

NOTE

WEAVERS WAY BOARD ELECTIONS

Polls open April 1

Cast your vote for 4 candidates

Online or by paper ballot in the stores

Results will be announced at the GMM on April 30

Read all about it in the April Shuttle or in the Online Member Center.



SPRING 2017 GENERAL MEMBERSHIP MEETING

SAVE THE DATE

SUNDAY, APRIL 30
4 - 6 p.m.

SPRINGSIDE CHESTNUT HILL ACADEMY
500 W. Willow Grove Ave.

GREET, MEET, EAT * GET ELECTION RESULTS!



The Shuttle

March 2017 Vol. 45 No. 3

Community-Owned, Open to Everyone

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.

Continuing Franklin Roosevelt's practice of tax and spend, Philadelphia City Council passed a Sweetened Beverage Tax (SBT) that went into effect Jan. 1, 2017. The tax is supposed to help fund certain municipal programs, including early childhood education, park and recreation center improvements and libraries. It's also hoped that consumption of sugar will go down, reducing the incidence of obesity and improving health.

Both Weavers Way and Food Moxie supported this tax, testifying in favor of it during City Council hearings. Now it is time for the Co-

SEE THE FEE: City beverage levy comes to the Co-op:



op, a retail grocer, to implement our part of the program. This increases what shoppers pay for the beverages subject to the tax. For a variety of reasons, it took us some time to actually implement it, but by now the levy has been in place for a couple of weeks. Our point-of-sale system — that is, the cash registers — will add the amount of the tax to every item subject to the tax. New shelf tags have been created showing both the base price and the “fee” for that item — we chose

(Continued on Page 18)

Co-op to Try Out Compost Collection

by Alisa Shargorodsky,
for the Shuttle

STARTING THIS MONTH, CO-OP members are invited to take part in a community-based solution to the organic-waste problem: The Weavers Way Community Composting Pilot.

In this eight-week program, our goal is to provide a learning opportunity and a chance to experiment with the idea of a composting collective. We'll also be evaluating long-term feasibility of the program and assessing the potential for developing a permanent, independent, local composting cooperative.

Other cities such as Portland, OR, and Seattle provide curbside collection of “organics” — kitchen food scraps excluding meat, fat and dairy. These programs have proven to be both economically and environmentally beneficial, but Philadelphia does not have such a program, meaning organics tend to end up in the landfill.

Most people are unaware how much of the negative environmental impact of landfilling comes from the mixture of dry and wet waste. Wet waste, anything that comes from your food scraps, creates methane chambers that need to be vented. Only 12 percent of landfills have technologies that convert these gases into energy.

During the Nutter administration, residents of Point Breeze and East Oak Lane were encouraged to participate in a program using enhanced sink disposals. It was assumed this would reduce the amount of wet waste in landfills, and the city did report the program saved \$1.1 million last year in tipping fees.

But sending organics down the drain to the water treatment plant is not a perfect solution: Fats, oils and grease in kitchen waste can congest sewer pipes. Moreover, an Australian study concluded the practice increases

(Continued on Page 10)

Ready to Jump in?

Join the Community Composting Pilot

Register at www.weaversway.coop/community-composting-registration

Registration runs through March 22.

Space is limited to 40.

Participants must attend an Intro to Composting class March 28 or April 2.

Dropoffs take place on eight consecutive Tuesday nights.

A final intensive workshop takes place Sunday, June 4, at Saul High School.

For more info: outreach@weaversway.coop or 215-843-2350, ext. 118.

Partnership Approved; On to Construction

by Mary Sweeten,
Weavers Way Shuttle Editor

WITH THE APPROVAL OF A PARTNERSHIP agreement, Ambler Food Co-op members moved a step closer to becoming part of Weavers Way — and to welcoming a Weavers Way Co-op store to town.

The vote, held Sunday, Feb. 19, at an AFC general membership meeting at Ambler Borough Hall, was greeted with cheers and toasted with champagne. It authorized the AFC board to take the steps necessary to transfer more than 500 member-owners to the Weavers Way rolls and consolidated an already avid support base for the



new store, Weavers Way's third and its first outside Northwest Philadelphia.

Weavers Way Ambler is expected to open its doors in July, with a grand opening after Labor Day.

“With 150 people in the room, this partnership agreement was enthusiastically ratified because the Ambler membership don't want just any

(Continued on Page 21)

And even though Daylight-Saving Time starts

SUNDAY, MARCH 12

IF THE WEATHER IS FRIGHTFUL

(And It Still Could Be)



CALL US TO CHECK IF THE CO-OP IS OPEN!

MT. AIRY: 215-843-2350

CHESTNUT HILL: 215-866-9150

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

Editor's Note



by Mary Sweeten, Editor,
Weavers Way Shuttle

WHEN PHILADELPHIA ENACTED A \$2 per pack surcharge on cigarettes in 2014, I missed the hue and cry over shopkeepers losing their shirts because folks were going to the suburbs to buy smokes.

Maybe that's because years of horrible health outcomes shamed smokers and the retailers who love them into silence. Maybe I forgot about it because after a few months smokers went back to their old habits and haunts. Maybe I wasn't paying as much attention because Phillip Morris and the like are diversified enough to have better things to do with their marketing dollars than send me press releases supporting tobacco — unlike the American Beverage Association slamming Philadelphia's Sweetened Beverage Tax.

