



RECYCLE THE SHUTTLE

MAY 2016 VOL. 44 NO. 5

OR READ IT ONLINE: WWW.WEAVERSWAY.COOP/SHUTTLE-ONLINE MORE PIXELS, LESS POLLUTION

**WEAVERS WAY CO-OP
SPRING GENERAL MEMBERSHIP MEETING**

SUNDAY, MAY 15

**5 - 8 P.M., SCHUYLKILL CENTER
8480 HAGY'S MILL ROAD**

**GREET, EAT, LEARN.
AND NO TRASH!**



Please plan to bring your own plate, cup, utensils and cloth napkin. (If you forget, you can rent them for \$1 per place setting. Proceeds go to the Environment Committee's grant program.)

There won't be any trash cans, but we'll have compost bins for the scraps (if any) from the delicious Weavers Way Prepared Foods buffet dinner.

ONE MEASURE OF YOUR ENVIRONMENTAL CONSCIOUSNESS LIES IN WHAT YOU throw away. What would happen if you didn't have municipal trash pickup? You would become much more careful of what you buy. You wouldn't accept plastic containers because you would run out of places to put them. Chances are you would buy your milk in glass containers to be returned. You'd get your eggs in cardboard cartons that you could return to the farmer or bury in your compost if you had to. You'd purchase your produce loose, without all the plastic wrap. If the store where you shop used a lot of packaging, you might unwrap items there and let the store deal with it — or tell management you won't be buying those items in the future.

What's in your garbage? Can you do without the non-recyclable items? At the Weavers Way Spring 2016 General Membership Meeting, zero-waste consultant Alisa Shargorodsky will talk about how she'll be working with Weavers Way to audit how we could get closer to a zero-waste goal. How can our packaging improve to cut down or eliminate waste? We'll hear how audits have helped others and how we might limit our single-use packaging in the future.

Focusing on zero waste might help you become more cognizant of your own buying habits and become a better advocate for zero waste, not just at the Co-op, but in your home and at your workplace.

— **Sandra Folzer**
environment@weaversway.coop



RSVP TO EVENTBRITE
www.eventbrite.com/e/spring-gmm-tickets-24566005584
(or just go to eventbrite.com and search for Philadelphia and Spring GMM)

FOR MORE INFO:
member@weaversway.coop or 215.843.2350, ext. 119.

ZERO WASTE

BRING THE KIDS

This spring's GMM is KF — Kid Friendly! Weavers Way members are invited to attend the party at the Schuylkill Center with the whole family in tow! There'll be activities for even the littlest ones, so that parents can listen and participate freely. Germantown artist Mindy Flexer will be available throughout the event with a special craft workshop in tune with our Zero-Waste theme, and staff from Summit Children's Program will also be on hand to care for and engage your young ones.

SAVE-THE-PLANET UPCYCLING-RECYCLING: PAPER WORKSHOP WITH ARTIST MINDY FLEXER

Artists have always specialized in transforming old things into new. During the Zero Waste membership meeting, your children are invited to participate in this tradition, using drawing, painting and collaging. They will be turning old paper into something beautiful and new by making it into cards, envelopes, pictures, small books or other works of art. Feel free to bring old calendars, greeting cards, magazines, wrapping paper or other interesting paper you would like to have a new life, or use ours.

SUMMIT CHILDREN'S PROGRAM

Summit Children's Program, based at Summit Church, 6757 Greene St. in Mt. Airy, is more than a preschool, day-care or child-care program — it's a part of the local community. For more than 40 years, Summit Children's Program has provided a unique, safe and nurturing place for all children to learn, socialize and explore the world around them. SCP is excited to further its collaboration with Weavers Way by providing stimulating, age-appropriate activities during the membership meeting.

Weavers Way Cooperative Association
559 Carpenter Lane, Philadelphia, PA 19119
www.weaversway.coop
CHANGE SERVICE REQUESTED



**DON'T WASTE
YOUR VOTE**

**BALLOT & CANDIDATES'
STATEMENTS:**



**PAGES 6-7
OR VISIT**

www.weaversway.coop/election-2016

ZEROWASTE



It's not WASTE until it's WASTED

Bulk is so simple — and makes so much sense. Take spices, for instance. So many of us got into this habit of buying new containers of spices that we didn't bother to empty into the old ones. Next thing you know, there are two gingers and three paprikas, including one that goes back two generations. But with bulk, you fill your little bag or bottle with what you need, and bring it back when you need more. Beautiful.

The simplicity and economy goes on from there. Have you ever lost the remains of a bag of flour in your cupboard? (C'mon now, raise your hands.) Did you forget about the walnuts you bought last fall? The flask of wine vinegar that now has floaters? With right-sized sealed containers for your cooking and/or snacking that you refill as needed, it's less likely you'll blank on an errant purchase and have to toss it when it gets buggy or goes rancid.

Back in the early days of shopping clubs, bulk was sold to us in the form of drums of cooking oil and toilet paper towers as tall as a preschooler. But for most of us, that kind of shopping isn't practical. And it just leads to bigger packages to wrestle with.

The mantra of bulk is this: Take what you need. It's a lesson we First Worlders can take to heart. Plus, a place where you can buy just a few ounces of aged balsamic or just enough chocolate peanut butter malt balls the size of new potatoes has got to be a little corner of heaven.

— Karen Plourde

buy in

BULK

LESS PACKAGING
NOWASTE



10 THINGS

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

To Help Contain Your Carbon Footprint

Start by walking to the store. Here are some other ideas.

- 1 **World Centric Compostable Partyware** — For your next shindig, disposable plates, cups and utensils that can go into a compost pile instead of the landfill.
- 2 **New Wave Enviro Litter Free Lunchbox Kits** — A soft, insulated bag with four airtight food containers in three sizes and a 15-ounce drink bottle. The bag can go into the washer, and the containers are dishwasher safe. On sale all month for 30% off at Across the Way. 
- 3 **To-Go Ware RePEAt Utensil Set** — You're really getting this Zero Waste lunch thing together. Made of bamboo (plenty of that on the planet) with their own convenient holder made of Recycled PET (No. 1, one of the plastics that really does get reused). Dishwasher safe. Across the Way. 
- 4 **Fair Trade Coffee in Compostable/Recyclable Bags** — From Philly Fair Trade, One Village, Backyard Beans, Equal Exchange.
- 5 **Fusionbrands Cover Blubber** — The coolest wrap you ever put on your leftovers. Made of food-safe Sticky Rubber; stretches to fit a variety of foods and containers. In fun colors and three sizes. Hand-wash, and don't put it in the microwave. We're taking 15% off them this month. In both stores. 
- 6 **Bar Soaps with Minimal Packaging** — From Pacha, Sappo Hill, Backyard Botanicals and Soap Box Philly.
- 7 **Sustainable Journals** — Several sizes of Decomposition Books (Next Door) and Landmade Cork Journals (Across the Way). 100% post-consumer waste and sustainably harvested cork.
- 8 **Weavers Way Chico Bags** — The Co-op's very own fashion statement. Stick it in your purse or backpack or on your belt loop, and you'll never have to remember a bag again. Made of recycled plastic. On sale all month for 10% off (reg. \$10). 
- 9 **R Cubed Reusable Bags** — Woven from plastic grocery bags. (Don't you wish you could do that?) Various sizes of shopping and bottle bags handmade by Co-op member Dorothy Bauer. 
- 10 **The Shopper Box** — In Mt. Airy, folks commit feats of derring-do to get one. Also good for holding old books, papers and the family cat(s).

BULK ITEMS ON SALE

- Organic Cane Sugar**
\$1.99/lb reg. \$2.49
- Organic Garbanzo Beans**
\$2.49/lb reg. \$2.95
- Golden Temple Super Nutty Granola**
\$3.59/lb reg. \$4.25
- Golden Temple French Vanilla Almond Granola**
\$3.59/lb reg. \$4.19
- Roasted Unsalted Peanuts**
\$2.79/lb reg. \$3.35
- Organic Fair Trade Almonds**
\$2 Off/lb reg. \$14.89
- Organic Frontier Vietnamese Cinnamon**
99¢/oz reg. \$1.99
- Organic Frontier English Breakfast Tea**
99¢/oz reg. \$1.29
- Organic Prunes**
\$5.99/lb reg. \$7.89
- Organic Red Split Lentils**
\$2.19/lb reg. \$2.95
- Organic Pinto Beans**
\$2.39/lb reg. \$2.85
- Organic Lundberg White Basmati Rice**
\$2.39/lb reg. \$2.99
- Organic Steel-Cut Oats**
\$1.19/lb reg. \$1.75



MEMBERSHIP CORNER

Members: Now Get Your Receipts by Email!

by Kirsten Bernal, Weavers Way Membership Manager

THIS MONTH, WE'RE TALKIN' ZERO WASTE! WE'RE renewing our commitment to the Co-op's End 6, which states that the local environment will be protected and restored. (Read them all at www.weaversway.coop/ends.)

So what better time to introduce our newest membership feature — email receipts!

Beginning May 1, members can opt to have their receipts emailed to them. Just log in to the online Member Center (member.weaversway.coop) and make your choice: Switch to having all receipts sent by email or only EasyPay receipts. Or do nothing and stick with the current default, which is no receipts emailed. Look for an email from the Membership Department with a detailed explanation of how to set your receipt preferences.

(Of course, for this to work, you must have an accurate email address on file! You can check and edit your email, and other member information, by logging in to the Member Center and going to the "My Household" area.)

I was one of the first to test this new process and, at the risk of exposing myself as a total nerd, I will say that I love it!

How often have I taken the receipt at the register because I was going to "budget"? I never budget. I stuff the receipt in my pocket, in my bag, in my purse and never look at it again. I really

value the ability to look over my purchases when I have the time, as opposed to when I'm flying out the door, on to my next adventure. Reviewing the receipt at my convenience allows me to ensure that my purchase was processed accurately and to reflect on it. And that has already influenced my buying habits. Sure, Weavers Way prepared foods are convenient (and, of course, delicious), but it is so much more economical to prepare my own food. There are definitely changes that I can make toward my goal of becoming a more thrifty shopper — and it's hard to argue when it is in black and white and in my email in-box!

There are other advantages as well. Emailing receipts eliminates receipt paper. This is good for the planet (and can save the Co-op money). The benefit for EasyPay users is greater security. I would encourage all members who utilize EasyPay to opt for email receipts. It's the best way to be certain that only members of your household are making purchases on your account. On the rare occasion that an error occurs, you will know, and we can fix it.

Please note that even if you opt for email receipts, you can still request a printed receipt from the cashier for any purchase.

We are excited about this enhancement. We hope you will give it a try. Email receipts are just the first of a number of improvements planned for the member system, so stay tuned!

kirsten@weaversway.coop



Environment Committee

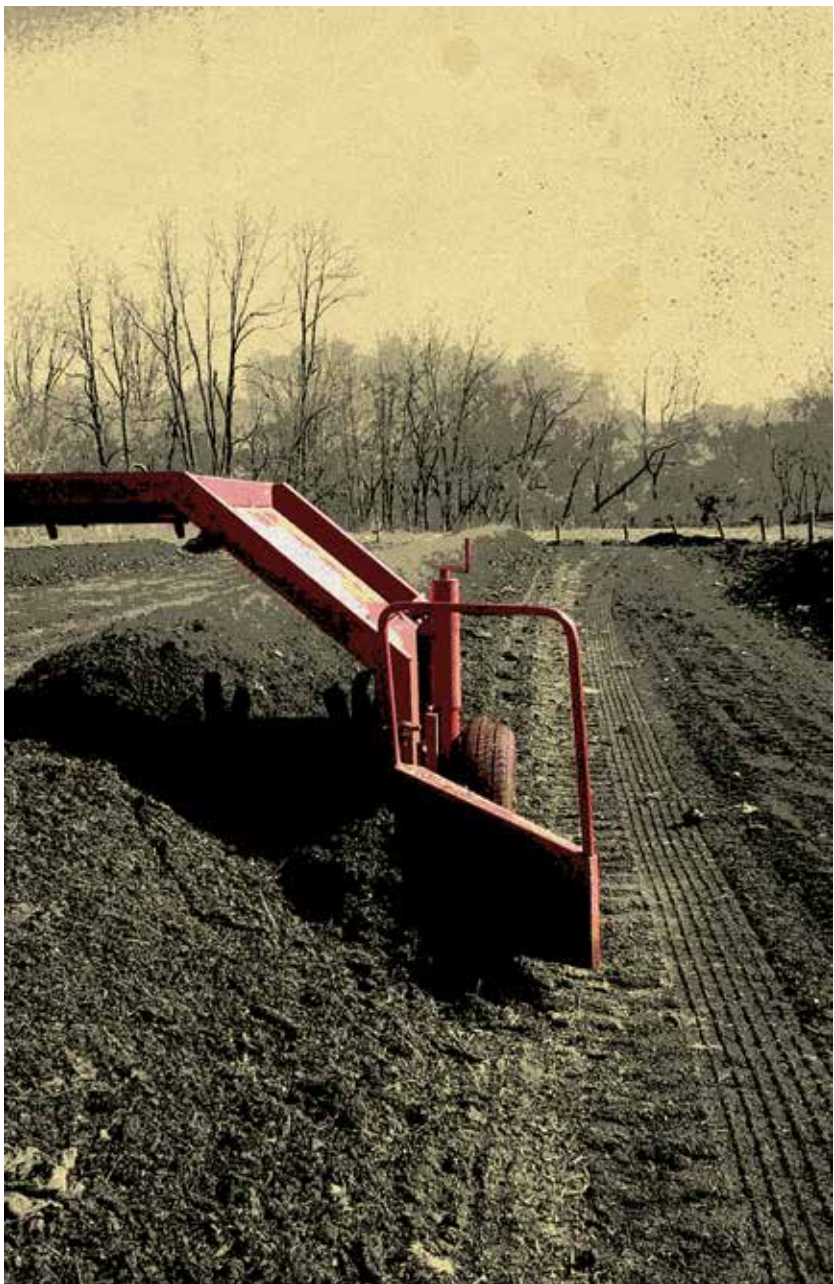
ECO TIP

Turn Over an Old Leaf

by Marsha Low,
Weavers Way
Environment Committee

If you're a gardener, and you grow greens, sometimes you end up with more than you know what to do with. Even with all the giving away of vegetables to neighbors, there's always something left over. Sometimes, as with chard or kale, the leaves get tough or bug-eaten before we get around to picking them; sometimes, as with broccoli and cauliflower, the leaves are not ordinarily eaten — not by humans, anyway.

