



your
Vote
Counts



The BOARD OF DIRECTORS

The PROPOSED BYLAWS REVISIONS

Candidates' statements inside: Pages 14-15

Vote online at www.weaversway.coop
or by paper ballot
(available on Page 15 or in the stores)
Through May 31
Last-chance voting until 5:15 p.m.
at the Spring General Membership Meeting
Info: www.weaversway.coop/Election-2015

When was the last time
YOU got to **vote** for
the Board of Whole
Foods? Trader Joe's?
Acme? **Not ever**, right?

That's one of the many ways that Weavers Way is different from those other stores. You, as a member, are an owner of Weavers Way, and you have a voice in how the company is run.

Please take a moment to exercise your rights as a member-owner and vote for your Board!

Visit the Elections page in this edition of the Shuttle (Pages 14-15) or on the website (start here: www.weaversway.coop/Election-2015) and familiarize yourself with the candidates. Then vote — either by paper ballot in the stores or online. (We've made it easy for you:

Use the custom link to the voting center we sent you by email.)

We don't need to reinforce that this is an important time for the Co-op: We will be hiring a new General Manager, we are looking at expansion opportunities and we are facing new competition in Chestnut Hill. Your participation counts. Your choices for the Board are important. Vote today!

Weavers Way Leadership Committee

Laura Morris Siena, Chair
Sylvia Gentry
Margaret Lenzi
Chris Hill
Susan Zipin



The Shuttle

May 2015 Vol. 43 No. 5

Community-Owned Food Markets Open to Everyone

BOARD
CORNER

The Search for a New General Manager: What the Board Is Doing

by Chris Hill, President,
Weavers Way Board of
Directors

AT A WEAVERS WAY Board retreat about seven years ago, we were struggling to understand our role as a board, and to articulate our vision for the future of the Co-op. General Manager Glenn Bergman whipped out a 20-page essay for us to read in which he imagined, in great detail, where we would be in 25 years.

And just like that, we dropped the angst and started to talk together with animation and clarity about the impact we wanted the Co-op to have in the world.

We as a board have loved working with Glenn, and we'll miss him. Glenn grew up with the Weavers Way Board, and we grew up with him. We pushed each other to get better at serving the needs and interests of the membership and the community, and to get better at thinking about and articulating our vision

for the future of the Co-op. Many of the things Glenn imagined seven years ago have come to pass, in part because we learned how to work well with and support each other.

His departure June 1 to take over the leadership of Philabundance will be hard for us . . . but not that hard. There's an exceptional staff at the Weavers Way stores. The Board has appointed Human Resources Director Jon Roesser to serve as interim director, and we're already celebrating that decision. At the April Board meeting, Jon clearly defined for us the decisions that have to be made in the coming months, and the resources that will be needed during this transition. We feel we'll be in good hands during this interim period.

At the April meeting we also appointed a GM search committee of myself and Board members Margaret Lenzi and Laura Siena. We began meeting in early April.

During April, the search committee:

- Surveyed staff and Board about qualifications and requirements for the GM position.
- Drew up a draft job description.
- Identified the best places to post the position.
- Developed a rough timeline for conducting the search.

We anticipate that the Board will select and hire a new general manager within the next three to six months – though it could take longer. We'll keep the membership informed of our progress, and welcome your ideas on potential candidates, or qualifications and qualities you think it's important for a Weavers Way general manager to have.

And please note: You'll get a chance to hear Jon and Glenn speak about our interim challenges and the future of the Co-op at our Spring General Membership Meeting on May 31 at Morris Arboretum. It's literally the last day before Glenn's departure. Don't miss it.

tchrishill@gmail.com

SPRING GENERAL MEMBERSHIP MEETING

We Are Having a Meeting — and a Party



► The Board has amended the agenda of the May 31 Spring GMM to include time after the business meeting to honor departing General Manager Glenn Bergman, bid him farewell and send him off to his new role as executive director of Philabundance with good vibrations, high-quality karma and the best of wishes.



► This event takes place at Morris Arboretum. In late May. Need we say more about the setting?



► A selection of roast-worthy and toast-worthy homebrews made especially for this event by Weavers Way members will be available for sampling.

► See the full agenda and other details on Page 28.

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Read more: Page 26

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CANDIDATES STATEMENTS & BALLOT
Pages 14-15

Editor's Note

by Mary Sweeten, Editor,
Weavers Way Shuttle



PEOPLE KEEP ASKING ME HOW WE will carry on now that Glenn is leaving. The answer is, quite well, thank you, because Weavers Way is a sturdy organization staffed by talented and hardworking folks who are committed to the mission and supported by a membership and Board that's engaged, loyal and informed. And a lot of this is because of Glenn! So while we will do quite well, thank you, we are definitely going to miss him. And it's at times like this that we have parties (see Pages 1 and 28) and encomiums. So if you would like to pen a tribute to our departing GM, I might just print it in the July Shuttle. Be creative! But no more than 200 words, please, and, as usual, we reserve the right to edit and/or politely refuse.

I had been planning to write about the elections or, to be specific, the up-and-down vote on the bylaws revision. Here's the short version: I think you should vote yes. And here's the short explanation of how I came to that conclusion: Last summer, when everyone was really mad about Eden Foods — and by the way, Eden did finally receive an injunction exempting it from complying with the Affordable Care Act's contraception requirements, but I digress — last summer, there was talk of Weavers Way boycotting Eden and, being a good student, I looked in the bylaws to see what would have to happen to start a boycott.

As it turns out, there's nothing in the bylaws about starting a boycott. There is, however, a section (V.10, if you're reading along) devoted to ENDING a boycott. Wow, I thought at the time, somebody needs to clean up this document.

Now someone has. The update is easier to understand and easier to use, and also addresses some important issues — like requiring annual (ahem) audits. But this is a democracy, so you don't have to take my word for it: The bylaws and proposal are posted on the website (start here: www.weaversway.coop/bylaws) and you can also get copies in the stores and from Membership. See also the letters in the April Shuttle (Page 30) and on Page 26 of this issue. And vote! Last day is May 31.

msweeten@weaversway.coop

The Shuttle is published by
Weavers Way Cooperative Association.

Statement of Policy

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

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

Advertising

Advertising for each issue is due the 1st of the preceding month, e.g. Dec. 1 for January. Ad rates are available at our stores, online at www.weaversway.coop/shuttle, via email at advertising@weaversway.coop or by calling 215-843-2350, ext. 315. Advertised products or services may not be construed as endorsed by Weavers Way Co-op.



The Shuttle is printed
on 100% recycled paper.

What's in Store at Weavers Way

CHEF'S
CORNER



BBQ
BRISKET
SANDWICH



FISH
TACO

Pat Piro photos

Look what's on the board at the Chestnut Hill deli.

Wrap Your Hands Around a Sandwich

by Bonnie Shuman
Weavers Way Executive Chef

THIS IS THE SEASON FOR ONE OF MY FAVORITE CATEGORIES OF food: The sandwich! I don't get to spend as much time as I would like developing and making new sandwiches, but they really are one of my culinary passions. I think I am actually a little obsessed with sandwiches, to be honest.

Sandwiches are the perfect meal, enjoyed in the finest restaurants or on the go. If I could do anything other than work at the Co-op, I would own a sandwich shop or truck. Since I have no immediate plans to do that, I put the time I do have into making sure the sandwich station in Chestnut Hill is offering some of the best around. It took us a while to get where we are now, but back in January we hired Josh Painter. Josh has a degree from the Culinary Institute of America but he's also as obsessed as I am with a great sandwich.

We recently downsized our daily sandwich menu so we could tap into Josh's expertise and run more specials. Currently, Josh is featuring a fabulous barbecued brisket sandwich with delicious Carolina-style slaw. He's enhanced our already amazing taco program with vegetarian and meat specials that

have included kale and chipotle roasted butternut squash with goat cheese crema, and Korean beef with kimchi slaw. We change the taco and sandwich specials weekly, so be sure to check in regularly. I also think that the tacos are one of the best deals on The Hill at \$3.50 for one, three for \$10.

There are so many iconic sandwiches. Jon Roesser, our HR manager, tells people who interview for a job on the sandwich station, "Hey, Philly is a sandwich town, and people really know their sandwiches, so you've got to be good at making a sandwich." I couldn't agree more. I think chefs are taking notice of this as well. Star chef Tom Colicchio has a franchise devoted to the sandwich called "Wichcraft." Wish I'd thought of that one!

The New York Times just ran an amazing "Field Guide to the American Sandwich." It was so extensive and informative that I've printed it and plan to use it in our training.

So, whether it's PB&J, an oyster po' boy or a hoagie (pronounced only in that loving Philly accent), they all hold a special place in my heart.

Stop in and tell me your favorite. It could end up on the menu with your name on it!

bonnie@weaversway.coop

New on the Shelves

Hill Grocery Goods

Kettle Flavored Popcorn is here!
And local packaged veggie entrees make a quick, healthy meal.

The folks at Kettle — famous for their chips — now make flavored popcorn. Chestnut Hill has three varieties: classic sea salt, maple bacon and sriracha. Settle on one to try, then skip around.

In local food news, we also started carrying Macro Vegetarian vegan entrees in our refrigerator case. These include three noodle dishes, dumplings and seaweed salad. Macro Vegetarian hails from Middlesex County, N.J.



Bulk & Beyond

Believe it! Bragg's Liquid Aminos in bulk.

Plenty of shoppers swear by Bragg's liquid aminos as a healthy alternative to soy and tamari sauce. Now The Incredible Bulk has them in one of our fusti, just waiting for the reusable container of your choice. Fill 'er up and flavor up!

For a different take on cornbread, try Doylestown's own Castle Valley Mill red "bloody butcher" cornmeal in a two-pound bag. Don't be alarmed by the name; the color is more like light brown sand. It's said to have unique flavor notes.



M/P/F Highlights

Specials on swordfish and beef will help you bring in summer by the grill.

Meat and fish lovers alike will find values in the cold cases that will kick up the early grilling season another notch. Mt. Airy has Troutman Pennsylvania-raised, grass-fed beef patties for \$6.99 a pound, and center-cut swordfish loin steaks for \$13.49 a pound. On the Hill, look for Aspen Ridge sirloin patties for \$5.99 a pound, and beef cubes for \$6.29 a pound. Sharpen up those skewers!



What's Growing On

Rhubarb is peaking, and local mushrooms are ready to star in your recipes.

Is rhubarb a vegetable or a fruit? Does it matter? This is the time of year to grab some, whether to put in a pie or crumble or to cook into a sauce for pork or chicken.



Locally, our mushroom-raising friends at Mother Earth Organics in West Grove, Chester County, are primed for salad season. Why not pick up a portobello or two for a change of pace?

Finds for the Furry & Feathered

Stock up for the long flea season. And don't forget a new outdoor toy or two.

Yep, winter just left, and yep, the fleas are back. Across the Way carries Advantix and Frontline, as well as natural treatments like NaturVet spray, Natural Chemistry spray and shampoo, and diatomaceous earth insect dust.

For those sunsplashed days in the park, update to a new West Paw Zogoflex dog toy. They are colorful and durable, and West Paw guarantees their chew toys.



Wellness & Beauty Buys

It'll pay you to try goat's milk skin-care products this month.

Goat's milk concoctions are being promoted as a natural way of delaying aging and providing nutrients to the skin. This month, Across the Way and Next Door are offering 20 percent off all local goat's milk beauty products, including soaps from Misty Creek in Leola, Lancaster County, and Shady Apple in Flourtown.



While we're on the subject of skin care, how about replenishing your sunscreen? Goddess Garden, available Across the Way, is non-GMO mineral-based and sheer. Pick some up before you bask.

kplourde@weaversway.coop

What's in Store at Weavers Way

THINKING COFFEE

French Roast

by Neal Fordham, Weavers Way Mt. Airy Coffee Buyer

ARE WE FRANCOPHILES? OUR BULK Equal Exchange French Roast is our No. 1 seller. I tried it. Did I burst into French? Did I find myself transported to the Musée d'Orsay before Manet's Le déjeuner sur l'herbe? No, and no. My experience? Coffee that's too dark and tastes a bit burned.

I drank French roast for years. But only when I started working in our bulk coffee section in Mt. Airy did I learn that "French" is a roast level, not an actual coffee type.

Here is a guide to the range of roasts we offer:

Light: A roast tending to have a strong acidic bite.

Medium: The roast that brings out the most complex flavors.

Full City: Caramelization starts and sweetness overtakes tartness.

Vienna: More caramelization brings bitersweetness and smokiness.

French: Longer roasting releases more oils, giving the classic wet-bean look, smoky taste and rich mouth-feel.

I called out Ethiopia in my first column because its flavors verge on the extreme. Coffees from this country must be held back from over-roasting to preserve their characteristics. Beans from other countries may actually benefit from darker roasting. Travel to Brazil with your cup and a medium-dark roast will give you something to creamy and chocolaty to remember.

I'll bring in a Papua New Guinea from a local roaster soon. Its flavors can be exciting—pear, lemon, honeysuckle. I'll try to be very present, and in-the-moment when sampling this coffee, but I really do travel with my cup, so I imagine David Attenborough exploring there in 1957 to find the paradise birds — flying creatures nearly too beautiful for this world. . . . That was a bit of time travel, sorry With La Colombe's Workshop Zambia Mbuni beans, we'll stay current. Zambia is landlocked in southern Africa and has suffered droughts for years. A farm named Mbuni did not abandon their drought-killed coffee; they watched the beans dry on dying trees, and then harvested a stunning gem. If our environment is really dying, perhaps we can depend on more drought-harvesting of beans; in any event, don't miss this one.

Let me be honest. I took Spanish in high school, and I actually discovered a small Manet in our local art museum. Edouard Manet's power is visible even in small canvases of just a few flowers, and this one took my breath away. I still skip the "French Roast" but one of Equal Exchange's other French roasts is the Peru French, and that one I think is quite tasty. So, oui, je t'aime, France.

Look for coffee buyer Neal Fordham upstairs at Weavers Way Mt. Airy or contact him via email at nfordham@weaversway.coop.

Five Things

Five Things is a service of Weavers Way.

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

To Keep Your Garden Growing.

Dirt on your knees and under your fingernails — now that's living!
Feed your gardening jones.



1 Botanical Interests Seeds — It's not too late for some tiny bits of magic to fall into the ground and sprout. Guaranteed non-GMO, with many certified organic.



2 Herb, Veggie & Flower Plants — Yes, you can fit basil somewhere. Ooh, maybe a purple and a green. And don't forget the impatiens! From George Didden Greenhouses in Hatfield.



3 Down to Earth Garden Gloves — You know you'll misplace at least one of these before winter. Grab a couple pairs just in case. Available in kids' and adult sizes at Across the Way.