Their narrative, and that of the Pennsylvania Food Merchants Association, goes like this: Hundreds of layoffs loom because soda buyers are shopping across the city line. The Mayor's Office is skeptical: "We have no way of knowing if their sales figures and predicted job losses are anything more than fear-mongering to prevent this from happening in other cities," said spokesman Mike Dunn.

Which they should worry about. Currently Seattle and Santa Fe are looking to jump on the soda-tax bandwagon with us, Chicago and San Francisco. And Mexico. Yes, THAT Mexico, where a 10 percent national tax on sugar-sweetened beverages was introduced in 2014.

As much as we like rec centers, libraries and universal pre-K, Weavers Way (and Food Moxie) backed Philadelphia's soda tax because of its potential to reduce obesity and the chronic illnesses it entails.

The Co-op is also committed to growing the local economy. Do I worry about people losing their jobs? You bet. But I don't believe keeping Orange Fanta cheap is the linchpin of a vital retail scene.

OK, it's annoying that the SBT covers diet drinks — there, I said it. And I do consume a little tonic, which, no surprise, is subject to the tax. I was surprised when Norman told me it applies to sweetened soy milk and a bunch of products, like some kinds of kombucha, that are in the Co-op's wheelhouse. He explains it all in his column this month, starting on Page 1, but with a lot less attitude than I'm giving off here.

Possibly because Norman doesn't find the subject very funny either.

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 Co-op 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's in Store at Weavers Way

Check It Out!

by Karen Plourde, Weavers Way Communications Staff

Going On in Grocery

Local, natural cleaning products from Volta.

If you've got the itch to do some spring sprucing up, look to Chestnut Hill for a new selection of nature-based cleaners produced in Germantown. **Volta Naturals** is a holistic cleaning service that has branched out into



making and marketing the products they use in clients' homes. Their line includes an all-purpose basil-mint cleaner, stainless-steel polish, glass cleaner and a combination carpet deodorizer and tub scrub.

The glass cleaner in particular is a sound investment. Once you've finished the bottle, just follow the instructions on the label to fill it with appropriate proportions of vinegar and water and you won't have to buy another one. Ready, set, scour!

Bulk & Beyond

Pfeiffer Wheat flour is organic and then some.

The latest member of Team Flour in both stores had its beginnings in the 1930s. **Pfeiffer Wheat** is an heirloom grain derived from wild spelt by Ehrenfried Pfeiffer, a pioneer of the biodynamic agriculture movement. It's organic and non-GMO; it has less hard

gluten and is said to be suitable for sweet and savory baking. Pfeiffer Wheat flour is available upstairs in Mt. Airy and in the baking section in the Hill.



All Wellness and Good

New body-care lines Across the Way and Next Door.

If the wonders of emu oil are a mystery to you — they sure were to me — you may want to get familiar with



products from **Greyfeather Farm** of Schwenksville, Montgomery County, now available Across the Way. Jennifer and Bob Myers

have raised emus since 2011, and now produce natural skin-care products and supplements that incorporate emu oil. Those include lip balm, hand and body lotion, Crack Attack hand/skin repair cream and Emuleze anti-inflammatory cream. (The Myers will stop by Across the Way for demos of their wares on Tuesday, March 7 and Sunday, March 19 from 11 a.m. to 2 p.m.)



Sure, and you'll be wantin' to pick up Weavers Way's own Irish potatoes.

Introducing **Weavers Way Irish Potatoes**, made with love by the Mt. Airy Prepared Foods department and available in both stores. For the uninitiated, Irish potatoes have been a sugary Philadelphia St. Paddy's tradition for over a century. Rolled in cinnamon, they look like bite-sized spuds, but they're really made of coconut, butter, confectioner's sugar, cream cheese and vanilla. The folks at Oh Ryan's in Delaware County made them famous. See if ours make your Irish eyes smile.

Meanwhile, Next Door has made room for **Indian Meadow** herbal body care of Eastbrook, ME. Their products are all-organic or darn close, and include Skin Healer Salve, face and body creams and belly and vaginal balm. And because it's Maine, they're incorporating a plentiful local item into their products: Look for their wild blueberry facial cleanser, skin cream and eye cream.

kplourde@weaversway.coop

5 THINGS

Five Things is a service of Weavers Way.

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

Five Things...To Do Spring Break at Home

Has your wallet put the kibosh on that trip to warmer climes? Here are a few ways to set up the vacation vibe en casa — featuring some specialties from our aisles.



1

Make your own cocktails . . . shrimp cocktails — Ketchup, horseradish (Bubbie's, Gold's, Beaver). Mix to taste. For a twist, try Maya Kaimal spicy ketchup. Then bring on the wild-caught shrimp from the seafood case!



2

Take a good soak — And catch a hint of sea air with Seaweed Bath Co. bath and body products, which contain sustainably harvested Maine seaweed. They offer bath powders, shampoo, conditioner, and hand and body lotion.



3

Go Mexican! — With Frontera Mexican skillet sauces (Mt. Airy only), or Amy's burritos. And never, ever forget the guacamole made with Equal Exchange Fair Trade avocados.



4

Dust off the grill — Throw on quality pups from Brooklyn Hot Dog Co. (Chestnut Hill only). Natural casings, no nitrates or fillers. Or try some Stryker Farm beer bratwurst (both stores), featuring Weyerbacher Ale from Easton, PA.



5

Upgrade dessert — Because hey, you did save all that green on hotels and airfare. Try Tait's chocolate sauces, available in three flavors in the Hill. Or go handheld and tropical with Diana's Banana Babies chocolate-covered frozen bananas.