You could compost these greens, but gardeners living in or near Roxborough can put them to another good use by donating them to the Schuylkill Wildlife Rehabilitation Clinic. Every spring and summer, the clinic harbors large numbers of animals that eat greens (particularly ducks and geese), and the staff often has to go out and buy them. So if you have unwanted greens, just drop them off any day of the week from 10 a.m. to 6 p.m. Almost any kind is desirable: broccoli, cabbage and cauliflower trimmings; beet greens, kale, chard, mustard greens, collards, carrot tops, even lettuce (except for iceberg, which has a low nutritional content). SWRC is located at 304 Port Royal Ave. You can reach them at 215-482-8217, although there's no need to call before dropping off greens.



Scott Blunk photo

Our Latest Annual Compost Report

by Scott Blunk, Weavers Way Compost Tsar

IT'S TIME FOR ANOTHER ANNUAL REPORT ON the Co-op's composting program.

Item 1. In 2015, 76,594 pounds of vegetable and food scraps were diverted from "somewhere" — well, specifically, Weavers Way Co-op to the composting project at W.B. Saul High School.

That figure omits 206 pounds of non-compostables picked out of the total collection of 76,800 pounds — by hand. There is no mechanized way to remove rubber bands, twist ties, plastic bags, plastic labels that say "organic," (irony here), plastic clamshells (still filled with fresh herbs) and diapers, at least one a month, fortunately (?) infant, not adult.

Twenty-seven hundredths of a percent is a good number. We should brag, although the goal, at least mine, is 0.00 percent stuff that doesn't belong in there. But I would be happy if we could just keep out that monthly diaper.

Item 2. We saw a 28 percent increase in compostables diverted from Weavers Way since the program began in 2012. That's good.

Item 3. One hundred percent of the compostables collected from the Co-op, when composted, ended up on the fields of Henry Got Crops. Actually, this is impossible to prove because we mix the WW compostables with compostables from other sources, but you get the idea. This is good, too.

Item 4. Henry Got Compost has a lot of great

Compost windrows composting away at Henry Got Compost.

(Continued on Page 14)



Weavers Way Community Programs

Why I Give Tim Clair



by Tim Clair,
WWCP Board Member

I joined the Weavers Way Community Programs Board of Directors a year ago to support a growing and dynamic organization that provides amazing services in our beloved city and neighborhoods. I have always been interested in urban gardening, food access and more sustainable food and food systems. Over the last year, have learned about the breadth and depth of WWCP's programming, and in the process, I was inspired to become a donor in order to further support this great work. As a nonprofit professional myself, I am keenly aware of how organizations strategize the use of much-sought-after funding. I am impressed

Look for "Why I Give" each month in the Shuttle to get an inside look at volunteer experiences and what inspires people to donate their time, money and skills to WWCP. Feeling inspired? Contact Jackie Schrauger at jschrauger@weaversway.coop.

with the way WWCP stewards the funds they are given and how far they stretch a dollar. A donation to WWCP is a smart investment that is well used.

I have also become aware of how much fun the work of WWCP can be. My wife, Heather, and our children, Ivy and Sage, were sponsors of and attended last year's Hoedown. It was a blast! We had the opportunity to eat great food, listen to good music, interact with the WWCP community and learn more about the amazing work the organization does. I hope you will join us at this year's event on Saturday, June 25, and join me in supporting WWCP.

Welcome Back, Liam!

by Jill Fink,
WWCP Executive Director

PLEASE JOIN ME IN WELCOMING Liam Miller back to the Weavers Way Community Programs team! Liam was a WWCP apprentice last season and has joined us again this season to work in the garden, at the farmstand and with the Garden Club at Stenton Family Manor. We couldn't be happier to have him back.

Liam is a trained chef who worked in New York before moving to Philadelphia. He loves working with students, especially outside — he was a camp counselor for many years and worked as a farm educator at the George Jones Farm in Ohio. At WWCP, Liam's interests in food and farming converge. His favorite part of the job is doing hands-on farming, cooking and building projects with students, and he is excited to help program participants build connections to the food they eat.

This year marks Liam's fourth season of farming. Ultimately, he would like to own a farm and run educational programs there. In the meantime, we're thrilled to have Liam on the WWCP team.

jill@weaversway.coop

3rd ANNUAL

HOEDOWN

TO BENEFIT

Weavers Way Community Programs

SAVE THE DATE

TICKETS: [WEAVERSWAY.COOP/HOEDOWN](http://weaversway.coop/hoedown).

GET YOURS SOON FOR EARLY-BIRD PRICES!

SATURDAY, JUNE 25

5 TO 9 P.M.

WEAVERS WAY FARM AT AWBURY ARBORETUM

Live Music • Dancing • Beer • Games • Raffle

SUNDAY, JUNE 12TH 2016

THE 2ND ANNUAL

HEARTWOOD

MUSIC FESTIVAL

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& THE PHILADELPHIA FOLKSONG SOCIETY

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In Celebration of Awbury's Centennial, children under 12 and neighbors in zips 19138 & 19144 receive free tickets!

TICKETS & INFO: [WWW.PFS.ORG/HEARTWOOD](http://www.pfs.org/heartwood)

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Weavers Way Community Programs



SosteNica(ragua) Snapshot

by Megan Dorris, for the Shuttle

AFTER NINE MONTHS OF PLANNING, A number of fundraisers, and two seemingly endless flight delays, our eight-person team from Arcadia University arrived in Nicaragua in early March. It was everyone's first time in the country, but after our adventures, I am sure many of us hope it will not be the last. Our group, appropriately dubbed "The Mud Brick Brigade," joined forces with the nonprofit SosteNica to organize a public-health service project. Our goal was to build cob ovens from local, sustainably sourced materials for families living in extreme poverty. In Nicaragua, many poor families cook indoors over

an open flame with little or no ventilation. The smoke fills their small houses, stains the walls with soot and contributes to the country's increasing rates of asthma, COPD and black lung disease.

With guidance from the SosteNica staff, our team constructed eight new stoves for local families. It involved a great deal of sand and sweat, and a few heaping shovels of dried manure, but the experience was nothing short of incredible. We were able to meet some wonderful people, see the explosion of an active volcano, actively assist in the reforestation of a riverbed and develop a newfound respect for rice and beans. There were a few hiccups along the journey, but

Megan Dorris, second from right in white tee, and other Mud Brick brigadiers pause for a photo.

even a fair share of intestinal issues didn't prevent us from meeting our goals.

After 10 hot days of hard work, our team completed its public-health mission. Now, the Nicaraguan families we worked with will not only be able to prepare their food in a cleaner and safer manner, but will also use 75 percent less firewood for fuel, improving the health of people and the local environment at once.

The work of SosteNica and our Mud Brick Brigade team is simple and sustainable, yet we know it will have profound and lasting impacts on the families involved. It was an honor to play a part in this transformation.

It's also been an honor to work with Weavers Way Community Programs this semester. Little did I know when I set out for Nicaragua that the knowledge gained there would be so immediately applicable to my work with WWCP. By the time you read this article, WWCP will have rebuilt the cob oven at Stenton Family Manor and will be able to use it throughout the growing season for cooking lessons with the kids and families who participate in Hope Kitchen and Garden Club.

I hope it serves them well for many years to come.

Former WWCP intern Megan Dorris is a candidate for the Masters of Public Health/Physician Assistant degree at Arcadia University

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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. Your support enables WWCP to provide a wide range of farm education and nutrition programs to local families.

POW! Philomusica Chorale
 Goyle Wieand, Artistic Director

THE POWER OF MUSIC

FROM LULLABY TO REQUIEM

SATURDAY, MAY 14 7:30 PM
SUNDAY, MAY 15 4 PM

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eNews

Awaken Your Senses
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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?

Raimon L. Artis



Co-ops allow members to engage in economic and social development to the fullest.

My being a resourceful, passionate and youthful spirit that stays current with growing trends.

I think marketing would be a definite challenge, and my response would be, "We must become more creative."

David Fellner



Cooperatives are important in general because they are a way of expressing that our well-being is a shared one. The Co-op does that better than any other institution in Mt. Airy, both as a community-owned store and as a generator of other community efforts that would not exist otherwise.

I spent 40 years working in businesses that were strongly identified with Northwest Philadelphia, first as a car dealer and then as a real-estate investor who took a lead in revitalizing the 7100 block of Germantown Avenue. In all of that time, I was keenly aware of how businesses embedded in the community strengthened the community.

Find niches in the marketplace that others might not be able to occupy and allow the Co-op to differentiate itself. In particular, the Co-op needs to maintain a brand identity that is consistent with the Co-op being embedded in the community and gives the Co-op a true competitive advantage in the marketplace.

Chris Hill

Incumbent



Co-ops allow people to pool resources to create something of value for their community — something they own and control. Weavers Way, in particular, is the heart of my community. Through all its initiatives — stores, farms, nonprofits, partnerships — it makes Northwest Philadelphia a special place to live.

I've served on the Weavers Way Board for over 8 years, currently as president. I also serve as board treasurer for the Philadelphia Area Cooperative Alliance (devoted to strengthening the cooperative economy in our region). I know and care deeply about our local food system; have served on local urban farm boards and organized an urban farm bike ride for the past 10 years. I have deep experience of co-ops, of boards and how they function best, and of the regional food system.

Weavers Way and all food co-ops exist in a highly competitive marketplace. We need to grow to ensure greater efficiencies of scale, to provide better products and services and to attract a growing membership who understands the value of local, owner-controlled businesses. Obvious first challenge: To compete successfully with Fresh Market in Chestnut Hill (which the Weavers Way staff is well-prepared to do).

Joan Patton



Cooperatives offer an alternative economic model that not only serves their members, but also contributes to the surrounding community while providing healthy foods. Weavers Way has demonstrated this with its Mt. Airy and Chestnut Hill stores. Its commitment to Food For All, and its outreach, transparent governance and ongoing communications with members are important to me.

My experience with strategic planning for public institutions, working collaboratively with members of my community, and being part of a grassroots effort to create a food co-op in my suburban town would strengthen the Co-op Board.

Competition will be an ongoing challenge. I see expansion as a way to address that issue. It would increase membership and provide economies of scale. It could also address the issue of additional space for the prepared-foods department.

Laura Morris Siena

Incumbent



I love Weavers Way — my second home. Our nonprofit, Weavers Way Community Programs, provides an additional dividend of engagement with our neighbors. The cooperative economic model is an important counterbalance to Wall Street.

Experience on Weavers Way Board: Chaired the General Manager Search Committee, Leadership Committee and ad hoc Board committees; three years' service as Board secretary. Deep involvement in and leadership of Northwest Philadelphia community organizations over 25+ years, as well as regional sustainable agriculture.

Competition in the natural-foods arena has increased dramatically in the last several years, driven by private equity and traditional supermarkets' entrance into the organic/health-food sector. Nationally, a third of food co-ops are doing well, a third are treading water and a third are losing money and might close. Weavers Way is in the first group and needs to stay there by continuing to attract new member-owners, adding a third store and expanding other lines of business.

John Wicks



Cooperatives like Weavers Way provide an opportunity for communities to take control of their food-supply chain, choosing suppliers that are committed to a healthy, hopefully delicious, product. I am drawn to Weavers Way for the food being offered and the diverse, well-informed and engaged community of people who drive and support it.

I have 10 years' experience running a food-service company. I regularly evaluated menu items and ingredients as they related to our sales and profitability. I have been involved in real estate for many years, currently holding a PA real-estate license, and hope to aid the Board in meeting ongoing real-estate needs.

Clearly, competition is now an issue for Weavers Way. Pricing and quality of items in competing stores will need to be evaluated and adjustments made as necessary. Expansion, especially a commissary kitchen, will help us operate more efficiently and competitively. I favor adding an additional location as well, as long as the commissary kitchen is designed to accommodate a three-location load. At some point, though, questions need to be asked: How big is big enough? When does local become not so local?