4 Demeter Fragrances — After a day in the yard, a return to smelling purdy might be in order. Try these scents influenced by everyday objects and experiences, from Gin & Tonic to Paperback to Dandelion and Honeysuckle.



5 Gardein Chick'n Scallopini & 7 Grain Crispy Tenders — Tasty, seasoned strips of garden-grown protein let you get off the meat bus for a while. Look for them in the freezer case.

Our sixth thing — among our things — don't forget Weavers Way's own Henry Got Crops compost! Bulk (email_compost@weaversway.coop) or in bags at both stores. Like a comfy chair for your crops.

Scott says . . .
"Don't wait, we sold out the last two springs!"





On Sale!

	Reg.	Sale
Weavers Way Ground Beef Patty	\$5.99	\$5.39
Aunt Caroline's GF Blue Flame Barbeque Sauce 16 oz	\$6.75	\$5.75
Aunt Caroline's GF Original Barbeque Sauce 16 oz	\$6.75	\$5.75
Woodstock Farms Natural Hardwood Charcoal 8.8 lb	\$10.99	\$7.99
Philly Fresh Hot Pickles 32 fl oz	\$4.99	\$4.29
Philly Fresh Mild Pickles 32 fl oz	\$4.99	\$4.29
*Bell & Evans Whole Legs	\$2.79	\$2.49

Valid from 5/20-6/2. *4/29-6/2.



Pick up a Weavers Way sandwich loyalty card from the deli.

Buy 10 and the 11th is on the Co-op!
See card for details.



Buy 10 Weavers Way deli sandwiches and get the 11th

Weavers Way Community Programs

Energized, Impressed By a WWCP Semester

by Erika Tait, for the Shuttle

LET ME BEGIN BY TELLING YOU A LITTLE ABOUT MYSELF. I am currently a student at Arcadia University working on my Master's in Public Health and Physician Assistant degrees. Since January, I have had the pleasure of working as an Intern with Weavers Way Community Programs. Although this internship originated as a way to fulfill a mandatory degree requirement, it has become much more than that. The past few months working with and learning from the amazing staff at WWCP has truly been an honor, and it is an experience I will not soon forget.



Erika

For over 10 years now, I have been involved in community outreach organizations, both non- and for-profit, and I can genuinely say the staff at WWCP are among the most thoughtful, passionate and diligent group of individuals I have ever met. These qualities create a supportive work environment that plays into the success of the organization. It is inspiring to see a staff that works so respectfully, flawlessly and tirelessly together on and off the clock to improve programs, raise money, create partnerships and promote the organization in any way possible because they truly believe WWCP can improve the lives of the populations it serves. And this is by no means a fallacy.



Tara Campbell photo

Students work on life skills with WWCP in the greenhouse at Martin Luther King High School.

Although each educational program is unique in the populations it serves, one thing is consistent: Staff members at WWCP put significant effort into ensuring that lessons are innovative, enlightening and fun so participants can receive the greatest benefits. This passion and enthusiasm is passed onto program participants who, for example, come running out to Hope Garden when they spot Melissa at Stenton Family Manor or beg for the opportunity to make more Kale chips with Tara at Martin Luther King High School because they are "delicioussssss"!

Part of what I have done for WWCP is to look through published research to gather support for the positive outcomes programs can facilitate. For example, the work WWCP does to supplement the curriculum at W.B.

It is no accident that WWCP has seen such substantial success. This is truly a group of talented and selfless individuals who will continue to make a big difference in the community.

Saul High School is shown by the literature to increase youth achievement, leadership and self-esteem, as well as to promote nutrition education. WWCP has seen this in students wanting to pursue independent projects of their choosing and consistently asking more probing questions about nutrition, science and agriculture concepts.

The program at MLK High School, working with students who have autism or intellectual disabilities, promotes better nutrition, increases self-esteem and improves social skills, job skills and fine and gross motor skills. WWCP has numerous anecdotes supporting these outcomes, such as the increased engagement, excitement and vocalization of students.

Most impressive to me is how a staff consisting of the equivalent of only five full-time employees capably does all this work, and still always arrives to work enthusiastic and smiling. It is no accident that WWCP has seen such substantial success. This is truly a group of talented and selfless individuals who will continue to make a big difference in the community. I would encourage all of those in the Weavers Way community to become involved and support WWCP in their efforts.

etait@arcadia.edu

2nd ANNUAL

HOEDOWN

TO BENEFIT
WWCP

Weavers Way Farm
at Awbury Arboretum

SATURDAY, JUNE 13, 6 TO 9 P.M.
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\$30 from 5/22 to 6/8
\$35 after 6/8
Children 15 and under: \$15

Live Music
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All proceeds benefit farm & nutrition education programs for children at Weavers Way Community Programs, a 501c3 nonprofit. Guests are encouraged to bring a picnic blanket. Weavers Way Farm is easily accessible via SEPTA regional rail and bus, or by bike!

Details and tickets at
www.weaversway.coop/hoedown

*You like to drink clean water.
I like to breathe it.*

LET'S BE FRIENDS.

**WISSAHICKON:
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Weavers Way Community Programs

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Giving Twosdays!

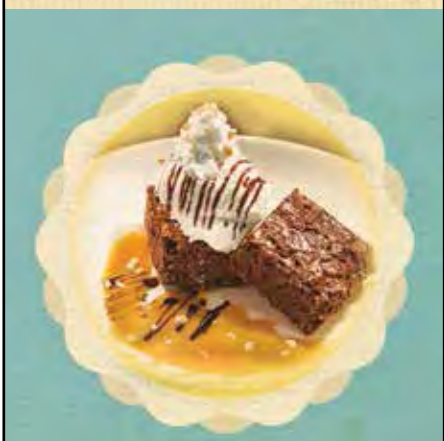
Give \$2 to WWCP! Every 2nd Tuesday Every Month

When you shop at the Co-op on the second Tuesday of the month, please consider adding \$2 to your total bill to support WWCP programs and services. (You can also give more — or less — and we'll love you all the same.) Your support enables WWCP to continue to provide a wide range of farm education and nutrition programs to local children, including our subsidized tours for economically disadvantaged students from all over Philadelphia.

Thank you, Iron Hill

for choosing WWCP as the 2014 recipient of funds raised through the sale of the Triple Chocolate Hill dessert! And thanks to all who purchased the dessert, raising \$2,050 to support WWCP's farm and nutrition education programs!

IRON HILL BREWERY & RESTAURANT



We Want You to Get to Know Our Farm

by Jackie Schrauger, WWCP Program Director

ALTHOUGH THE WINTER SEEMED IT would last forever, warmer weather has fully arrived and things are truly picking up at the Weavers Way Community Program's farm sites! Our farm and garden manager, Andrew Turner, has been hard at work preparing the soil while youth education coordinator Tara Campbell has been bringing our farm season apprentice, Liam Miller, up to speed.

Yet even with all of our hard work, WWCP would benefit enormously from a few more good volunteers with regular time to devote in the field or helping to lead farm lessons at our Children's Garden at Awbury Arboretum.

For field work at Awbury, we can use volunteers every morning of the week except for Friday. We are looking for a consistent volunteer commitment on a weekly basis — for example, someone who could come Monday or Tuesday. In fact, Tuesdays are our most crucial day for volunteer needs, as we need help Tuesday mornings with field work and with harvesting produce for the WWCP farmstand, which our summer high school interns run Tuesday afternoons in front of Weavers Way Chestnut Hill. On Monday, Wednesday and Thursday mornings, volunteers would help out with field work, which might include weeding, watering,

mulching and general field clean up, as well as other tasks as needed.

All volunteers would be trained in basic gardening skills by our farm and garden manager Andrew, so they feel comfortable with the tasks assigned each day. Experienced gardeners are especially welcome, but newbies need not feel shy about signing up!

Additionally, the Children's Garden often hosts schools, camps and other groups for urban agriculture farm lessons. Volunteers can help with these lessons, particularly for the larger groups. Tours typically are elementary and middle-school students, so volunteers do not need to be horticultural experts by any means! All volunteers would be trained in our most common tour options and would be assisted with the lesson along the way to ensure that they feel comfortable. To work with children's groups, volunteers would be required to undergo a series of background checks; WWCP will help you with the paperwork.

If you are interested in volunteering with WWCP with field work and or helping to lead educational farm lessons, please contact me at jschrauger@weaversway.coop. We look forward to utilizing the skills and talents of the Weavers Way community for the young people and families we serve!

jschrauger@weaversway.coop

THE PHILADELPHIA FOLKSONG SOCIETY & AWBURY ARBORETUM PRESENT

The HEARTWOOD MUSIC FESTIVAL

Saturday, May 16th at Awbury Arboretum

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Kid's Activities
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- FULL FRONTAL FOLK
- MAN ABOUT A HORSE
- NO GOOD SISTER
- LIZANNE KNOTT
- BETTER N' RECESS
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let's socialize

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PATRICK DOUGHERTY

stickwork

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General Manager's Corner

Winning the Food Justice Wars

by Glenn Bergman,
Weavers Way General Manager

"Aramark to go 'cage-free' by 2020: Aramark reports that it will phase out eggs from caged chickens." — Philadelphia Inquirer, March 3, 2015.

IT IS CLEAR TO ME THAT WEAVERS Way and many of the consumer food co-operatives throughout the country are slowly winning the food-justice wars we declared years ago by using our shopping dollars to vote. The history of the movement for justice in the farm fields, in the barns, in the environment and on behalf of consumer well-being was started by cooperatives going back to the 19th century.

The message has not been focused on the same issues all the time. In the 1890s, it was about unadulterated foods. During the Great Depression, it was about food at fair prices, with good jobs for workers, as well as hard-to-find food (citrus, for one). In the '70s, it was about food distribution, prices and a vegetarian diet. Remember macrobiotics, kefir, yogurt, granol, and tofu's introduction into the American diet? The organic standard came as an outgrowth of the environmental movement and Rachel Carson's work. The grape and lettuce ac-

tions of the 20th century raised the profile of the struggle for workers' rights and the movement for a living wage.

As agricultural production increased with chemicals, it became possible to grow animal protein quicker, more compactly and in a more industrial production-line method. Pack those chickens in houses and feed them a specific diet with antibiotics to control diseases. The work of the animal-welfare groups resonated with co-ops from the start.

At the turn of this century, the workers' rights movement gathered steam along with calls for fair wages. Co-ops that started with volunteers might have been a little slow to get on board with this, but today, the members of the National Co-op Grocers are committed to this mission.

There will continue to be many struggles about mission vs. costs for our co-op. I ask that the owners of Weavers Way stay vocal and let the Board and management, who work for you, know what you care about. It is very important to our future.

My Last Column as GM

At the start of 2015, I had no plans to

leave Weavers Way unless illness struck or the Board decided it was time for me to hit the road. Everything at the Co-op is going very well right now: Sales are up 8-9 percent, profit continues to be strong, we continue to pay down debt, staff members seem "thrilled" to come to work, owners tell us they are pleased with our direction (through their purchases as well as customer surveys) and our suppliers could not be better partners.

But then two possible positions were put in front of me that started me thinking it was time to hand over the reins to a younger generation of co-op retailers. After much discussion with friends and family, I decided to take the leadership position with Philabundance.

Many of you have asked me why Philabundance? I have known the organization since back in the late 1980s, when Pam Lawler, the founder and still a Philabundance Board member, would pick up leftover food from Frog-Commissary catering events. I was in charge of Frog-Commissary Catering then and we often had large events in Philadelphia. Sometimes we would give away our leftover food or drop it off the food at St. John's Hospice, but this meant we had to wrap up the food and take it somewhere at the end of the event. Pam had the brilliant idea that this food could be stored overnight in walk-in refrigerators and then dropped off the next day at soup

kitchens or food pantries.

Her idea worked, and soon she had traded in her Subaru station wagon for a truck and then another truck. Today, Philabundance has 12 trucks and a workforce of drivers and warehouse people, and distributes food for 70,000-80,000 people weekly through over 400 agencies. Philabundance reclaims food from grocery stores, the ports of Wilmington and Philadelphia, the Philadelphia Wholesale Produce Market and scores of restaurants. The organization accepts food from the U.S. Department of Agriculture and neighborhood food drives. In the summer, it works with farm gleaners. It is a logistics-focused entity that gives away food rather than purchasing and selling it.

Two years ago, Philabundance opened Fair & Square, a nonprofit grocery store in Chester. The city of Chester has not had a grocery store in years and is a "food desert" by any definition I have ever read. I hope to add some local products to this store at once.

I will miss the cooperative enterprise here at Weavers Way, in the region and nationally. When I started at the Co-op 11 years ago, all I wanted to do was get us on better financial footing, make sure the staff was engaged, and get the word out in Northwest Philadelphia that Weavers Way was open for business and looking

(Continued on Next Page)

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GM Corner

(Continued from Preceding Page)

for new members. Little did I know how interesting “co-op world” was and that I would take it on at all levels.

Over the years, we have seen our urban farm expand from a quarter acre to 5 and seen other urban farms spring up. Locally grown and produced food became more available through the work of Weavers Way and other agencies that now transport thousands of pounds of local produce to Philadelphia. When I started, most of our apples were from the western United States or Chile; now we routinely have over 20 varieties of apples from orchards within 150 miles of here.

Our local co-op economy was worth \$9.3 million in 2004 (Weavers Way, \$5 million; Swarthmore Co-op, \$4 million; Mariposa, \$300,000). Today, co-op revenue is over \$36 million and growing quickly, with over 300 co-op staff making a living wage with benefits in the Philadelphia area.

I am looking forward to the continued growth of Weavers Way as we expand our nonprofit education efforts, look for a third store, expand in Mt. Airy and continue to support other co-ops.

I will miss the board members, both at Weavers Way and at the National Co-

op Grocers, who dedicate so much of their time to the growth of the co-op economy. They provide a continuum from the co-op pioneers of the 1860s.

I will miss the staff members I work with now and many who have moved on to other parts. I started very few days not wanting to come to work; in fact, on my bike ride in, I would think about people and things that had to be accomplished that day.

And I will certainly miss our Weavers Way owners. You are a fascinating group. You come with a mission on many different levels. You are wealthy, working class, middle class, retired, learning-challenged, MacArthur Foundation fellows, ex-offenders, PhDs, painters, bakers, bankers, anti-bankers, union activists, Greenpeace supporters, home-schoolers, urban farmers and so much more. You are a community of great people with the Co-op as a your crossroads. I fell in love with the wide variety of opinions, backgrounds, beliefs, nationalities and overall caring you all expressed in so many different ways.

Please stay in touch and if there is anything I can do to assist you, please do not hesitate to contact me (gbergman21@gmail.com).

