



# WELLSPRING COOPERATIVE

## WINTER NEWSLETTER 2021



### Updates from the Wellspring Community

This fall has been a very busy season at Wellspring Cooperative! We have been crafting the organization’s four-year strategic plan which ushers in collective reflection on what Wellspring Cooperative has accomplished and how we want to evolve moving forward. This is important as an organization and a community as we try to recover and grow from the struggles and lessons of the pandemic. We are growing as an organization in some exciting new ways!

For one, the Wellspring network is expanding. We are increasing our staff to create more capacity for meeting our goals. This fall we welcomed Nellie, our new communications assistant, to the team. You may have noticed Wellspring has become more active across our social media platforms (see page 6 to follow us!). Wellspring is also expanding the mission’s emphasis on community engagement through community partnerships for programs such as Grow I.O (see page 2 for more).

Lastly, our staff and board have been preparing for our upcoming General Assembly (see page 3 for details) and we hope that you can tune in. The General Assembly is a great opportunity to catch up on Wellspring news, current initiatives, and future directions; elect new board members; and connect with others in the Wellspring family.

#### IN THIS ISSUE

Grow IO Initiative.....	2
General Assembly Announcement.....	3
Co-op Spotlights.....	3
Democracy in Action.....	5
Thank you! .....	6

## New Initiative: Grow I.O.

Grow IO is a new collaborative initiated by the Indian Orchard Citizens Council and Wellspring Cooperative. Other partners include Wellspring Harvest, Orchard Covenant Church, Greater New Life Christian Center, the IO Library, and the Community Survival Center. All of these organizations are within a 5 or 10 minute walk from each other, so that's a whole lot of capacity for powerful work and Grow IO provides an umbrella and structure to work together.

Grow IO seeks to support a thriving community through a focus on food access, urban gardening and sharing through mutual aid, skill-shares, workshops, and so forth. This fall Grow I.O. has launched a few successful projects such as Chess in the Park, a nature immersion, and a free soccer camp for kids.

We are also engaging the community in envisioning what could be done with properties such as the 16 acres (what used to be Chapman Valve) on Pinevale St. and the old Indian Orchard Fire Station.

Grow IO is part of Wellspring's holistic commitment to supporting a cooperative economy.



Chess Club meets every Tuesday at the Indian Orchard Citizens Council at 6pm. All are welcome!

## IO Soccer Academy



Coach Clive teaching Jeremi and Jayd how to score a goal

Clive Ndlovu, originally from Zimbabwe, who works at Wellspring Harvest, a hydroponic greenhouse cooperative located in the neighborhood, is passionate about soccer. He used to play semi-professionally and he is enthusiastic about teaching young people from the community to play soccer and help them develop their skills, self-discipline, and a love of the sport.



Community-managed vegetable gardens outside the Indian Orchard Citizens Council

**To stay informed about upcoming and ongoing events, follow Grow IO on Facebook!**

Wellspring Cooperative 2021 General Assembly

## Roundtable with Elected Officials: Opportunities to Strengthen Worker Co-ops in MA

Held virtually 12/7 6-7:30pm ET

Business Membership Portion 5:30-6pm and open to public

No registration required!

Join via Zoom:

[https://us02web.zoom.us/j/83477193254?  
pwd=UmVvWTRwRVlPN2FYSEZmNkVhWjh5Zz09](https://us02web.zoom.us/j/83477193254?pwd=UmVvWTRwRVlPN2FYSEZmNkVhWjh5Zz09)



### Our Panelists



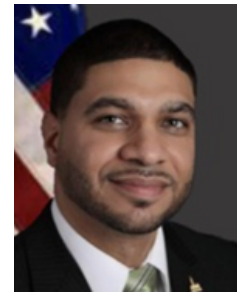
**Adam Gomez**  
State Senator



**Tracye Whitfield**  
City Councilor



**Zaida Govan**  
City Councilor



**Orlando Ramos**  
State Representative

## Co-op Member Spotlight



*"What I like about working in a co-op... Being in a cooperative and really owning your own labor and everything about [the business] and being together in a team and a community helps to motivate people to evolve themselves to be the best version of what they want in their careers and life."*

- Seth Frappier, Chronic Trips

Chronic Trips hosts events, excursions, and experiences that strengthen our mission to promote environmental stewardship, foster a sense of place, and build community.