2016 WEAVERS WAY CO-OP ELECTION



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

I volunteered at the Roth Farm in North Wales. The Roth Farm is affiliated with Delaware Valley University, which I am currently attending.

Forty years of being involved in community activities such as serving on the board of West Mt. Airy Neighbors, creating the Sedgwick Cultural Center, and the initial formation of the Schools Committee.

[See No. 2]

I have served in leadership positions in K-12 home-and-school associations, on the Board of Directors of the Wissahickon School District and the Board of Trustees of the Wissahickon Valley Public Library. I was one of six people who planned the community meeting to see about creating a food co-op in our town. I then signed up to be on the Steering Committee of the Ambler Food Co-op and presently serve on the Board of Directors as Secretary/Treasurer.

I serve on the Development Committee of the Philadelphia Area Cooperative Alliance and have helped Kensington Community Food Co-op with its member loan campaign. I also serve on WWCP's Board.

I am currently on the development committee at the Waldorf School of Philadelphia, where I help organize fundraising events and contact potential benefactors.

5. How can Board members better represent the opinions of the membership?

I would have to learn more about the membership and those on the Board to better answer that question.

See that the staff and members share perceptions of what is good and what is bad about the Co-op. If perceptions aren't shared, it is the Board's responsibility to facilitate dialogue with the goal of achieving shared perceptions. Focus groups, the Shuttle and community bulletin boards are tools the Board can use.

The Board must continue to work with staff to create opportunities for conversation with members, as we did with the series of meetings in the past two years about pricing (which resulted in at least three new initiatives to help lower costs) and expansion (which gave us member perspectives on growth and a third store).

One possibility would be an ongoing series of educational programs based on input from the members on what matters to them.

It's essential that member-owners have an active voice in the future of their Co-op, and our open forums, general membership meetings and special meetings are good avenues for that. At the same time, I believe it's vital that Board members provide leadership for the Co-op and apply a perspective — gained from national trends and other co-ops' best practices — to the decisions we make.

I've always felt the communication from the Weavers Way Board/staff to members was excellent, both in paper and digital form. Why not do occasional email surveys of members on both general and specific topics?



2016 OFFICIAL BALLOT Election for Weavers Way Co-op Board of Directors

Voting ends Sunday, May 15, 2016 at 6:15 p.m. at the General Membership Meeting
Schuylkill Center
8480 Hagy's Mill Road, 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 14, 2016, 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 15, 2016.

To vote at the General Membership Meeting: Place official ballots in the box provided at the meeting no later than 6:15 p.m., May 15, 2016.

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 three (3). The top three vote-getters will serve 3-year terms. In the event of a tie, we will hold a runoff at the General Membership Meeting.

- | | |
|--|--|
| <input type="checkbox"/> Raimon L. Artis | <input type="checkbox"/> Joan Patton |
| <input type="checkbox"/> David Fellner | <input type="checkbox"/> Laura Morris Siena
(incumbent) |
| <input type="checkbox"/> Chris Hill
(incumbent) | <input type="checkbox"/> John Wicks |

PROPOSED WEAVERS WAY BYLAWS AMENDMENT

YES. I accept the amendment to Section 7.6: "Patronage dividends shall be based on the Co-op's taxable net income attributable to member sales."

NO. Keep the Bylaws as they are: "Patronage dividends shall be based on the Co-op's pretax net income attributable to member sales."

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 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



Editor's Note

by Mary Sweeten, Editor,
Weavers Way Shuttle



WOW. THIS IS MY 36TH SHUTTLE. Have I mentioned how grateful I am that Jon McGoran had a midlife crisis a few years ago and decided to become a real author? (Plug: His latest novel, the eco-thriller "Dust Up," just came out last month. Read all about it at jon@jonmcgoran.com.)

Since then, I've been able to build on the very robust publication he developed (with the help of hundreds — probably thousands — of Weavers Way members along the way, of course). So you may notice that we have worked up an online version of the Shuttle. Check it out at www.weaversway.coop/online-shuttle. Not just a PDF replica (you propellerheads know what that means, but everybody who has tried to read it knows it's painful to download), but a proper online version that allows you to click from story to story, click on links and all that other 21st-century Web-browsing stuff. Under the hood, it's based on a workflow shared with us by the folks at Willy Street Co-op in Madison, WI, to whom I am also grateful. The Willy Street Reader (www.willystreet.coop/reader) is one of the few co-op newspapers around that approaches the, um, ambition of the Shuttle.

Our Web guy, Paul Weinstein, has toiled mightily to get this working in Drupal, the open-source system our website is built on. (So grateful. Collective propellerhead shudder.) No, it's not an app, it could be prettier and it currently has no ads. Paul continues to toil on this and all sorts of issues related to electronic communication — he built the new eShopper email we're sending out every Tuesday and is updating the eNews. (Plug: He's also a musician, which is another story.)

The printed version of the Shuttle isn't going anywhere. In fact, past this issue, I'm not sure we'll even do another online edition until we get more bugs worked out. But the No-Waste General Membership Meeting on May 15 (plug!) seemed like a good excuse to do our part, even if it's still (propellerhead alert) in beta. So take a look. And if you're reading this on paper, RECYCLE THE SHUTTLE!

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 (approximately 500 words) and letters to the editor (200 words) on subjects of interest to the Weavers Way community. Editorial copy is due the 10th of the month before publication, e.g. Dec. 10 for January.

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.

Articles and letters express the views of the writers and not those of the Co-op or its Board, unless identified as such.

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. 314. Advertised products or services may not be construed as endorsed by Weavers Way Co-op.

The Shuttle is printed
on 100% recycled paper.



What You'll Learn at PACA's CO-UP

by Caitlin Quigley, for the Shuttle

YOU'RE A COMMITTED MEMBER-Owner of your co-op, but perhaps you're unsure about the best way to be involved. Maybe you've thought about taking on a work shift, serving on a committee, running for the board or even joining the staff. But just because you're eager and willing doesn't mean you feel equipped to step up!

Here at the Philadelphia Area Cooperative Alliance, we're firm believers in the power of International Cooperative Principle 5: Education, training and information. With knowledge, you'll feel prepared and empowered to serve your co-op, and in turn your co-op will serve you better.

Because of our commitment to educational empowerment, PACA is hosting a day-long event called "CO-UP: A Teach-in for Cooperators," on Saturday, May 14. You're invited to join us! Cooperators from all over the region will gather at Temple University to learn skills, discuss ideas and make connections across co-op sectors. At CO-UP, you can partici-

pate in workshops, trainings and informal gatherings to grow our region's cooperative economy.

Workshops include:

- How to read financial statements. (Really useful for aspiring board members!)
- Finance can be democratic too!
- Co-ops 101: An introduction to democratic enterprise.
- What is a real-estate investment cooperative?

We're also carving out spaces for making art, playing games and watching movies — perfect Saturday activities! Draw, paint, collage or doodle your idea of what cooperation looks like in the Artzone. Join in a game of Co-opoly, where the players collaborate to beat the board instead of each other. Drop into the theater, where we'll be showing short films about worker co-ops, food co-ops, credit unions and more all day long.

If you're interested in starting a co-op, you'll want to visit CO-UP's Free Advice Corner, where you can meet with co-op and business experts to discuss your

CO-UP: A Teach-in for Cooperators

Saturday, May 14
9:30 a.m. to 4:30 p.m.
Ritter Annex, Temple University

Registration: \$5-25 (sliding scale) and includes lunch. Simultaneous interpretation in Spanish will be provided.

For info and to register:
philadelphia.coop/CO-UP2016.

co-op plans and ideas.

Philadelphia City Councilman Derek Green, a member of Weavers Way whose child attended Childspace, a worker-owned child-care co-op, will deliver the opening keynote.

We're bringing cooperators together so you can engage more deeply in your co-op, start new co-ops, and invent new ways for co-ops to work together. We hope you will join us.

Caitlin Quigley (caitlin@philadelphia.coop) is PACA's director of communication and development.

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

ZERO WASTE: DREAM OR REALITY?



IT'S UP TO US.

The artist, Scott Spencer is a member of the
Weavers Way Environment Committee.

Food Justice Not Cheap

THANK YOU NATHEA LEE FOR YOUR well-written article on food pricing at Weavers Way in the April issue. May I suggest that the Shuttle place a summary of the Co-op philosophy/commitment in a box on the front page of every issue of The Shuttle? This message needs to be front and center every month (and maybe on the store walls too).

I get weary and frustrated by people who complain about Co-op prices. And maybe the regular feature can be supplemented by a monthly column inside with member experiences/suggestions on how to save money in other ways (other than shopping at "bargain" stores that save us money on the backs of workers all the way down the supply chain).

P.S., I vote for no Nestlé products.

Christine Thomson

A Co-op for Activities

HERE'S THE TALE OF ANOTHER CO-Op, one that celebrated 75 years this past year. It's not a food co-op, but provides food for the soul, heart, maybe the funny bone. It's Eastern Cooperative Recreation School. ECRS, as it's called, offers playful activities, typically through group games, folk dancing, singing, crafts and dramatics. Many members find this inspirational in their personal lives and also in leadership roles in their community groups.

If you want to learn more about this "All ages getaway to learn, connect, and play," look us up on www.ECRS.org.

The next event is the weekend of June 10-12 at Camp Onas in beautiful Bucks County. It's a perfect kickoff to summertime in lovely surroundings with fun activities for all. Try Mask Making, Intro to Ukulele, Singing, Dancing, Pool Games and more. There's a children's program, and campfire too! It just might be a recipe for you. For info, call 215-233-2090 or email cekarl1@gmail.com.

Verena Taussig and Charlie Karl

Another Co-op Grows in Brooklyn: Lessons Learned From Lefferts

by Karen Plourde, Weavers Way Communications Staff

ANYONE LOOKING FOR A PEEK INTO THE BIRTHING of a cooperative grocery might want to make a pilgrimage to Lefferts Community Food Co-op in Brooklyn. Lefferts, open since December 2014, takes up 1,000 square feet, 75 percent of which is retail space. The co-op, named for Lefferts Gardens, the neighborhood, (or sub-neighborhood) where it's located bordering Prospect Park, is open twice a week and uses household-quality refrigerators with chalkboards attached to let shoppers know what's inside. The packaged grocery inventory occupies four four-shelf metal bakers' racks and three six-shelf metal bookcases.

A smattering of Lefferts' all-volunteer staff welcomed a small group, including four members of Weavers Way, to the store last month as part of the spring Mid-Atlantic Food Cooperative Alliance meeting. MAFCA is an affiliation of food co-ops, buying clubs and startups in six states — Delaware, Maryland, New Jersey, New York, Pennsylvania and Virginia. It seeks to grow the cooperative economy, educate people about co-ops and help build a sustainable and equitable system for producing, distributing and consuming healthy, local food.

Karen Oh, Lefferts board member and co-founder, said the co-op was started to satisfy the basic cooking needs of the community. Their stock started out with staples like rice, beans, flour and sugar, and has built up from there.

"We weren't set up to open a health-food store," Oh said. "We wanted to provide high-quality food for as cheap a price as possible."

Lefferts grew out of a CSA that Oh and another resident had been running for nine years. "Working at Park



Slope Food Co-op" — the big dog of Brooklyn co-ops — "where I'm a member, just made me realize we could probably do this as a community, versus waiting for a private entrepreneur to open up a fancy food store," Oh said.

Lefferts' membership now stands at 230, about half of which is active. Sales average \$2,000 a week.

"[Spending's] really limited by our inventory," Oh said. "I feel like when people come in, including myself, they want to spend more money, but because we don't have the capital to get the influx of extra inventory, they're really kind of capped at what they can get."



Karen Plourde photos

Home style refrigerators and 5 gallon buckets are the state of the art at Leffert's, not yet two years old.

Expanding their range of fresh inventory is also a challenge. The bulk of Lefferts' produce now comes from Lancaster Farm Fresh of Leola, Pa. "It seems like vegetables and citrus are our most challenging things, because our vendors are regional, and so it's like we're never getting a banana in here," Oh said.

In the last year, Oh and the other cooperators have learned how difficult it can be to get committees to work together. "For example, we're planning this shift from Island Natural to UNFI," both grocery distributors. "And the logistics of having four different committees that need to be involved in that . . . is like an epic communication battle."

Thanks to a loan program for new food co-ops sponsored by Park Slope, Lefferts plans to double its inventory and get commercial refrigeration. They're also hoping to open for a third day during the week.

Oh has given a lot of her time over the years to the building up of Lefferts, but she'd like to take a few steps back at some point. To that end, she hopes the co-op's committees will eventually feel empowered to make their own decisions.

"The more people making decisions, as long as we can figure out a good way to communicate it, as long as it's not disastrous to the co-op and the board doesn't feel like it is, that's worth a discussion," she said.

kplourde@weaversway.coop

International Co-op Principles

- 1 **Voluntary and Open Membership**
- 2 **Democratic Member-Owner Control**
- 3 **Member-Owner Economic Participation**
- 4 **Autonomy and Independence**
- 5 **Education, Training and Information**
- 6 **Cooperation Among Cooperatives**
- 7 **Concern for Community**

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www.weaversway.coop/coop-basics

New Director For W. Mount Airy Neighbors

WEST MT. AIRY NEIGHBORS HAS hired a new executive director, Trish Murzyn.

