Last Chance to Get on Board the 2018 Ballot
by Lisa Hogan, Weavers Way Leadership Committee

Thinking of running for the Weavers Way Board in 2018? The time has come for you to make your decision! Applications are due Feb. 28. You must also attend one Board meeting, and the last one before the deadline is Tuesday, Feb. 6, 7 p.m., at the Chestnut Hill Community Center, 8419 Germantown Ave., 2nd floor. If you have attended a Board meeting in the past, you are covered. We also recommend you review past Board minutes, which are posted in the Weavers Way Online Member Center (members.weaversway.coop; login required), to gain more knowledge of how our Board functions.

(Continued on Page 22)

The Shuttle

FEBRUARY 2018 Since 1973 | The Newsletter of Weavers Way Co-op Vol. 46 | No. 2

A public car-charging station — not ours, this is in Buffalo, NY.

Get Charged About Electric Vehicles
by Rick Denzien, for the Shuttle

With the climate-denying agenda in Washington, it’s more imperative than ever to step up individual actions to cut back on greenhouse gas emissions. Weavers Way members are in a good position to “walk the talk” of sustainability when buying local and organic food, cutting back on meat consumption or eating a vegan diet to reduce our greenhouse gas footprint.

Our next big choice: Retiring our internal combustion engine vehicles, and making the switch to all-electric vehicles to yield the largest reduction in carbon dioxide emissions.

Electric Vehicles: Just the Facts

Many people are under the impression that electric vehicles are expensive or somehow just as polluting as gasoline-fueled cars. Not true! Despite oil company lobby groups that disguise themselves as “experts” to promote skepticism, the fact is electric vehicles emit zero pollution, and electric vehicles charged by fossil-fuel energy sources are still about 60 percent cleaner than the cleanest gas car.

Electric vehicles are also 85 percent cheaper to operate and maintain. The initial cost is lower for new and used electric vehicles. For 70,000 gasless miles, the savings in gasoline and oil alone is about $12,000. Low maintenance costs make savings even greater.

EV batteries can be repurposed as stationary electrical storage and are 100 percent recyclable at end of life. Unlike gasoline, the chemical material in the battery is a non-consumable that can be reused. Electric vehicles can also serve as backup battery storage for home or business energy use.

Driving Cleaner Air and Water

The exhaust from gasoline-fueled vehicles, whether from streets and parking lots, which washes into waterways when it rains, or from airport runways, is more toxic than the emissions from electric vehicles charged by fossil-fuel energy sources that are still about 60 percent clean.

Along busy streets, drive, fly or do lawn maintenance.

Gasoline vehicles also drip oil on streets and parking lots, which washes into waterways when it rains. The storm pipes in the Weavers Way Ambler parking lot drain directly into Tannery Run; the creek flows through an enclosed cement channel beneath the lot and under the store, on its way to the Wissahickon.

The cumulative effect of all parking lots and all cars dripping oil in all parking lots is to observe, learn about the electronics and science of EVs and about installing a home charge station; and to join discussions on eliminating fossil fuels at home and work.

To learn more and register, visit www.ThriveStation.com or call or text workshop instructor Rick Denzien at 215-962-6495.

Registrations MUST be received by Feb. 16 to receive kits in time for the workshop.

EVERYONE is welcome to stop by to observe, learn about the electronics and science of EVs and about installing a home charge station; and to join discussions on eliminating fossil fuels at home and work.

The cost of $395 covers all materials and instruction.

(Continued on Page 22)
Editor's Note

by Mary Sweeten, Editor, The Shuttle

G
M JON ROESSER HOSTED ONE OF his member forums last month. The topic was waste reduction at the Co-op, and the Mt. Airy Community Room was packed on an icy night. Said Jon: “I don’t think we’ve ever had this many people.”

The conversation quickly zeroed in on plastic. Weavers Way, like all retail food businesses, goes through a lot of it. Bulk bags and buckets. Takeout containers. Shrink wrap. Green produce bags. It’s not just shopper convenience — plastic plays a huge part in the food-distribution system that Weavers Way is part of, and disengaging is harder than just not taking a produce bag.

Although, really, what’s with the produce bags? Norman estimates we give out more than 333,000 a year.

There were lots of suggestions. One of them was to start charging again for said produce bags. And another was for people to bring their own reusable containers, and not just for bulk items, but for deli and prepared foods, too. And this is where a funny thing happened: Neither Norman nor Weavers Way Zero Waste Consultant Alisa Shargorodsky was sure we’re ALLOWED to dispense prepared foods into customers’ own containers.

So I did the reading (because that’s who I am), and it turns out it IS illegal — in other places, including Portland, OR. (Don’t start.) There’s nothing in the Philadelphia or Montgomery County health codes — which lean heavily on the state’s food-safety regulations, which in the area of retail food sales are cribbed entirely from the FDA — that forbids us from dishing chicken salad into your dish.

So think about bringing your own container. But first, think about this:

What’s in Store at Weavers Way

A Column Exploring Ways for the Co-op

Community to Shift Sustainability Tides

The Rap on Pallet Wrap

by Alisa Shargorodsky, Weavers Way
Zero Waste Consultant

PEOPLE BELONG TO FOOD CO-OPS FOR A NUMBER OF different reasons. Some do it because it’s local and convenient, or because of the quality of products available. Maybe it’s the democratic governance that attracts you? That’s a big one for me. I love the fact that I own this market with each of you.

It sounds kind of funny to say, but yes, each of us owns dividends. For me, it means that I have a right and responsibility to support my co-op to be the best it possibly can be, and because my background is in Zero Waste, I want to see us collectively coming together to shift some of the Co-op’s behaviors in line with our Ends, which oblige us to behave environmentally responsibly in all of our endeavors.

Sadly, that’s really tough for a grocery store to do, because our very market structure is based on behemoth-like, behemoth behaviors that are not very sustainable at all. However, as a community, we have done some really cool things in the past several years that show we can work together to make shifts happen that benefit the environment.

At the last couple of Mt. Airy Village Fairs, for example, we banded together and turned over 700 pounds of trash into 80 pallets and then last fall just 40 pallets. How amazing is that — for 3,000-plus fairgoers to have such a small solid-waste impact says a lot about what’s possible.

We want to take sustainability to the next level at Weavers Way, but we need to hear from you. Over the next six months, I will be writing a monthly article pertaining to a variety of sustainability topics. Please check out these articles and don’t hesitate to send me an email if you are interested in supporting some initiatives that we might be launching.

Here’s one that could be very powerful:

Weavers Way is a member of the National Co-op Grocers, a trade group for food co-ops. One thing that NCG does is negotiate discounts for their members from large food producers and shippers including the distributor United Natural Foods Inc. UNFI is where we get most of our large grocery shipments, and their tractor-trailers make deliveries several times a week to our warehouse in Nicetown and to Ambler. These groceries come off of the truck on giant pallets of boxes stacked high and wrapped with plastic to hold them in place — lots and lots of plastic.

There are alternatives to single-use plastic pallet wrap, including reusable fabric pallet wraps. We’d like to use our collective voice to persuade NCG to ask UNFI to make the shift to reusable pallet wraps, saving thousands and thousands of pounds of plastic from the waste stream each year.

Here’s a petition to sign to get this started.

www.change.org/p/unfi-unfi-to-switch-to-reusable-pallet-wrap

(You can also find it at www.weaversway.coop/pallet-wrap-petition.)

The Shuttle is published by Weavers Way Cooperative Association.

Statement of Policy

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

Weavers Way members are welcome to submit articles (about 500 words) and letters to the editor (200 words) on subjects of interest to the Co-op community. Editorial copy is due the 10th of the month prior, e.g., Dec. 10 for January.

No anonymous material will be published; all submissions must include an email or phone number for verification. The Shuttle retains the right to edit or refuse any article or letter to the editor. Submit to editor@weaversway.coop.

Advertising

Advertising for each issue is due the 1st of the preceding month, e.g., Dec. 1 for January. Ad rates are online at www.weaversway.coop/shuttle, via email at advertising@weaversway.coop or by calling 215-843-2350, ext. 314. Advertised products or services may not be construed as endorsed by Weavers Way Co-op.

The Shuttle is printed on 100 percent recycled paper.

— asharg.zwc@gmail.com

The Rap on Pallet Wrap

by Alisa Shargorodsky, Weavers Way Zero Waste Consultant

What’s in Store at Weavers Way
Make Valentine’s Day Super

**What’s in Store at Weavers Way**

*by Karen Plourde, Weavers Way Communications Staff*

**All Wellness and Good**

Get all aglow with beeswax candles from Big Dipper. And a new flavor of Good Clean Love.