The Shuttle is printed on 100% recycled paper.



What's in Store at Weavers Way

IT'S CHEESE MADNESS, BABY!

Does The Big Dance leave you flat footed? Try picking & rolling through Cheese Madness—our tournament of fromages where you vote on the outcome. We'll be sampling and taking ballots at both stores beginning March 26, and crowning a champ April 2.

Here's the bracket, pitting local faves against their European rivals.

SUNDAY, MARCH 26

BRIES, BABY!

Calkins Creamery Noblette
(Honesdale, Wayne County)

VS.

Fromager d'Affinois
(Pelussin, France)

A/K/A cream vs. double cream.
What's the spread?

MONDAY, MARCH 27

IT'S ALL GOUDA

Seven Sisters Aged Gouda
(Farm at Doe Run, Coatesville, Chester County)

VS.

Beemster Extra Aged Gouda
(Holland)

Will the cave-aged underdog unseat the #1 seed?
Taste and vote!

THURSDAY, MARCH 30
Brie winner vs. Gouda winner



SATURDAY, APRIL 1 CHEESE MADNESS CHAMPIONSHIP!

The last two standing.
Nosh & vote!



SUNDAY, APRIL 2 WE HAVE A WINNER!

Cut down the nets!

TUESDAY, MARCH 28

CHEDDAR COURT

Conebella Sharp Cheddar
(Elverson, Chesco)

VS.

Tipperary Extra Sharp Irish Cheddar

The artisan, raw milk upstart takes on a veteran from The Old Sod.

WEDNESDAY, MARCH 29

GOAT FOR IT

Shellbark Hollow Farm Sharp II
(Honey Brook, Chesco)

VS.

Can de Cabra
(Murcia, Spain)

Who's smoother than smooth?
You decide!

FRIDAY, MARCH 31
Cheddar winner vs. Goat winner

Go Ahead and Shake It: For Most of Us, Salt Is Good

by Josh Mitteldorf, for the Shuttle

AFTER DECADES OF DOCTORS' ADVICE, low-sodium foods, health labels and warnings, it has come out that it was all a mistake: Salty foods never did cause heart attacks.

This isn't the first time the health researchers have done an about-face. Years ago, extra dietary iron was recommended by everyone from Jack Barry (remember Geritol?) to Popeye. Saturated fats were supposed to be the cause of clogged arteries, and margarine was healthier than butter. Hormone replacement therapy was supposed to lower the risk of post-menopausal heart disease. All these claims were reversed after brave scientists persisted in questioning the conventional wisdom until the evidence was re-evaluated.

It has been known for 100 years that high blood pressure is a risk factor for heart attacks. Eating salt raises your blood pressure. So it was obvious: Avoiding salt lowers your blood pressure, so it must lower your heart-attack risk. But this logic never was sound.

The missing link in the logic is plaques in the artery walls. People who

develop plaques, a buildup of fatty deposits inside their arteries, have high blood pressure because the plaques narrow the arteries. Meanwhile, inflamed plaques can crumble, and with really bad luck, a broken piece can lodge in a major artery, causing a heart attack or stroke. So it is the plaques that cause high blood pressure, and plaques that cause heart attacks.

But what if your high blood pressure is caused not by plaques but by a diet of pickles and salted nuts? Your blood pressure goes up because of osmotic pressure, otherwise known as swelling. This is a purely temporary effect, as your body excretes excess salt within a day. Your blood pressure goes up and down daily with the amount of salt you consume. If you habitually eat a lot of salt, then your blood pressure will habitually be elevated—but not your risk of heart attack! For most Americans, eating salt more liberally may even lower heart-attack risk, according to recent research.

The Centers for Disease Control is the federal agency that keeps such statistics. Several years back, the CDC commissioned a review of the data and issued a report saying that the average amount



Sea salt "farmers" in Thailand get ready for the harvest.

of salt consumed by Americans posed no risk. The dam was breached, and soon more studies started pouring over the top: People on low-salt regimens actually had higher rates of heart disease than people in the same condition, same age, who didn't restrict their salt.

Last year, a "meta-analysis" of data from 25 studies over the last 40 years by scientists from Copenhagen and the Einstein Medical Center in New York concluded that, compared to the American average, people who ate less salt were more likely to have heart attacks, and people who ate more salt were not at in-

creased risk. Only at unusually high intake levels did salt start to show up as a risk factor.

So salt your food to taste. If you're feeling a need for salty food, you can trust your body's message. No need to hold back on the sauerkraut, kim chee or miso soup.

If you need something to worry about, worry about sugar.

Josh Mitteldorf, a Weavers member for 35 years, maintains a page of health recommendations at AgingAdvice.org.

Why I (get people to) Give

Stephanie Johnson

If you've ever shopped at the Weavers Way Mt. Airy store, chances are good you've met Stephanie Johnson. Often posted at the first register in the line, Stephanie offers a warm welcome to all who pass by, sprinkling terms of endearment upon shoppers, vendors and coworkers alike as she rings up items and sends people on their way. Stephanie personifies the sense of community for which the Co-op is known.



and culinary education programs.