"I am very excited to have been chosen by the board to be the new executive director of West Mt. Airy Neighbors," Murzyn said. "I am passionate about intentional, planned community development. I get excited about supporting neighborhood diversity and small business development in urban areas. I am also enamored of the Mt. Airy/Germantown community!"

Murzyn comes to WMAN with extensive experience working with nonprofit organizations in both volunteer and professional capacities. And she has jumped right into her role, said WMAN President Della Lazarus, coming on board at a very busy time in the WMAN calendar. Last month, WMAN held its 11th annual Eat Your Heart Out fundraiser. This month, May 7 is Mt. Airy Day, the community festival jointly sponsored by WMAN and East Mount Airy Neighbors. Murzyn participated fully in the planning of both of these events.



Trish Murzyn: Busy start as executive director.

"West Mt. Airy Neighbors is very fortunate that Trish Murzyn applied for our executive director position," Lazarus said. "Trish understands the special qualities of our beautiful, diverse neighborhood. She is very energetic and has many good ideas for expanding our reach and for increasing our membership."

"WMAN was founded in 1959 to sustain W. Mt. Airy as a racially integrated community and has sought to make the community a welcoming home for all people," said Murzyn. "As executive director, I will work very hard to continue and expand the good work of Mt. Airy Neighbors. . . . Like many others, I feel Mt. Airy is unique, and has a great example to offer other communities."

For more information about WMAN, visit the website at www.wman.net.



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BE KIND TO YOURSELF

Take Charge of Your Health Care with an Integrative Approach

by Margaret Kinnevy, for the Shuttle

HEALTH IS A RESOURCE. TAKING RESPONSIBILITY FOR one's health not only serves oneself, it is a community-serving action.

We turn to providers from various traditions, such as Western medicine, Vedic medicine and Chinese medicine for healing. We turn to modalities outside of medicine that heal or keep us well, like a movement class or a special interest group of peers to help us with mind/body aches and unease. We share our concerns with the massage therapist, doctor, acupuncturist, nurse, physical therapist, 12-step group, yoga teacher, counselor, herbalist, personal trainer, coach, sound healer, parent, friend, barber, cashier.



Check out the chart from the Institute of Medicine and the Bravewell Collaborative. It suggests an evolved way to have medical relationships. As a companion to that, here are a few suggestions:

Engage only in mutually respectful medical relationships. Choose healers who see you as whole and support your unique healing path, not theirs. Create your own unique plan of care. Be responsible for all your choices. Own your decisions. Happiness and community engagement are two of the biggest predictors of well-being. Reach out, find your circles of community and have fun!

Margaret Kinnevy RN, LAc, is an acupuncturist, writer, and lecturer on the longevity teachings of Chinese medicine. She is a lover of all things botanical. Her services range from educating parents on preconception health, to providing comfort and ease in the dying process. She runs a sliding scale clinic for women only where she addresses all health issues across the life cycle with non-drug options such as acupuncture, qigong, abdominal massage.

Views expressed here are those of the author, not necessarily the Health & Wellness Committee, and are not meant to be a substitute for consulting your doctor.

CURRENT MEDICAL PRACTICE evolving to . . .	INTEGRATIVE PRACTICE
Health is most often considered to be the absence of disease.	Health is seen as a vital state of physical, mental, emotional, social and spiritual well being, which enables a person to be engaged in life.
The physician tends to act as the authority figure.	The physician acts as a partner in the patient's care.
The patient is encouraged to follow the physician's directions.	The empowered and informed patient is an integral part of the decision-making process.
Interventions are often directed only toward the treatment of a specific disease or trauma.	The interventions are designed to treat the illness as well as the whole person, addressing physical, mental, emotional, social and spiritual factors that influence health and disease.
A patient's stress level is not always taken into consideration or treated.	Patients are taught how to recognize, manage and decrease stress.
A patient's dietary habits are largely ignored.	Patients are given nutritional counseling; food is understood to have a significant influence on health and disease.
Social determinants of health such as unemployment, abuse, neglect and financial status are not always given consideration.	Social determinants of health such as unemployment, abuse, neglect, and financial status are considered in the care.
Environmental influences are rarely addressed.	Environmental influences on health and healing are investigated, considered and addressed in the care process.
Care is not always coordinated across providers.	Care is coordinated across providers.
Health plans are rarely created.	Each patient is given an individualized health plan based on his or her unique needs and circumstances.
Many decisions are based on the needs of the health-care system.	Decisions are based on the needs of the patient.
Prevention and health promotion are not always practiced.	Prevention and health promotion are emphasized.
Only conventional interventions are considered.	All appropriate therapeutic approaches are used.



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Certified What? Weavers Way Farms Growing Practices

by Emma Dosch, Field Manager, Henry Got Crops Farm

ARE YOU A HENRY GOT CROPS CSA member? Do you purchase Weavers Way Farm products from the Co-op, the Henry Got Crops Farm Market or Headhouse Market? Before farm products return again this spring we want you to be familiar with our growing practices and understand how our produce is good for you and the environment.

Our farming system follows organic methods, yet we are not certified organic.

Organic farmers begin with soil building and preventative pest and disease controls, and do not use chemical fertilizers, pesticides, and herbicides. To be certified, farmers must demonstrate they are following these methods, and although organic certification offers farmers a marketing edge (especially with consumers who may rarely ever go to the farm), the record-keeping involved can be expensive and unwieldy to apply to our urban locations.

Perhaps more important, we believe that our consumers' unique relationship and interaction with our farms and farmers create an authentic community-based understanding that engenders the kind of trust that certification can only buy.

We communicate our organic methods to our consumers in many ways:

- Some 43% of our consumers are members of our CSA. We interact with our CSA members every week as they pick up their shares, see farm staff working and ask questions.

- Co-op members are able to engage with our fields and farm staff by doing work hours at the farm.
- Weavers Way shoppers can talk to store staff about the farms — many of them have also done work hours at the farms!
- Our community can stay informed by reading the Shuttle and attending farm events.

Here's a description of our growing methods, following the standards set by the National Organic Program.

Soil testing: Prior to growing in a new field or area, we test for toxic substances such as "sorbed" metals, mercury, selenium, arsenic, molybdenum, lead and PCBs. Each year we test for soil fertility and apply organic fertilizer based on the needs of our soil.

Fertilizer: Our fields primarily receive a fertilizer mixture derived from peanut meal, blood meal, feather meal, greensand, bone charcoal, aragonite and sulfur.

Compost: Each year we apply about 200 cubic yards of compost made at Saul High School. It covers every inch of our fields.

Cover crops: We utilize cover crops throughout the year to add organic matter, prevent erosion and combat annual weeds. Last year, we added a rotating fallow section with cover cropping throughout the season to allow the soil to rest.

Beneficial microorganisms: We occasionally add beneficial nematodes or symbiotic nitrogen-fixing bacteria to our soil to increase natural populations.

A Public Service Announcement from the Co-op:

Take the Scenic Route To Henry Got Crops

With the Walnut Lane Bridge closed until September, you'll want to know some other ways to get from the east side of the Wissahickon to Henry Got Crops. Recommended alternates are School House Lane, Bell's Mill Road or Lincoln Drive.

Henry Got Crops Farm Market
at W.B. Saul High School, 7095 Henry Ave.
Tuesdays Noon-7 p.m. Fridays Noon-6 p.m.

Potting soil: We use organic potting mix from Vermont Compost Company for our seedling propagation.

Seed: We purchase organic seed when available. (The additional cost is not prohibitive.) Some varieties have been selected to be somewhat resistant to some diseases. We often utilize these more resistant options in anticipation of certain diseases each year. We do not use any seed that has been treated with fungicides or genetically modified.

Growing: Our growing system revolves around preventing pest, disease and environmental issues from adversely affecting productivity. From selecting varieties, choosing planting dates and using crop rotation, our disease and pest prevention begins before we plant a seed.

Preventive practices: For pests, row cover, insect netting, squishing and traps; for disease, crop rotation, good airflow, trellising and pruning when necessary,

(Continued on Next Page)

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Using row cover is one of the ways Weavers Way Farms fights insect damage.

(Continued from Preceding Page)

removing infected plants and debris; for weed management, hoeing and hand-weeding, plastic mulch, close plant spacing, transplanting, mowing/weed whacking and creating stale seed beds by using tarps.

If a pest or disease issue is persistent and will significantly affect yields, we may introduce beneficial insects or use an organically approved insecticide. In 2013, we had a bad Mexican bean beetle infestation and introduced beneficial wasps that parasitize the bean beetle larvae. The wasp lays her eggs inside the bean beetle larvae. The wasp larvae feed on the insides of the bean beetle, pupate in it and emerge as adults, killing the beetles in the process.

We may also apply an organic insecticide, such as neem oil, pyrethrins (oils from chrysanthemum flowers), kaolin clay, Bt (bacillus thuringiensis, a naturally occurring bacteria) and insecticidal soap.

Processing: Our vegetables are washed in cool water immediately after harvesting, packed into boxes, bags or bins and refrigerated until they reach you, the consumer! Some delicate vegetables are not washed or refrigerated to retain maximum freshness and flavor, and undergo minimal handling (mostly our tomatoes).

Look for our vegetables at both stores this season. Select the "Our Farms" tab on the website (www.weaversway.coop) for more information on where to buy Weavers Way Farms produce, including the Henry Got Crops Farm Market at Saul High School on Tuesdays and Fridays starting May 3 and the Headhouse Market at 2nd and Lombard streets in Society Hill on Sundays starting May 1.

Don't just do the reading! Please visit the farm in person this season, see what's growing and ask us questions!

edosch@weaversway.coop

New Faces at the Farm Market

by Stephanie Kane, Weavers Way Local Purchasing Coordinator

HENRY GOT CROPS FARM MARKET is growing! If you visited last year, you likely met me, the sole staff at our two-day-a-week market at Saul High School. While we often had CSA volunteers and the farmers helping out, we were quickly exceeding our sales goals, and knew we needed to bring in some more regular help for the 2016 season.

We're very excited to announce that Lauren Todd, who you may recognize from our Chestnut Hill store, will be joining us for the summer. Farm Market staff stocks produce, grocery, and runs the register, so Lauren's shifts in produce and at Across the Way will help her to be able to multi-task and prioritize well. If you've visited Chestnut Hill, you know how gorgeous the produce department is. Having started my Weavers Way career there myself, I knew Lauren would have the attention to detail required to set a beautiful display, while keeping on top of everything else going on!

You may not know that Lauren is

also a talented artist. She is currently working on Eastern University's Urban Studies graduate program, focusing on Community Arts. This unique program teaches artists, musicians, dancers and poets to utilize their art form in education, community development, therapies and spiritual development. She'll be graduating next spring, and the market was a great way to boost her hours during her summer off before she transitions back to class in the fall.

We're also currently in the middle of developing a retail training position for a Saul Student to work part time at the farm market. We're thrilled to further support the career development of students at Saul, and hope we can expand this program in the future. The position will have one senior start after school in May, then they'll expand their hours to work a full shift for the rest of the summer. We were still finalizing the selection process as this article was being written, so stay tuned to find out more about the student who will be helping us at the market!

skane@weaversway.coop



Lonely no more: Lauren Todd, pictured working produce in Chestnut Hill, will join Stephanie at the Henry Got Crops Farm Market this summer.

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The Miquon School

Miquon Creek Restoration Engages Students

THE MIQUON SCHOOL HAS BEGUN RESTORATION work for its 1,400-foot stretch of Miquon Creek.

A first-order tributary of the Schuylkill, the creek is the heart and soul of the Miquon campus, located off Harts Lane in Whitmarsh Township, providing a multitude of opportunities for hands-on learning and exploration. But decades of development in the watershed has degraded the creek's safety and ecosystem. The creek has been badly damaged by erosion and storm surges and has now crossed a tipping point: Even minor rains now cause mudslides, and significant rain events cause noticeable bank loss.

After raising \$71,000 from school and camp families, alumni, staff, grandparents and alumni parents, Miquon secured a \$95,000 state grant through the Department of Environmental Protection's Growing Greener program. The contractor, Biohabitats and

Aquatic Resource Restoration began their work in March, creating a series of riffles and pools that will help lessen erosion during big storms. The project also will protect adjacent wetland areas and groundwater seeps, which in turn will protect water quality.

The project will be an exciting campus activity and students will observe and study the restoration activity. Teachers will integrate lessons about the importance of water quality in the larger Schuylkill watershed into their curriculum.

"In a world where kids have lots of structure and not enough free play, we are committed to providing children with daily opportunities for exploration, experimentation and discovery out-of-doors, and a healthy creek is a big part of that," said Miquon Principal Susannah Wolf.

Info: miquon.org.



Miquon School photo

Last spring, Miquon Creek inspired student Maia Kafer to write poetry; this year, students will observe and study the creek's revival.

Annual Compost Report

(Continued from Page 3)

partners. Weavers Way started the program, and now we partner with Bennett Compost, Earth Bread & Brewery, Bar Hygge (EB&B owners' new outpost in Fairmount), Philly Fair Trade Coffee, the Philadelphia Zoo, the Philadelphia Marathon, the Broad Street Run, the Science Carnival and many others. I'm not at liberty to announce this at press time, but by next press time we may be able to announce that we are becoming the official composters of a local professional baseball team. This is very good.