Don’t look now, but Valentine’s Day is coming on; ready yourself for the love train with all-natural candles from Big Dipper Wax Works of Seattle, available in all three stores. Varieties include heart-shaped sculpted pillars and tea light-sized tins infused with cinnamon essential oil. Planning a romantic dinner at home? All our locations stock Danica tapered candles in assorted colors; Across the Way carries three sizes.

In the hope that one thing will lead to another, you may want to lay in some cinnamon/vanilla-scented Guilty Pleasure personal lubricant from Good Clean Love of Eugene, OR. Their products, stocked Next Door in Mt. Airy, are organic or nature-based and free of petro-chemicals, parabens and glycerin. Both Next Door and Ambler have their products, although only Chestnut Hill carries Guilty Pleasure.

**Going On in Grocery**

It’s crunch time for love, courtesy of Nature’s Path. And vegan snacks from Healing Home Foods.

Cereal may not be romantic, but it can be decadent, thanks to Nature’s Path foods. Organic Love Crunch, which can be found in Chestnut Hill and Ambler, comes in six dessert-worthy flavors that incorporate red berries, peanut butter, apples, cashews and macaroons. Pass the milk, Love Muffin.

If you’re hunting on the healthier side, Ambler Grocery Manager Nancy Melley is excited about a line of gluten-free vegan nummies from Healing Home Foods of Pound Ridge, NY. The baked biscotti bites and baked granola come in three flavors and, along with baked graham bites and two types of raw crackers, occupy a couple of shelves with the chocolate/energy bars/juices. The company was started and is still run by a mom who radically changed her family’s diet after her son was diagnosed with autism.

**Bulk & Beyond**

A new granola for you coconuts.

Granola is an ever-evolving product, easily tweaked for fun or fundamentals. Enter GrandyOats. Coconola granola, a coconut-based concoction taking up a bulk bin in Ambler and shelf space in Mt. Airy and Chestnut Hill, is grain-free, which makes it paleo friendly, and loaded with pecans, cashews, seeds and coconut chips. GrandyOats, based in Hiram, ME, is certified organic.

Max Wax is made from human-grade beeswax, lanolin and Vitamin E, and has no scent or odor. (Well, none that humans can detect, anyway.) It moisturizes paw pads and prevents snow and ice buildup. And don’t stow the stuff away once the weather gets warmer; Max Wax can also protect against the heat of summer sidewalks.

**Check It Out!**

*by Karen Plourde, Weavers Way Communications Staff*

**Find for the Furry & Feathered**

Soothe and protect Pup’s paws with Max Wax.

Winter can be “ruff” on your pooch’s paws. The cold dries them out, and some snow-melt products can even cause chemical burns. Make future walks happier with Pawz Max Wax, available in Ambler and Across the Way in Mt. Airy. It’s from the same folks who make the balloon-like dog boots in a rainbow of colors that we sell Across the Way.

**Sustainable Red Roses from Weavers Way**

Pre-order: $39.95

Members only, through Monday, Feb. 12

Pre-order Tuesday, Feb. 13, or Wednesday, Feb. 14

Regular price: $44.95

These long-stemmed (60cm) Florverde®-certified roses come from our friends at Zieger & Son Wholesale Florist in Germantown.

For details and to order, visit:

[www.weaversway.coop/roses](http://www.weaversway.coop/roses)

**A Basket of Sweets for Your Honey**

Basket includes:

- Amarena Wild Cherries
- Peaches in Moscato
- Walnuts in Red Wine Honey
- Pavrotti Silver Balsamic
- Sun-Dried Tomato Pesto

Regular price: $41.99

(15% off)

Cheese baskets also available

$19.99

Baskets only available in Chestnut Hill
URGENT NEED FOR HOST-FAMILIES TO LODGE OUT-OF-TOWN PATIENTS
Who Are Traveling to Greater Philadelphia for Specialized Medical Care

Please contact HOSTS for HOSPITALS if you or someone you know may wish to offer lodging to a patient-family in need.
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It’s so rewarding to be a Host!

Private Lodging Especially Needed for Children with Immune Deficiencies

Baking all-natural treats with extraordinary ingredients and a dash of whimsy for 30 years.

Proud to be a neighbor to the new Weavers Way in Ambler.

We sell:
• Single bottles
• Six-packs
• Cases
• Growler fills

Looking to stretch your grocery budget?

Just look for this logo to find everyday low prices on hundreds of items!
emotional and physical well-being. To learn on nutritionally dense, whole foods to improve and nutritional-therapy interventions. She focuses strategies, including cognitive-behavioral lifestyle yogurt making and kitchen-sink soups. worked for renowned chef Ezra Kedem as a sous chef fellow in Israel, she in community nutrition. in 2015 and has worked University and also is a registered-dietitian

Meet the Team
Liz Traison Witkin is a registered-dietitian student at LaSalle University and also working on her masters in human nutrition. A Detroit native, she moved to Philadelphia in 2015 and has worked in community nutrition. Last year, as a Dorot fellow in Israel, she worked for renowned chef Ezra Kedem as a sous chef and farm manager. Ask her about lacto-fermentation, yogurt making and kitchen-sink soups.

Kristin Fulmer is a Pennsylvania-licensed professional counselor, and a certified nutritional therapy practitioner. Kristin utilizes an integrative and functional whole-person, mind-body approach to counseling using a combination of therapeutic strategies, including cognitive-behavioral lifestyle and nutritional-therapy interventions. She focuses on nutritionally dense, whole foods to improve emotional and physical well-being. To learn more about her practice, visit www.healthybody-happybrain.com.

Beth Chiodo is an Ambler-based registered dietitian and certified wellness coach. Beth works in corporate wellness and also has a private practice (www.yourperfectbite.com). She does one-on-one nutrition counseling, gives seminars and cooking demonstrations, and helps execute other wellness offerings and workshops for the community. Beth specializes in medical nutrition therapy for a wide range of health conditions, drawing from both ancient traditions and modern evidence-based science. She also teaches classes on nutrition, herbal medicine and integrative health. Wendy is currently pursuing a doctorate in clinical nutrition.

Wendy Romig is owner of Sage Integrative Health in West Mt. Airy (www.sageintegrativehealth.com) and a functional nutritionist and clinical herbalist specializing in complex chronic conditions. Wendy offers clinical consultations for a wide range of health concerns, drawing from both ancient traditions and modern evidence-based science. She also teaches classes on nutrition, herbal medicine and integrative health. Wendy is currently pursuing a doctorate in clinical nutrition.

Dorothy Bauer spent most of her adult life in Berkeley, CA, with her husband, triplet sons and a wide variety of pets. She has certificates from Living Light Culinary Institute, Optimal Health Institute and Premiere Research, and mentored with renowned raw-food chef and author Elaina Love. Healthy food and lifestyle are her passion with a particular focus on a gluten- and dairy-free, low-glycemic diet.

Nicole Schillinger has worked as a clinical registered dietitian for over 10 years in hospitals, nursing homes and assisted-living facilities. She is also a certified personal trainer and group exercise instructor. Now directing her own private practice, The Functional Health Center (functionalhealthcenter.net), she uses medical nutrition therapy to help individuals with diseases improve the quality of their lives. “It is very gratifying to successfully educate patients with several disease states,” she says. “I’m able to give them the tools to adjust their lifestyle, make healthier choices, follow an exercise regimen and feel better about themselves.”

The Weavers Way Neighborhood Nutrition Team is a group of six nutritionists, dietitians and other wellness practitioners. The team aims to bring nutrition inspiration and information to co-op members, providing information and resources that empower members to make desired changes in their nutrition.

Each month, the team offers educational workshops and demos that address a specific theme. In February, they will dive into topics of the heart: How can we keep our hearts healthy and happy? What foods support heart health — both physical and emotional?

Heart-Healthy Nutrition
Tuesday, Feb. 6, 7-8:30 p.m., Weavers Way Ambler Nicole Schillinger, owner of the Functional Health Center in Ambler, will discuss cholesterol management, the sodium connection with blood pressure, types of fats, supplements for the heart and more.

Mini-Workshop: Heart-Healthy Nutrition
Friday, Feb. 9, noon-1 p.m., Weavers Way Ambler This lunchtime mini-workshop focuses on proper nutrition for heart health — the short course on cholesterol, sodium and blood pressure, types of fats, supplements and more.