Thank you for 11 great years.

gbergman@weaversway.coop or gbergman21@gmail.com

Rebate Report: Thanks to the 93%

by Nancy Pontone,
Weavers Way Controller

THE AVAILABILITY OF THE FISCAL year 2014 patronage rebate ended April 1. Starting Jan. 2, Weavers Way member-owners redeemed \$88,495 in cash rebates based on their purchases during the fiscal year that ended June 30, 2014.

Of the 4,675 members who redeemed, 756 opted to donate \$11,349 to the nonprofit Weavers Way Community Programs and 289 added \$4,850 to their regular Weavers Way equity accounts. The non-cash portion of the rebate automatically added to equity when members took the rebate totaled \$206,488.

A record 98 percent of the rebate dollars were redeemed by 93 percent of members eligible for the rebate.

Thank you all for claiming your share of earnings and supporting the Co-op by shopping, with donations to WWCP and by adding to equity that helps keep the Co-op financially stable.

Some 363 members, or 7 percent, who qualified for a rebate left \$1,505 in unclaimed cash. These members also lost out on \$3,512 of the non-cash portion, for a total of \$5,017. (Members must claim the cash portion to receive the non-cash

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Don't miss out on membership information, including the eNews, rebate notices and important announcements (like Glenn's resignation). Log in to the online Member Center and add your email address NOW. Need help? Contact Membership Manager Kirsten Bernal at member@weaversway.coop or 215-843-2350, ext. 119.

portion in their equity accounts.) Weavers Way will report the total as revenue in FY2015 as required by the IRS.

The next time a rebate is announced, our goal is 100 percent! This benefits members, who get the cash, and the Co-op, since we won't have to pay taxes on it.

You can help by keeping your address, phone and email information up to date. Don't lose out next time. And keep shopping the Co-op so you can benefit when patronage rebates are available. Thanks for your support.

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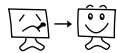
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Oregano Oil Staff Pick Raises Concern

THE APRIL 2015 ISSUE OF THE SHUTTLE included a "Staff Favorite" for Weavers Way Oregano Oil, from Chris Dalnodar, Wellness Staff of the Across the Way store. The promotion claimed that Oregano Oil is "Great for everything. It's antibacterial, antiviral, antifungal. It'll cure what ails ya."

In 2008, the Federal Trade Commission brought charges against the North American Herb & Spice Co. LLC and its owner for falsely claiming that Oregano Oil prevents or treats colds and flu, boosts the immune system and kills a variety of germs and pathogens, including viruses, bacteria, mold, and yeast. (FTC Press Release, Aug. 12, 2008) The company agreed to pay \$2.5 million to settle the FTC charges.

It is important for Weavers Way to be

careful not to make claims for its products that are not based on reliable scientific evidence. Many of the dietary supplements, herbal "remedies" and homeopathic products sold by Weavers Way lack reliable scientific evidence regarding their efficacy as claimed on the packaging. Oregano Oil is only one example.

Susan Holck, M.D.

Across the Way Wellness manager April Pedrick comments: "Weavers Way Wellness staff began extensive training in April on the Dietary Supplement Health and Education Act (DSHEA), law since 1994, and the many ways we can communicate valid natural health information to our members and shoppers. We maintain the utmost commitment to health safety, efficacy, critical thinking and choice, and hope this discourse remains a two-way street."

SHUTTLE LETTERS POLICY

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

under 200 words and may be edited. The Shuttle may decline to publish any letter for any reason. In most cases, the deadline for contributions is the 10th of the month prior to publication (e.g., March 10 for the April issue). Send to editor@weaversway.coop.



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Up-to-the-minute Co-op news...



Ayurveda: Translate It as 'Science of Life'

by Vishnu, for the Shuttle

IT HAS BEEN OVER 12 YEARS SINCE MY initial exposure to this profound science and medical system, Ayurveda. Ayurveda has transformed my life radically and amazingly.

After moving to Philadelphia, I enrolled in a yoga teacher training program and that's where the magic happened. During the first day of the Ayurveda lecture, the teacher started discussing how medicinal milk is considered in Ayurveda. I raised my hand to interject and express how in traditional Chinese medicine, milk is considered toxic. The teacher suggested that I go home and make a milk decoction with specific spices. Eager student that I am, I rushed out when class was over and headed over to my local Acme to purchase organic milk. I went home and immediately prepared this decoction. After drinking the glass of milk I noticed a "humming" and subtle vibrational sensation from my body. I had never felt this, especially after having drunk milk in my earlier years.

I knew after this experience that I wanted to know more about what this Ayurveda is. I was hooked!

What is Ayurveda? Ayurveda translates as "Science of Life, Science of Longevity and the Art of Living." "Ayu" means life and "veda" means science. Just the word alone seems challenging and that may in and of itself be an obstacle for people before they can embrace Ayurveda.

How can you accept this system when it's difficult to pronounce? I like to help beginners to say it this way: "eye-your-vey-duh" or I say it sounds like "Are you ready?" To accept Ayurveda is to be ready, so I can say "Are you ready for Ayurveda?"

Ayurveda is the complete holistic and natural medical system that originated in India and is the sister medical side of yoga. In my practice, I can see how vast Ayurveda is when it comes to treating my patients because individualized protocols can be created on a case-by-case basis — like using certain spices for certain recipes on certain days and certain times of the year. Ayurveda formulates a unique way of working with individuals and meeting them where they are, addressing numerous and infinite ailments pertaining to body, mind and spirit.

Here's what it looks like to go to an

Ayurvedic practitioner: An initial consultation occurs, in which diet and lifestyle are assessed. A protocol is designed that supports the individual with a proper diet, herbs, breathing techniques and even specific yoga stretches to enhance health and well-being. There are numerous treatments that are suggested specifically for the individual, including oil therapies, massage treatments, color therapies and detoxification procedures that may be necessary. All of this is based on the system of the five elements, space/ether, air, fire, water and earth — slightly different from Chinese medicine.

Ayurveda gives us a complete new way of looking at food and all the things we expose ourselves to with a grander perspective. It helps us understand the microcosm of the body, and see its role within the macrocosm. I tell my patients that Ayurveda gives our life back to us.

I have used Ayurveda personally since day one. Ayurveda is empowering and redirects us to ourselves, to nature and as part of nature. It is through our alignment and realignment to nature that we can reduce and/or prevent pathology and disease formation. What this tends to look like is simply an alignment



weavers way COOP
Health & Wellness Committee

with daily, seasonal and yearly cycles. It is through such a system of healing that we are able to connect to the infinite river of life that exists within us.

This is what Ayurveda has to show us. It is amazing and deserves the time because you are worth the time and investment.

Vishnu, M.Ayu, BA Psy., LMT, CSP, E-RYT and CS2, has over 20 years of holistic experience. He is the owner of Hidden Health Center in West Mt. Airy, hiddenhealthcenter.com.

The Weavers Way Health & Wellness Committee is interested in exploring alternative health approaches. Views expressed are those of the author; not necessarily the committee, and are not meant to be a substitute for talking to your health-care provider.

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Can't Fix It? Try The Repair Cafe

TOSS YOUR BROKEN TOASTER? No way! Bring it to the Spring 2015 NW Philly Repair Café at the Germantown Life Enrichment Center, 5722 Greene St., Sunday, May 17, 2015, from 1:30 to 5:30 p.m.

The NW Philly Repair Café is a public fix-it clinic. Various local volunteer "fixers" will be in the house: electronics and mechanical experts, seamstresses, computer and smartphone wizards, knife-sharpeners, people who can glue anything together and bike tune-up specialists. They'll show and tell how to make all possible repairs, free of charge. (Donations are gratefully accepted!)

Be prepared for a short wait to get popular items repaired!

If you think a replacement part might do the trick, buy it at your local hardware store ahead of time and bring it with you. The café will have some basic supplies on hand, donated by Kilian Hardware, Wynmoor Supply, Home Depot, Gaffney Fabrics and the Handcraft Workshop.

Please limit yourself to one person-one item that you can carry — and sorry, we're not fixing TVs or microwaves.



Here is a sample of broken items brought to the 2014 Repair Café: lamps, lawn mowers, clothes, bikes, toys, crockery, laptop computers, smart phones, audio speakers, dull kitchen knives or scissors.

Last year's café was a huge success, drawing over 100 "customers." Out of 174 items presented, 114 were fixed or partially fixed.

The NW Philly Repair Café is meant to reduce waste and to put neighbors in touch with each other in a new way — and to take advantage of all the know-how that can be found close to home. Says Betsy Wallace, a NW Philly Repair Café organizer, Weavers Way member and Time4Time Member Coordinator: "If you repair a bike, a CD player or a pair of trousers together with a previously unfamiliar neighbor, you look at that person in a different light the next time you run into them. Jointly making repairs can lead to pleasant contacts in the neighborhood."

Visit www.Time4TimeXchange.org and click on the NW Philly Repair Café tab to see our video and for a longer list of items you can bring to the Spring Repair Café. And it's not too late to volunteer to be a fixer or to help at the Repair Café (and Weavers Way Working Members can get Co-op hours): Contact Betsy Wallace at Time4TimeXchange@gmail.com.

www.time4timeXchange.org
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NW Village Network Program: Adapting Home for Aging

IF YOU HAVE THOUGHT OF USING an architect to help you make changes to your home as you get older, join Northwest Village Network for a conversation with Chestnut Hill resident and architect Elie-Antoine Atallah, founder of Metropolitan Studio Design.

It's Monday, May 18, at 7 p.m. at the Chestnut Hill Library, 8711 Germantown Ave. New to Northwest Village Network? Join us at 6:30 p.m. for conversation and refreshments.

With 25-plus years of experience as a designer and project architect, Atallah's projects include area homes as well as corporate and institutional projects. The design and planning issues he will consider include:

- Home issues common to Northwest Philadelphia, like lots of stairs and few bathrooms.
- How lighting can make a big difference.
- How an architect can help, and when you need one.

NVN's goal is to enrich and support those who wish to age in community. Contact us at www.northwestvillagenetwork.org or 215-247-0457.

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At Handcraft Workshop, Take Fabrications to A New Level

by Margaret Guthrie, for the Shuttle

WEAVERS WAY HAS A NEWISH neighbor: The Handcraft Workshop, located across the parking lot entrance from Valley Green Bank on Germantown Avenue in Mt. Airy, celebrated its first anniversary in December. It's a clean, well-lit space with an open, friendly feel that seems to invite in passersby in to see what's going on.

What's going on is a lot of sewing, with people of all ages and genders coming to learn everything from how to sew on a button to how to operate the latest model of sewing machine. Classes include learning to design and make clothing and making your first quilt. Like to purchase your clothing from vintage and thrift shops? This is the place to learn how to repair, alter and tailor your finds. Interested in designing your own clothing and learning how to make it? That, too, you can learn at the Handcraft Workshop.

You can even purchase time with your favorite machine, one customer saying that for her, it works much better to come into the workshop, pay for her hour, sit down and get all her sewing projects done. "There are just too many distract-



tions at home," she said in explanation.

Friday evenings are open sewing nights when anyone can come in and, for a modest fee, spend three hours using the machines, cutting tables, irons and other sewing tools. (No instruction is offered, so prior experience is required.)

Handcraft Workshop owner Heather Harris says the idea developed over time. As a child, she was surrounded by women who sewed but was not interested herself. But when she turned 30, she asked for a sewing machine for her birthday and enrolled in a non-credit sewing class offered at Temple University. She remembers making a pillow and a skirt, but sewing didn't really catch on for her until she made her first handbag and was able to bring her own creativity to bear, adding pockets and hardware.

The progression continued through

online sewing forums and a co-worker who purchased a sewing machine and asked for help in setting it up and learning to sew. Harris began teaching sewing at Mt. Airy Learning Tree to "teens and tweens," using rented space at Moving Arts across from the Co-op.

She realized "I can do this," and teaching sewing full time became the goal.

A shift in her full-time workplace provided the impetus to take small business classes at Wharton and develop a business plan to open her own sewing emporium. Through Mt. Airy USA, Harris was introduced to East River Bank, which helped her with a Small Business Administration loan to get Handcraft Workshop up and running. In October 2013, she obtained a lease for her location, a former vintage clothing shop. "I

Heather Harris can teach you to sew or help you figure out how to manage an advanced project. Or just treat yourself to a few hours at a decent machine!


had my eye on this space for a long time," she said. She opened in December 2013.

Harris has had people come in to the workshop to ask about purchasing the clothing on display in the window. Her response is that, if she factored in everything, including her time, they couldn't afford it — but they can come in and she can teach them to make it themselves!

Her offer is sort of a new riff on the old bromide about teaching a man to fish. Handcraft Workshop is a new neighbor right in line with sustainability: Learn how, use it up, make do and, perhaps best of all, the shop is even working with Weavers Way to compost their 100 percent cotton scraps. So we have not just a new neighbor but a great addition to the neighborhood!

The Handcraft Workshop, 7224 Germantown Ave., 215-247-1440. Info: handcraftWorkshop.com or facebook.com/HandcraftWorkshop.

Margaret Guthrie is a member of the board of Weavers Way Community Programs. Contact her at meg8337@verizon.net.




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Schuylkill Center's 50th Anniversary 2015

Farm Camp Makes the Connection

by Anna Lehr Mueser, for the Shuttle

ON A GIVEN SUMMER'S DAY, THE Schuylkill Center's Down on the Farm campers can be found harvesting vegetables, learning how to make their own bread or pulling weeds. They might be watching bees move from plant to plant to study relationships between pollinating insects and their own pantries, or digging into the strange world of decomposers, learning how food and farm waste turn into nutrient-rich compost. They might be playing in the cool shade of Pine Grove, or discovering how plants can become a delicious fresh snack in just minutes.

At the Schuylkill Center, farm camp offers children ages 7 to 9 the chance to explore nature through learning about farming. Based in play and blending unstructured and structured time in nature, the camp gives children the space to follow their interests and learn at their own pace, all while putting them in nature and on the farm daily. Day after day, they see the impact of their work and discover what it means to grow their own food.

"It's about giving them a context for natural knowledge," says Camila Rivera-Tinsley, school programs and farm camp manager at the Schuylkill Center. Campers can eat straight from the farm and see

what happens as they weed and harvest, forming a meaningful relationship with nature.

Not everyone starts out as a nature-lover, Rivera-Tinsley said, "but everyone is an eater — food is a context everyone can share."

"It's easy for youth to see how growing food is relevant to their lives. For environmental education, farming is an egalitarian language."

Down on the Farm is also about empowerment, food sovereignty and crossing boundaries. The camp is a collaboration with Teens4Good, a youth farm education program. Teens4Good, in partnership with North Light Community Center and the Federation of Neighborhood Centers, gives teen farmers the chance to learn how to grow and market their produce, while building confidence and job skills and spending time in nature. At Down on the Farm camp, the youth farmers also help teach the campers, sharing their farm knowledge.