Item 5. In total, 1,002 tons of composta-

bles were diverted from "somewhere" to Henry Got Compost in 2015 — barn poo, Zoo poo, brewers' grain, coffee grounds, Bennett Compost collections and many, many more. At Henry Got Compost, we do know where our "somewhere" is. All of the compost produced goes back to where it came from, the Earth — gardens and fields, yards and planters, compost tea and raised beds, all over the city and counties surrounding us. Back to the fields at Saul, back to the flower beds at the Zoo and to the new Penn Park on the University of Pennsylvania campus, to the herb beds on the roof at Earth Bread + Brewery and vacant lots in West Philadelphia.

It's all good.

A Brief Essay on Sustainability

Henry Got Compost was contacted by a large local company that features the word "sustainable" on their website and their mission statement. The website sports the recycling symbol and "aggressive companywide composting" is promised there as well.

The contact came from a very nice lady who asked a few questions: Are kids involved? What do we do with our finished compost? Do we have a website? She asked for our address, which I gave her, along with directions, thinking they were coming for a visit or making arrangements to have compostables dropped off. Then she asked, "Is there always someone there to receive UPS packages?" A curious question but maybe, I thought, they were sending us some T-shirts or a flat-screen TV for the compost office. Then she said, "We are going to UPS you our compostables every week." That wasn't where I thought this was going. I was speechless, actually stammering. And no, we're not doing this company's composting, but it did make me think. Maybe we could negotiate a special compostable rate with UPS or FedEx, even DHL or the USPS. We could send all this compostable material "somewhere."

No, the definition of "sustainability" does not include "somewhere." Everyone should know where "somewhere" is.

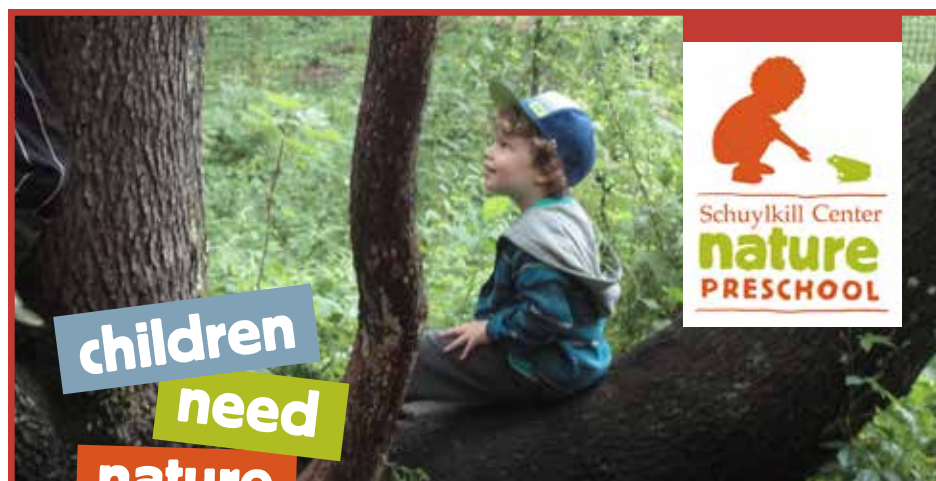
A Brief Essay on Yard Waste

Yo, Philadelphians: When you put your paper bags of yard waste out on the curb, if it's not November or December, they're just going "somewhere," not getting recycled or composted.

Or, as the Streets Department puts it: "During most of the year, yard waste may be commingled with trash and set out for combined collection. No separate yard waste collection is provided by Sanitation. Yard waste set out for collection will be picked up with rubbish and not recycled."

You are welcome to take your yard waste to a Streets Department "Convenience Center." The closest Convenience Center for most Weavers Way members is probably Domino Lane. Inconveniently, they only collect yard waste there on Saturdays. Other days, you can drop it off, but it will be commingled and sent "somewhere" with the trash.

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Eric Sternfels photo

A spray of chionodoxa ("glory-of-the-snow") makes an early show at Ned Wolf Park.

Get Great Plants at Ned Wolf Park

by Eric Sternfels, for the Shuttle

LOOKING TO EXPAND YOUR Garden's diversity? Want to rub elbows with, and maybe even learn something from, other avid gardeners? Just want to make a contribution to a community oasis? The Ned Wolf Park Plant Sale is for you.

This year's edition is scheduled for Saturday, May 14, from 10 a.m. to 1 p.m. at the pocket park located at the corner of McCallum and Ellet streets in Mt. Airy. Heavy rain date: Sunday, May 15.

If you haven't attended before, you may be surprised at the buying frenzy of our neighbors each year. They have purchased thousands of perennials, annuals, tree seedlings, shrubs and all manner of donated garden paraphernalia in support of the group that maintains this public garden. They know that it's worth waiting patiently for the 10 a.m. sharp opening time for best choice of plant divisions and seedlings donated by active local gardeners as well as many plants raised by local growers. Great bargains make this an affordable way to expand your plant collection while contributing to the community no matter when you arrive.

For those who wonder why the team that gathers plants for this sale doesn't have even more plants available to satisfy the plant-hungry crowd, it's all about the help! As Plant Sale Coordinator, I reach out for help from those who love this sale for its green-thumb karma and free garden advice shared enthusiastically.

Ned Wolf Park Plant Sale

Saturday, May 14, 10 a.m. to 1 p.m.
McCallum and Ellet streets

(Heavy rain date: Sunday, May 15)

Folks walk away with far more than boxes loaded with great plants. And the more our community can help, the more fun and funds we'll have supporting Ned Wolf Park, a jewel in the neighborhood.

Help can come in many ways and is crucial for our success:

- We need folks to donate plastic nursery pots, tools, books or other garden items.
- We need folks to gather and store trays and boxes until Sale Day so shoppers can easily take home their plants.
- We need gardeners to pot up divisions and seedlings from their own gardens and transport them to the park.
- We need volunteers who can help dig up plant divisions from Ned Wolf Park and some local gardens.
- We need volunteers early on the day of our sale to organize, label and price the plants before 10 a.m.
- We need volunteers with plant know-how to help with botanical advice and to steer "newbies" to suitable plants.

If you can lend a hand or have questions, contact me at 215-248-5533 or ericsternfels@icloud.com. We hope you'll expand the ranks of the Friends of Ned Wolf Park!

Show Your Love for the Wissahickon

HOW DO WE LOVE THE WISSAHICKON Valley Park? Let us count the ways.

Those of us who live close to the Wissahickon and have the opportunity to run, bike, walk and hike its paths on a frequent basis are incredibly lucky to have a close relationship with the park. It's one of the best benefits of living in Northwest Philadelphia. The Wissahickon sees a lot of love — more than a million people visit each year. And being loved by so many means there is always work to be done.



Love Your Park Week in Philadelphia runs May 7-14. Over 100 friends-of-parks organizations will be working around

the city to beautify local parks. Friends of the Wissahickon wants to extend a special invitation to Weavers Way members to join us in a tree-planting project on Saturday, May 7, Love Your Park Day. We'll be planting trees near the Roxborough Avenue trail closure, at Roxborough Avenue and Magdalena Street.

This area is typical of the park: Several large trees have toppled, bringing down adjacent trees. The area is heavily populated with deer and, as a result, new tree growth has been suppressed. In addition, invasive Japanese knotweed and Japanese angelica tree have taken residence. The forest, like many areas in the Wissahickon, is at a disadvantage.

We will plant 150 tree seedlings, to increase the forest's ability to deal with



FOW photo

Earlier crew of Friends of the Wissahickon volunteers removes invasive species.

Volunteer with FOW on Love Your Park Day

Saturday May 7, 9 a.m. to 1 p.m.

Contact Volunteer Coordinator John Holback, jholback@fow.org, for info.

non-point source pollutants from the adjacent Walnut Lane Golf Course and the neighborhood and to prevent them from entering the creek. We're eager to work to restore this area and increase the tree canopy because it's bisected by a new trail.

We look forward to seeing you on May 7. For more information about this and other volunteer opportunities, please contact Volunteer Coordinator John Holback at jholback@fow.org.

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The Passionate Gardener

Oh, So THAT'S What You Mean by 'Greensand'

by Ron Kushner, for the Shuttle

HERE ARE SOME DESCRIPTIONS OF common mineral additives available to improve garden soil.

Gypsum: Light-colored, finely powdered rocks or pellets containing calcium sulfate.

Gypsum has been used since the days of the early Greeks. It improves water penetration (drainage) and aeration for packed-down and clayey soils by making the fine particles of clay stick together and neutralizing the salt in high-sodium soils without raising the pH as lime does. The process is a chemical one, whereby sodium ions are exchanged for calcium ions, which separates the clay particles enough to create "pore space" for air and water. Because it is a neutral salt, gypsum may be used where you want to increase soil calcium without raising the pH.

I use a handful with every tomato plant as a deterrent to blossom-end rot. It adds not only calcium but also sulfur, both secondary nutrients. It comes in a pelletized form that is easier to use than the powder form.

Lime: Also known as ground limestone, agricultural lime and garden lime. The chemical name for lime is calcium carbonate. It may be bagged as a fine white powder, granules and most commonly as pellets.

When mixed with magnesium (which is quite common) it is called dolomite or dolomitic lime. Most articles recommend dolomitic lime to be used for your lawn

and garden, but today it hardly matters. Hydrated or "slaked" lime, the caustic, concentrated, dangerous-to-handle version of lime intended to be used in mortar and plaster, is not commonly available in garden centers or nurseries anymore, so there is little cause for concern.

Lime is primarily used to raise the soil pH, to make it more alkaline, or "sweeter." Lime neutralizes soil acidity so that microorganisms can help break down organic matter into humus, but it is useful in many other ways as well. It is not considered a fertilizer, but it helps in the release of nutrients and improves the structure of clay soils by increasing moisture retention and drainage. Lime also helps control club root, a disease found in plants of the cabbage family, and tends to prevent moss growth.

Most lawns in our area need to be limed annually, and in acid soils, liming is necessary to grow many perennials and vegetables. Always depend upon an actual soil test to determine how much (if any) to apply. My own garden in Lafayette Hill has a pH of 7.1, just on the sweet side of neutral, and has never required lime. But this is not normally the case in our area.

Greensand: A pulverized rock powder, also known as glauconite.

Greensand is mined naturally from marine deposits found near the New Jersey coast. It was called "granite dust" years ago. But it has many trace minerals and is a natural source of potash, which is

(Continued on Next Page)



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Besides producing greensand, this mine near Sewell, NJ, also attracts fossil hunters.

(Continued on Next Page)

great for adding potassium to vegetable garden soil. Greensand retards soil compaction and holds moisture. It is often recommended for roses and greenhouse potting mixtures where moisture retention and drainage are issues.

Epsom salts: A white powder, magnesium sulfate, containing almost 10 percent magnesium and 15 percent sulfur. Epsom salts are a good source of magnesium when a soil test indicates it is needed, although lawns that require magnesium will usually get it more quickly with an application of lime. Epsom salts get their name from a mineral spring in Epsom, England, where they were first collected.

Perlite: A light, hard, porous, gritty material that looks like tiny white balls, formed when lava (volcanic rock) is heated to a high temperature, which causes it to expand. Perlite is nontoxic, sterile and odorless; a common component of soil-

less potting medium, it can be used as a rooting medium on its own. It increases drainage, improves aeration and decreases the weight of potting mixes. It also helps to retain water, which attaches to the surface of the perlite particles.

Vermiculite: An extremely lightweight, granular substance with grains about 1/16 of an inch in diameter formed when mica chips are heated to a high temperature and expanded — actually, popped like popcorn! Vermiculite contains some potassium, magnesium and calcium, which are slowly released in soil. It is commonly used in soil mixes to increase water and fertilizer retention, as well as to lighten and open it up. It is also used as a soil amendment for vegetable containers and beds and for starting seeds. Avoid adding it to very clayey soils, as the clay bonds with the vermiculite, instead of the vermiculite breaking up the clay.

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She's Working for Food Justice — and a Shot at Miss Black Teen US Ambassador

by Loren Lofton, for the Shuttle



Mt. Airy high school student Lauren Lofton is representing Pennsylvania

I'M LAUREN LOFTON, AND I AM A Mt. Airy native and sophomore at 21st Century Cyber Charter School.

I am proud to have been selected to represent the state of Pennsylvania as the 2016 Miss Black Teen US Ambassador and look forward to promoting issues of importance for youth, specifically African-American youth, in my community, state and nation.

My passion and goals are to drive childhood hunger away from my community and beyond through my platform, Project C.H.E.W. (Childhood Hunger Eradicated Worldwide). I believe that food is a right, not a privilege, and everyone, no matter their income or personal background, should have a place at the table. Since 2013, I have taken action by volunteering at local food pantries and community meal programs. This has allowed me to see firsthand that there are children in my community who are going to bed hungry each night and going to school without a healthy, nutritious breakfast.

I also am excited about being on the Weavers Way Co-op Food Justice Committee. My family has shopped at the Co-op for many years, but when my dad was laid off from his job a few years ago, my mom stopped shopping at Weavers Way

and started looking for cheaper alternatives. I realize how fortunate I am now that we are once again Co-op members and enjoy the great, healthy, local food choices that are offered. However, this is not the case with so many other kids, and it hurts to know that 20 percent* of a generation, my generation, is food-insecure.