"I support Giving Tuesday so enthusiastically because it's work I believe in and that I've been involved with from the jump," Stephanie explains. And indeed she has: Stephanie played a big role in the old Marketplace program, originally launched to engage C.W. Henry

students who flocked to the Co-op after school. Later she helped make connections to Stenton Family Manor, where Food Moxie currently operates a half-acre garden along with programs for children, youth, teens and parents. As Stephanie puts it, "I helped make Food Moxie happen, and I love to usher it forward." This doesn't just manifest in her incredible fundraising, either — Stephanie is a steadfast champion of Food Moxie's work, coming to events, sharing outreach materials with shoppers and more. In this way, Stephanie's signature warmth spreads far beyond the checkout line, helping build a happier, healthier Philadelphia for us all.

— Rachel Reynolds

Just as she extends herself to shoppers, Stephanie also extends herself to Food Moxie, the Co-op's affiliated nonprofit. This is particularly true on **Giving Tuesdays**, the second Tuesday of each month, when the Co-op fund-raises for Food Moxie at the registers. On these days, Stephanie announces to the whole line that it's Giving Tuesday, letting folks know that when it's their turn to pay, any bit they can donate to Food Moxie will be much appreciated. This really adds up: In 2016, Stephanie singlehandedly brought in \$1,930.70 in Giving Tuesday donations to support Food Moxie's farm, nutrition

Welcome New Staff Members!

by Rachel Reynolds, Food Moxie Communications Manager

AFTER THE DEPARTURE OF TWO LONG-SERVING STAFF MEMBERS LAST fall, Food Moxie is thrilled to welcome two new ones: Farm and Garden Manager Brandon Ritter and Office Manager Julia Lemyre.

Brandon is an urban farmer, educator and community leader. He began gardening with his grandmother at age 6 and started farming at age 12. A graduate of Saul High School, Brandon has turned his early years spent learning about food and food systems into a promising career. After working with the Pennsylvania Horticultural Society's City Harvest program and Isles Inc. in Trenton, NJ, Brandon is excited to be overseeing garden planning, logistics and implementation at Food Moxie's farm sites, and also taking the lead with the pre-teen Garden Club program at Stenton Family Manor.