"Agriculture education can increase teens' connection to the land and makes them more responsible community members," said Drew Gold, lead farm manager and educator at Teens4Good.

By participating in the farm, campers



Camper harvests lettuce Down on the Farm.

and youth farmers alike build a sense of ownership and sovereignty. Their knowledge is specific, place-based, and related to an ecological context. It's this sense of ownership that can be the path to a deep connection with nature and the foundation for a lifelong environmental ethic.

For info about Schuylkill Center camps, visit www.schuylkillcenter.org.

Anna Lehr Mueser (anna@schuylkillcenter.org) is the Schuylkill Center's public relations manager.

Wissahickon 'Creek in Crisis' Discussion

by Erin Mooney, for the Shuttle

FRIENDS OF THE WISSAHICKON AND the Wissahickon Valley Watershed Association invite the public to hear regional experts address the issues relating to the Wissahickon watershed and present tangible ways for community members to engage in protecting the 64-square-mile area encompassing Northwest Philadelphia and eastern Montgomery County.

"A Creek in Crisis: Time for Action" takes place 6-8 p.m. Wednesday, May 13, at the Arts Center Theater at Germantown Academy, in Fort Washington.

Hosted by Friends of the Wissahickon and the Wissahickon Valley Watershed Association, the meeting is a followup to a 2012 town hall that began a regional conversation about flooding, water chemistry and biology, and the relationships between land use and watershed health.

The panel includes Mike Helbing, staff attorney with PennFuture; Jeffrey Featherstone, director of the Center for Sustainable Communities and professor at Temple University; and Chris Crockett, deputy commissioner of planning and environmental services at the Philadelphia Water Department. Patrick Starr, executive vice president of the Pennsylvania Environmental Council, will moderate.

"By bringing citizens together to learn more about the Wissahickon and its importance to the region, we hope to raise awareness about the creek as a valuable resource," said FOW Executive Director Maura McCarthy.

The Wissahickon has a humble beginning in the parking lot of the Montgomery Mall, but it becomes a significant waterway that provides approximately 10 percent of Philadelphia's drinking water.

Local organizations will be exhibiting, starting at 5:30 p.m., and refreshments will be available. For info or to RSVP, visit www.fow.org/creekincrisis.

Erin Mooney is the publicist for Friends of the Wissahickon.



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across the way next door

Teen Leadership Corps Grows Leaders & Community at Awbury

by Anna Herman, for the Shuttle

THE TEEN LEADERSHIP CORPS AT Awbury Arboretum — a/k/a TLC — is entering its second year. It’s a place for high school-age teens to participate in a thoughtful, productive and diverse community of youth and adults who work together to learn about food, farming, entrepreneurship and each other. The program is built around urban agriculture, fresh food, cooking and food justice, but at its heart is a place for young people to learn they have the power to transform their communities and be part of sustainable solutions.

We founded TLC with the encouragement and support of Awbury Program Director Heather Zimmerman. TLC is based at Awbury Arboretum’s Agricultural Village and shares space in the new Farm Kitchen and Classroom. Thanks to the support of several funders, including the Aetna Foundation and the Claneil Foundation, we are able to continue into this second year.

TLC has a small unheated greenhouse, a market garden field and many garden beds on the property near Weavers Way’s Mort Brooks Memorial Farm and the Pennsylvania Horticultural Society’s greenhouses. This spring, we added several beehives. We have just hired our first regular staff member, program manager Jessica Herwick, a long-time youth educator, gardener and food enthusiast, and are building a team to grow long-term sustainability and capacity. We have had several regular Penn State Extension Master Gardener volunteers working on horticulture education and supporting the youth learning about urban gardening, soil health and pollinators.

The TLC motto is: “Urban grown and raised, planting possibilities, harvesting skills.”

Our expectation is that each teen in the program will have exposure and train-

ing in our “core” areas — business planning and budgeting, cooking, basic soil science and horticulture, and hands-on growing and harvesting fresh food — as well as marketing and website content basics, which will lead them towards applying what they’ve learned to ongoing business operations over multiple sessions.

During the school year, we meet once or twice a week to tackle seasonal chores and activities. Most weeks include some cooking, and all include shared snack or meal. The winter/spring school year group gets the gardens planned and planted for late spring and summer harvest.

In the summer, TLC transforms into a daily service-learning job site where teens are paid through the Philadelphia Youth Networks Work-Ready program for five weeks of work and learning at the farm, in the kitchen and at Awbury summer camp. In the fall we continue with an after-school program to harvest, cook, make products and staff harvest events and make and sell holiday products.

Throughout the year, TLC youth help at Awbury public events — selling their wares, leading tours or staffing the barbecue.

In our pilot session, TLC at Awbury teens, staff and volunteers co-created an herb business. We sold herb seedlings and herb-themed container plantings. We built, planted and tended 10 4-by-8 raised beds full of herbs and veggies for summer and fall harvest. We harvested and sold fresh vegetables and made a dried soup mix with our own herbs, and purchased beans, grains and other ingredients from Weavers Way Co-op to fill in the gaps. Based on our experience, we plan to produce herbal tea and herb seasoning blends this year, alongside fresh and dried herb bundles and herb vinegars. We made a small line of holiday items to sell between Thanksgiving and Christmas — herb swags, herb vinegars, herb turkey brining mix, herb blends for roasting and



Most Teen Leadership Corps sessions involve cooking, and some involve baby ducks. Below, TLC participants work on a greenhouse.



baking, as well as our soup mix.

By developing business plans and test marketing these ideas, the teens, who come from different schools (Parkway Northwest, Central, Saul, SLA Beeber, CAPA, Mastery and others) and backgrounds, learn to work together and make business decisions based on hands-on research and experience.

We dream of growing these efforts into several cooperatively managed businesses that may become partnerships with TLC graduates, and to support subsidiary teen-operated businesses with micro loan “seed money” generated by the proceeds from the TLC family of businesses.

Registration for the summer work-

ready jobs are open through mid-May. Visit summerapp.workreadyphila.org for an application. (The code is S317.)

We are planning to employ up to 45 teens this summer. Referrals of young people who might be interested in this program should contact me at aherman@awbury.org or check out our page on the Awbury website: awbury.org/childrens-programs/awburytlc.

We welcome the support of the community — resources of time, money and job opportunities for TLC youth are always welcome. We could especially use a dishwasher (and \$\$ to install it) and a couple of wheelbarrows. To inquire about volunteering, contact me at aherman@awbury.org.

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BOARD OF DIRECTORS CANDIDATES

Each candidate was asked to respond to these questions:

1. Why are cooperatives in general and Weavers Way in particular important to you?

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?

Jordan Barnett



For me, food co-ops, and in particular Weavers Way, are at the confluence of sustainability issues. It's important that the products I buy give consideration to nutrition, the environment and the local economy. Furthermore, Weavers Way is a great entry point to the local community. We feel privileged to be members and look forward to helping sustain and grow such a terrific institution.

I have a wide breadth of corporate finance experience helping boards and shareholders make strategic financial decisions. At my current position, I deal specifically with issues of valuation, solvency and fairness, which will help me engage with a high level of sophistication on a variety of board topics.

While Weavers Way has grown significantly over the past few years, threats of new entrants and increased intensity of competition all loom on the horizon. I will bring an experienced and independent voice to the Board with a focus on strong governance and proper due diligence.

Megan Seitz Clinton

Incumbent



Growing up on a farm in the Midwest, co-ops were just a normal part of life. In the years since, I've realized how empowering it is to share a stake in an entity that both meets my immediate needs and also advances my values. Weavers Way felt like home right from the start and is a huge part of what attracted me to northwest Philadelphia.

As the daughter of an ultimately unsuccessful family farmer, I'm sensitive to problems facing small farms and passionate about the local food movement. As an attorney, I handle contract negotiations, dispute resolution, real-estate transactions (many involving cooperative housing corporations) and financing matters on behalf of my clients, experience that has proven valuable during my time as a Board director.

Long-term, we need to keep engaging members, understanding their needs, fostering participation and focusing on continued cooperative expansion. Short-term, we need to adapt to a changing grocery landscape and competition both down the street and online. "Engagement" might mean different things to different people, but those pieces are the ones that differentiate us from conventional retailers, and they're what keep people coming back.

Larry Daniels

Incumbent



Cooperatives provide the perfect balance between private industry and nonprofit. While Weavers Way is a for-profit business, the Co-op component lends a voice to the community that impacts the quality of its products and services, competitive pricing and valuing the customers who support the business. Weavers Way is great for the community.

As a financial advisor, I offer a business perspective to the Board. I have a strong corporate background, representing American Express, Ford, Getty Oil and Quaker Oats. I currently represent Edward Jones Investments here in the Mt. Airy community.

Short-term, we have to deal with external competitive threats. Our co-op model offers competitive advantages. The competition is strictly about business. Weavers Way values the community. We have to communicate this distinction through our stores. Long-term, we have to represent the diverse community. We have to embrace diversity and it has to be reflected in every aspect of Weavers Way's business.

Emmalee MacDonald

Incumbent



I believe that people coming together to fill a shared need is very powerful. I have a strong interest in locally produced and natural foods, urban farming and the Co-op's contributions to strengthening our community.

I am a Certified Public Accountant with experience assisting businesses, including cooperatives, with complex tax and accounting needs. I also hold an MBA from Drexel University and a Masters in Taxation from Fordham University. I am well versed in analyzing financial statements and tax returns, which allows me to provide informed suggestions regarding Co-op financial matters.

With the entry of large-scale competitors, it is becoming increasingly important for Weavers Way to differentiate itself and ensure that current and potential future members understand why being a member of a co-op provides benefits and community involvement that cannot be provided by a standard grocery store. In addition, as the Co-op continues to grow, the Board will be faced with making strategic decisions regarding further expansion of its operations.

Joyce Miller



I support the International Cooperative Principles as an important way for people in a community to exert control over vital aspects of their lives. Weavers Way not only deals with the vital activities of food and health but can also serve as a focal point for community education and improvement.

As the owner of an accounting firm that works exclusively with nonprofit organizations, and a CPA for over 30 years, my experience with nonprofit governance matters and internal controls of organizations would greatly benefit Weavers Way. I would especially engage to ensure that the Board performs its oversight duties with respect to financial matters.

I think that the long- and short-term challenges facing Weavers Way are to address the growing competition of alternative sources of food (not only new entrants to the market but also other longstanding stores, all focusing more on healthful products) and to improve the affordability of choices at Weavers Way, especially as it looks to expand into additional communities. In my accounting and consulting practice, a significant amount of my time is devoted to understanding the cost structures and funding challenges of nonprofit organizations and how to improve their effectiveness to achieve their missions.

David Woo



Cooperative enterprise has potential as an economic leveler in our society. Ordinary people, pooling our economic power for a net benefit, not just for owners but the community as a whole. Weavers Way has clearly demonstrated over the last 40 years the good work of our economic decision to join.

As a past president, I will quickly take up Board service to implement the will of our members and to insure that communication is a two-way street within the Co-op.

Growth, not for profit's sake but to withstand the business cycle and tell the story of why we do things the way we do. We are a going concern that provides for the needs of our membership, a business that can be a model for change.

2015 WEAVERS WAY CO-OP ELECTION

4. What volunteer experiences have you had with other cooperatives or organizations?

In the earlier part of my career, I worked extensively with health care, education and nonprofit institutions. My desire to join the Board reflects a commitment to return to working with mission-driven entities.

I am currently serving on the Weavers Way Board. I have past experience volunteering for a start-up CSA in New York City. I currently volunteer for Big Brothers/Big Sisters.

I am a current Board member of Weavers Way. I serve as President and board member for East Mount Airy Neighbors. I work with the business association of Mount Airy USA. I have also served on the board of the Doylestown Business Association.

I assist Weavers Way Community Programs with various accounting matters and am a member of the Weavers Way Finance and Diversity committees. Upon the resignation of one of its members, I was appointed to the Weavers Way Board in 2014 and was happy to accept the position.

I currently serve on the board of Regional Housing Legal Services. My previous board experience includes Project HOME, The Reinvestment Fund, Community Partnership School and Springside School. I have served on finance and audit committees and as treasurer on two boards.

I have picked up a social media torch and helped national and regional cooperative organizations such as the Consumer Cooperative Management Association and the MidAtlantic Food Cooperative Alliance raise their profiles. I've advised and mentored many of the good co-op start-ups in our region and across the country with my valuable experience as a Weavers Way Board director. I expect that their success will lay a broad and level foundation for the growing awareness of the co-op difference.

5. Is there any other personal information you would like to share, for example, family, hobbies, work experience or special talents?

I live with my wife, Sarah, and cat, Rollie, in the historic Tudor district of East Falls. I am an avid home cook and committed foodie with a passion for traveling. I am holder of the right to use the Chartered Financial Analyst designation, recognized globally for its commitment to high ethical principles and high professional standards within the investment industry.

I live in Chestnut Hill with my husband (Corry), my son (Henry) and our kitty (Pearl). I love to travel, cook and eat. I am an avid reader and a recovering political junkie.

I have been married for 28 years to my wife Gail and I have 2 children. I am a proud member of Enon Tabernacle Baptist Church where I sing with the Male Chorus.

My husband and I live in Germantown with our two very entertaining cats, Chester and Charlie, and our brand-new baby boy, Samuel Aiden MacDonald.

I am married and live in Wyndmoor. We have two children.

My experiences as a soldier, leader, advocate and 501(c)3 worker are what helps me to focus upon the tasks at hand, which is to educate and inform our membership of our progress as a cooperative enterprise.



2015 OFFICIAL BALLOT Election for Weavers Way Co-op Board of Directors

**Voting ends Sunday, May 31, 2015 at 5:15 p.m.
at the General Membership Meeting**

Morris Arboretum
100 E. Northwestern Ave., Philadelphia, PA

To vote online: See the instructions on our website, www.weaversway.coop, and follow the directions on your election reminder email. Note that the order of the candidates in the online ballot will be randomized when you open the ballot.

To vote by mail: Official ballots will be accepted by mail if received by May 30, 2015, at the Leadership Committee mailbox. Mail to: Leadership Committee, Weavers Way Co-op, 559 Carpenter Lane, Philadelphia, PA 19119.

To vote in stores: Place official ballots in the ballot box at the Mt. Airy store, 559 Carpenter Lane, or the Chestnut Hill store, 8424 Germantown Ave., by noon May 31, 2015.

To vote at the General Membership Meeting: Place official ballots in the box provided at the meeting no later than 5:15 p.m., May 31, 2015.

Please note: Only one vote per member household.
Once a vote has been cast, it cannot be changed.

AT-LARGE DIRECTORS

Vote for no more than five. The top four vote-getters will serve 3-year terms. The fifth vote-getter will serve a 2-year term. In the event of a tie, we will hold a runoff at the General Membership Meeting.