That's why this issue is so important to me, because although I've never suffered from hunger, I do know what it's like for families and parents to sometimes have to buy less healthy, less expensive foods to stretch their food budget. Being on the Food Justice Committee allows me to connect with others who are as passionate about this issue as I am. Even though I am working hard to put a stop to hunger, I know and understand that it takes more than just one person.

In July, I will travel to Oklahoma City for the national pageant where I hope to win the overall title of Miss Black Teen US Ambassador, which will give me an opportunity to share my platform on a national level.

*According to *Child Hunger Facts, FeedingAmerica.org*

Visit www.thebusam.com to learn more about the Miss Black Teen US Ambassador program

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Chickpea Stew with Orzo & Mustard Greens for 4-6, Adapted from Melissa Clark

Ingredient	Quantity	Price/unit	Price/extended Non-member	Price/Working Member	Price/Senior or Food For All	Price/Working Senior or Working FFA
Extra virgin olive oil, bulk	2 tbs.	\$10.09/lb	\$0.41	\$0.39	\$0.37	\$0.35
Carrots, peeled and chopped	2 medium	\$0.99/lb.	\$0.42	\$0.40	\$0.38	\$0.36
Fennel, chopped	1 small bulb	\$1.29/lb	\$1.29	\$1.23	\$1.16	\$1.10
Onion, chopped	1 medium	\$0.99/lb	\$0.50	\$0.48	\$0.45	\$0.43
Garlic, minced	2 cloves	\$4.99/lb.	\$0.50	\$0.48	\$0.45	\$0.43
Vegetable broth	2 cups	\$2.29/qt	\$1.15	\$1.09	\$1.04	\$0.98
Canned chickpeas (garbanzo beans), rinsed and drained	1 15-oz. can	\$1.49	\$1.49	\$1.42	\$1.34	\$1.27
Cherry tomatoes, roughly chopped	3/4 cup	\$3.99/pint	\$1.50	\$1.43	\$1.35	\$1.28
Orzo pasta	1/2 cup	1.09/lb	\$0.50	\$0.48	\$0.45	\$0.43
Mustard greens	1/2 bunch	\$3/bunch	\$1.50	\$1.43	\$1.35	\$1.28
Grated Parmesan cheese	1/4 cup	\$16.99/lb	\$0.40	\$0.38	\$0.36	\$0.34
Salt, black pepper, red pepper flakes	to taste					
TOTAL FOOD COST			\$9.66	\$9.21	\$8.70	\$8.25



Each month, the Food Justice Committee shares a recipe that includes ingredients available in our bulk bins and/or Co-op Basics, Co-op Deals or Weavers Way Deals.

Melissa Clark is a New York Times food columnist and cookbook author. This recipe was originally published Dec. 3, 2013.

Spinach, arugula or kale work in this recipe if you can't find mustard greens.

Directions

- In a large pot, heat the olive oil over medium-high heat. Add the carrots, fennel or celery, and onion. Cook until tender, about 5 to 7 minutes. Add the garlic and red pepper, if using, and cook another 2 minutes. Pour in the broth, plus an additional 2 cups of water, and bring to a boil.
- Once the mixture is boiling, add the chickpeas, tomatoes and orzo. Reduce to a simmer and cover. Simmer 10 minutes, or until the orzo is tender. Uncover and stir in the greens, letting them simmer until soft, about 2 minutes.
- Add more water if you want the mixture to be more soup-like, and season with salt and pepper. Ladle into bowls and top with chopped grated cheese and a drizzle of olive oil.



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Among those who just can't stop dancing are, from left, Steve Tenneriello; Dottie and Phil Baumgarten; Eve P; Pat McGrath & Dave Rupp; Chloe and Rick Mohr, with Evan.

What Your Co-op Neighbors Love About Contra Dancing

by Karey Bacon, for the Shuttle

CONTRA DANCING IS IN THE NEIGHBORHOOD now! A cousin of square dancing, this friendly, easy-to-learn dance happens at the Commodore Barry Club every Thursday night, and at Summit Church on the third Saturday. To get an idea of why this might be relevant to you, let's ask our Co-op neighbors why they go every week.

Chloe Maher & Rick Mohr: The friendly, inclusive community. Beginners and longtime dancers have a great time in the same contra line. People who think they're non-dancers and people who already like dancing both get hooked and become regulars. And a musician or caller might be on stage one minute and swinging with you the next. Also, there's a saying, "It's the most fun you can have with your clothes on!"

Eve P.: It's a great workout with lots of fun people, and it's a wonderful way to

spend Thursday evening and get your endorphins flowing. It makes you happy for the rest of the week!

Steve Tenneriello: It's a lot of fun, it's good energy, I get to dance with people from lots of different backgrounds. It's nice to see people from the dance in the neighborhood and say hi. It also leads to other kinds of dancing — they have waltzes there, too. I've been doing it for most of my adult life — I won't say how long that is.

Pat McGrath: When you walk into the dance hall and you've had a long day, you don't necessarily have a smile on your face, but the music starts playing, and people start moving around and looking in each other's eyes and suddenly everyone is smiling.

Dave Rupp: The community is very strong. Everybody supports the newer dancers; plenty of people come who have never done it before and everybody

Bring this coupon for a special \$5 admission.

Contra Dancing Every Thursday
Commodore Barry Club, 6815 Emlen St.
8 to 11 p.m. (newcomer lesson at 7:30)

Regular admission \$8-\$10, depending on the band, discounts for students; children under 12 are free.

Info: thursdaycontra.com


helps them learn; everybody wants you to have a good time. And I love the exercise. Contra dancing is how I met my wife!


Pat: And it's how I met my husband!

Dottie Baumgarten: You know you have to exercise, so you might as well be getting exercise when you're doing something that you like to do. You're meeting new friends in the community, and everybody really wants you to have a good time. So even when you're new, the others take care of you and help you, and then you're part of this community which is a lot of fun! And if you don't go dancing, then you have to do something boring like go to the gym.

Phil Baumgarten: Thursday Night Contra is the highlight of my week. There are a lot of really nice people at the dance and I want to be one of them. I aim to be the best partner I can be to each person I dance with, whether a first-time dancer or a long-time participant. . . . The music is always live; we have a lot of very talented local musicians and callers and also draw on great national bands and callers.

Studies show that dancing regularly can stave off dementia. Why not come down Thursday to the Commodore Barry to try it out? The lesson for newcomers is at 7:30, and the dance is 8-11 p.m. For more info, visit thursdaycontra.com. See you on the dance floor!






THE REMIX WITH DR. JAMES PETERSON

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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.

The soda tax was in the news again, notably as a commentary posted on Philly.com by Atif Bostic, executive director of UpLift Solutions, which works to increase access to groceries in underserved neighborhoods: Bostic referenced “the proposed tax, which would dramatically increase the average grocery bill.”

In last month’s Shuttle, I pointed out that “groceries” are food, and soda is not food, so this proposed tax is not a tax on groceries and would have no effect on grocery spending. This month I’m questioning if the soda tax can be characterized as a “dramatic” increase. I would think for something to be a dramatic increase, it would be a major fraction, like



a 33 percent increase or more. The USDA Moderate meal plan for a family of four is like \$250 a week — how much taxed soda would it take to be a “dramatic” increase? If a family of four drank one 12-pack a week, three cans a week per person, it would be another \$4, a 1.6 percent increase, hardly “dramatic” for a drink no one should be drinking anywhere near that volume anyway, if they care about their health.

Atif goes on to write about lower-income families in Kensington and North Philadelphia: “Their wallets will take a further hit when they are forced to pay 3 cents an ounce for a range of beverages.”

I’d like to know how anyone is “forced” to pay anything for soda, as my observation is that purchase of soda generally appears to be voluntary.

Another observation: The anti-soda tax writings I’ve seen seem to be written by people with connections to companies that profit from soda sales. Hence I conclude the scare-tactic language is designed to protect profits of the soda industry, as opposed to an honest and open debate on what is best for our community and the public’s long-term health.

This does not mean I agree that this is the best way to fund programs the tax would support, but the disingenuous “grocery” spin is getting even worse.

suggestions and responses:

s: “What about possibility of compostable produce bags? I assume it’s something you’ve looked into. I assume it would be cost-prohibitive, which is why we don’t have them.”

r: (Norman) When I looked into it years ago, it wasn’t so much cost as it was not clear the compostable bags available were any better for the environment than plastic. Made from corn, which seems more sustainable than petroleum until you dig a little deeper and see if it’s GMO corn,

or Chinese super-monocropped corn, or what. Plus what’s involved in the process is basically to make plastic out of corn. And it seems they are only compostable under pretty specific conditions, or they have to be done in commercial composter. There are bags now made from non-GMO corn, and even if they don’t compost, they are probably better than petroleum bags, so we’ll look into them.

s: “Can we get fresh tortillas (from South Philly, e.g.)”

r: (Norman) I spoke to Tortilleria San Roman in South Philly and there were two problems: One is they use conventional corn, probably GMO, and second is they aren’t really set up to do wholesale. We know we need a better fresh tortilla, preferably non-GMO and local, and we have found one, El Paisano, made in New Jersey. We’re figuring out the logistics of getting them in.

s: “Could the Co-op include a confessional in member services at 555 Carpenter? Perhaps the membership coordinator could hear Co-op members confess to uncooperative things that they’ve recently done, or thought of doing, and then tell them that their transgressions are forgiven and they’re still welcome to be mem-

(Continued on Next Page)

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Suggestions

(Continued from Preceding Page)

bers of Weavers Way. For those of us who are lapsed Catholics, this would make us feel quite at home.”

r: (Kirsten) What a creative suggestion! Being a lapsed Catholic myself, I do get the appeal. It just so happens that I am a skilled active listener. I can also be quite empathetic. These are excellent qualities for a confessor. Given that, I would be more than willing to hear the litany of your uncooperative behavior. This may include, but is not limited to, the time that you took up more than



one basket space on the counter, or the day you jumped in line with your overflowing basket, pretending not to notice the member with one loaf of bread right behind. Whatever uncooperative transgression you may have committed, I will listen, without judgement, and absolve

you of your lapse in interdependence. Unburdened, you will be free to go forth to renew your commitment to cooperation.

s: “Today you have a full tray of white pizza dough, all dated 3/7. It’s the 13th. I use this regularly and would never buy six-day-old dough. However, I was here 3/10, and there was not one pack of dough of either type. I asked a Deli staffer, and she checked for me and said it was all gone and to come back for a new delivery. Now you have dozens of packs dated 3/7! Your whole approach to pizza dough needs to change. This is messed up.”

r: (Matt MA) I’m sorry you were given incorrect information. Four Worlds dough is delivered Mondays and Fridays, while De Palma is delivered on Saturdays. I am more than happy to take pre-orders for any product we carry. Please email me at matt@weaversway.coop.

s: “The Silk soy yogurts are pretty good! Could we try stocking the larger sizes? Also, seconding the Treeline cheese request.”

The main reason we don’t have chips and crackers in bulk is we don’t deal with any suppliers that offer them. If a company like Newman’s Own or Nature’s Path or Bearitos came out with a line of bulk chips, we’d be happy to give them a try.

r: (Kathryn MA) It’s so good to hear that you like the Silk yogurts. We’ve had a hard time finding a good dairy-free yogurt. Anyway, if the small Silks do well over the next couple months, we will consider bringing in the 24 oz. too. Thanks for the suggestions!

s: “I was just wondering if we have ever considered carrying crackers/chips/pretzels in the bulk section in MA? Seems like we carry an awful lot of candy/chocolate items, and there’s space for at least a few options. I originally thought maybe we didn’t for logistical reasons (freshness/dispensing), but I’ve since heard of other bulk stores selling items like this.”

r: (Norman) Bulk crackers, chips and pretzels would be fine, although I’m sure there would be some breakage and difficulty dispensing, but we could probably cope with that if the price was right and it would be good to allow shoppers to save the packaging and buy just the quantities they want. We do have a lot of candy and some could be probably be eliminated. But the main reason we don’t have chips and crackers in bulk is we don’t deal with any suppliers that offer them. Probably big food-service vendors like U.S. Foods and Sysco have them, but we don’t deal with them, plus, often their items are of low quality or have ingredients we would shy away from. If a company like Newman’s Own or Nature’s Path or Bearitos came out with a line of bulk chips, we’d be happy to give them

a try. It’s actually a bit surprising to me some of the larger natural food companies haven’t come out with more bulk versions of their products for the food-service industry, I guess the demand isn’t there yet.

s: “I love Pequea Valley yogurt and often take one to work with me for breakfast or lunch. The problem though is that no matter how slowly I peel back the foil top it still manages to splatter on my clothes and face. It embarrasses me. Might you have some suggestions for the folks at Pequea Valley Farm? Also, a separate question related to etiquette. I’ve noticed that a substantial amount of the yogurt adheres to the inside of the foil. Do you think it is socially acceptable to lick it in public?”

r: (Norman) Life is full of interesting little conundrums like this. I asked around to see if others experience this problem. Annette says she slowly peels off the lid and then slides it across the rim to scrape the yogurt back into cup. Crystal just lets it rip and lives with the splatter; she believes it’s part of the yogurt experience. Mary was shocked that someone would ask my advice about etiquette.