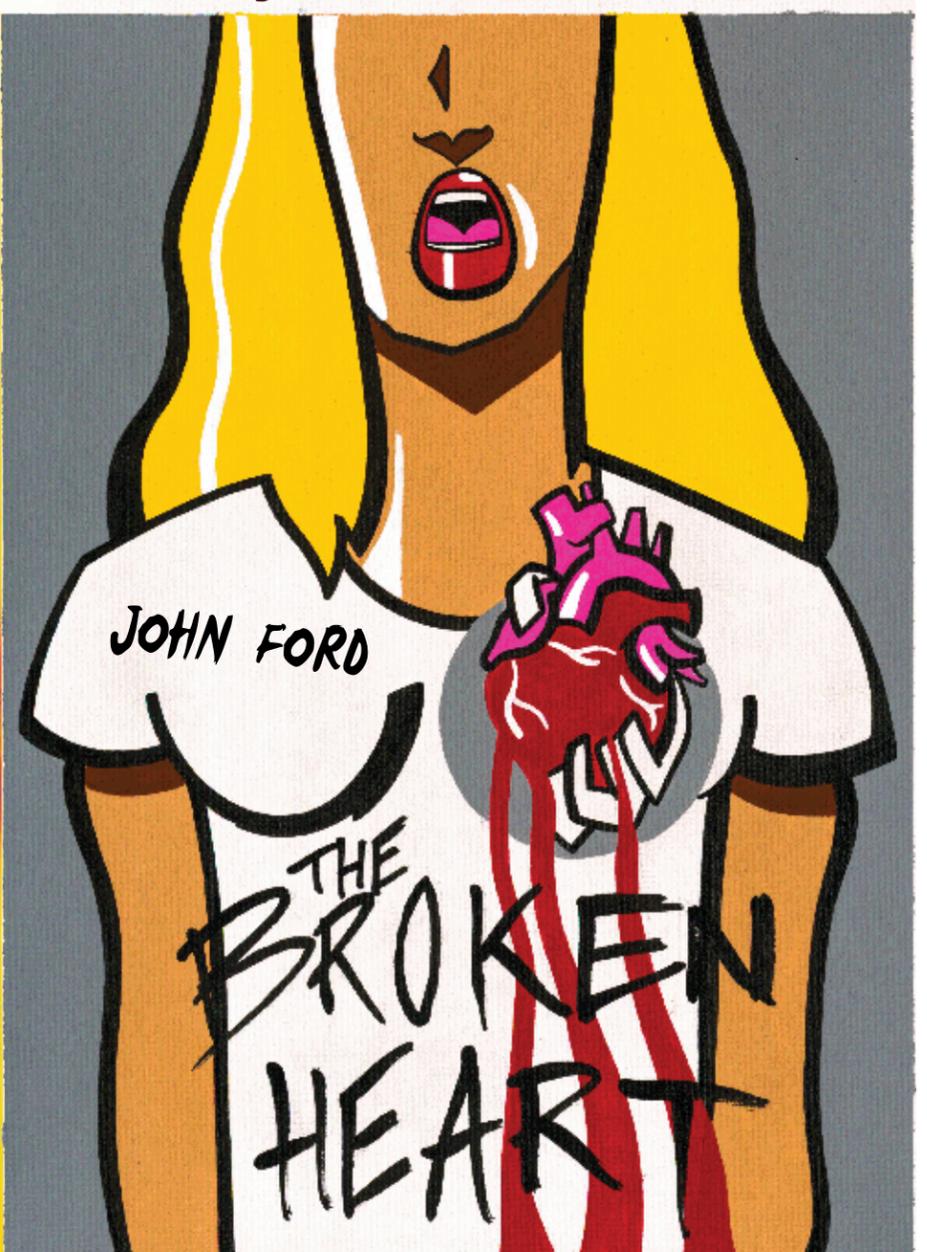
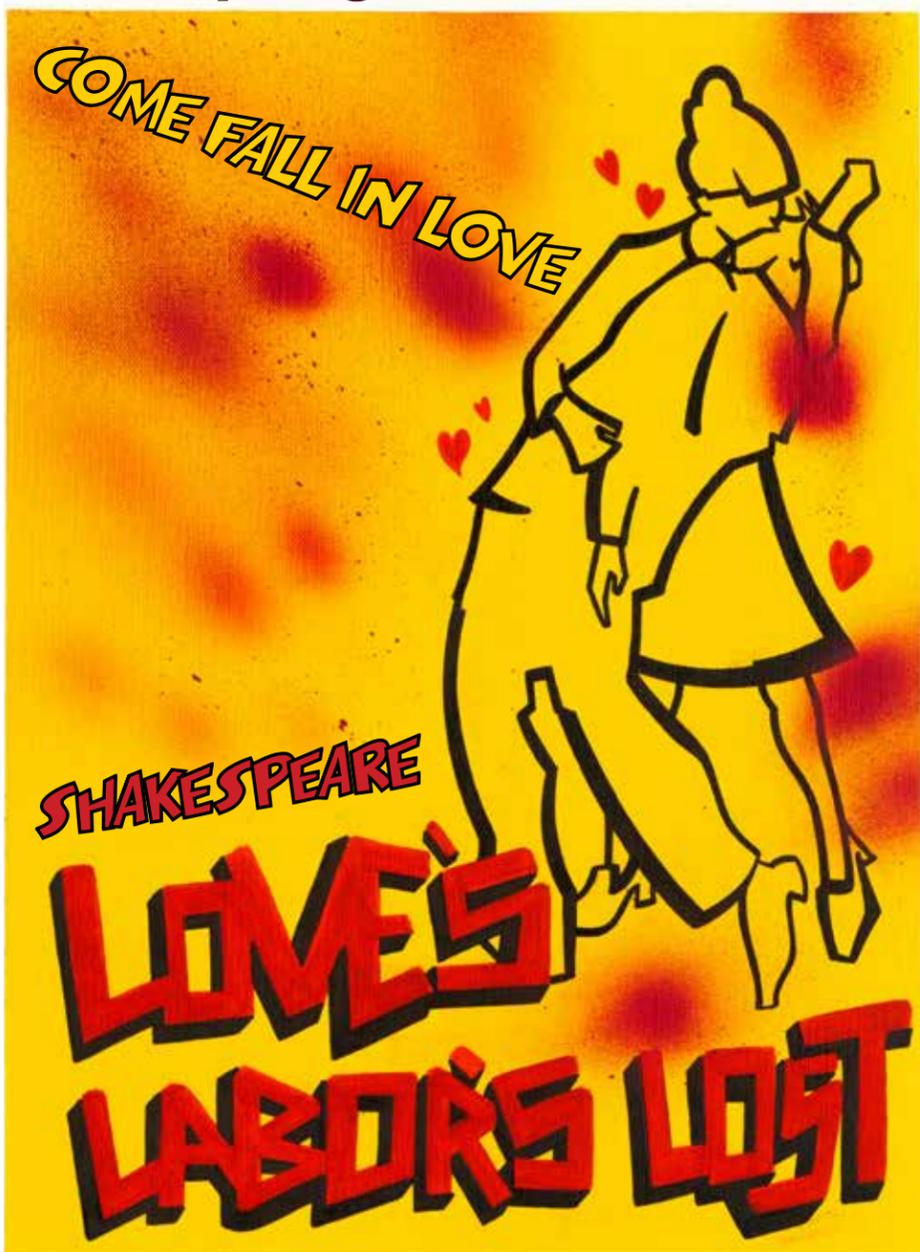
Julia has a degree in fine arts from the University of the Arts. Starting her own organic garden and becoming a novice beekeeper completely changed the way she thought about food. So when she learned of the office manager opening at Food Moxie, she knew it was the perfect opportunity — combining her passions for sustainability, health and community with her experience in bookkeeping and office management. Julia believes that growing food provides a direct, sacred connection to the earth, and that sharing food creates a strong community.

If you see Brandon (left below) or Julia (right, in her beekeeper duds) around the Co-op or our offices at 608 Carpenter Lane, be sure to say hi!

rachel@foodmoxie.org



This spring Quintessence will make you feel all the feels



Two classics performed in rotating repertory **MARCH 16 - APRIL 23 2017**
 A Professional Progressive Classic Theatre in Mt. Airy For tickets www.QTGrep.org

An offshoot of Weavers Way Co-op

Thanks to Amy Szymanski, Hope Farm Thrives at MLK

by Tara Campbell, Food Moxie Youth Education Coordinator

AS FOOD MOXIE CELEBRATES ITS 10TH ANNIVERSARY THIS year, we are taking the opportunity to thank those who have helped us reach this point. Amy Szymanski, teacher liaison for our horticultural therapy program, Hope Farm, at Martin Luther King High School, particularly deserves recognition.

