that after you make your own, there’s no going back, then branch out. That’s the beauty of pickles: you can pickle almost anything. Cauliflower, carrots, string beans, heck, I saw some great recipes for Brussels sprouts! The other great thing about making your own pickles is that you can tailor them to your own taste. Like spicy? Add some fresh habanero or chili pepper flakes. Garlic, dill, orange peel — the possibilities are endless.

Also, look to find the influence homemade pickles have had on me in the food coming from the chestnut hill kitchen. You will already find pickled radishes on our Philly Falafel sandwich, and I got some good ideas from making the perfect hot sauce, of which a component is pickled vegetables. We also started selling pickles in the grab-and-go, though because we have to pay about a buck for the Mason jar, we need to charge $4.99 a jar. I think it’s worth it because you get the jar, and a really good pickle. Keep in mind that they are refrigerator only, with a two-to-three-week shelf life.

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

bonnie@weaversway.coop
What’s Up on the Roof Is Good for the Bottom Line

by Steve Hebdon, Weavers Way Facilities Manager

As part of our renovation of the Mt. Airy store the summer of 2012, we decided to change out all the refrigeration equipment, from the tired displays to the equally tired part that shoppers never see — the compressors on the roof.

We donated several serviceable pieces of equipment to SHARE, a Philadelphia nonprofit that works to build healthier, stronger communities through volunteerism and access to wholesome foods. Then, taking cues from our Mission Statement and Ends (We work to sustain a healthy planet), we spent an extra bit of money on a rack refrigeration system designed by Kesey Refrigeration. Instead of 14 individual compressors, our rack has just five. As demand increases, more of those five compressors pitch in. They’re very cooperative in that regard.

The payoff? Along with new three-phase electric service, our usage in the first year of billings has dropped 30 percent and costs dropped 35 percent! That’s about $400 a month — or 40 tons less carbon dioxide a year from our electrical usage.

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

Pat Paulus, a Weavers Way member who uses a wheelchair, needs a landlord who would be willing to make renovations, please contact her through Time4Time (email: Time4TimeXchange@gmail.com)

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

WEAVERS WAY CHESS TOURNAMENT

Encouraged by recent strong attendance at the latest edition of the Weavers Way Chess Club, club coordinator Al Pearson is organizing the first tournament since the reopening of the club last spring.

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

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

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

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

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

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

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

WW Members: Perfect Together

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

T4T is an all-inclusive circle of people who share in giving and receiving services in exchange for time credits instead of money. Timebankers have shared computer tune-up, bike tuneup, website maintenance, cooking, baking, pet-sitting, interior design, compassionate listening, grocery and doctor’s office runs, life coaching, resume review, garden work and handyman services — to name a few! T4T encourages northwest Philadelphia residents to get to know their neighbors and help the unemployed as well as the socially excluded. It can help businesses and nonprofits access and share resources.

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

Check out www.time4timeexchange.org or email us at time4timechange@gmail.com if you have any questions. Then visit the Time4Time tables at the Chestnut Hill and Mt. Airy stores during Member Appreciation Week and join up!

MEMBER APPRECIATION WEEK

JANUARY 20 - 26

all members get an extra 5% off
5% off for all members

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

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

WEAVERS WAY MEMBER WORKSHOPS

Beyond Resolutions: Blueprinting a Life You LOVE Living

This workshop will use principles of Dream Building to assist you in creating a vision of a life you love living. If you’ve ever made a New Year’s resolution and abandoned it shortly thereafter, this workshop will help you discover how your goals and desires fit in a larger context. If you’ve ever kept your New Year’s resolution and wondered why it didn’t feel more satisfying and fulfilling, come get connected to your greater vision. We will start with a transformational question: What would you LOVE? Please bring a journal or a notebook.

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

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

WEAVERS WAY CHESS CLUB

USCF rule book, as interpreted by Steve Hebdon, Weavers Way Facilities Manager

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

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

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

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

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

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

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

Need more info? Contact Bettina at outreach@weaversway.coop or 215-843-2350 ext. 118.
A Heads Up Approach to Work and Life
by Karen Plourde, Weavers Way Grocery Staff

A lot of the employees at Weavers Way are in their 20s. Then there are those with a few more years in the road. Their stories emphasize how they got here rather than where they’re going. Alphonso “Ali” Lasserter, a head cashier in the Chestnut Hill store, is one of them.