Heart-Healthy Chocolate Demo
Saturday, Feb. 11, 11 a.m.-1 p.m., Weavers Way Ambler Get your heart healthy chocolate on! This informal demo and tasting will focus on quick and easy DIY, heart-healthy chocolate treats that are gluten- and dairy-free, low-glycemic and delicious!
Read the January Shuttle, I was happy to see the article about Buy Nothing Groups. The Buy Nothing movement is beginning to take shape as a new way to resist the corporate takeover movement is beginning to take shape as a Buy Nothing Groups. The Buy Nothing
fulness has been wrung out, then recycle that is left over. Once every last bit of use-
Third, and finally, RECYCLE anything that is left over. Once every last bit of use-
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First, REDUCE. Buying less is the most important thing we can do to save the planet and its natural resources. All env-

What about “Reduce”?
The old Earth Day slogan is “Reduce, Reuse, Recycle.” accompanied by the familiar three arrows in an infinite closed loop. I was taught in the ‘70s (when I was just an infant, ha ha) that these three concepts, specifically stated in that order, are intended to encourage people to:

First, REDUCE. Buying less is the most important thing we can do to save the planet and its natural resources. All environmental degradation comes from our consumption, especially consuming new items.

Second, REUSE what you have purchased, because throwaway culture and single-use is also destructive. We can lend, barter, hand me down and donate to thrift stores. But the idea is to buy second hand too, because buying lots of new stuff to eventually send to Freecycle does not “close the loop.” The point is to extend the usefulness of the Earth’s resources we’ve used.

Third, and finally, RECYCLE something: made with not-new materials.

These three together can close the loop on extraction, meaning fewer and fewer new materials need to be taken from the Earth. This is the only way that human consumption can be checked, and the planet can get time to breathe and repair.

“Buy Nothing” is a real solution to both corporate dominance and environmental destruction. But just remember to start with “Reduce,” the first and most important of the Three Rs.

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Good-Food Fight: The Whole Truth About the Competition

by Jon Roesser, Weavers Way General Manager

I've been hanging out at Whole Foods a lot lately.

Don't worry, I'm not spending any money. I'm just, you know, hanging out. My favorite thing to do is walk up next to a well-dressed shopper, pick a random item off the shelf and murmur to myself (loud enough for them to hear) “Hmmm, this is a lot cheaper at Weavers Way.”

My other favorite thing to do is ask employees how things are going since they were swallowed by Amazon. That question tends to make them skittish, so they answer with an affected enthusiasm: "Hmm, this is a lot cheaper at Weavers Way.”

"Hmm, this is a lot cheaper at Weavers Way to myself (loud enough for them to hear) — next to a well-dressed shopper, pick a convenience store, in Seattle. It won’t be their last. At this prototype store, customers equipped with their smartphones and armed with the necessary app can walk in, grab what they want and walk out, with the store and app tracking what they’ve purchased. This is either really cool or really creepy.

Closer to home, we’re about a month or so away from Amazon’s latest death star: a brand-new Whole Foods in Spring House, just a few miles from our Ambler store. (The Whole Foods on 309 in North Wales — the last vestige of the old Fresh Fields chain, which was gobbled up by Whole Foods back in the 1990s — will close.)

I’ve been to the construction site of the new Whole Foods a few times (don’t ask how, I ain’t telling). It’s big and I’m sure it will be beautiful. They’ll have a pizza oven and a liquor license and Amazon lockers and they’ll sell Kindles and Echoes and whatever future tech gadgets Amazon develops.

We are often compared to Whole Foods. No, really. ‘Wow, you’re just like a mini Whole Foods,’ people say, usually in an attempt to be complimentary. It’s like being told you resemble a particularly unpleasant-looking celebrity: ‘Wow, you look just like Keith Richards.’ Thanks a lot.

But the similarities are nothing compared to the differences. We have conventional products on our shelves (Whole Foods hardly has any). Our prepared foods are undeniably superior. And their employees were unflinching in their dedication to the job. Those days are long gone, as their shareholders ‘lust for profit drove them to compromise on their principles and, eventually, they’re not ambiguous about their motivations: Profit is paramount.

There’s nothing to compare this store to the Co-op. I’ve been to the construction site of the new Whole Foods a few times (don’t ask why, I don’t care). It’s big and I’m sure it will be beautiful. They’ll have a pizza oven and a liquor license and Amazon lockers and they’ll sell Kindles and Echoes and whatever future tech gadgets Amazon develops.

We are often compared to Whole Foods. No, really. ‘Wow, you’re just like a mini Whole Foods,’ people say, usually in an attempt to be complimentary. It’s like being told you resemble a particularly unpleasant-looking celebrity: ‘Wow, you look just like Keith Richards.’ Thanks a lot.

But the similarities are nothing compared to the differences. We have quite a few conventional products on our shelves (Whole Foods hardly has any). Our prepared foods are undeniably superior. And when it comes to supporting local, we’re the pros, they’re the amateurs.

Of course the biggest difference is size. Whole Foods is merely a division of Amazon, with a market capitalization of $569 billion, making it one of the biggest corporations in the world whose CEO and founder, Jeff Bezos, is the richest person in the world, with a personal net worth of $90.6 billion.

Weavers Way is owned cooperatively by 8,800 households, mostly in Northwest Philadelphia and Montgomery County, with a democratically elected board of directors who don’t get paid a dime. We own a few buildings and a couple of trucks.

So no, we’re really not like Whole Foods at all.

Back in the day, Whole Foods was cool, and their employees were unflinchingly devoted to the job. Those days are long gone, as their shareholders “lust for profit drove them to compromise on their principles and, eventually, right into Amazon’s data-lovin’ maw.”

Since the Amazon acquisition, the cut-price and philosophy-compromising have only accelerated. At least they’re not ambiguous about their motivations: Profit is paramount.

The line their hiring agents give our employees is something like “Hey dude, we’re just like the Co-op.” Except we’re out for global domination.

I wouldn’t count us out. We’ve got a few tricks up our sleeve, and more than anything, we will rely on the resilience of the cooperative business model, of owners locking arms to support our store. That resilience can be fireproof.

And for you Amazon employees, next time you find yourself poking around one of our stores, pick up a job application. Maybe you can become one of the cool kids.

See you around the Co-op.

jroesser@weaversway.coop
We dig what we eat.

Five Years of Fink at Food Moxie

LIKE A MOTH TO A FLAME, I’VE always been drawn to organizations in periods of start-up or transition. Back in January 2013, when I accepted the position of executive director at Food Moxie (then called Weavers Way Community Programs), I wasn’t consciously aware that the organization was in such a period, but it soon would be.

With intention and purpose, and supported by an incredible board of directors, we had challenging conversations that led to the organization’s first-ever strategic-planning process. Small and full of potential, we emerged with a roadmap in the spring of 2014 that built the foundation upon which we stand today.

Along with revising our mission and vision statements to better reflect the work that we had been doing, we also undertook the task of rebranding to create an identity all our own (and minimize confusion with the co-op that founded us). And now, five years later we are an organization poised to carry out the work that we know needs to be done to help create a fair, just and equitable world — starting in our own community.

Most important, our programs expanded to better respond to the needs of the people we serve:

- At Stenton Family Manor, we shifted from only having kids’ programming on one day of the week during the growing season to now working with family members of all ages, four days a week, year-round. We did this because we believe in strengthening and building the capacity, competence and agency of individuals as well as whole families.
- We grew from programs that focused on urban agriculture to adding nutrition and culinary literacy at all of our program sites — a “seed-to-supper” education, if you will — because growing food is only the first step to enjoying a nutritious meal.
- Thanks for making these last five years fly by!

In 2018, Food Moxie will use a team-based program-development model to increase the ratio of instructors to students, so everyone feels supported. Further, all staff will receive training to become more “trauma aware,” with program staff receiving in-depth training in this area. We’ll continue to explore ways to support participants in their long-term goals to improve their health and nutrition beyond their time in high school or while residing at Stenton.

Over the next year, Food Moxie’s staff and board will embark on our next strategic-planning process and create the map for our next five years. We’re still relatively small and on the precipice of wonderful things to come, and we hope you will stay tuned, and support our work.

Thanks for making these last five years fly by!

— With Moxie,

Jill Fink, Food Moxie Executive Director
February is the perfect time to indulge in one of everyone’s favorite pleasures: chocolate! Join FOOD MOXIE and Weavers Way Co-op for a truly tasty workshop presented by Joe from local business, Affinity Confections. Learn a little about why ancient civilizations deemed this delectable morsel the “food of the gods”, some of its uses throughout history, and its magical health benefits.