I think licking in public is perfectly acceptable — not sure what anyone’s objection would be, people lick ice cream cones and lollipops and their own lips with no issues so there is plenty of precedent. Plus, in general, eating is something virtually all animals occasionally do to live, and licking is often part of eating, so why would something so essential that everyone does be socially unacceptable?

s: “I heard Bernie Sanders is a socialist. Curious as to what socialists eat.”

r: (Norman) Socialists believe in community ownership of the means of production, so they mainly eat produce from farms owned and operated by cooperatives, like Weavers Way Farms. When no cooperatively produced food is available, as in winter, socialists slow their metabolism down to such a point (via years of practicing yoga and meditation learned in Waldorf schools) that they can live on the farm’s storage vegetables, mainly turnips. Surviving for months on one root vegetable offers socialists the psychological stability of a root (you are what you eat), but the yang to that yin is that eating old roots also tends to make you kind of stubborn, especially in discussions about politics.

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Congo Coffee Project Raises Awareness, Funds to Heal Sexual Trauma

by Frankie Pondolph, for the Shuttle

EQUAL EXCHANGE AND WEAVERS Way have been partners for many years, collaborating on initiatives around small-scale farmers, cooperative economies and authentic Fair Trade. One recent collaboration is the Co-op's commitment to offer a unique packaged coffee from Equal Exchange called the Congo Coffee Project. Here's the story behind the beans.

The Congo Coffee Project was launched in 2011 by Equal Exchange and the Panzi Foundation to raise awareness around and support the growth and healing of those affected by sexual violence in the Democratic Republic of Congo. The Panzi Foundation and Panzi Hospital were founded by Congolese gynecologist and activist Dr. Denis Mukwege.

The foundation raises awareness around the issues affecting the people in Eastern Congo, ravaged by years of war following the Rwandan genocide in 1994, while also providing grants to the Panzi Hospital, which offers holistic health care for the victims and their families affected specifically by sexual violence.

Congo is a place of tremendous natural-resource wealth that has suffered extreme violence since the mid 1990s. Soldiers, rebels and militias fight over the



Equal Exchange photo.

Dr. Denis Mukwege, top right; Equal Exchange's Beth Ann Caspersen, above (in blue and white) talks with women and children at Panzi Hospital.

power to control some of the world's largest deposits of tin, tantalum, tungsten and gold. These minerals are used to produce our jewelry, computers, cell phones and other electronics. To gain control over these minerals, armed groups use violent rape as a systematic weapon of war. Before the founding of the Panzi Hospital, located near Bukavu in Eastern Congo, survivors of rape had few options for healing physically or mentally. Being ostracized is still the case for victims but since the Panzi Hospital opened its doors in 1999, it has become a refuge for thousands of survivors.

The Congo Coffee Project is a blend of coffee from SOPACDI, a Congolese coffee cooperative formed in 2002, which is made up of 5,600 small-scale farmers who are helping to restore economies in the Eastern Congo ravaged by war. For every bag of Congo Coffee Proj-

ect sold, Equal Exchange donates \$2 (\$1 wholesale) to the Panzi Foundation. Since launching the Congo Coffee Project, Equal Exchange has raised more than \$75,000 for survivors.

The Congo Coffee Project has a three-part impact: helping to restore the local economy by bringing Congolese coffee to the U.S. market, raising awareness to empower consumers (like shoppers at Weavers Way) about the issues affecting Congo today and directly supporting the Panzi Foundation to aid survivors of this violence.

I recently had the honor to meet Dr. Mukwege and represent Equal Exchange at an award ceremony at the University of Pennsylvania's school of Nursing. In March, Dr. Mukwege received the 2016 Reinfield Award, which honors leaders in global women's health. During his accep-



For every bag of Congo Coffee Project sold, Equal Exchange donates \$2 to the Panzi Foundation. Info: www.panzifoundation.org

equalexchange.coop/congo-coffee-project



tance speech, Dr. Mukwege said that too many people close their eyes and ears to the injustices around the world; what one cannot see or hear does not exist. As I listened to these words, I reflected on our ability to use our voices. The Congo Coffee Project and the work of Dr. Mukwege and the Panzi Foundation are tools we can use to open ears and eyes, to call attention to what is happening and to demand justice.

In celebration of World Fair Trade Day on May 14, Equal Exchange will be running sales on our products — please stop by the Co-op to pick up some Congo Coffee Project beans or other delicious EE coffee, helping to empower consumers and small scale producers!

Frankie Pondolph (fpondolph@equalexchange.coop) is the Philadelphia-area rep for Equal Exchange.

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What's in Store at Weavers Way

What to Eat While Waiting for the Tomatoes

by Jean MacKenzie, Weavers Way Mt. Airy Produce Manager

MAY CAN BE A DIFFICULT MONTH IN THE PRODUCE world: We're all looking forward to the local harvests, but except for cooking greens, some baby salads and a few hoop-house tomatoes, the local stuff just isn't ready. We'll have local asparagus by the end of the month. But one crop that is always fresh and local is mushrooms.

Mushrooms

Mushrooms are so sensitive to physical insult that even careful "one-touch" picking and packing can activate an enzyme that hastens rotting. Or so says Scientific American in a March 2016 article about genetic editing of mushrooms to stop browning and decay.

Here at the Co-op, we almost never have a problem with mushrooms, but maybe that's because they are fresh and local, and they sell so quickly. But mushrooms from Kennett Square, the "Mushroom Capital of the World," are shipped all over the country, so maybe that co-op in East Gbp is having trouble.

I recommend reading the article, which I have in my office, but be prepared for statements such as "The homing is accomplished by a small piece of nucleic acid called the guide RNA, which is designed to mirror the DNA sequence in the target area and attach to it using the unique and specific attraction of DNA base pairs made famous by James Watson and Francis Crick." Right. Just what I was about to say.

So, what are genetically "edited" mushrooms? Not Genetically Modified Organisms (GMOs), according to the USDA's Animal and Plant Health Inspection Service, which regulates GMO crops. The distinction between "genetically modified" and "genetically edited" is that genetic editing does not involve the introduction of "foreign," i.e. non-mushroom, genes, and thus does not need

to be regulated. The technology is apparently fast, simple (!) and inexpensive, and mushroom growers could embrace it fairly quickly. Oddly, though, no one has yet tasted a genetically edited (GEO) mushroom – as soon as the browning tests were completed and proof of the principle established, the mushrooms were destroyed.

How will the public respond to a genetically edited mushroom? Perhaps the way they've responded to GMOs – with deep suspicion.

Strawberries

Last year, early warm weather brought us local strawberries weeks earlier than expected. They shouldn't be here yet, but if we have weather patterns similar to last year's, they might show up early.

Fresh local strawberries are of course delicious, and that's reason enough to eat them. But did you know that strawberry consumption has been linked to improved heart health and maintaining motor skills and memory?

A study at Harvard Medical School found that subjects who consumed the most strawberries had lower levels of C-reactive protein (CRP), which is a biomarker for inflammation. The USDA Human Nutrition Research Center on Aging at Tufts University conducted studies that seem to show that strawberries protect against losses in motor and memory function as we age.

Rhubarb

Soon we'll have local rhubarb, and aside from its distinctive flavor, rhubarb has a significant nutritional bonus: One cup of cooked rhubarb packs a whopping 348 milligrams of calcium. The RDA for calcium, essential for bone health, ranges from 1,000 mg to 1,300 mg.

Bring on the strawberry-rhubarb pie. I feel better already.

mackenzie@weaversway.coop



Strawberry Rhubarb Pie

From The Food Network's "Great American Pie Cook-Off" (Filling only — you're on your own for the crust.)

- 2 1/2 cups chopped fresh red rhubarb
- 2 1/2 cups strawberries, washed, destemmed and cut in large pieces
- 1 1/2 cups sugar
- 2 tbs. Minute tapioca
- 1 tbs. all-purpose flour
- 1/2 tsp. lemon zest
- 1/2 tsp. lemon juice
- 1/2 tsp. ground cinnamon
- 1 tsp. vanilla extract
- 3 tbs. butter, cubed small
- 1 egg white beaten with 1 tsp. water
- Pastry for two crust pie
- Large-granule sugar, for sprinkling

Preheat oven to 425 F. In a large bowl, mix the rhubarb, strawberries, sugar, tapioca, flour, lemon zest and juice, cinnamon and vanilla. Pour out into chilled, unbaked bottom crust. Dot the top of the filling with butter. Brush edges of pie crust with egg-white wash, then put on top crust and crimp to seal edges. Brush top with additional egg-white wash and sprinkle with large-granule sugar.

Bake at 425 for 15 minutes, then decrease temperature to 375 and bake for 45-50 minutes more, or until the filling starts bubbling. Cool before serving.



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MAGGIE'S
SOLID
FOOTIE SOCKS
\$4.99 REG \$5.55



RADIUS
CRANBERRY
FLOSS
\$2.49 REG \$3.15

What's in Store at Weavers Way

Local Vendor

There Are Funguses Among Us And These Mycogeeks Want You to Try Them

by Nikolai Fomich, Weavers Way Chestnut Hill Grocery Staff

HIDDEN FROM THE HUMAN EYE, VAST UNDERGROUND networks of interconnecting organisms thrive. These cities of mushrooms — “mycopolitans” — are held together by mycelia, the threads that link fungi together. Mycelia have a human counterpart in Tyler Case, Brian Versek and Dan Howling, who have formed a community of toadstool lovers, connecting Philadelphians through the mushrooms they grow and sell in their mushroom-growing enterprise, Mycopolitan.

Tyler’s connection to this unique food source formed early on. “From a young age, I’ve loved foraging and cooking,” he said. “I saw mushrooms in my edible plant field guide, but never had the nerve to cook them up. In high school, I found the nerve. The first wild mushroom I ate was a ‘chicken of the woods.’ . . . I grew up in Cherry Hill, right by the Mall. Not the best foraging right there, but once I could drive, I would go all over South Jersey.” Tyler began finding other kinds of mushrooms, such as black trumpets and chanterelles. He was hooked, and dreamed of one day growing his very own chicken of the woods.

That opportunity came in 2011, when he began seriously exploring the possibility of starting a mushroom farm and guest-lecturing on mushrooms at Saul High School. He introduced mushrooms to his friend Brian, with whom he had worked for years at his day job at a methadone clinic in West Philadelphia. “We went hunting for wild mushrooms,” Tyler said, “and spent time practicing lab techniques together.” Soon after, Tyler and Brian met Dan Howling at a talk by world-renowned mycologist Paul Stamets. “Dan was looking for a job mushroom farming at the time and caught wind of what we were starting,” Tyler said. “We myco-geeked out hard. We started growing in October 2014.”

But before they could grow, they had to research, envision, design and construct. “Building a functioning indoor farm, on a limited budget, was something there was little information on,” Tyler said. It was eight months before they grew their first fungus in their “cave” at D and



Nameko, left, and trumpet mushrooms, above, growing at Mycopolitan; below, myco mastermind Tyler Case, right in picture, with like-minded partners Dan Howard, left, and Brian Versek.



SHARE IT

Mycopolitan’s next share starts the second week of May. Says Tyler, “Because the farm will be shut down for summer by sometime in June, the shares will increasingly consist of foraged mushrooms and other wild foods, plus dried mushrooms and value-added products (pickles, seasonings, medicinal honey). . . . So, we’ll be marketing this quarter as especially eclectic and unpredictable.”

For a more poetic description, visit www.mycopolitan.com/share and scroll down to COMING MAY 2016.

Erie, where they rent space from Common Market, the nonprofit food distribution network.

“We’ve been tweaking things and making improvements over the past year-and-a-half, but the way our farm looks now is pretty close to what it looked like on paper two years ago,” Tyler said. “We built a lab and two hoop-houses similar to those you would find on an outdoor farm, only they’re in a basement. One houses bags of mycelium, munching away at sawdust substrate. The other is well-lit, with lots of fresh air and humidity. This grow room is where the mycelium turns the energy from that substrate into delicious mushrooms.”

“We typically get two harvests within a month, at which point we move blocks to local farms and gardens to produce more mushrooms before eventually breaking down into humus.”

Tyler’s knowledge of mushroom farming is matched by his deep respect for “these amazing life forms.” “Generally speaking, all mushrooms contain chitin, a type of dietary fiber which has been shown to lower cholesterol and support healthy gut flora. All mushrooms contain

immune-supporting sugars in their cell walls. Nutritionally, most mushrooms also contain good amounts of protein, potassium and various minerals. Mushrooms have been found to have beneficial effects on the brain, cardiovascular system, athletic performance, cancer treatment, and, of course, spiritual well-being. The list goes on. It is shocking how many biologically active compounds are produced by mycelium.”

Customers at Weavers Way have experienced those benefits firsthand through Mycopolitan’s farm-share program, which provides a seasonally rotating supply of fresh mushrooms — nameko, shiitake, trumpet, and other kinds of winter-friendly mushrooms. “Winter is a time when most farms in our area are shut down,” said Tyler. “Therefore mushrooms are one of the few crops one can find fresh and local this time of year. We love winter because cold weather is perfect for growing nameko mushrooms.”