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

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

After high school, Ali was accepted to Carnegie Mellon University in Pittsburgh as a fine-arts major on a package of scholarships and grants. He did well in Pittsburgh, as he found a therapist who was able to help him. “She didn’t tell me what to do,” he said. “She asked me what I should do, and I would come up with a plan or an idea of what I needed to do.”

In 1978, Ali moved to Philadelphia, when his wife, at the time was accepted to the Medical College of Pennsylvania. During his post-college years in Pittsburgh, he had worked in a day-care center and with children who had emotional problems, and he continued that work here. As an avocational skills instructor at United Cerebral Palsy, he helped disabled people learn hobbies such as drawing, painting and macrame.

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

The next couple of decades saw jobs come and go. He was laid off at TVSM after a few years, then made a living as a freelance illustrator and graphic artist for 10 years. But work began to dry up, so he took a full-time job at Paraprint, a company that made printing plates. After a few years at Paraprint, Ali was laid off again. He eventually took a job as a cashier at Target. Then, six months after Weavers Way Chestnut Hill opened, Executive Chef Bonnie Shuman, who had known Ali for years, called to offer him a job.

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

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

kplourde@weaversway.coop

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

The Shuttle
Editor
Mary Sweeten, 215-843-2350 ext 135
editor@weaversway.coop
Art Director
Annette Alo, 215-843-2350 ext 130
annette@weaversway.coop
Advertising Billing
Virginia Herbaugh, 215-843-2350 ext 117
advertising@weaversway.coop

Proo fer s for this issue: Andrea Moselle, Pamela Myers, Nancy Morris.

Contributors for this issue: Glenn Bergman, Suzanne Darnenberg, Margaret Fulton, Jill Fink, Eleven Flanagan, Steve Hebben, Mike Herbst, Anna Herman, Stephanie Kane, Stu Katz, John Kramer, Run Kushmer, Margaret Lanzi, Martha Lane, Brenda Malinics, Owen McPeake, Jesse Motteller, Garrett O’Dwyer, Al Pearson, Karen Plourde, Betsie Shuman, Rick Speake, Betsy Teutsch, Rebecca Torpie, Betty Wallace, Molly Weisberg, Norman Weiss, David Woot.

Mt. Airy
Monday-Sunday, 8 a.m.-8 p.m.
559 Carpenter Lane, 215-843-2350
Chestnut Hill
Monday-Saturday, 7 a.m.-8 p.m.
Sunday, 9 a.m.-8 p.m.
8424 Germantown Ave, 215-866-9110

Across the Way
Monday-Sunday, 8 a.m.-8 p.m.
610 Carpenter Lane, 215-843-2350 ext 276
Next Door
Monday-Sunday, 9 a.m.-8 p.m.
8426 Germantown Ave., 215-866-9150
www.weaversway.coop
contact@weaversway.coop

Advertise in the Shuttle
advertising@weaversway.coop

Weavers Way Welcome Meetings
Attend a Weavers Way Welcome Meeting, Get 2 Hours Work Credit!
Meetings are held at 7 p.m. Wednesday in Mt. Airy (555 Carpenter Lane, next to the store) or Chestnut Hill (locations TBA) and include a store tour. (Current members who help host also get work credit.) RSVP to:
outreach@weaversway.coop or 215-843-2350 ext. 118.

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

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

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

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

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

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

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

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

From the NCGA, from CDSCS, from our bankers and regional funders and a wide variety of community developers, we have heard that the Weavers Way name, brand, managers and organization are respected and trusted. As board treasurer and a 28-year member with many personal ties to this organization, I assure you that you will proceed with caution, care, balance and as much wisdom as we can muster.

Recently, the board listened to a speech by Dame Pauline Green, President of the International Co-operative Alliance. (You can find it at www.cdscconsulting.coop/co-op.cafe). She spoke of the desire, need and opportunity to make the next eight years the Co-operative Decade. She spoke clearly about how co-ops throughout the world give communities more power, more control and more wealth as they grow and enrich democracy and personal and financial freedom. She challenged us to grow the co-op movement.

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

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

I ask again that you read the NCGA expansion proposal at www.weaverswaycoop.org/ncaa-presentation-2013. Find Dame Green’s speech at www.cdscconsulting.coop/co-op_cafe. (Continued on Page 20)