- | | |
|---|---|
| <input type="checkbox"/> Jordan Barnett | <input type="checkbox"/> Emmalee MacDonald
(incumbent) |
| <input type="checkbox"/> Larry Daniels
(incumbent) | <input type="checkbox"/> Joyce Miller |
| <input type="checkbox"/> Megan Seitz Clinton
(incumbent) | <input type="checkbox"/> David Woo |

PROPOSED WEAVERS WAY BYLAWS REVISIONS

- YES**, I accept the proposed new Weavers Way Bylaws.
 NO, keep the Weavers Way Bylaws as they are.

Fold in half for a confidential vote. Every effort will be made to maintain the privacy of each member's ballot. This information is mandatory for your vote to be counted. One vote per member household and the first vote registered online will be the vote that counts. Any paper ballots received after an online ballot is cast (by the same household) will not be input and will not count.

Date _____ Member # _____

Print Name

Signature





Nicole Hehn VMD
Scott Gellman VMD

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The Passionate Gardener

Aphids on Leaf, Root, Branch & Sometimes the Wing

by Ron Kushner, for the Shuttle

APHIDS ARE ONE OF THE MOST TROUBLESOME insects gardeners deal with on a regular basis. There are over 1,300 species in the United States and they come in all colors: green, gray, white, red, orange, brown, black, yellow and pink. They are exclusively plant feeders, draining the fluids from the host plant through piercing-sucking mouth parts shaped like elongated tubes. They are also great disease spreaders, passing along viral infections such as mosaics, leaf curl and wilts, as well as bacterial and fungal infections such as blight.

Adults aphids look like the nymph stage, just bigger. Only some adult aphids have wings. They often have a generation or two without wings and then, all of a sudden, for no apparent reason, begin to produce offspring with wings. Eggs develop without fertilization (called “parthenogenesis”). During a great part of their life, aphids produce only females through live birth, especially in the heat of the summer. (In the South, where it is always warm, no males are produced for years.) Over-wintering eggs hatch in spring; wingless females give birth to more live females for several generations. Then, females sprout wings, fly to a new plant and produce live males and females. This generation mates and the female lays the eggs that over-winter.

The young don't move much. They



They really do come in many different colors, including black, pink, green and red.. At right, our hero: A ladybug vacuums up aphids infesting a hibiscus flower bud.



are simply born and start sucking plant juices where they are. When their numbers are large, you can see curling, yellowing and stunted leaves, usually at the end of a stem. The aphids can be found underneath the leaves. But many types of aphids are root feeders and a few rare species live their entire lives underground.

Aphids excrete honeydew, a sugary substance that ants feed on. If ants are seen on a plant, there is a good chance there are aphids too. Aphids leave white skin casts when they molt, which can easily be misidentified as whitefly or dead aphids.

Many aphids specialize in a specific host; onions and milkweed are examples

of plants that have their own aphid tormentors. Root feeding aphids also have specific hosts, such as asters, dahlia, cosmos, corn and rhubarb, and the list goes on! Aphids grow faster and reproduce more on higher nitrogen levels so use caution with high nitrogen fertilizers.

For the most part, aphids are held in check by other insects such as lady beetle larvae and parasitic wasps. Green lacewing larvae are probably the finest aphid predators in any garden, along with flower fly larvae. Other natural enemies of aphids are braconid wasps, midges, big-eyed bugs, damsel bugs, hover flies, minute pirate bugs, rove beetles, soldier beetles and syrphid flies. A diversity of plants including flowers and herbs should give

any garden plenty of these predators.

Lady beetles sold in boxes are not a guaranteed control. They are usually bought when the aphid population is way out of control and one group of predators is not going to create balance in the garden.

A forceful spray of water will dislodge the aphids and since they have no wings, cannot find their way back to the plant. But there will always be aphids and there will always be predators to eat them. We gardeners should get used to it!

Reach Ron Kushner at ron@primexgardencenter.com or visit his website, www.ronsorganicgarden.com

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ECO TIP

From the Weavers Way
Environment Committee

What to do with those pesky slivers of soap that are left after you've (almost) used up soap bars in the shower or at the sink? Do you end up throwing them out after trying unsuccessfully to get them to stick to a new bar? Here are a couple suggestions. Save the small pieces, put them in a container, and add water to dissolve them. You can speed up the process by heating the soap and water on the stove. Once the slivers are completely dissolved, use the mixture as liquid soap to do laundry or other household tasks. Or melt the pieces down on the stove without water, and pour the melted soap into greased jar lids (or anything you want to use as a mold). After it hardens, you have a new bar of soap.

The Down & Dirty about Recycling

by Sandy Folzer, Weavers Way
Environment Committee

DID YOU KNOW THE CITY HAS NO landfills? That everything that is not recycled is incinerated?

Did you know that plastic bags are not acceptable in curbside recycling programs, and that too many of them can contaminate recycling loads?

Did you know that all those paper leaf bags are put in the trash except during very specific times? Your yard waste is incinerated except during specific yard-waste pickups.

I thought I knew about recycling. But I learned I had much to learn when Ian Hagerty, who worked in the Streets Department and is now a city planner, visited the Environment Committee at our March meeting.

We learned that Philadelphia is ahead and behind other cities. We recycle more metal, plastic and glass containers, and paper and cardboard in our curbside recycling program than most large cities. We do manual collection, which makes it harder to determine what each resident does since we can't measure it. Automated collection wouldn't work in some of our neighborhoods because the streets are too narrow. Philadelphia follows rigid labor rules, like three workers for each truck. We were told our workers are good, which I have found to be the case in my neighborhood. Drivers are paid on a different scale, so they can't help collect the trash.

Philadelphia's Recycling

We are fortunate in Philadelphia to have a "single stream" collection, which means our plastics, paper and glass bottles can all be put into the same container. If there is an overflow, residents can use their own container. They can mark it "Recycling" or get a decal from the city.

Philadelphia tries to make it simple by picking up recycling the same day as trash once a week. This is harder on the city because we have to have such large crews.

Philadelphia does not collect recycling from businesses, except those with six or fewer units or retail space. The commercial places have to hire their own haulers. However, since 1994 all businesses must have recycling plans and educate tenants and employees about recycling. The city has become more aggressive trying to get compliance in Center City, with a team of five compliance officers who began doing inspections in April 2014. If there is evidence of divergence or businesses don't educate their employees, they are given a warning citation. Additional outreach — and enforcement in the way of fines — is set to kick in this year, to coincide with outreach efforts to business districts and commercial corridors.

The city takes the recycling to a materials recovery facility. Take a virtual tour of a MRF at www.recommunity.com/virtual-mrf.

Glass is a huge problem because it is the most significant by weight. Paper used to be half of all recycled mate-



rials, but now it is less than 50 percent by weight. Pennsylvania mandates that we recycle glass though it is difficult because it is broken and often in small particles by the time it makes it to the MRF. A portion of our glass gets recycled back into bottles, but most of it is used for fill in construction and roads.

Returnable bottles are good. Bottle taxes have been very successful in a few states but it takes a huge political movement and action by the state legislature. It increases the price of the product.

Prices for recyclable commodities fluctuate, and some are worth more than others. At present, old aluminum pays about \$1,500 a ton. We need to get manufacturers to pay for recycling of products. For example, California has a tax on electronics.

The city sends residential trash to two incinerators, one operated by Waste Management in Tullytown, Bucks County, and the other operated by Covanta Energy in Plymouth Meeting, Montgomery County. Waste Management has a new facility that takes non-recyclable residential trash and compresses and dries it to make fuel pellets that can replace coal. But now that nat-

(Continued on Page 21)

PHILADELPHIA MAYORAL PRIMARY



Photo: Nathaniel Hamilton for NewsWorks

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THE HOMESTEADING WORKSHOP SERIES 2015

With a little help from the homesteading pros, this could be the summer you turn both of your thumbs green! From volunteer days where you can learn techniques firsthand from the Weavers Way farmers, to workshops that will remake your kitchen into a DIY hub, Weavers Way will have you sprouting into a master of the domestic arts this season.

WEDNESDAY, MAY 6 **7-9 PM**

FOOD IN JARS CANNING SERIES: Preserve Spring with Rhubarb Jam and Asparagus Pickles

Cookbook author and Food in Jars blogger Marisa McClellan will walk you through the steps of turning ruby stalks of rhubarb into jam and crisp spears of asparagus into pickles. She'll also show you how to safely seal the jars so they're ready for your pantry shelves. All students will go home with recipes and canning details, as well as jars of the products they made in class. Chestnut Hill Friends Meetinghouse. **\$30**

WEDNESDAY, JUNE 10 **7-9 PM**

FOOD IN JARS CANNING SERIES: Cucumber Pickles, Fast and Slow, Vinegar and Fermented

Learn the basics of both quick vinegar and brined pickles with cookbook author and Food in Jars blogger Marisa McClellan. Build jars of vinegar-based quick pickles that can be eaten the next day as well as salt-brined pickles that will need at least a week in a cool, dark place to achieve their signature fermented tang. All students will go home with the recipes and canning details, as well as the two jars of pickles they made in class. Chestnut Hill Friends Meetinghouse. **\$30**

WEDNESDAY, JULY 8 **7-9 PM**

FOOD IN JARS CANNING SERIES: Introduction to Canning Whole Peeled Tomatoes

Learn the basics of tomato preservation and boiling-water-bath canning with cookbook author and Food in Jars blogger Marisa McClellan. She'll walk you through prepping, packing and preserving whole peeled tomatoes. All students will go home with the recipe and canning details, as well as a jar of the tomatoes they made in class. Chestnut Hill Friends Meetinghouse. **\$30**

TUESDAY, JULY 21 **4:30-6:30 PM**

FERMENTATION WORKSHOP: Amanda Feifer of Pickle

Fermenting is one of the oldest methods of food preservation around. We'll be taking on simple fermented green beans — perfect for CSA members looking to make the most of the U-pick season. Amanda Feifer, Philadelphia-based blogger for Pickle, will show you the ropes. (Look for her new book, "Ferment Your Vegetables," out this spring.) Henry Got Crops Farm. **\$30**

THURSDAY, JULY 23 **6-8 PM**

HOMETOWN HERBS HOW-TO: Summer Skincare

Join us for the first in a series of workshops on using herbs for a variety of purposes, both inside and out! Herbal experts April Pedrick and Amy Hsu will lead you in making a natural toolkit to take on summer's insults, from heat and humidity to bug bites and bee stings. Henry Got Crops Farm. **\$5 materials charge**

TUESDAY, AUGUST 18 **6-8 PM**

HOMETOWN HERBS HOW-TO: Tinctures and Glycerites

Herbal experts April Pedrick and Amy Hsu will bring out the fifth-grade science student in you with this workshop. Using alcohol and glycerin, they'll show you how to preserve plants for medicinal uses both internal and external. Henry Got Crops Farm. **\$5 materials charge**

WEDNESDAY, SEPTEMBER 2 **7-9 PM**

FOOD IN JARS CANNING SERIES: Low-Sugar Spiced Plum Jam

Love jam but not all the sugar? Cookbook author and Food in Jars blogger Marisa McClellan will show you how to make perfect, perfectly delicious low-sugar jam using Pomona's Pectin. She'll walk you through the steps of safe preserving and show you how to process the jars so that they're shelf-stable. All students will go home with the recipe and canning details, as well as a jar of the jam made in class. Chestnut Hill Friends Meetinghouse. **\$30**

TUESDAY, SEPTEMBER 22 **6-8 PM**

HOMETOWN HERBS HOW-TO: Oils and Salves

As the cooler months arrive, you'll be happy to know how to create your own skin-nourishing oils and salves — which are also great for cuts and scrapes! Herbal experts April Pedrick and Amy Hsu will lead this class in extracting plant properties into oils that can then be used for a variety of salves for any purpose! Henry Got Crops Farm. **\$5 materials charge**

VOLUNTEER ON THE FARM

DON'T MISS
our first volunteer day, Friday May 8, in conjunction with the Grand Opening of the Henry Got Crops farmstand!

Volunteer hours are 11 a.m. to 5 p.m.

From 3 to 6 p.m., join in the fun with games for kids, local vendors offering samples and grilling by Weavers Way chefs. It's all happening at 7095 Henry Ave., on the Wissahickon Park side of the Saul High School campus.

REGULAR FARM VOLUNTEER DAYS are one Saturday a month, 9 a.m.-1 p.m, alternating between the Henry Got Crops CSA farm at Saul High School in Roxborough, and our Mort Brooks Memorial Farm at Awbury Arboretum in Germantown.

SATURDAY JUNE 6
Mort Brooks Memorial Farm

SATURDAY, JULY 11
Henry Got Crops Farm

SATURDAY, AUG. 1
Mort Brooks Memorial Farm

SATURDAY, SEPT. 5
Henry Got Crops Farm

SATURDAY, OCT. 3
Mort Brooks Memorial Farm



Henry Got Crops Farm
7095 Henry Ave.

Mort Brooks Memorial Farm
901 E. Washington Lane

Chestnut Hill Friends Meetinghouse
20 E. Mermaid Lane

To register for paid workshops:
www.weaversway.coop/homesteading
or s.coop@weaversway.coop

For more info:
skane@weaversway.coop

Opening Day at the Farmstand: Fun & Delicious

by Stephanie Kane, Weavers Way Local Purchasing Coordinator

THE HENRY GOT CROPS FARMSTAND — featuring Weavers Way's own fresh-grown produce along with a selection of the best locally sourced products — reopens Friday, May 8 from 11 a.m. to 6 p.m. with a very special volunteer day, featuring games, grilling and vendors providing samples 3-6 p.m.

Throughout the summer, the farmstand features produce grown at the Weavers Way farms at Saul in Roxborough and at Awbury Arboretum in Germantown, along with locally sourced essentials — eggs, meat, dairy and bread— and seasonal and specialty items including fruit, locally roasted coffee, artisan ice cream and apple cider.

As in past years, we will host our monthly Saturday volunteer days, through October, at both farms. We also have a full schedule of workshops this summer, to teach you how to preserve the harvest through canning, fermentation, tinctures and skin care.

And movie nights are back by popular demand! Spend a magical evening under the stars, picnicking with your family, every month! Join us for favorite farm-themed movies, including "The Wizard of Oz" and "Field of Dreams."

All profits from the farmstand and these events support Weavers Way Farms and educational programming at Saul High School.

Henry Got Crops is a partnership of Weavers Way Co-op, Weavers Way Community Programs, Saul High School and Philadelphia Parks and Recreation. Regular farmstand hours, through October, are Tuesdays 2-7 p.m. and Fridays 2-6 p.m.