Amy is the “Life Skills Vocational Itinerant” teacher at MLK. She facilitates community-based job-training programs for students in the Special Education program. Working with some 50 students a week, she takes them to organizations all over the city so they can gain work experience and exposure to various careers. She also teaches work-readiness skills, self-advocacy and other skills necessary for independent living. She even helps students learn to navigate public transportation! Amy is the only vocational specialist at MLK, and her services are in high demand. Many people would be overwhelmed by the enormous workload, but Amy has a special kind of passion and energy that helps her excel.

Food Moxie works closely with Amy at Hope Farm. Started in 2014, this garden and greenhouse on the grounds of the high school in Germantown, it provides horticultural therapy for young people with autism and intellectual disabilities. Amy’s been integral from the start, ensuring that Hope Farm aligns with both student needs and educational standards. She takes students to the garden and greenhouse twice a week during the school year, and once a week during the summer. Students learn propagation, harvesting, safe food handling and garden care and maintenance. They also learn about nutrition and healthy eating, functional academic skills (real-life applications for reading, writing, math and science) and environmental science. In 2016, Hope Farm served 83 students and provided 144 hours of programming.

Amy loves gardening, and her enthusiasm infects her stu-



Amy Szymanski, left, with with students at MLK High's Hope Farm

dents. In our very first class project back in 2014, they eagerly pushed wheelbarrows full of garden tools and carried buckets of water through crowded hallways to get from the greenhouse out back to plant flowers at the school’s front entrance.

Amy stayed after school for days to help us get ready for our opening celebration at the end of the 2014-2015 school year, carting trash to the dumpster in her van and bringing her family to help weed and plant an herb garden. When we needed refrigeration for our produce for a month, she not only negotiated a space for us in the cafeteria, she carried heavy bins from the farm to the fridge — about the equivalent of a city block but with two flights of stairs.

She also works tirelessly to make sure we always have the support of the school and the School District, both of which are essential for the program’s success.

It is truly a joy to work with Amy. She is passionate, energetic and flexible, able to solve almost any problem and make everyone laugh in tense situations. We thank her for her dedication, and look forward to many more years of our successful partnership.

tara@foodmoxie.org



An offshoot of Weavers Way Co-op

CELEBRATING 10 YEARS!

An offshoot of Weavers Way Co-op

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Nutrition Educator

THANKS TO...

Sarah Richardsen
Stephanie Sherman
Marisol Villamil



For Their Support!

CREATURE COMFORTS

A Collaborative Art Exhibition
@ Awbury Arboretum

SPRING 2017

Opening Reception:
April 1st, 1pm - 4pm

Students enrolled in Studio Art Foundations at Arcadia University will create habitats and homes incorporating ceramic animal sculptures created by 3rd grade students at Wissahickon Charter School. The two dozen collaborative works will be installed throughout the grounds of Awbury Arboretum in the spring of 2017 and can be found through a scavenger hunt experience. Looking for the turtle sculpture and habitat? Head to the pond. How about the bird sculptures and homes? Walk over to the field. This exciting community project promises to be an engaging and dynamic experience for all viewers!

FREE & OPEN TO THE PUBLIC!

Opening reception will feature an artists' reception and "Animal Engineers" presentation by the Delaware Museum of Natural History.



Morris Arboretum in Motion: The Kinetic Wind Sculptures of Lyman Whitaker

Opening April 1



Experience more than 50 sculptures throughout the garden created from copper and stainless steel.

All sculptures are available for purchase with 25% of sales benefiting the Arboretum

Visit www.morrisarboretum.org



100 E. Northwestern Avenue · Philadelphia

O.P.I.N.I.O.N

A.D.V.O.C.A.C.Y

Make Mt. Airy a Sanctuary Neighborhood

SUNSET PARK, BROOKLYN, AND CAPITOL Hill, Seattle, are declaring themselves Sanctuary Neighborhoods. Do you want to see Mt. Airy added to the list? Join up with other concerned residents, community organizers, business leaders and property owners at a meeting Thursday, March 23, at 7:30 p.m. at 555 Carpenter Lane to consider a plan.

Our neighborhood has a proud history of welcoming people who are unwelcome elsewhere because of race or religion. So we propose to stand with the City of Philadelphia, reinforcing its determination to protect this sanctuary principle.

We do so from hard calculations as well as soft hearts. We forbid the federal government from targeting any religious group to protect our own freedom of faith. And while immigration officials sweep neighborhoods looking for Mexicans and Muslims, we assert that no home may be entered without a warrant, nor anyone held without legal counsel.

America is already protected by walls. The Bill of Rights is a tall wall protecting Americans from our government. These amendments to the Constitution prohibit government from shutting you up, attacking your religion, putting you in jail without a jury trial, torturing you, taking away your guns, invading your home without a warrant or taking your property for profit. These statutes of liberty are even more important than the Statue of Liberty.

We especially resist the criminalization of illegal immigration because it feeds the prison industry. Expansion of prisons endangers and taxes us all. American rights are strong only when they defend everybody, including people we fear. Because when the government can shut down others, we are next.

Governments always stir up fear, against anarchists, socialists, Communists, pot-smokers, foreigners, blacks, Mexicans, Muslims. Makes it easier for government — Democrat or Republican — to weaken your rights. Because when you're weaker, the corporations and bankers can foreclose your homes, export your jobs, raise insurance premiums, take your guns, or cancel your liberties. The first wall we need is around Wall Street.

By creating a list of Mount Airy neighborhood resources for immigrants, we all become better able to trade with and fund one another, regardless of federal retaliation.