# Co-op Spotlight: Jumping Jack Hoops



Co-owners Jaclyn (center) and Jackie (right)

Jumping Jack Hoops was born out of two friends, Jackie and Jaclyn, taking their passion for hula hooping to Wellspring's Co-op Bootcamp in 2018. Co-owners Jackie and Jaclyn are firm believers that anyone can learn to hula hoop and, once you do, you'll be happy you did!

Jumping Jack Hoops is a cooperative that teaches hula hoop workshops and makes custom hula hoops. Most of their workshops have been held at the Forest Park Farmers Market in Springfield where community members can join. By offering mostly donation-based hula hooping classes, Jackie and Jaclyn hope to share the joy and health benefits of hula hooping with their community.

This summer, Jumping Jack Hoops taught two workshops for Springfield Girl Scout troops.



Prior to the workshops, Jaclyn made hula hoops out of PVC pipes that she then brought for the girls to decorate. Using different colored and patterned tapes, girl scouts began the class personalizing their hoops.

Once everyone had their own special hoops, Jaclyn turned on the dance music and led them through her hooping workshop: some hooping basics, isolation moves, and tricks. As with most of the Jumping Jack Hoops workshops, it ended with each girl scout teaching her peers a cool hooping trick of her own. Jaclyn says between making their own hoops, learning new skills, and letting loose, hooping is a fun, confidence-building activity for children.



## Hula Hoops for the Holidays!

Jumping Jack Hoops offers custom-made hula hoops for adults and children.

**Hoops are made out of soldered PVC pipe and customers can select:**

- Width and thickness
- The size of the hoop
- Fillers such as water or rice that provide extra weight and create sounds when hooping
- Pre-decorated hoop with quality gaffer tape or a plain hoop for people to decorate themselves (a fun activity with kids!)

Contact us through [Facebook Messenger](#) at [Jumping Jack Hoops](#) or by phone at 413-237-5737 to order hoops.





## Democracy in Action at the Greenhouse: *New tool that saves time and reduces repetitive stress? Sounds like a no brainer, right? Well, not so fast.*

Dropping tiny lettuce seed specks into the seed pods can be hard on the eyes and fatiguing for the joints. So when the production manager introduced a simple hand held seeder that could seed a number of pods at a time, it seemed like a win-win proposal. However, workers were resistant and continued to seed by hand. Was this due to a stubborn reluctance to embrace a new way of doing things?

Rather than forcing workers to adopt the new tool, a race was organized to see which method was faster. Everyone gathered around for this good natured competition. In three rounds, the hand seeder won twice and tied once with the person using the seeding tool.

The final decision of the workers was that the seeding tool would be an option, especially if anyone was feeling the strain of repetitive motion, but workers are free to choose for themselves which method they prefer.

This is an example of democracy in action, backed up by data, and generating good fun and camaraderie. In cooperative workplaces such as Wellspring Harvest, democratic decision-making is a respected priority in fostering a culture that encourages workers to have a say and a stake in their work.



WE ARE GRATEFUL FOR YOUR  
PARTNERSHIP

GOAL  
SURPASSED!

THANKS  
FOR  
YOUR  
SUPPORT



We are deeply thankful for the generous support of our partners this **#GivingTuesday**. We surpassed our goal raising \$6,036 during this 24-hour giving event which was matched with \$5,000 from two former board members and one committee member. Thanks Joe & Reena, Mary, and Jenny!

If you haven't yet, you can still contribute to Wellspring. Help launch us into 2022. Click the donate button below to give today! Thank you.

DONATE

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