For up-to-date details about farm activities, or any Weavers Way events, visit www.weaversway.coop/events.

skane@weaversway.coop

Where to Find Weavers Way Farms Produce

Weavers Way Mt. Airy
559 Carpenter Lane

Weavers Way Chestnut Hill
8424 Germantown Ave.

Farm produce is delivered to the stores Monday, Wednesday and Friday mornings.

Henry Got Crops Farmstand
7095 Henry Ave. (across from Saul High School), Tuesdays 2-7 p.m. and Fridays 2-6 p.m. May 8 through October.

Weavers Way Farmstand at Headhouse Farmers' Market, 2nd and Lombard streets, Sundays 10 a.m.-2 p.m. starting May 3.

Weavers Way Community Programs Farmstand in front of Weavers Way Chestnut Hill, Tuesdays 3-6 p.m., starting mid-May.



Weavers Way will be closed May 27

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Recycling

(Continued from Page 18)

ural gas prices are low, it is not as attractive an option. The low price of oil, which has been caused to some extent by increased natural gas extraction, has wreaked havoc on recyclables end markets and some forms of alternative energy.

Plastic Bags

Plastic-bag regulation is hopefully coming before City Council in the next few months. Councilman Mark Squilla says he plans to introduce a resolution concerning the bags, but it has yet to happen. We could call the Mayor's Office or our councilpersons to push for a resolution. We want to charge 5 cents a bag. In Washington, DC, the program is administered by the Water Department. That makes sense because the plastic bags often end up in the waterways. Read more about it here: ddoe.dc.gov/bags.

Stores that recycle plastic bags sell them back to companies who melt and make new bags, so it is legitimate. Some go to TREX for building of park benches.

The city asks that no plastic bags be put in with recycled materials for they cause problems at the processing facility. Phil Breese of the Streets Department says, "It's common practice for the Materials Recovery Facilities to use an hour during each shift to unwrap plastic bags off of equipment."

Styrofoam

Dart Container Group (headquartered in Michigan) is one of the last companies that makes Styrofoam containers. Recycling options for Styrofoam are impractical or nonexistent. It is a problem for the city because it can contaminate curbside recycling loads and contributes to litter.

Compost

We would like to collect compostables, like food and yard waste. The city would only do if it makes financial sense. Councilwoman Cindy Bass introduced a resolution last fall that led to a City Council hearing on organics recycling. The city is preparing to conduct a feasibility study on organics recycling options. Bass and Councilman Dennis O'Brien introduced legislation late last year that will make it easier for businesses to recycle

food waste. That passed Council 16-0 in February, and the city is preparing to modify code and regulations.

In New York City, the Bureau of Waste Prevention has a composting pilot program, but they have a larger budget. New York gives residents in some areas, like the Bronx and Brooklyn, a container for composting, along with a smaller container that fits under the sink. Residents bring the compost to transfer stations in the city.

By weight, organics such as yard and food wastes comprise 30 percent of our trash in Philadelphia.

Electronics

Pennsylvania prohibits the collection of electronics or anything with a circuit board. People still put their TVs out in the trash, and trash workers sometimes take them because they don't want to leave rubbish on the street. We need to educate them and the public better.

TV tubes are scary products. And there are lots of old tube TVs. The glass is impregnated with lead. Only one company, not in the United States, still makes them. We haven't reached the peak of TV tubes yet, as we continue to see more and more of these old TV being discarded. We can't put them in landfills, and no one can figure how to use them. Recycling a TV should cost at least \$20. The city does recycle electronics responsibly when they are brought to the designated facilities.

Leaf and Yard Waste

When you try to be diligent by putting your leaves and yard waste in large lawn bags, you think they will be composted. But with a few exceptions, your leaf or yard waste bags are thrown into the trash. In prior years, the Streets Department provided leaf pickup for a six-week period, but that was discontinued. Only on specifically designated dates is your yard waste recycled, so go to philadelphiastreet.com to learn exactly when leaves/yard waste will be collected.

Who should pay for the recycling of products? The producer, the consumer, the city? We can't regulate anything unless it's in the City Charter.

environment@weaversway.coop

For more info:

www.recyclebycity.com/philadelphia
www.philadelphiastreet.com/Recycling
 Facebook: [PhiladelphiaRecyclingOffice](https://www.facebook.com/PhiladelphiaRecyclingOffice).

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 idea, concept, issue, remark, phrase, description of event, word or word string should be taken seriously. This also applies to the previous sentence.

Mary, our editor, asked me to write about the WholeSoy closing, which turns out turns up some interesting points. WholeSoy was an early manufacturer of organic soy yogurt, became the largest in the U.S. market in early 2000s and recently, and suddenly, went out of business. I found their letter announcing the closing a bit odd:

"In April of 2013 the contract manufacturer that was helping us make soy yogurt abruptly closed its doors leaving us without a facility to make our products. We were faced with a very difficult decision to either shut down WholeSoy or find a way to continue. We decided to pursue a long-held dream and build our own dairy-free yogurt facility. This was an exciting, but incredibly expensive endeavor.

"Determined to remain independent and family-owned, our founding partners contributed all available personal funds to build the facility. A year off the shelves, WholeSoy soy yogurts returned to the market, welcomed with open arms by retailers and consumers alike. We quickly became the No. 1 soy yogurt once again!

"Despite regaining strong sales, generous assistance from Whole Foods Market Local Producer loan program and all of our hard work, it has become clear that we cannot support the full cost of the debt as well as the day-to-day operations of WholeSoy. Unfortunately, we have exhausted all possible sources of additional funding, and can no longer continue to operate."

This description makes me wonder about their business plan. Seems like sales were good, No. 1 in category, but still not enough to sustain the company? Maybe they lost market share to other vegan yogurts like ones made with almond milk or coconut milk. Maybe there is a more sinister reason, like they were being extort-



ed by Dannon and Stonyfield for calling their product "yogurt," since under FDA rules, yogurt must contain milk. As I've pointed out, milk is "a fluid secreted by the mammary glands of females for the nourishment of their young." Soybeans do not have mammary glands. Anyway, WholeSoy appears to be gone forever.

Speaking of soy, there are both health and harm claims about eating it. It's been widely studied, with scattered evidence that it helps prevent cancer, contributes to cancer, is good protein, is bad protein, is good for heart, is bad for heart, lowers diabetes risk and increases diabetes risk. It seems here are a lot of variables, including how the soy was processed and your own body. The majority of soy in this country goes to cooking oil (not a great oil due to its high omega-6 content), industrial uses and animal feed. Most conventional soy is genetically engineered to tolerate large doses of glyphosate, that fun substance termed a "broad-spectrum systemic herbicide." The largest producer of glyphosate is China, where it is liberally added to both Column A and Column B, since glyphosate adds a pleasing nutty aroma and also "tastes like chicken."

Speaking of yogurt and whether it has to have milk, you may be interested to know that there are foods for which the FDA has "standards of identity," meaning there is an official U.S. government definition. One I found interesting is mayonnaise, which I can't resist passing along to offer an idea of what a FDA standard of identity looks like (and I'm someone that believes an important part of communication is defining terms):

Sec. 169.140 Mayonnaise.

(a) Description. Mayonnaise is the emulsified semisolid food pre-
 (Continued on Next Page)



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Suggestions

(Continued from Preceding Page)

pared from vegetable oil(s), one or both of the acidifying ingredients specified in paragraph (b) of this section, and one or more of the egg yolk-containing ingredients specified in paragraph (c) of this section. One or more of the ingredients specified in paragraph (d) of this section may also be used. The vegetable oil(s) used may contain an optional crystallization inhibitor as specified in paragraph (d)(7) of this section. All the ingredients from which the food is fabricated shall be safe and suitable. Mayonnaise contains not less than 65 percent by weight of vegetable oil. Mayonnaise may be mixed and packed in an atmosphere in which air is replaced in whole or in part by carbon dioxide or nitrogen.

(b) Acidifying ingredients. (1) Any vinegar or any vinegar diluted with water to an acidity, calculated as acetic acid, of not less than 2 1/2 percent by weight, or any such vinegar or diluted vinegar mixed with an optional acidifying ingredient as specified in paragraph (d)(6) of this section. For the purpose of this paragraph, any blend of two or more vinegars is considered to be a vinegar. (2) Lemon juice and/or lime juice in

any appropriate form, which may be diluted with water to an acidity, calculated as citric acid, of not less than 2 1/2 percent by weight.

(c) Egg yolk-containing ingredients. Liquid egg yolks, frozen egg yolks, dried egg yolks, liquid whole eggs, frozen whole eggs, dried whole eggs, or any one or more of the foregoing ingredients listed in this paragraph with liquid egg white or frozen egg white.

(d) Other optional ingredients. The following optional ingredients may also be used:

- (1) Salt.
- (2) Nutritive carbohydrate sweeteners.
- (3) Any spice (except saffron or turmeric) or natural flavoring, provided it does not impart to the mayonnaise a color simulating the color imparted by egg yolk.
- (4) Monosodium glutamate.
- (5) Sequestrant(s), including but not limited to calcium disodium EDTA (calcium disodium ethylenediamine-tetraacetate) and/or disodium EDTA (disodium ethylenediaminetetraacetate), may be used to preserve color and/or flavor.



(6) Citric and/or malic acid in an amount not greater than 25 percent of the weight of the acids of the vinegar or diluted vinegar, calculated as acetic acid.

(7) Crystallization inhibitors, including but not limited to oxysterin, lecithin, or polyglycerol esters of fatty acids.

(e) Nomenclature. The name of the food is "Mayonnaise."

(f) Label declaration. Each of the ingredients used in the food shall be declared on the label as required by the applicable sections of parts 101 and 130 of this chapter.

[42 FR 14481, Mar. 15, 1977, as amended at 57 FR 34246, Aug. 4, 1992; 58 FR 2886, Jan. 6, 1993]

Remember, this is just of many foods with identity standards. Does Congress vote on this stuff or does a bureaucrat get to decide? Note that this was amended 15 years after it was first written — did someone make a motion at an FDA annual meeting? And why is the FDA discriminating against saffron and turmeric? Do spices have lobbyists but saffron and turmeric lobbyists don't have enough money to spread around?

Speaking of soybean oil, it is the first ingredient in Hellman's, and the second ingredient is eggs, so basically Hellman's is a jar of solvent-extracted GMO soybean oil and eggs from battery-cage hens, so I would not say it's a healthy food, despite its popularity in the world and at Weavers Way. (We probably go through 40 gallons a week.) Interesting food system we got here in this modern age.

suggestions and responses

s: "I just want you to know that I mixed your spicy pickle juice with vodka and it was the effing jam, kind of like a spicy Martina."

r: (Norman) Wow, we'll add this to our list of pickle juice testimonials, which now stands at one.

s: "This seems like a Saturday Night Live skit. Receipts that you can't read are useless and most of us don't want to take the time to print out our own receipts or get the receipts up on our computers. I would think providing receipts is a part of business. You need the receipts to prove someone actually purchased something in case of returns. I really think whether the receipt has BPA, Vitamin C or plutonium is kind of secondary."

(Continued on Next Page)



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Gutter and downspout inspections are important to make sure that spring downpours are routed away from your roof. Clogged gutters can allow rain to get under the lower placed shingles and damage underlying materials.

The most important thing to remember when evaluating your roof this spring is Safety. We provide free roof inspections.

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- ~TAKE YOU TO A DOCTOR'S APPOINTMENT~
- ~LOOK AFTER YOUR CATS WHILE YOU WERE AWAY~
- ~REPAIR CLOTHING AND JEWELRY~
- ~SORT AND FILE PAPERS~
- ~READ OUT LOUD TO A LOVED ONE~
- ~ASSIST IN DOWNSIZING BY DRAWING OUT OF YOU YOUR BEST THINKING AS TO WHAT TO KEEP, WHAT TO GIFT OR DONATE, PERHAPS WHAT TO SELL~
- ~HELP YOU WITH A GARAGE SALE~ ETC. ETC. ETC.

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Consider contacting Josephine at envision.again@verizon.net

Suggestions

(Continued from Preceding Page)

r: (Norman) Sorry about that, the new receipt paper that faded was a trial. Turns out the BPA-free paper we were using contained BPS, which apparently is almost as bad as BPA. The trial paper had a coating derived from Vitamin C, but there were issues with the first batch. (That's what we get for being on the bleeding edge.) We're supposed to try a new batch when it's ready. At some point, we should be able to email receipts, and it's possible that if you have smartphone you can see the receipt soon after checkout. I suspect you are one of a small minority of shoppers that value the certainty of having a long-lasting readable printed receipt, even if contains plutonium, over trying to find a better alternative due to what appears to be a serious health concern over BPA and BPS in receipt paper.

s: "Baker Bread still missing in action. One loaf of Yoga bread and nothing else left at 3 p.m. This is one of the few breads whose first ingredient is whole grain."

r: (Matt MA) More arriving this Thursday, should be regularly stocked after that.

s: "I wish we'd go back to 110th St. lemon pound cake — it's so much better than Le Bus, in my opinion!"

r: (Matt MA) Due to shelf space, we only carry one lemon pound cake and we currently carry Le Bus because it more closely falls in line with our philosophy of preferring local goods.

s: "Hodgson Mill Soy Flour — it is a lower calorie soy flour than what you carry => significantly lower, and soy flour is not easily found in Philly."

r: (Heather MA) Sorry, we don't have enough requests to stock it, but see a grocery staffer about pre-ordering a case of 6.

s: "Please stock more Endangered Species Panther (88% cocoa). It's always running out, and it's the only chocolate that some people can eat (lowest sugar content)."

r: (Heather MA) We will continue to try to order enough of this flavor. Sometimes it's hiding in the basement, so if you ask a Grocery staffer, we can check.

s: "Please get back frozen blintzes! Save me a trip to supermarket!"

r: (Heather MA) I'm sorry, but our vendor for this item changed the minimum order from 50 to 100 cases. We can't store that much. I have been looking for a replacement but haven't found a suitable one yet.

s: "I'm following Mesozoic diet, supposed to eat crocodile meat, can we stock? Would save me trip to the Everglades."

r: (Norman) While there is no commercially available crocodile meat, Weavers Way Community Programs, our nonprofit, is working to get grants to introduce crocodiles to the Wissahickon and teach youth how to butcher them as part of the meat lab at Saul High School. The Backyard Chicken people have concerns about crocodiles becoming backyard chicken predators but it turns out it's not a concern since crocodiles don't like meat that "tastes like chicken."

Normanb@weaversway.coop

EVERY FIRST THURSDAY

Weavers Way MOVIE NIGHT

at Mt. Airy Read & Eat

7141 Germantown Ave.



Join us for a flick and a conversation.

Thursday, May 7, 7 p.m.



WASTE LAND

(2010, www.wastelandmovie.com)

Brazil-born artist Vik Muniz collaborates with the catadores, trash pickers in a vast landfill north of Rio de Janeiro.