FEATURING: scrumptious chocolate shortbread cookies for us to decorate (and eat!) thank to Affinity Confections.

DATE: February 13, 2018
TIME: 7:00-8:30 PM
COST: $5 donation request to benefit FOOD MOXIE
LOCATION: Kismet in Chestnut Hill, 12 W Willow Grove Ave, Philadelphia, PA 19118

TO REGISTER: WWW.FOODMOXIE.ORG/MOXIE-TUESDAYS

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THE SHUTTLE
The third production of the 2017-2018 season at The Stagecrafters, William Inge’s 1949 classic, Come Back, Little Sheba, opens Friday, Feb. 9.

The narrative follows a few days in the lives of the Delaneys, Doc and Lola, each scarred by loss and disillusionment. Their lusterless and unfulfilled 20-year marriage is about to face yet another challenge when they take in Marie, a young college student, as a boarder. As tensions mount amidst the interplay of these three people, one can sense the time bomb ticking in the background.

Inge (1913–1973) has to be counted among the great masters of American realism. Among his most highly regarded works are “Picnic” (1953), which earned him the Pulitzer Prize; “Bus Stop” (1955); and “The Dark at the Top of the Stairs” (1957). “Come Back Little Sheba” (1950) was the first of Inge’s plays to enjoy broad acclaim on the national stage, premiering on Broadway in February 1950. The cast included Shirley Booth as Lola and Sidney Blackmer as Doc, each of whom took home Tony Awards. Booth reprised the role in the 1952 film opposite Burt Lancaster, for which she won the Oscar. “Come Back, Little Sheba” has enjoyed numerous stage revivals over the ensuing 60-plus years.

Performances run Feb. 9-25, Thursday, Friday and Saturday at 8 p.m. and Sunday at 2 p.m. A “Meet the Cast and Director” Q&A will follow the performance on Friday, Feb. 16. Tickets are $21 online (no service charge), $25 at the door, with discounts for groups, students and seniors. For information, visit www.thestagecrafters.org or call 215-247-8881; for reservations-direct call 215-247-9913. The theater is located in the heart of Chestnut Hill at 8130 Germantown Ave.

Free Small Business Training with CCP’s Power Up Your Business Program

For all the successful small-business ventures launched in Philadelphia each year, possibly just as many fail due to the lack of a business plan, uncertainty about how to access capital, undercapitalization, inadequate marketing or other reasons.

Community College of Philadelphia has help: Power Up Your Business, a program of free workshops to help small entrepreneurs learn how to manage and plan for growth and connect with resources. Since January 2017, Power Up Your Business has provided training and business development tools to existing and aspiring small-business owners who serve as the building blocks of daily commerce in so many neighborhoods — child care centers, corner grocers and other micro-businesses.

Here are comments from graduates of the first cohort of Power Up Your Business, who happen to also be located in Germantown and Mt. Airy.

Desmin Daniels operates Rose Petals Café and Lounge with his wife, Jamiya. Daniels enrolled in Power Up Your Business because he was thinking of expanding the business on Chelten Avenue in Germantown.

“One of the things Power Up Your Business helped me to do is take a second look at my original business plan,” Daniels said. “The course helped me to consider recalibrating the marketing, financial and branding pieces of my business. The facilitators were wonderful in that they spent so much one-on-one time with us.”

“Power Up has been an amazing resource as I work to maximize potential growth and profitability,” said Heather Hutchinson Harris, part owner of Handcraft Workshop, a fabric boutique and sewing studio on Germantown Avenue in Mt. Airy. “With the help and insights of both program leaders and cohort colleagues, I am developing exciting strategies to better market my business to new customers and retain current ones.”

Power Up is designed to unlock the potential of the commercial corridors, which are the heart of the neighborhood economy, through a two-tiered approach:

- In Tier 1, store-owner workshops provide a two-hour seminar on topics such as social media, accounting and taxes.
- In Tier 2, participants take on a 10-week, 30-hour course in small business management and planning that provides practical skills required for running a successful business. This peer-based learning experience emphasizes practical skills such as entrepreneurial leadership, understanding financial statements, marketing and creating effective improvement plans, along with personalized support from a business coach.

Business owners can learn more about this free training at www.ccp.edu/powerup or by calling 215-496-6151. Two store-owner-series workshops will be held at CCP’s Northwest campus, at 1300 W. Godfrey Ave., in February. The deadline to apply to the next 10-week peer-based learning program is Feb. 23; the program starts in April 2018. Additional cohorts will be held around the city through the spring, summer and fall.
Next Dining for Women Guest Puts a Face on Health-Care Initiative
by Betsy Teutsch, for the Shuttle

TFW — THAT FEELING WHEN... you walk into a cafeteria full of strangers affably chatting and eating together. Ugh. Hello, middle school. This time I reminded myself I was actually at a Club Med, participating in a dream conference called Opportunity Collaboration. Breakfast was a bounteous feast served overlooking the Pacific Ocean. But, still. Who should I sit with?

Collaborating on alleviating global poverty is this annual gathering’s ethos. Delegates introduce themselves to one another by saying “How can I help you?”

This was the backdrop for an extraordinary breakfast. I picked a seat with two random women and conversation quickly flowed. Shazia Khan, the founder of EcoEnergy, a solar business in Pakistan, supplies small businesses. I write about people whose work has exciting impact. Shazia had me at “pay-as-you-go solar.” Alas, what Shazia needs is a $20M investment round, so my “How can I help you?” seemed a little lame.

Then Keri Baker, a nurse-practitioner living in Virginia, described her work with Sacred Valley Health. Located in an impoverished, remote region of Peru, SVH trains indigenous public-health workers who reach out directly to their communities in their native language, Quechua. Their clients rarely interact with the area’s understaffed medical establishment. This is a great model — cost-effective, providing employment, empowering women (95 percent of their promotoras, the Spanish term for lay health workers, are female) and developing local expertise in treating and managing commonly experienced health challenges. Poverty and ill-health go hand-in-hand. Conversely, improving health improves economic security.

“Keri, you should apply for a grant from Dining for Women!” I said. “Your project sounds like just the kind of thing DFW specializes in supporting — grassroots efforts that combine health and education!”

“We ARE the February Dining for Women grantee!” shrieked Keri. “You have to come to speak in Philly! Our chapters will love meeting you!” I responded.

Keri said yes, and this month, all four of our Weavers Way Dining for Women chapters (Ambler’s launched in January) will gather together so we can meet Keri and hear about SVH’s new nutrition initiative. This is the first time in our six-year history that we’ll host the head of one of the programs we support. It’s a big deal.

Sacred Valley Health dates from when Keri worked on a public health project in Ollantaytambo, a remote Peruvian village. It will be familiar to anyone who has traveled to Machu Picchu, since it is the location of a train station en route to this famous tourist destination. Her team observed the gap between government services and rural indigenous communities; their solution was a mobile clinic. It was so successful they expanded and eventually created the now-thriving Sacred Valley Health model.

Come meet Keri! Dining for Women always welcomes visitors (and potential new members!) to our dinner meetings. For information and the specific location of the Wednesday, Feb. 7, dining, email me at BPTeutsch@comcast.net for more info about Sacred Valley Health, visit www.sacredvalleyhealth.org.

Betsy Teutsch is a Weavers Way Working Member.

1-Item Wish List
I asked Keri for a wish list of items our members could donate. Her answer was short — triple antibiotic ointment, any kind, any quantity. Anyone is welcome to contribute. We will present it to Keri when she comes to Mt. Airy. Contact me at bpteutsch@comcast.net for drop-off if you aren’t attending the program.

— Betsy Teutsch

Pictured left: A Sacred Valley promotora (wearing blue gloves) checks a bandage.

Not a Working Member?
That’ll cost you. Don’t make the 5% mistake.
Sign up at members.weaversway.coop
Get Wise to the Wissahickon: Train to Be a Trail Ambassador

by Maura McCarthy, Executive Director, Friends of the Wissahickon

They are the docents of Wissahickon Valley Park. They know everything from its rich history, flora, fauna and geology, to how to find what you’re looking for and first aid. They are Friends of the Wissahickon’s Trail Ambassadors, and they serve an important role: As FOW’s eyes and ears on the ground, they help us to better serve the public and protect the park.

For those who love the outdoors, being a TA provides wonderful opportunities to have fun on a flexible schedule, make friends with common interests, learn a lot and even delve deeper into your own nature-related passions. TAs not only love the Wissahickon, they love talking to people about it through park tours, outreach events and guided hikes.