Tyler and his co-farmers share a strong commitment to cultivating a deep appreciation of mushrooms among Philadelphians everywhere. “We do a couple workshops a year teaching DIY mushroom growing,” Tyler said. “We do a fun foraging expedition followed by a wild-mushroom feast in the fall, and we occasionally run tours of our farm for students. I have been teaching at Saul High School since 2012.” Saul received a National Farm to School Network “Seed Change” grant with which to expand its classroom mushroom-growing facility.

“It’s clear that fungi are essential to the success of our species on this planet, and that there are countless discoveries to be made — yet fungi are barely mentioned in most schools,” Tyler said.

“Mushrooms are inherently interesting — they’re weird, they’re beautiful, they can grow big and grow bright, yet they often go unnoticed. Once you begin noticing them, they have a way of revealing themselves in interesting ways. Not every kid will become as obsessed as I did, but by learning about these life forms, you at the very least learn the lesson that an unimaginable network exists right under your feet.”

nfomich@gmail.com



May Vermont Creamery

 <p>Chèvre 4 oz (plain & herbs de Provence)</p> <p>50¢ off/ea</p>	 <p>Bijou</p> <p>\$1 off/ea</p>	 <p>Coupole</p> <p>\$1 off/ea</p>
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These are all fantastic goat’s milk cheeses made by one of the pioneers of artisan goat dairy in the United States. The chèvre is smooth, yet will crumble nicely when cold. The Bijou and Coupole are aged, made in the traditional French style to be slightly tangy and creamy underneath the tasty white rinds. Are all great for spring weather with fresh greens, strawberries and a glass of crisp white wine such as Pinot Grigio.

Cooperator of the Month



Sara Steele

When she joined Weavers Way: She's an original member.

Lives In: Mt. Airy

Current job: Artist, working primarily in watercolor. "I would say a lot of my work, it's either nature-based ... or it's internal visions. I consider myself an abstract painter, but nobody else does."

Co-op flashback: "It was just dinky; it was the one building. It was before they even smashed through the wall."

Why she's a working member: "I think it's important to be a working member if you're able. I just like feeling like an owner. I really feel like it's mine, partly ... and I want to know how to do the jobs that get done."

Favorite Co-op job: "Where I've landed the last couple years is, I love deli, because I love Stephen [Liu, of the Mt. Airy staff]. I always work when Stephen's working."

Favorite co-op product: Prepared Foods' walnut-lentil paté. She does most of her everyday shopping at Weavers Way. "There's a great selection of the stuff I like to use, because I do like to shop primarily organically."

A little Co-op love: "It's a combination of a corner store and a community. You know everybody, pretty much — it's very human."



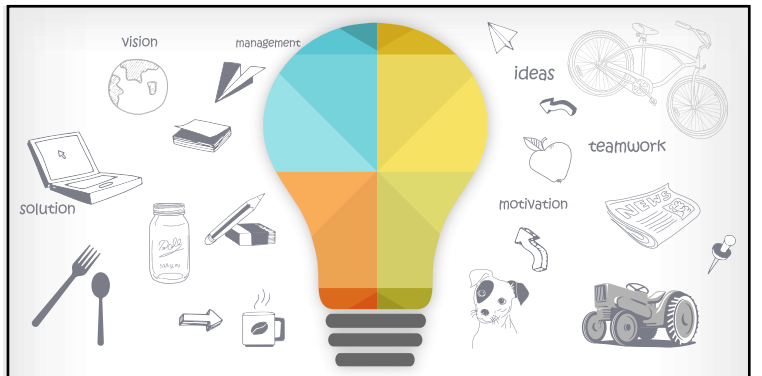
Philly Salvage Has Left The Building

542 Carpenter Lane, that is. (Visit them in their new digs at 2234 W. Westmoreland St. Info: www.philadelphiasalvage.com.) Now we're pondering the future of our Mt. Airy garage. Stay tuned for the date of a community "peek-in."



Expansion \$trategy

Weavers Way administrators met last month to talk about approaches to funding expansion. The group covered everything from grants and low-interest municipal loans to member equity and member loan campaigns. In attendance were, pictured clockwise from front, Weavers Way staffer Heather Carb, Ambler Co-op President Kathleen Casey, Weavers Way Finance Manager Susan Beetle, Co-op Membership Manager Kirsten Bernal and consultant Steve Garfinkel; not in the picture, Weavers Way Controller Nancy Pontone, Marketing Director Crystal Pang; and holding the camera, financial adviser Ned Case.



WORKSHOP THURSDAYS

Topics are as wide and far-reaching as the interests of our members.

Unless otherwise specified, workshops are held in the Community Room at 555 Carpenter Lane (adjacent to the Mt. Airy store) and run 7-8:30 p.m.

Most are free; some charge a materials fee.

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

Check the online events calendar for details: www.weaversway.coop/events.

Or why not give a workshop yourself?

Workshops are expected to last an hour and a half, and are worth three hours of working member credit. **For more info or to propose a topic:** outreach@weaversway.coop or 215-843-2350, ext. 118.

UPCOMING:

TIMEBANKING & ALTERNATIVE CURRENCIES

Thursday, May 5

Learn about timebanking and how alternative currencies help build commonwealth and enrich our sense of community.

FARMPHILLY: SOIL SAFETY

Thursday, May 12

Let FarmPhilly, a Philadelphia Parks and Recreation Department program, educate you about the risk of pollutants in urban soil. We'll learn about the best practices for gardening safely and resources for supporting individual or collective gardening projects.

A SHORT COURSE IN BEER

May 19/June 16, 7-9 p.m.

Join author and experienced brewer Lynn Hoffman at Roller's Flying Fish in Chestnut Hill for two classes that explore the defining characteristics of the world's best beers. In the first class, we'll brew an ale using grain, hops, Belgian yeast and herbs from Weavers Way. We'll finish with a tasting of some pilsner lagers and some similar ales. For the second class, we'll taste select beers and discuss the range of choices available to brewers as they develop style and complexity. \$40/ per person.

POLLINATOR GARDENING

May 19

Enjoy an evening of PowerPoint gardening with Penn State Master Gardener Howard Goldstein, who has been volunteering at the Pollinator Garden in West Fairmount Park for the past five years. Howard will discuss how the particular combination of mostly native shrubs, perennials and insects established there have made the garden a success.

FARMPHILLY: LAND ACCESS

May 26

FarmPhilly, a program of the Philadelphia Parks & Recreation Department, will inform participants about how to gain legal access to land for gardens and farms, and find resources for supporting gardening and farming projects on city-owned or vacant land.

INTRO TO BACKYARD CHICKENS

June 2

Learn the basics about keeping backyard chickens with Maureen Breen, Weavers Way Co-op Member and founder of Philadelphia Backyard Chickens. She'll talk about types of chickens, care, coops, food, protection, legal issues and those wonderful eggs!

GM'S CORNER

Opening a Third Store In Ambler: It Makes Sense

DEAR FELLOW MEMBER-OWNERS, As a followup to our letter in the April Shuttle, we'd like to give you another update regarding the opportunity we've been considering for a store in Ambler, PA.

After looking at several properties in Ambler Borough over the course of the last year, we've identified a building that we believe makes sense for us. At this time we're working towards a contingency lease that would allow us to secure the property for a period of time while we conclude our due-diligence studies.

The building is, in many ways, right up our alley. It would allow us to operate a future Ambler store that would be similar in scope to our two current stores. The Ambler store would have all of our traditional departments and would provide for all of the important features necessary for successful operations: parking, delivery zones, space for back stock, a kitchen for prepared foods and possibly some indoor seating. (We still haven't figured out where the turkey trailer would go.)

Like our current stores, the Ambler location is easily accessible on foot and by bike. It is part of a dense, walkable commercial strip, close to other businesses, the train station and the Ambler Theater.

Our product philosophy emphasizing natural, organic and locally grown and produced foods would carry over to the new store. But, as with the stores in Mt. Airy and Chestnut Hill, the specific product mix would be adjusted to meet the needs of the Ambler community. The Ambler store, while adhering to our product philosophy, would be as unique and special as our current stores.

In Ambler, we would operate based on the same triple bottom line of our existing stores, with the same commitment to strengthening the community and protecting the environment. And of course, it would bring the cooperative business model to a whole new group of people, many of whom have already embraced that model by forming our partner in this endeavor, the Ambler Food Co-op.

The members of the Ambler Food Co-op have worked incredibly hard to bring a co-op store to their community. They continue to work hard as our partners, providing connections to borough and Montgomery County officials, communicating with community stakeholders and continuing the hard work of recruiting new members.

An Ambler store would be owned and operated by Weavers Way Co-op, and the Ambler Food Co-op members

“ Expanding the cooperative model matters. It is critical to ensuring a more equitable local economy. We sincerely believe this opportunity to grow Weavers Way is in the best interest of all of us. ”

are looking forward to becoming members of Weavers Way and supporting what will be very much their store.

We've approached this opportunity very carefully. We've talked to our existing lending partners and other key stakeholders, conducted a thorough market study and enlisted the help of various professional consultants. All indicators suggest this is a good business decision.

We're also very aware of the cultural implications of growing outside our traditional marketplace. Already the Co-op's extraordinary growth has made connecting with members difficult. Weavers Way now has nearly 6,000 member households; opening a store in Ambler will probably bring in more than a thousand more. Keeping so many member-owners informed and connected to the Co-op will be a challenge.

Fortunately, we can learn from the experience of other co-ops around the country. Some have done a very good job of keeping their members engaged. Others are little more than cooperatively owned mini-Whole Foods chains, with a small group of engaged members but a largely non-member customer base.

We don't want that to happen to us, and we'll work hard to prevent it. Re-affirming our commitment to a robust Working Member program is an essential starting point. Making sure the people in Ambler continue to feel as engaged as members of Weavers Way as they are as members of the Ambler Food Co-op is also critical. And we'll have to be effective at serving as cooperative evangelists, spreading the good news of the cooperative movement.

Expanding the cooperative model matters. It is critical to ensuring a more equitable, just and caring local economy. We sincerely believe this opportunity to grow Weavers Way is in the best interest of all of us.

We will continue to use the Shuttle to keep you informed as there are further developments related to Ambler.

Sincerely,

*Chris Hill, President
Weavers Way Board of Directors
tchrishill@gmail.com*

*Jon Roesser, Weavers Way
General Manager
jroesser@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.

The Board meets at 7 p.m. on the first Tuesday of the month. The May 3 meeting is in the upstairs meeting room at the Chestnut Hill Community Center, 8419 Germantown Ave. The next meeting is June 7.

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

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

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OPEN EVERY DAY

www.weaversway.coop
Mt. Airy main number: 215-843-2350
contact@weaversway.coop
Chestnut Hill main number: 215-866-9150

Mt. Airy

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

Chestnut Hill

Monday-Saturday
 7 a.m.-9 p.m.
 Sunday, 8 a.m.-9 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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Produce
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(CH) Mike Herbst, ext. 211
mherbst@weaversway.coop
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 of credit for attending. We look forward to meeting you!

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

Meetings start at 6:30 p.m., in Mt. Airy or Chestnut Hill.
 RSVP to:

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

NEXT MEETING: Wednesday, May 11
Chestnut Hill Community Center,
 8419 Germantown Ave. (across from the Co-op)
 2nd-floor meeting room

weavers way COOP



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Glenn Bergman, 2016 Heritage Award Recipient

The **Cliveden Heritage Award** recognizes an individual who has significantly contributed to the communities of northwest Philadelphia, to the importance of history, and to Cliveden. The Cliveden Board of Directors applauds Glenn's commitment to cooperative local partnerships, sustainable agriculture, and the well-being of underserved communities.

All proceeds benefit Cliveden's mission to help people understand our shared history and motivate them to preserve it by providing access to the rich continuity of history and preservation in one community and family over time, and by offering direction and knowledge about preserving our built heritage and its value.

Please join us for



**2016 Heritage Award Celebration
honoring**

Glenn Bergman

Executive Director of Philabundance

Saturday, May 21, 2016

five o'clock to eight o'clock

at

Cliveden of the National Trust

6401 Germantown Ave., Phila., PA 19144

Tickets: www.cliveden.org/support/

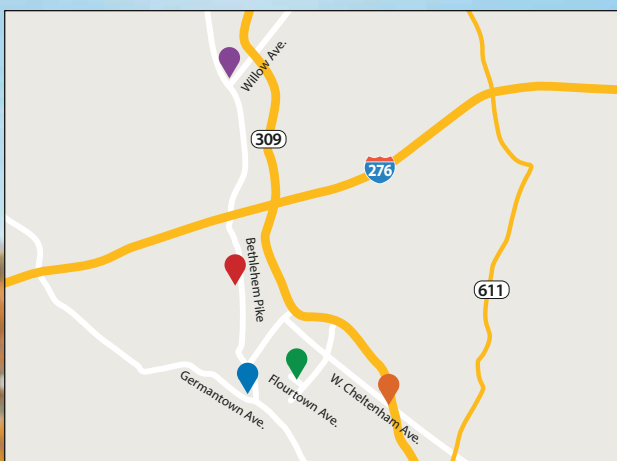
RSVP by Monday, May 16

Info: Brandi Levine, blevine@cliveden.org, 215-848-1777, x223

215-753-2000

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2827 W. Cheltenham Avenue, Wyncote
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8200 Flourtown Avenue, Suite 2, Wyndmoor