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

Check the Weavers Way Event Calendar, www.weaversway.coop/events for updates!

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MAY

CALENDAR of EVENTS

ALL MONTH LONG

WEAVERS WAY CHESS CLUB, 7 p.m. Mondays, Mt. Airy Read & Eat, 7141 Germantown Ave. LOCAL MONDAYS, 4-7 p.m. (check online calendar for updates.)

CAT ADOPTIONS ACROSS THE WAY, Noon-3 p.m. Saturdays

HENRY GOT CROPS FARMSTAND, 7095 Henry Ave., at Saul High School, 11 a.m.-7 p.m. Tuesdays, 11a.m.-6 p.m. Fridays

Saturday, May 2 **11 a.m.-5 p.m.**

Mt. Airy Day
East and West Mt. Airy neighbors invite you for the 45th year to stroll the grounds of historic Cliveden, get info, shop vendors — including the Co-op's big plant sale — spot a politician or two and take in the uniqueness of Northwest Philadelphia. At Germantown Avenue and Washington Lane.

Sunday, May 3 **11 a.m.-5 p.m.**

Chestnut Hill Home & Garden Festival
Next day, different neighborhood — we'll be participating in the tremendous street fair out in front of our Chestnut Hill store as we always do, but this year there will also be a homesteading-themed scene out back! Visit our farm table, check out the chickens and pick up a new DIY idea or two.

Tuesday, May 5 **7-9:30 p.m.**

Monthly Weavers Way Board of Directors Meeting
All are welcome! Chestnut Hill Community Association 2nd floor conference room, 8419 Germantown Ave. For info and to RSVP: boardadmin@weaversway.coop or 215-843-2350, ext. 118.

Wednesday, May 6 **7-9 p.m.**

Homesteading Workshop — Food in Jars Canning Series
Food in Jars blogger Marisa McClellan returns for a new round of canning classes. Up first: "Spring Preserves — Rhubarb Jam and Asparagus Pickles." Students go home with recipes and canning details, as well as what they made in class. For info and to register: www.weaversway.coop/homesteading.

Wednesday, May 6 **7:30-9 p.m.**

Weavers Way Environment Committee Meeting
Community Room, 555 Carpenter Lane (adjacent to the Mt. Airy store). RSVP: Steve Hebden, steve@weaversway.coop

Thursday, May 7 **7 p.m.**

'WASTE LAND' the Movie
Our free first Thursday documentary and discussion at Mt. Airy Read & Eat, 7141 Germantown Ave., is "Waste Land," the story of an artist's project in the world's largest landfill. (www.wastelandthemovie.com). Seats are limited; RSVP to outreach@weaversway.coop or 215-843-2350, ext. 118.

Friday, May 8 **11 a.m.-6 p.m.**

Henry Got Crops Farmstand Grand Opening & Volunteer Day
We're kicking off the farmstand season with a Grand Opening and Volunteer Day! Get your hands dirty, shop our first market of the year and try some fine food and kids' activities. Sign up for the CSA if shares are still available. 7095 Henry Ave., on the Wissahickon Park side of Saul High School.

Saturday, May 9 **11 a.m.-4 p.m.**

W.B. Saul High School Country Fair Day & Craft Sale
Come on back the next day for Saul's annual "A-Day" celebration. Student exhibits, plant sale, animals, tours, food, crafts and vendors. The school address is 7100 Henry Ave.; the fun is on both sides of the road.

Wednesday, May 13 **6:30-8:30 p.m.**

Welcome Meeting for New Members
Learn how to make the most of your Co-op member-ownership, and earn two hours work credit! Upstairs meeting room, Chestnut Hill Community Center, 8419 Germantown Ave. (across from the Chestnut Hill store). RSVP: member@weaversway.coop or 215-843-2350, ext. 119.

Thursday, May 14 **9 a.m.-1 p.m.**

Good Food for All Conference
The Coalition Against Hunger presents a resource fair at the Free Library Central Branch, 1901 Vine St., featuring Linda Tirado, author of "Hand to Mouth: Living in Bootstrap America," plus cooking demos, tastings and raffles. Info: www.hungercoalition.org/event/good-food-all-conference.

Thursday, May 14 **7-9 p.m.**

Worker Co-op Film Fest
The Philadelphia Area Cooperative Association hosts screenings of several short films on worker co-ops at W/N/W/N Coffee Bar, 931 Spring Garden St. More info: www.philadelphia.coop/events.

Saturday, May 16 **11 a.m.-2 p.m.**

Henry School PTA Fun Fit Fest
Participate in PlayWorks games, a kickball tournament, fitness circuit, movement workshops and more at Greene and Carpenter. Enjoy foods and giveaways. Benefits Henry's PlayWorks program.

Sunday, May 17 **1:30-5 p.m.**

NW Philly Repair Cafe Returns!
Broken toaster? Hem falling down? Computer on the blink? Learn to fix it or get it fixed! Sponsored by Time4Time Community Exchange, Weavers Way and the Germantown Life Enrichment Center. Location: GLEC, 5722 Greene St. More info: www.time4timeexchange.org.

Wednesday, May 20 **7-9 p.m.**

Weavers Way Member Forum on Pricing
An ongoing discussion with Co-op staff about price perception, affordability and product selection in our stores. Upstairs meeting room, Chestnut Hill Community Center, 8419 Germantown Ave. (across from the Chestnut Hill store). RSVP: outreach@weaversway.coop or 215-843-2350, ext. 118.

Thursday, May 21 **7-8:30 p.m.**

Discussion Group: 'Being Mortal,' by Atul Gawande
Weavers Way joins My Way and Northwest Village Network to launch a discussion of this powerful book about the limits of medicine to "fix" our lives. Community Room, 555 Carpenter Lane (adjacent to the Mt. Airy store). For info or to RSVP: outreach@weaversway.coop or 215-843-2350, ext. 118.

Monday, May 25 **ALL DAY**

MEMORIAL DAY — WEAVERS WAY STORES ARE CLOSED.

Wednesday, May 27 **7-9 p.m.**

Weavers Way Member Forum on Expansion
Join Co-op Board and staff to talk about the idea of a bigger Weavers Way. Do you think we should open a third store? In what other ways might you like to see us expand? Or not? Contact outreach@weaversway.coop or call 215-843-2350, ext. 118, to RSVP and for location.

Thursday, May 28 **6:30-8:30 p.m.**

Food for Thought: Connecting with the Land of Philadelphia
Weavers Way and the Schuylkill Center team up for a panel discussion on innovative local food systems, plus a wine bar and locavore tasting event. Spend a spring evening in the woods at 8480 Hagy's Mill Road! \$15; \$10 for Co-op and Schuylkill Center members. Info: www.schuylkillcenter.org/blog/event/food-for-thought-connecting-with-the-land-of-philadelphia.

Sunday, May 31 **7-9 p.m.**

Weavers Way Spring General Membership Meeting
Food, fun and Co-op business. Cake, too. At blooming Morris Arboretum, 100 E. Northwestern Ave. For info or to RSVP: member@weaversway.coop or 215-843-2350, ext. 119.

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

Check the ONLINE EVENT CALENDAR at WWW.WEAVERSWAY.COOP for the LATEST UPDATES.

Dinner and a Movie

In March, Ice+Salt = Snow In May, Ice+Salt = Margarita

by Margie Felton, Weavers Way Mt. Airy Deli Manager

IN LATE MARCH, I OVERHEARD A CO-Op shopper saying, “The next time I hear the words salt and ice together the following word better be tequila!” Of course, it snowed a few days later.

But now May is here! The month of Cinco de Mayo and margaritas! Time to feature my favorite Mexican restaurant, Los Gallos.

When I told a friend, and Mexican food lover, the name of my favorite spot, she suggested two places she likes better. I was curious to see if there actually were places that could beat out Los Gallos, so we gathered an adventurous group and went to both of her choices in one night.

Our first destination was Xochitl (“so-cheet”) for cocktails and appetizers. We started with cervezas and fantastic ginger Margaritas. Next we created our own unique guacamole —avocado, and lime with cilantro, garlic, crab, tomato, and Anaheim chili. We ordered an array of well prepared and beautifully presented appetizers and split a fried chicken entrée, drizzled with sweet chili sauce and accompanied by a decadent cream, corn, and spinach dish. Everything including the service was top-notch. Then, the bill...wow! I have never spent so much on drinks and snacks, and we only one drink. I would recommend Xochitl for a special occasion.

Heading southwest to 15th and Federal, we entered El Sabor Poblano. Empty, brightly lit, and freezing. We again started with guacamole, which was very good. We shared a variety of tacos, sopes, flautas, and queso fundido. The portions

were large, the service minimal, the price a third of our bill from Xochitl. The food was OK. I am sticking with Los Gallos.

Los Gallos at 10th and Wolf is warm and inviting, dimly lit and nicely decorated. It opened as a Mexican grocery store with a few tables and some prepared items. The cooked foods became so popular that a few years ago they converted the space into just a dining room. I miss being able to shop while waiting for my food but I think they made the right decision. Chef Javier’s food deserves to be front and center. The menu has traditional Mexican dishes, not fancy but the kind of food you crave for weeks after eating it. Don’t forget to check out the special board as well. The wait staff is friendly and efficient but won’t tell you about the specials if you don’t ask. Some of my favorite menu items are Chuleta Ahumada Tacos — a large plate of smoked pork chops, grilled onions, cactus leaves, and Oaxaca cheese served with warm corn tortillas, and Alambre Especial, a sizzling pan of chicken, beef, bacon, mushrooms, onions, peppers and cheese with a side of rice and creamy white beans. The mole is excellent and the chile rellenos are one of my comfort foods. Specials to keep an eye out for are Seafood tostadas and braised lamb.

The prices are reasonable enough that you will want to become a regular. Parking is a little tricky but hey...you’re used to finding a spot at Weavers Way!

There are many great Mexican movies to recommend, the sensual, food-filled “Like Water for Chocolate,” the intense “Amore Perros” by director Alejandro Gonzalez Inarritu (winner of this year’s best picture, “Birdman”), “Y Tu Mama Tambien” and “Sin Nombre” to name a



Papel picado banners decorate Los Gallos, top; guacamole at El Sabor Poblano, above left; “Te Presento a Laura” is set in Mexico City.

few favorites. The movie I’m featuring is “Te Presento a Laura.” This is a less-known quirky love story set in Mexico City. It starts with Laura wearing a sign “brazos gratis” — “free hugs” and hugging people on the streets of Mexico City. Next she climbs to the top of a five story building to save a charming actor from diving off, which starts a friendship and changes their lives.

This is a light, enjoyable comedy even though the theme of death runs throughout. It also shows Mexico City in a positive modern light — which is my experience, but not how it is often portrayed in the media. Enjoy!

margie@weaversway.coop

Xochitl
408 S. 2nd St.
215-238-7280
www.xochitlphilly.com

El Sabor Poblano
1438 Federal St.
215-800-1756
elsaborpoblanophiladelphia.com

Los Gallos
951 Wolf St.
215-551-1245
www.losgallosmexicantaqueria.com

Te Presento a Laura. 2010, in Spanish with English subtitles. Directed by Fez Noriega, written by and starring Martha Higareda. Available on Netflix.

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Kyla Coleman
Front End, Weavers Way Chestnut Hill

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	P ORANGE LOT				ARDLEIGH STREET

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GREEN LOT	8400 block Germantown Ave. (Enter on E. Highland Ave.)
ORANGE LOT	8300 block Germantown Ave. (Next to PNC Bank)
TURQUOISE LOT	25 W. Highland Ave. (Next to Valley Green Bank)
PURPLE LOT	8600 block Germantown Ave. (Enter on Hilltop Road)

Cheese of the Month

On-the-Job Training with the Big Cheese

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

WHEN DAFFODILS SHOW UP, I PUT MY THERMALS away no matter what I said around St. Patrick's Day. I'm ready to shed layers and play some tennis. But I've been more creative lately: stealing time in the kitchen at work to make cheese spreads, cheese accompaniments and shortbread out of sheep's milk cheese. I'm excited about embracing my inner deli guy.

Glenn and Bonnie took some kitchen staff to see the movie "Deli Man" down at the Ritz one evening after work. It is a documentary about Jewish delis in the United States and one guy who grew up in the business and is now living his dream with his own deli in Texas. Before the movie, we had delicious GIANT corned beef, pastrami and chopped liver sandwiches at Famous 4th Street in Queen Village. I had my first Dr. Brown's Cel-Ray, which is a celery-flavored soda. I liked it, but took me about 20 years to try one even though I've been a fan of Dr. Brown's Black Cherry all these years. It was a fun time and inspiring experience. My name is O'Connell, I made gefilte fish for Passover and it sold out. Art, my salesman from Foods Galore, gave me his grandmother's recipe. I think it worked out well.

That same week, we found out that Glenn is leaving Weavers Way. I wish him the best in his new role with Philabundance. His energy, humor and encouragement in my almost three years at Weavers

Way has been important to me and I'll continue to see Glenn as a mentor and cool guy. I'm sad to see him go, but happy for him and the great work he'll do. Glenn and I bonded over grilled hissing cockroaches soon after I started working at the Co-op. We went to the Bug Crawl Dinner at Morris Arboretum and sampled grubs, crickets, mealworms and the teriyaki-glazed hissing cockroach kabob with pineapple. How to commemorate that experience? Shall I roll a tangy chevre in toasted crickets? Oh, I shall. Stop by for a taste at my regular Wednesday cheese tasting on May 27.

I've chosen some bold cheeses for this month. I thought about being outdoors at the peak of perfection. I'd like to celebrate that, the good times, and the good work to come. I was inspired by the Greek god Pan, the trickster, Mr. Springtime, a guy whose favorite flavor would be summer black truffles, and his buddy, Dionysius, the god of wine and intoxication.

So these are all \$2 off per pound in May:

- Somerdale Truffle Cheddar** — England (cow's milk)
- Cypress Grove Truffle Tremor** — California (goat's milk)
- Drunken Goat** — Spain (goat's milk)
- Sartori Merlot** — Wisconsin (cow's milk)

soconnell@weaversway.coop

CHESTNUT HILL
CHEESE TASTING
WEDNESDAYS 2-4

*** MAY 6 ***
Shellbark Hollow Farm Chevre and Feta *I'm local*
Birchrun Hill Farm Blue and Fat Cat *I'm local*

*** MAY 13 ***
Drunken Goat (Spain)
Cypress Grove Chevre Truffle Tremor (California)
La Quercia Borsellino Salamis and American Prosciutto (Iowa)

*** MAY 20 ***
Claudio's Burratta *I'm local*
Ricotta Salada (Italy)
Villa Manodori Aged Balsamic Vinegar (Italy)

*** MAY 27 ***
I'm local Laura Chenel Truffle Chevre (California)
Vermont Butter and Cheese Company Herb Chevre
Chester County chevre rolled in toasted and spiced crickets

CELEBRATING
weavers way COOP
CHEESE OF THE MONTH
MAY

Somerdale Truffle Cheddar
England (cow's milk)
Sartori Merlot
Wisconsin (cow's milk)

Cypress Grove Truffle Tremor
California (goat's milk)
Drunken Goat
Spain (goat's milk)

\$2 off /lb.
for the month of May

Coffee of the Month

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Anyone Can Join

Cooperator of the Month**Jim Kohler**

**Joined Weavers Way: 2009,
with his wife, Terry Clark**

Lives in: Chestnut Hill

Current/former job: Retired marketing director for Jetro Holdings LLC. Jetro operates warehouses and Restaurant Depot. Commuted to New York from Philadelphia for 29 1/2 years.