We start by convening a core group consisting of people on relevant social media lists, recognized community leaders, plus immigrant and Latino and Muslim allies. Draft a declaration of intent. Create a list of specific neighborhood resources available to immigrants. Publicize.

Considering joining us as we start organizing this effort March 23.

— Paul Glover

Understanding Neoliberalism: Course Starts March 22

WHAT IS THE WORLD VIEW THAT CONNECTS THE DOTS OF THE ESCALATING CRISISes that plague our planet? Why does the astronomical wealth gap between the super-rich and the rest of us continue to grow, and how is that linked to climate change, immigration, mass incarceration, the decline of the labor movement and the seemingly endless wars that rage on, no matter who is in the White House?

Why has the Democratic Party been unable or unwilling to mobilize the clear majority of voters who agree with progressive policy initiatives into a force that could have prevented the almost complete Republican takeover of the levers of power nationwide and the ascent of an unhinged authoritarian to the presidency? What are the hidden assumptions that underpin a rigged and unjust global economy and political system that leave both left and right frustrated, infuriated and feeling powerless to achieve change?

Join us, three members of Philadelphia Be the Change, to explore these questions and their link to the origins and growth of the political and economic philosophy known as “neoliberalism.”

Susan Saxe is a longtime activist involved with many local political organizations.

Rabbi Sheila Peltz Weinberg is a spiritual director, meditation teacher and the author of the forthcoming book, “God Loves the Stranger.”

Maynard Seider is a sociologist and writer/director of the documentary “Farewell to Factory Towns?”

In this free, four-session study group (with optional followup), we will trace how neoliberalism achieved dominance over other economic and political systems and how it has so saturated the “background noise” of our civilization that policies systematically created by the ultra-rich and their intellectual and technocrat enablers have come to be seen as natural, inevitable and even moral when in fact they are anything but.

We will pull away the veils of illusion to show how neoliberalism, like the “divine right of kings” and other narratives of power, does not descend from “on high” or derive from natural law but is simply a story designed to justify the unchecked depredations of the ruling class. As such it is not inevitable or immutable but can be named, understood and, yes, dismantled.

The group will meet from 7 to 8:30 p.m. on four consecutive Wednesdays, beginning March 22, at 555 Carpenter Lane. Registration is requested; visit the Weavers Way Online Calendar under March 22 for a link and more information, including a reading list.

COMPUTER HELP!!
 Having trouble getting your computer, printer, scanner, CD/DVD/Blu-Ray, digital camera, or system software working properly?
 Would you like to set up a home wired or wireless network to share your files, multiplayer games, and Internet access between all of your computers?
 Need help removing **VIRUSES**, **SPYWARE**, or other malware which may have invaded your system?
 Need help finding, designing, repairing, or upgrading a PC and setting up software which best meets **YOUR** needs?
 For expert, reasonably-priced **service, instruction, and assistance** in your own home or office...
 call
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 The Shuttle welcomes letters of interest to the Weavers Way community. Send to editor@weaversway.coop. The deadline is the 10th of the month prior to publication. Include a name and email address or phone number for verification; no anonymous letters will be published. Letters should be 200 words or less and may be edited. The Shuttle reserves the right to decline to run any letter.

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GM'S CORNER

Marching to Ambler — and Getting It Right

by Jon Roesser, Weavers Way General Manager

IN DECEMBER 1941, WITH THE fleet smoldering at Pearl Harbor and the Wehrmacht at the gates of Moscow, Winston Churchill was asked how long it would take to win the war. Churchill, seeing beyond the bleakness of the moment, his eyes always on the long game, responded, "If we manage it well, it will only take half as long as if we manage it badly."

Indeed, proper execution leads to better outcomes. Churchill's words should be repeated often in the coming months as we prepare to open our new Ambler store later this year.

The "Ambler project" — as we refer to it around here — is a massive undertaking for Weavers Way. The complex real-estate transaction and various legal negotiations are now mostly past us. The store design is nearly complete. We're entering execution mode. Decisions made today will have long-term implications.

There are big things to consider. A cardboard bailer will cost us \$5,000, but then we'll be able to sell our used cardboard rather than pay someone to haul it away. About \$20,000 will convert the existing HVAC system from electricity to natural gas, but we'll save \$4,000 a year in utility costs. It will cost up to \$50,000 to purchase a new cash-register system, but sticking with the

system we use in Mt. Airy and Chestnut Hill will only amplify its limitations.

Then there's the mezzanine. Installing a mezzanine for offices will allow us to maximize floor space for retail and back stock, but it will set us back at least \$100,000, pushing us to the limit of our overall construction budget. Do we spend that money and work to keep the rest of the project's costs in check? Or do we forgo the mezzanine and sacrifice precious floor space?

Beyond the big expenses are a myriad of small things.

The store's café alone will need tables, chairs, booster seats, receptacles for trash, recycling and compost, plates, cups, flatware, trays, bus tubs, napkin holders, a microwave, coffee urns . . . and so on.

Should we install an electric car charger? Pretty cool. But it will cost us a few thousand bucks, and evolving technology may render it obsolete in a few years.

Solar on the roof? Sure, if our landlord will allow it and we can find a third-party willing to incur the \$175,000 price tag.

Like Mt. Airy and Chestnut Hill, Ambler has many community events in which we'll want to participate, so we'll need folding tables and chairs, tents and banners.