Kris Soffa has been a TA since 2014. She says seeing the park with someone who can interpret what you’re seeing helps it come alive. For example, it’s one thing to talk about erosion, but it means so much more when someone actually shows and explains it to you. A lifelong environmental activist, Kris says being a TA lets her enlighten people, not only about what needs to be done, but also that they can do a lot at the local level, which often inspires them to take action by becoming FOW members and volunteers themselves.

Kris especially enjoys the freedom to pursue and share her special interests and areas of expertise. A lover of cold weather activities, you can often find her leading hikes to help others discover the beauty of the winter woods. A butterfly and moth collector since childhood, she gives classes on the topic, which she finds is a great way to engage people in conservation and preserving native habitats.

For all Kris’ contagious enthusiasm, creativity and commitment to FOW’s mission in the park, she was the deserving recipient of our 2017 Trail Ambassador of the Year award.

Currently there are more than 80 active TAs, but we always welcome more. Every year, Ambassadors-in-Training participate in an eight-week training program where they learn how to patrol the park, lead hikes and run information tables, as well as getting first aid and CPR certification.

If this sounds like something for you, March 2 is the deadline to submit an application for the next training session, which begins March 28.

Visit www.fow.org/volunteering/trail-ambassadors to read more about the benefits of being a Trail Ambassador and email the volunteer application to Sarah Marley at marley@fow.org.
Count Your Birds This Month — It’s Easy, and It’s Science!

by Steven Saffier, Program Manager, Audubon Pennsylvania

You might not think of yourself as a scientist, but the Audubon Society values your scientific contribution!

The Great Backyard Bird Count relies on crowd-sourced data from thousands of citizen scientists like you each year. In fact, backyard birders make Audubon Pennsylvania among the top states each year, and we believe 2018 won’t be any different.

During President’s Day weekend (Feb. 16-19), Audubon asks that you take note of the birds at your feeder and backyard habitat (you can also visit virtually any location where you might find birds), count them, and submit that information online at www.birdcount.org. Count a particular species you see at one time; this eliminates the possibility of double-counting.

There are 15 to 20 common backyard birds that show up during the winter, so if you’re new to birding, taking part in this count is a great way to get into the hobby.

Audubon Pennsylvania’s website lists the common winter birds, some of which — cardinals and blue jays, for example — you may already know on sight.

Go to pa.audubon.org and click on the Great Backyard Bird Count tab. The page also gives simple step-by-step instructions on how to start the process, and also lists other events taking place around the count.

It’s free, fun, and it really does contribute to science, by providing data that is analyzed by biologists and ornithologists at Audubon and other bird-conservation organizations.

So fill those feeders and fill your heart with the magic of wild birds just outside your window!

Nature Author at Benefit for Tookany/Tacony Frankford Watershed Group

by Emilie Wetzel, for the Shuttle

Getting outside and enjoying the natural world is important for mental health, physical well-being and fostering the next generation of environmentalists.

That’s why Tookany/Tacony Frankford Watershed Partnership is excited to be hosting author Richard Louv at its first Nature Talks, an annual series of thought-provoking conversations that also serves as a fundraiser for the organization.

Louv has written nine books, including the bestselling “Last Child in the Woods: Saving Our Children from Nature-Deficit Disorder.” His books are full of inspiring ideas about ways to incorporate nature into your life, and include tips for families, teachers, religious leaders, pediatricians, policy-makers and more.

This event is Wednesday, Feb. 28 at 6 p.m. at the Friends Center, 1515 Cherry St., in Center City. Tickets are $50, and proceeds go to TTF’s outreach and educational programs. Shuttle readers are eligible for a $10 discount.

His topic is “The Nature-Rich Life: Nature-Rich Cities, Homes, Schools and More.” He believes we can create healthier and more sustainable communities, businesses and economies by tapping into the restorative powers of nature. After the discussion, there will be an opportunity to meet Louv and purchase his books.

Encouraging people to get outside and enjoy nature is a big part of what we do here at TTF. We work to improve the health and vitality of our 30-square-mile watershed, which includes neighborhoods in North, Northeast, and Northwest Philadelphia and communities in Montgomery County such as Abington, Cheltenham, Jenkintown, Rockledge and Springfield. Part of the reason why our work is so important is because our waterway, known as the Tookany upstream and the Tacony over the city line and flowing into Frankford Creek, empties into the Delaware River, a source of drinking water for many Philadelphians.

We have found that the best way to spread our message is to connect people to their local parks and creeks. We do this by marking storm drains across our watershed, and hosting many activities in Tacony Creek Park — not just cleanups but also nature, bird and history walks in the heart of Juniata. Restoration is also a large part of what we do: We partner with municipalities, schools and other institutions to install green stormwater infrastructure projects such as rain gardens, creek-side plantings and more. These specialized plantings are designed to slow and filter polluted rainwater before it enters our waterways. We have more than a dozen GSI projects, including our rain gardens in Germantown and Olney, creek-side plantings along the Jenkintown Creek, and our vernal pool restoration in Abington.

We hope you’ll support our work by joining us Feb. 28! To reserve tickets, visit ttfwatershed.org/NatureTalks; use the code SHUTTLE for $10 off, or call 215-744-1853 and mention this article.

TTF Communications and Development Manager Emilie Wetzel is a former Weavers Way employee — you may have seen her at the cash register in Mt. Airy. Learn more about TTF by visiting ttfwatershed.org.

Roses are red, kombucha is healthful.
Then all you need is wise and wealthy.
Environment Committee to Meet in Ambler

Weavers Way Environment Committee will hold its March meeting at Weavers Way Ambler, Wednesday, March 14, 7 p.m., in The Café. Ambler-area folks, please consider attending to find out more about this longstanding Co-op committee. The Environment Committee has a legacy of shaping environmental practice at the Co-op, organizing plastic recycling long before the City offered curbside pickup. Ongoing activities include sponsoring regular electronics recycling days with partner Green in Chestnut Hill and maintaining a grant program for local greening projects. Other projects include supporting Zero Waste at Weavers Way’s General Membership Meetings and working on the launch of a Weavers Way Community Composting Pilot Program. Members of the Environment Committee earn household work credit by attending meetings, working events and running workshops, and share professional skills, general knowledge and a passion for sustainability.

Contact the Membership Department for more info or to inquire about joining. Or just come to the March 14 meeting in Ambler!

— Denny Whalen
Weavers Way Environment Committee

Don’t Be an Idler
by Marsha Low, Weavers Way Environment Committee

During last month’s cold snap, on days when it wasn’t quite so frigid and I could get out for a walk, I noticed several cars sitting idling in driveways for fairly long periods of time. Seems the message about not needing to idle modern cars for more than 30 seconds still needs to get out there! Hence, the repurposing of this Eco Tip, which originally appeared in February 2016. (If you have neighbors who are idlers, perhaps you could cut this out and leave it on their windshield!)

It’s a frigid February morning, and you’re sitting in your car waiting for the engine to warm up (or if you have a remote car starter, sitting in your kitchen finishing up your coffee). If this describes you, you’re not alone. Many drivers still believe it’s necessary to warm up the engine for at least 5 minutes before hitting the road. That might have been true for cars built before 1990, but not for modern fuel-injection systems, which need only about 30 seconds to reach ready-to-drive conditions. If you’re warming up your engine for 5 minutes, you’re only wasting money — Americans spend $13 million every day for unnecessary idling — and polluting the air.

And idling is actually bad for your engine! The reason is that fuel is only partially combusted when your car is idling because the engine doesn’t operate at its peak temperature, which leads to a buildup of fuel residues that can damage engine components and increase fuel consumption. (This is true whether you’re warming up your car, idling while waiting to pick up friends or family or stuck in traffic.)

Not idling is a win-win-win: less pollution, more money in your pocket, more time.

EV Charging Stations

(Continued from Page 1)

watersheds is conservatively estimated at over 5 million gallons per year — larger than the Exxon Valdez oil spill, happening every two years. The good news is that electric vehicles don’t leak motor oil because they don’t use it.

Supporting the Transition to Cleaner Transportation

As more drivers switch to electric vehicles, charging stations are needed to support them. Homeowners are installing home charging stations, for which tax incentives are available, and which enhances the value of a home. Businesses are also installing charging stations.

Weavers Way Ambler hopes to install electric-vehicle charge stations this year, which could contribute to a vital infrastructure that attracts electric vehicle owners to Ambler as a destination, and set an example promoting clean transportation.

Weavers Way Ambler will also be a host site for the Philadelphia Area National Drive Electric Week in September. Visit bit.ly/2BDpGn or driveelectricweek.org for more info.