Why he's a member: "Terry and I both believe in supporting farmers who raise things naturally. We only buy grass-fed and humanely raised meat, so that was an important consideration... It's very convenient to have Weavers Way within walking distance of where we live."

Why he's a working member: "As you're an owner of the business, part-owner, it's an obligation, I think, to help the Co-op succeed. By volunteering hours, I feel it probably helps the Co-op as a whole."

Favorite Co-op job: "I like walking around, packing out. It makes one familiar with all the products that are stocked there. And you also get to interact with the customers."

Least favorite job: "Everyone likes packing things, but packing cookies when it's very cold in that back room [at Chestnut Hill] is not an ideal scenario."

Favorite co-op product(s): Wyler's frozen blueberries (large bag): "I have to have blueberries and bananas every day." He's also a fan of Equal Exchange coffees.

**Senior Discount
TUESDAYS****10% OFF****MEMBER
BENEFIT**

Our Senior Discount honors our senior members while addressing concerns about living on a fixed income and food insecurity. We want to ensure that natural, wholesome food is accessible to all.

Senior Members: Sign Up & Save

by Kirsten Bernal, Weavers Way
Membership Manager

WEAVERS WAY IS PLEASED TO launch Senior Discount Tuesdays!

Beginning May 5, members 65 and older who sign up can receive an extra 10 percent off almost all their purchases. (Only items like newspapers, stamps and equity payments are excluded.)

It could not be simpler to sign up: Stop by the Membership Department in Mt. Airy to complete a form and present ID, or, if you shop in Chestnut Hill, inquire at the register. Once the form is completed and identification has been presented, you're all set.

Working Member households with at least one senior member who has signed up for the program will receive both the Working Member discount and the senior discount, for a total of 15 percent off, all day, every Tuesday. If you have not worked hours in a while, here's a great excuse to re-up — contact the Membership Department to learn more about the many ways you can contribute to the work of the Co-op.

And don't forget, all Co-op members already get 5 percent off Weavers Way-branded items, like our vitamins, farm produce, pickles and logo gear. That means senior members could rack up a total of 20 percent off the Weavers Way-branded items in their shopping baskets.

And that's not all. On Tuesday, May 5, the kickoff for our Senior Discount Tuesdays, we're also marking the fifth anniversary of the Chestnut Hill store. We're celebrating by giving all members 5 percent off — which means, of

course, that our senior participants can stack that on top of their other discounts. Talk about a red-letter day!

The senior discount is automatic at the register. There is no need to present ID or ask for the discount, just tell the cashier your member number and the discount will be applied.

We are thrilled to institute Senior Discount Tuesdays. Our members made it clear they had concerns about pricing and affordability. The senior discount and the Food For All low-income discount are just two of the ways we are working to alleviate those concerns. (Please note that the senior discount cannot be combined with Food For All. Senior Co-op members who qualify for FFA should opt for that program.)

The senior discount is a member-only benefit. We ask that participants not share their member numbers with individuals outside their households. However, members are encouraged to spread the news! And be sure to get signed up as soon as possible if you're eligible.

Visit the Membership Department (555 Carpenter Lane, adjacent to the Mt. Airy store) or talk to a cashier in Chestnut Hill to start saving. You can pick up the form when you come in, or print it from the website (go to www.weaversway.coop/senior-discount-tuesdays for the link to the PDF file) and fill it out and bring it with you.

For more info, or if you have questions, contact me at member@weaversway.coop or 215-843-2350, ext. 119.

Kirsten@weaversway.coop

NOTARY SERVICE IS BACK!**BY APPOINTMENT:**

Call 215-843-2350 x119 or email notary@weaversway.coop

**Working
Membership:
It works both ways**

Working Members are essential to the culture of Weavers Way and we are as committed to our Working Member Program as ever. There are so many great ways to work your hours — AND get 5% off your Weavers Way purchases!

- Plenty of shifts are available directly supporting operations in the stores, both in Mt. Airy and Chestnut Hill.
- Spring has sprung and our farmers can always use extra hands.
- If "hard labor" isn't your thing, we do lots of special events. Support the Co-op while participating in one of our many outreach activities!
- Looking for a low-key experience? Ask about administrative tasks.

Have you considered returning to Working Member Status? Do you need hours? Do you know that senior and Food For All members can get the 5% Working Member discount ON TOP OF their 10% off?

Whatever your interest, there's likely an opportunity for you in the Working Member Program. Check us out today!

Visit the online Member Center: members.weaversway.coop

Contact Membership Manager Kirsten Bernal: member@weaversway.coop or 215-843-2350, ext. 119.

The Membership Department Office is on the first floor of 555 Carpenter Lane (adjacent to the Mt. Airy store). It's a good idea to call first before stopping by.

L.E.T.T.E.R**Moving Bylaws Forward:
Vote Yes on Revision**

LAST MONTH, TWO LETTERS TO THE SHUTTLE URGED members to read the proposed bylaws carefully. They indicated that some revisions decreased member rights and increased Board rights. We appreciate the suggestion to read carefully. However, we do not agree that the proposed bylaws negatively impact member rights.

It is our considered opinion that the proposal provides clear and concise bylaws that balance the rights and responsibilities of members and the Board in a way that will bring Weavers Way into the 21st century as the robust and dynamic organization that it is.

The letters posit that the members make the final decision on involuntary termination of a member or a Board member. However, subjecting such individual decisions to the whole membership at a general meeting would be difficult; rather, we believe that the Board can provide the due process and confidentiality that is appro-

priate in such an individual situation. Co-ops that recently revised their bylaws, such as City Market and Putney, are in accord with our proposed bylaws on these issues.

One letter objects to removing the referendum option on all Board actions. In such a case, a petition of members can bring any decision of the Board back to the membership at the next general meeting. How can a board with a \$20 million operation take actions on financial, real estate and other matters when decisions are not final and can be overturned several months later? Although the Board has the full responsibility to govern the co-op, no decision of the board would be final with the referendum in ef-

See current and proposed bylaws, and the series of three Shuttle Articles on the bylaws at www.weaversway.coop/bylaws.

Vote on the bylaws proposal as part of the Co-op's annual Board election. Ballots are in the stores and in the Shuttle, or vote online in the Member Center, member.weaversway.coop.

fect. We believe that finality of Board decisions is necessary and represents best practices in today's co-op world. Member rights are important and that's why we made it easier for members to call a special meeting in Article 3.2.

We worked hard to balance the rights and responsibilities of the Board and members, and believe that we have struck the right chord. Research, consultation, member input and Board approval have resulted in this updated and streamlined document, flexible enough to stand the test of time and strong enough to support our co-op as it stands today.

We urge you to "Vote Yes" on the Bylaws.

Your Bylaws Committee,

*Lisa Hogan, Bylaws Committee Chair, Board Member
Glenn Bergman, Weavers Way General Manager
Susan Beetle, Weavers Way Finance Manager
Stu Katz, Board Treasurer, Past President
Margaret Lenzi, Board Member, Past President
Laura Morris Siena, Board Secretary
Rebecca Torpie, Weavers Way Marketing Director*

Former Designer Pieces Together A Career with Plenty of Time for Play

by Karen Plourde, Weavers Way Chestnut Hill Grocery Staff

SOMETIMES, YOUR DREAM JOB BECOMES A LOT less dreamy once you start doing it. That's what happened for Danielle Swain, erstwhile fashion designer and current multi-hat wearer at Weavers Way Mt. Airy.

Danielle's jobs at the Co-op include cashier, shift manager, cleaner, grocery staff and home delivery person. Her interest in designing clothes was sparked at age 12, when she and her dad went to see the science fiction film "The Fifth Element" in her childhood home of Baltimore. "It has really funky, crazy costumes, and I was like, 'Oh my gosh, who did all these costumes?'" and I got into that designer, Jean Paul Gaultier," she said. "And then I kind of got really interested in the idea of beauty and different interpretations of beauty throughout time."

After graduating from Friends School of Baltimore in 2002, Danielle moved 105 miles northeast and enrolled at Philadelphia University, majoring in fashion design. She earned her bachelor's in 2006 and did textile print design for Destination Maternity. She went on to do product and inventory management, along with event planning and design, at Inno Knits, a design and merchandising firm. But after a few years, she realized mass-market fashion wasn't for her.

"There seemed to be a lot of conflict with my own moral values with how workers can be treated, both domestic and abroad," she said. "I think that there's just more sustainable ways to create clothes."

Danielle went into transition mode. She worked as a project coordinator for TGS Financial Advisors in Wayne for 21/2 years, then decided she needed to take a break. She traveled and camped for a year before she wound up at Weavers Way — first as a member, then as a paid cooper. She was hired in December 2013.

"I was like, 'I really like it here. It's not a high level of stress here,'" she said. "I get to go and do a good job, and that's one reason why I still like it. And it's also a place I believe in . . . It's hard to motivate if you don't believe in the place you're working for."

Of her five Co-op jobs, the Roxborough resident most enjoys home delivery. "It's really a nice, direct way to see your action helping someone," she said. "A lot of people we deliver to are elderly . . . It's very hard for them to leave the house, and it's so nice to do something that is very meaningful to them and they appreciate a lot."

In terms of favorite Co-op products, Danielle aligns herself with the chocolate sea salt caramel crowd. "I know the PLU code; it's 60132," she said. "And when I see it on people's bags, I'm like, 'I know what that is.'" She also loves Three Twins chocolate orange confetti ice cream.

Working at Weavers Way also allows her to have a life outside her job. She gardens, sews, and teaches basket-weaving at Mt. Airy Learning Tree. Four years ago, she learned to belly dance. She makes her costumes, and has performed at Co-op events.

Staff Celebrity Spotlight: Danielle Swain



Mt. Airy staffer Danielle Swain in belly dancer guise.

Karen Plourde photo

"I love the focus it brings to your body," she said. "It's about awareness of all these different tiny muscles that can do all these weird things that you would never think about . . . It's a very grounding feeling for me — a great way to express emotion."

Overall, Danielle appreciates the community vibe that makes up Weavers Way. "If someone's in need, people really rally together, which is very heartwarming to see, because sometimes it's hard to feel that people are capable of doing that," she said.

"It [will] be exciting to see as they grow how they manage to hold onto that feel, because I think it's really part of their identity."

kplourde@weaversway.coop

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

Weavers Way Board

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

This month's meeting is Tuesday, May 5, 7-9:30 p.m., Chestnut Hill Community Association 2nd floor conference room, 8419 Germantown Ave.

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

2014-2015 Weavers Way Board
Chris Hill, President; Joshua Bloom, Vice President; Stu Katz, Treasurer; Laura Morris Siena, Secretary
At large: Megan Seitz Clinton, Larry Daniels, Lisa Hogan, Margaret Lenzi, Emmalee MacDonald, Linda Shein

The Shuttle

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Advertise in the Shuttle
advertising@weaversway.coop

OPEN EVERY DAY

Mt. Airy main number: 215-843-2350
www.weaversway.coop

Chestnut Hill main number: 215-866-9150
contact@weaversway.coop

Mt. Airy

8 a.m.-8 p.m.
559 Carpenter Lane

Chestnut Hill

Monday-Saturday
7 a.m.-8 p.m.
Sunday, 9 a.m.-8 p.m.
8424 Germantown Ave.

Across the Way

8 a.m.-8 p.m.
610 Carpenter Lane
215-843-2350, ext. 276

Next Door

9 a.m.-8 p.m.
8426 Germantown Ave.
215-866-9150, ext. 221/222

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Floral Buyer
Ginger Arthur, ext. 317
floral@weaversway.coop

Weavers Way Welcome Meetings

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

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

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

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

NEXT MEETING: Wednesday, May 13
Chestnut Hill Friends Meeting, 20 E. Mermaid Lane

weavers way ^{coop}



Connect to the network **WW_PUBLIC**
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We're Celebrating

EL 5 DE MAYO

Prepared Foods specialties all day on the Hill.

Plus

- ▶ Demos
- ▶ Sampling
- ▶ **Cake** at both stores

5 Years



TUESDAY, MAY 5

AND DON'T FORGET . . .

May 5 is the kickoff for

Senior Discount

TUESDAYS **10% OFF** **MEMBER BENEFIT**



Community-owned food markets open to everyone.

www.weaversway.coop

WEAVERS WAY MEMBERS GET

5% off

ALL DAY, ALL STORES!

JOIN UP

and get your discount!

Chestnut Hill
8424 Germantown Ave.

Next Door
8426 Germantown Ave.

Mt. Airy
559 Carpenter Lane

Across the Way
610 Carpenter Lane

SPRING GENERAL MEMBERSHIP MEETING

Sunday, May 3 |
Morris Arboretum

(all-day free admission for Co-op members with Weavers Way ID)

100 E. Northwestern Ave.
Philadelphia, PA 19119

4-8:30 p.m.



AGENDA:

- Eat & Greet** 4-4:30 p.m.
Food provided by Weavers Way
- *In Person Voting Begins at** 4 p.m.
- BUSINESS MEETING** 4:30-5:15 p.m.
 - Welcome — Chris Hill, Weavers Way Board President
 - Welcome — Bob Gutowski, Morris Arboretum
 - Approval of Fall 2014 General Membership Meeting Minutes
 - General Manager's Report
 - Finance Report
- * Voting Ends at** 5:15 p.m.
- CAKE & CONVERSATION** 5:20-6:30 p.m.
 - Breakout Discussion Groups — Topics TBD based on member input.
 - Group Reporting
- ELECTION RESULTS** 6:30-6:35 p.m.
- SEND OFF PARTY FOR GLENN** 6:35-8:30 p.m.

(Children's activities and childcare provided)

All member-owners are welcome and urged to attend the General Membership Meeting. We do ask that you RSVP to boardadmin@weaversway.coop or call 215-843-2350, ext. 118.

For more info, visit:

www.weaversway.coop/SpringGMM-2015



New at the Arboretum in Spring 2015:
Patrick Dougherty Stickwork sculpture
"A Waltz in the Woods."