The Co-op is also sponsoring a Feb. 24 workshop for participants to build their own electric vehicle charging station, complete and ready to mount! See info box for details and registration info; everyone is welcome to stop by the day of the workshop to observe, learn about the electronics and science of electric vehicles and about installing a home charge station and to join discussions on eliminating fossil fuels at home and work.

By being aware of what is at stake and making informed lifestyle choices, everyone will reap the benefits. Take part now in the world’s transition from fossil fuels to clean transportation.

Rick Denzien is a Weavers Way member.
Applications Being Accepted For 2018 Community Grants

Weavers Way Environment Committee invites community groups from Mt. Airy, Germantown, East Falls, West Oak Lane, Roxborough, Ambler and Chestnut Hill to submit proposals for our 2018 grants.

Grants are given each year for clearly identifiable public purposes resulting in a tangible improvement for the community. Most grants are awarded for public purposes that benefit the environment through education and/or gardening projects — for example, projects as planting trees and herbaceous plants, purchasing garden equipment and enhancement of parks. Some environmentally based educational programs have also been funded through this program.

Grant amounts range from $100 to $500, depending upon the available funds and the number of qualified applicants. The Environment Committee hosts Electronic Recycling twice a year and a TreeCycling event to recycle Christmas trees to raise funds for these awards. And this year, for the first time, the Environment Committee will also be the beneficiary of a Weavers Way “Giving Twosday” event. On March 13, the second Tuesday of March, Weavers Way cashiers will ask shoppers to contribute $2 (or more) for the Environment Committee grants program.

For guidelines and to download an application, visit www.weaversway.coop/community-grants. Applications are also available in the Environment Committee box on the second floor of Weavers Way Mt. Airy. Applications must be received by Friday, March 9. Anyone requesting a grant will learn within a month of the deadline if they have been selected. Grantees are then obliged to submit a report with receipts describing exactly how the money was spent by Nov. 1.

ELECTRONICS RECYCLING

WEIRD WASTE DAY

Saturday, March 17
9am to 1pm
Norwood-Fontbonne Academy
(circular driveway)
8891 Germantown Avenue

Anything that turns on and off.

Suggested donations $10 to $20.
TVs under 40” cost $45 each: TVs over 40” cost $65.
Flatscreens are free. No lightbulbs.
Air conditioners and dehumidifiers cost $15 each.

Weavers Way Environment Committee is joining with GRinCH, Green in Chestnut Hill, for this event to benefit the Environment Committee’s grant program and GRinCH’s Green Warrior Student Grant program.
A Visit to Pennypack Farm (Now, Where Can I Pick Up Some Snakes?)

by Sandra Folzer, for the Shuttle

I FELT A LITTLE OUT OF PLACE AMONG the real farmers at the Pennsylvania Association for Sustainable Agriculture visiting Pennypack Farm on Dec. 11.

Then I saw a familiar face — Weaver's Way Purchasing Manager (and another non-farmer) Norman Weiss. Together we walked through mud and snow to observe how a farm grows food off season, “Persephone time” in farmer parlance.

Pennypack Farm and Education Center is a nonprofit based in Horsham, PA (not to be confused with the Pennypack Environmental Center on Verree Road in Northeast Philadelphia). They farm 27 acres leased from The College Settlement of Philadelphia, and also provide farm-based programming to College Settlement campers.

In addition to supplying 400 CSA families in the summer and 180 in the winter, Pennypack Farm donates food to four different food pantries, giving away more than 8,000 pounds of food in 2017. As an education center, they offer 18-month apprenticeships and host interns and volunteers. To learn more about the farm, go to www.pennypackfarm.org.

Farm Manager Kirstie Jones led us around the fields, the five hoop houses and the storage facilities. Winter vegetables include butternut squash and stored root crops such as beets, as well as fresh cold-weather greens like kale, tatsoi and root crops such as beets, as well as fresh cold-weather greens like kale, tatsoi and spinach from the fields.

I learned that dry plants are less frost tolerant than moist plants as dry roots are more easily damaged during a freeze. The tatsoi head, left, is only one of many flourishing in the hoop house; the garter snake, above, can be a gardener’s best friend, which may be why it’s sometimes referred to as a gardener snake. Or maybe the fact that no one wears garters anymore has something to do with it.

To store root vegetables, they place the storage facilities. Winter vegetables include butternut squash and stored root crops such as beets, as well as fresh cold-weather greens like kale, tatsoi and spinach from the fields.

I learned that dry plants are less frost tolerant than moist plants as dry roots are more easily damaged during a freeze. Plants in the hoop houses are watered a few days before a deep frost. To store root vegetables, they place playground-grade sand in a trash can and add the root vegetables. Add more sand and they are ready to rest well for a while.

If the root vegetables are not in a secure place, check the bottom for rodents as they usually eaten from the bottom. I also learned that snakes are a farmer’s friend. They eat slugs, voles, mice and other critters who eat your vegetables. Clearly you don’t want venomous snakes, but there are lots of friendly snakes like black snakes, rat snakes and garter snakes that can be your helpers in fighting pests. Though I am still startled when a snake crosses my path, I sincerely welcome them. I’d love to find a way to entice them into my garden.

Talking to some of the PASA participants was fascinating. One farmer uses no mechanized tools, like tractors. She says it kills some of the beneficial life in the ground. She does everything by hand. Another couple just moved to Bradford County to work a 75-acre farm. They have already planted about 60 fruit and nut trees. They have inspired me to plant some hazelnut trees, which are native to the eastern United States.

I also met a young man who enjoys growing sweet potatoes as much as I do. He shared a trick. If you are sprouting your own sweet potatoes to acquire slips to plant, cut each slip at a nodule and put in water to grow roots. This way you can get many more slips from one sweet potato.

Another woman (there were as many women as men farmers) recommended “Golden Treasure” tomatoes, which store very well. Believe it or not, you put the tomatoes in sealed plastic and they keep for months. The skin is tougher but they are very juicy, she said.

I am thankful that so many fine farmers are trying to grow healthful food sustainably. It was an honor being among these hard-working people. Growing food may be one of the most important skills needed by future generations. I’ll keep trying on my small garden plots, and I shall definitely try to find a way to attract snakes.

Sandra Folzer is the chair of the Weavers Way Environment Committee. For more information about the Pennsylvania Association for Sustainable Agriculture, visit www.pasafarming.org. The Shuttle last featured Pennypack Farm in May 2017: www.weaversway.coop/shuttle-online/2017/05/pennypack-farm-vision-organic-all.

Spring is for Learning at Morris Arboretum

THE SHUTTLE  February 2018

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Flowering Bulbs
Color Your Garden
All Summer Long

by Ron Kushner, for the Shuttle

There are many bulbs that bloom throughout the summer, giving incredible displays of color and texture in the garden all season long. They can also provide flowers, fragrance and brilliant color on a deck, patio or outdoor living area. Lilies, tuberoses, begonias, cannas, caladiums, dahlias and glisters are the most common. Also to be considered are hardy cyclamen, cala lilies, elephant ears, hardy gloxinia, agapanthus and anemone in many varieties.

Except for lilies, which are hardy, these bulbs should be treated as annuals, or be dug up in the fall, stored over winter and replanted each spring.

Lilies

With their dazzling colors and shapes, lilies are among the stars of the summer border. Asiatic lilies bloom in early summer, trumpet types bloom mid-summer and Oriental lilies are the last, blooming at the end of summer and fall. Oriental varieties such as “Casablanca,” “Stargazer” and “Mona Lisa” are extremely fragrant. Plant bulbs as early as possible in spring, as soon as the ground can be worked. Fall planting also is fine if you can obtain bulbs at that time. Plant in full sun to partial shade in fertile, well-drained soil. Mulch well in summer to keep the soil cool and fertilize monthly throughout the season.

Gladiolus

Superb as a cut flower and a very effective border plant, “glads” bloom from the bottom of the spike upwards. Since the flowers last almost two weeks, begin planting the corms after the last severe frost and continue at two-week intervals until midsummer. Plant in full sun if possible, but they will tolerate some light shade. Add compost to heavy soil before planting. Plant closely, 3 to 6 inches apart. Mulch well in summer and water during dry spells. Most glads will blow over in storms or actually fall under their own weight, so staking is normally a good idea.

Begonias

The genus Begonia is one of the largest of all the plants, excellent for both containers and beds. Hanging begonias like “Champagne” are great for decks and patios. Other varieties make an ideal ground cover in borders as well as in pots. They bloom all summer until the fall frost. Most enjoy partial shade, especially in the afternoon. Move plants indoors before the first frost if you want them to winter over in their pots; the tubers of the tuberous types can be stored over the winter for replanting the next spring.

Dahlias

Dahlias come in a variety of shapes and colors, ranging from 2 to 6 feet tall with flowers from an inch across to huge “dinnerplate” varieties with 12-inch blooms. They continuously produce new flowers all summer long, right up to a killing frost. They require rich soil with plenty of potassium and phosphorus, in full sun to partial shade. Wait until the weather is warm, and plant the tuberous roots horizontally, 3 to 6 inches below the soil surface. Lightly cover unprotected tubers with an inch or so of soil at planting time. Gradually fill in the holes as the plants grow. At planting time, drive a sturdy stake 6 inches from the root. I use a 5-foot hardwood stake for each plant. Mulch heavily once the plants are at least 6 inches tall. Water often and fertilize liberally throughout the summer with a fertilizer not high in nitrogen. To retrieve and store tubers after a killing frost, cut the plants back to a few inches above ground level, lift the clumps with a spading fork and store them on their sides while the soil on the tubers dries. Store in barely moist peat moss or vermiculite in a cool spot.

For questions or comments, ron@primexgardencenter.com.
Suggestions
by Norman Weiss, Weavers Way Purchasing Manager

Greetings and Thanks for Writing. As usual, suggestions and responses may have been edited for brevity, clarity and/or comedy. In addition, no ideas, concept, issue, remark, phrase, description of event, word or word string should be taken seriously. This also applies to the previous sentence.

With the New Year, the natural-food industry is abuzz with trend predictions. There are ingredient trends (turmeric is hot, as are nut oils, mushrooms, probiotics, collagen), dietary trends (asynchronous meals, biodosing, gut health), shopping trends (online with delivery, more transparency), recipe trends (floral flavors), agricultural trends (biodynamics is back) and, my new favorite, raw water (untreated spring water, complete with bacteria and parasites).

Having participated in the natural-food business for over four decades, I remember oat bran, Nomi juice, acai, fat-free, low-carb, high-protein, spirulina, raw, soy, probiotic. Rarely do any trends sustain themselves over long time periods. Usually it starts when some aspect of a food is found to possibly contribute to health. Then researchers and food technologists and manufacturers and marketers go a-ahup creating hundreds of products with the claims of benefit. They sell a bunch, then the trend passes. Some trends are interesting in that they involve going back in time — ancient grains and fermented foods, for example. It turns out our ancestors had some things right food-wise, but because industrialized society came to value bigger, faster and cheaper, we got away from foods that require more time and effort but are superior in many ways in terms of nutrition and sustainability.

One may well ask what “progress” in food really means.

Also in the news: Walmart is applying for a patent for a process that lets online shoppers view stock photos of perishables like produce, meat and bakery items, then get an opportunity to view and approve the actual items being selected via images sent by the store staff. They could even then apply an “edible watermark” so the shopper knows they are receiving the exact item they chose. I wouldn’t have expected the word “watermark” would have ever been combined with the word “edible.” But these are funny times. I wonder what an edible watermark is made of and if it will add flavor.

Depending on who you talk to, online grocery shopping with home delivery may be the wave of the future, and retailers need to adapt by making large investments in technology to pull it off (which is what companies like Walmart, Kroger and Amazon Whole Foods are doing), or online grocery shopping will never capture more than 5 to 10 percent of the market for groceries. Isn’t it better to make in-person shopping healthy, fun and economical? Which is what Aldi’s, Lidl and Trader Joe’s seem to be doing. Some retailers think shoppers will always want to squeeze an avocado, smell a cantaloupe and look for yellow spots on the broccoli before purchasing.

There are other reasons to shop in person — no delivery charge, it’s easy to change your mind, you find out about new products, plus it’s a chance to interact with other people engaging in a common activity.

The other benefit of shopping in person, assuming the store has a useful bulk department, is the opportunity to reduce waste by reusing containers, which I doubt online shopping will accomplish anytime soon. I haven’t read much about environmental impacts of online shopping and delivery, other than the claim it may save some fuel. When I was a kid, we had home delivery of milk, eggs, bread and potato chips (remember Charles Chips?), and the milk bottles and potato-chip canisters were returned for re-use. In a rowhouse community, home delivery probably made more economic and environmental sense than in more spread-out single-home communities.

It will be interesting to see how the appeal of home delivery evolves with the simultaneous growth of concern about reducing single-use packaging. I’m thinking the solution is for everyone to have their own drone, which is sent to a local fulfillment center, where it picks your items into a reusable basket and then flies home, where it recharges — from solar panels, of course — for the next trip. Then all the local drone owners have a party to socialize and share their drone provisions.

Suggestions and responses:
1. “Low salt Uncle Jerry’s Oat Bran Pretzels.”
2. (Matt MA) We’ll ask Uncle Jerry if he can deliver some.
3. “I’ve been hearing about the benefits of raw water. Can we stock it?”
4. (Norman) Sure, we can harvest local raw water from the Wissahickon, filter it, and approve the actual items being selected via image scans sent by the store staff.

Roses are red, kombucha is pink.
Except when it’s orange, yellow or green, I think.
The other benefit of shopping in person is the opportunity to reduce waste by reusing containers, which I doubt online shopping will accomplish anytime soon. When I was a kid, we had home delivery of milk, eggs, bread and potato chips (remember Charles Chips?), and the milk bottles and potato-chip canisters were returned for re-use.

Roses are red, kombucha is purple. If you mix it with vodka, you’ve come full circle.
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4 Autonomy and Independence
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6 Cooperation Among Cooperatives
7 Concern for Community

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Sleeping Well Is Good for What Ails You—and More
by Vishnu Aragona, for the Shuttle

Sleep is a natural anti-inflammatory. It is a vital activity necessary for the optimal health of body and mind. Of the three pillars of life that Ayurveda refers to—Ahara (diet/food), Brahmacari (cultivation of sexual energy) and Nidra (sleep)—sleep is directly related to the parasympathetic nervous system (the restorative/calm phase) of our autonomic nervous system responses.

Every day and throughout the year, a sleep-related chemical, begins to accumulate in the body after 2 p.m. and surges or peaks around 11 p.m. Ayurveda says that ideally we should be in bed and sleeping by 10 p.m.

Knowing this can be difficult for us for various reasons I usually push it to 11-11:30 (always trying not to hit that midnight mark).

Some benefits of sleeping at the right time are:
- It is one of the best anti-inflammatory regimens.
- It re-regulates the entire body.
- It balances the entire nervous system, which is the main means by which stress occurs in the body and mind.
- The parasympathetic nervous system takes over and brings homeostasis.
- It has anti-aging effects.
- It supports a healthy immune system and mind.

It’s counterintuitive and contraindicated, based on thousands of years of our perfected circadian rhythms, to stay up late regularly for many reasons, including lack of sleep or inadequate sleep contributes significantly to inflammation, which is one of the primary causes for imbalances and diseases of the mind and body. Our nervous system pays the price and over time we can see the development of physical issues; poor sleep is implicated in eczema, psoriasis, acne, burning eyes, itchiness, restlessness, allergies, mood swings and mood imbalances, increased cravings (especially for sugar), increased weight, increased thirst, metabolic/digestive issues and thyroid issues.

It’s not just how much but when we sleep that supports the full benefits of what sleep provides for us. The later we stay up and miss the window, the more disruptive it is over time. We weren’t meant to be nocturnal.

The best quality of sleep for humans is at night time. It is the yin cycle (cooling) of the day when we are no longer engaged, typically, in our day-to-day duties. The daytime is the yang cycle (heating) when we are active. And we can’t really ever recapture the quality of sleep lost at night by sleeping later in the morning or during the day.

One of the reasons for this, according to Ayurveda, is that the later we sleep in the more we slow down our lymphatic and digestive systems, which eventually accumulates toxins in our bodies and brains.

Therefore, taking all this into consideration, here are a few simple remedies to follow.

Simple deep-belly/diaphragmatic breathing — Lying on your back, begin to breathe in deeply and slowly from the diaphragm/belly area up to the lungs, slowly, deeply and easily. Exhale in a similar fashion. You can do this as many times as you need until you fall asleep. You can try to count, as that may work for some. Simple rhythmic breathing helps to calm and cool the system.

Milk — Warm milk generally has tryptophan, which is another sleep-related chemical. Mixing in herbs like nutmeg and ashwagandha can encourage better sleep and balance the nervous system, reducing inflammation.

Bath — A warm bath before bed helps us to be grounded in the winter and fall asleep more easily. In the summer months, a tepid bath can cool the body and calm the nervous system.

Get off technology — Engaging in computer-related activities and other stimulating devices causes either poor sleep or sleep disruption, lack of sleep or overall restless sleep. Stimulating activities in general make it difficult to fall asleep. Reading a book before bed induces deeper and restful sleep, whereas games, television, computers and even cell phone involvement can throw us out of balance.

Adaptive daily exercise — Supporting healthy circulation and getting the body moving can induce a deeper layer of sleep. Additionally, Ayurveda says that exercises that are more dynamic, heating and vigorous should be conducted in the earlier (preferably morning) part of the day rather than at night, unless it is restorative and calming. Technically, Ayurveda says that muscle mass is best built up in the morning.

Avoid stimulating beverages — such as caffeine, soda, drinks with excess sugar.

Herbs — such as ashwagandha, nutmeg, chamomile, valerian, skullcap and kava can be taken individually, as compounds, in milk or just with water.

Earlier to bed — Slowly work yourself back to an earlier sleep time. If you tend to go to bed in the wee hours, start going back an hour every few days until you are going to bed around 11. Your body and mind will thank you for it over time.

Views expressed in this article are those of the author, not necessarily the Health & Wellness Committee, and are not a substitute for talking to your own doctor.

Vishnu Aragona, AyD, is the owner of Still Point Ayurveda, a complementary Ayurvedic holistic wellness center in W. Mt. Airy. For information, visit stillpointayurveda.com.
Kensington Co-op

(Continued from Page 1)

- Café and bar with tables and seating for 30.
- Prepared foods and coffee.
- 4 taps for draft beer and wine, plus carry-out service with growler fills and chilled beer bottles.
- Outdoor garden seating adjacent to café.
- 16-car parking lot, plus on-site bicycle parking.

The location does not have a kitchen, so prepared foods are expected to be sourced from local merchants.

General Manager Mike Richards has been with KCFC since early 2017. “We’re excited about bringing another co-op to the Philadelphia area and giving access to healthy food to an underserved neighborhood,” he said.

Co-ops are nothing new to Philadelphia, some beginning during Benjamin Franklin’s time. Having Weavers Way as a model of a successful co-op in the area provided KCFC with inspiration and resources to move the dream along, said Peter Frank, a longtime KCFC activist and former head of the Philadelphia Area Cooperative Alliance. KCFC has “been lucky to have Weavers Way support over last nine years. From our first meeting to now getting support from Weavers Way staff to help launch, we would not have been able to do this without them.”

In addition to access to healthy food, Richards explained that KCFC wants to ensure that everyone has access to the co-op’s other benefits, including community-based programming and enrichment through educational initiatives and workshops, regardless of income. And in fact, last year, KCFC received a $50,000 grant from the Penn Treaty Special Services District to fund a program that will allow neighborhood families who are unable to afford the co-op’s full $200 equity investment to become member-owners for just $2 per month.

Most of KCFC’s more than 825 member households come from Kensington, Fishtown, Port Richmond and North- ern Liberties. Member-owners currently can participate in KCFC’s Shop-Local program where more than 50 local merchants offer discounts.

You can find out more about KCFC through their Facebook page or website: www.kcfc.coop.

Natalie Hartenbaum is a Weavers Way Working Member.
What’s Who and Where at Weavers Way

The Weavers Way Board of Directors represents members’ interests in the operation of the store and the broader vision of the Co-op. The February Board meeting is scheduled for 7 p.m. Tuesday, Feb. 6, in the 2nd-floor conference room of the Chestnut Hill Community Center, 8419 Germantown Ave. The March Board meeting is dated for Tuesday, March 6.

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

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STAFF CELEBRITY SPOTLIGHT

Linda Calloway

Job: Mt. Airy Deli staff
Where She’s From: Reading, PA
Where She Lives Now: East Mt. Airy, with two cats, Merlin and Boo. (She shares the space with Weavers Way IT programmer Marko Nastic.)

Before She Got Here: She spent 20 years in the seafood business, working her way up to store manager at Filbert’s Seafood in Reading, and then managing at Adelphia Seafood there after Filbert’s closed. She had to quit after a heart attack in the early 2000s, but then went on to work for Surgical Specialties, a Reading-based manufacturing company of surgical needles, from 2013 until July 2014. (The plant moved to Mexico at the end of 2014.)

Notable Side Gig: For three years in the early ’90s, she ran Calloway’s Seafood, a stand in the Reading Farmers Market that also specialized in Polish delicacies.

How She Got Here: She’d been working at Rite Aid since moving to Philadelphia in 2015. Her daughter, Sheikhah, who also lives in East Mt. Airy, saw Weavers Way online, and said, “Mom, this looks like you.”

Fun Family Facts: She has two other adult children: Craig and Melissa, and 13 grandchildren, ranging in age from 6 to 26. Also, she’s a twin, and the second youngest of six; her sister Brenda is three minutes older.

Favorite Co-op Products: Stryker and Garrett Valley meats, Santa Cruz juices, My House apple caramel walnut pie, Chilly Philly ice cream.

A Little Co-op Love: “I’ve made so many friends, and the customers are friends. I appeal to them, and they appeal to me … I feel like I found my home, and I don’t want to go anywhere else.”

— Karen Plourde

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February 2018 THE SHUTTLE

Become a Member

Want to play a role in shaping your grocery store? Just complete a membership form in any store or online, make an initial investment and you’re good to go! We ask new members to attend an orientation meeting to learn about our cooperative model. You’ll receive two hours of work credit for attending. We look forward to meeting you!

Upcoming Orientations
Mt. Airy
Tuesday, Feb. 7, 6:30-8 p.m.
Community Room, 555 Carpenter Lane
Ambler
Thursday, Feb. 15, 6:30-8 p.m.
Senior Center, 45 Forest Ave
RSVP: outreach@weaversway.coop

COOPERATORS OF THE MONTH

Ben (‘Binky’) & Marilyn Frazier

Joined Weavers Way: 2012. They were the 48th family who signed up to join the Ambler Food Co-op, whose membership was absorbed into Weavers Way’s last spring.

Where They Live: Ambler, within walking distance of the new store.

Family Facts: They have two grown children, Sarah and Ben. Sarah lives in Mt. Airy and is also a Weavers Way member. They’re also parents to golden doodle Meg and Merlin the cat.

Food Faves: They’re fans of Solebury Orchards apple sauce. Marilyn: “I can’t keep it in my house. It’s like eating apple pie, and it’s all apples.” They also enjoy Le Bus breads, salmon, Personal Chef combread and many items from Prepared Foods. Binky: “My goal is never to go to another supermarket … I used to drive probably 12, 15 miles a week. Every time we needed something, I’d have to go to Spring House or Flourtown or George’s Shop ‘n Bag. Now I’m walking over here.”

A Little Co-op Love: Binky: “Sometimes, I just walk over, because I’ve already gotten my groceries, and say hello to people.” Marilyn: “(General Manager) Jon [Roeser] wrote an article a couple months ago that this is a community place, it’s like your third place. And that is so how we relate to it.”

— Karen Plourde

DID YOU KNOW?

- We look forward to meeting you!
- You can receive two hours of work credit for attending.
- Want to play a role in shaping your grocery store? Just complete a membership form in any store or online, make an initial investment and you’re good to go! We ask new members to attend an orientation meeting to learn about our cooperative model. You’ll receive two hours of work credit for attending. We look forward to meeting you!
Weavers Way workshops provide opportunities to learn and share knowledge on a wide range of topics. Popular themes include civic life, health, the environment and, of course, food! Workshops are usually free and always open to the public.

**WORKSHOPS**

**COMING UP**

**More info & to RSVP:** www.weaversway.coop/events/workshops, or do it the old fashioned way: Contact Programs Coordinator Stephanie Bruneau at sbruneau@weaversway.coop or 215-843-2350, ext. 152.

**WHY NOT GIVE A WORKSHOP YOURSELF?**
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**WORKSHOPS ARE HELD:**
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- In Chestnut Hill in The Backyard, 8482 Germantown Ave., and the Healing Arts Studio, 15 W. Highland Ave., 2nd floor.
- On our farms: Henry Got Crops at Saul High School, 7095 Henry Ave., and at Awbury Arboretum, 901 E. Washington Lane.
- In Ambler, in The Cafe at the store, 217 E. Butler Ave., or the Ambler Senior Center, 45 Forest Ave.
- Other locations as noted.

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