Don't even get me started on all the

whatnot: floor mats, latex gloves, twisty ties, mops, brooms, "Wet Floor" signs, mousetraps, register tape, soap dispensers, snow shovels, first-aid kits, extension cords, fire extinguishers, Sharpies, hairnets, beard nets, toilet brushes, clipboards, and, well, about a thousand other things.

We'll need a button-maker, a laminator, a garden hose, an ice machine, a bike rack, and at least one barbecue grill.

We'll have to hire 40 or 50 people, but when? Hire them too early and they sit idle, draining the Co-op's payroll. Hire them too late and we'll open the store unprepared.

Speaking of staff, kitting them out — T-shirts, hoodies, Castro caps, aprons, all made with recycled polyester and organic cotton — will cost \$10,000.

The Co-op's overworked communications staff will want to spend more money than we can give them, but we can't ignore the need for marketing, advertising, events, posters, banners and branded merchandise.

The ranks of our partner, the Ambler Food Co-op, have swelled to an impressive 500-plus member households. We want 500 more before the store opens. That means applying resources to conduct outreach to neighborhood groups, religious groups, business and civic associations, local officials and other community stakeholders.

OPEN MEMBER FORUM

Thursday, March 16, 6-7 p.m.
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Got questions, concerns or ideas about your cooperatively owned business? Bring them to the table with General Manager Jon Roesser, staff and Board members and other member-owners.

For info and to RSVP:
www.weaversway.coop/event/weavers-way-open-member-forum-4

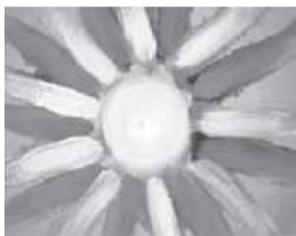
As we execute our plan in the months ahead, one thing is certain: We will make mistakes. We'll spend money on things we don't need. We'll skimp on other things and later wish we hadn't.

We can approach the future with confidence. We've chosen the very best building in the very best community. Through our partnership with the Ambler Food Co-op, we've established a cooperator core and customer base. Weavers Way Ambler will be a success, of this I am certain.

How successful will depend on how well we do between now and Opening Day.

See you around the Co-op.

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Death with Dignity Forum March 26

DEATH WITH DIGNITY: RIGHTS AND CHOICES is a free public forum Sunday, March 26, featuring Compassion & Choices, the nation's oldest and largest nonprofit organization working to improve care and options for end-of-life decisions.

The speakers are Ethan Anderson, C&C field organizer, and Barbara Mancini, RN.

It takes place at 7165 Restaurant (7165 Germantown Ave.), 3-5 p.m., and is one in a series of healthcare discussions sponsored by Northwest Village Network, Weavers Way, Ralston My Way, East Falls Village and Mount Airy USA.

Anderson, a spokesperson for C&C to numerous groups in the northeastern United States, will describe how Compassion & Choices can empower individuals and families with tools and knowledge to control the end-of-life experience. He'll discuss C&C's resources and explain family rights and ways to think through critical end-of-life issues. He'll also address the current state of legislation in Pennsylvania regarding personal rights and choices for death with dignity.

Mancini will offer her own experiences on what can go tragically wrong when life and death are at stake. In 2013, Pennsylvania authorities charged her with

'Death with Dignity: Rights and Choices'

SUNDAY, MARCH 26, 3-5 p.m.

7165 Restaurant, 7165 Germantown Ave.

FREE. INFO: 215-247-0457

aiding an attempted suicide by handing her dying 93-year-old father his morphine prescription. She faced up to 10 years in prison, but the case was dismissed in 2014.

A question-and-answer period will follow the presentations by the speakers.

Compassion & Choices helps people identify their priorities and ensure that their wishes are honored, even if some future event leaves them unable to speak for themselves. C&C will provide kits with forms relating to advance directives and instructions to assisted-living facilities, a hospital visitation authorization and a letter to one's primary health care provider.

In addition to the presentations and the question and answer, a number of other organizations involved in health-care planning will offer related information.

Past programs in the series have included legal and medical issues for seniors and a discussion of the book "Being Mortal" by Atul Gawande.

Registration is recommended. Contact Peter Javasicas, 215-247-0457 or ppj7130@gmail.com. The restaurant is offering a 15 percent discount for those staying for dinner after the program. See the menu at www.7165germantown.com.

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Cultivating Wellness Can Be an Everyday Routine

by Pamela Hipp, Weavers Way Health & Wellness Committee

JUST AS WE ALL HAVE OUR OWN GIFTS TO SHARE with the world, we each have a unique recipe for cultivating our own wellness. There are countless paths to choose from. While it may seem like an impossible feat, every action taken toward wellness brings us closer to our goal. If we are willing to pay attention, our bodies make requests for the nutrition, movement, rest, connection and pleasure they require.

Sometimes these requests arrive as symptoms informing us of having lost our way.

As an adolescent, I suffered from low back pain that ranged from uncomfortable to debilitating. It interfered with my activities on a daily basis, and looking back, it was one of the best things that ever happened to me! It may sound absurd, but this seeming tragedy changed the trajectory of my life in a dramatic way that led to tremendous growth. When Western medicine was unable to help me, I sought out alternatives. I began to understand that wellness was something that I could cultivate with my behavior and thoughts.

Understanding health as more than just the ab-

sence of major disease, I began to explore techniques that would improve my comfort and vitality. I discovered the joys of yoga, affirmations and meditation. I soon realized that spending an hour in the morning practicing self-care set me up for feeling centered and energized throughout the day. I became interested in nutrition, the concept of food as medicine and an anti-inflammatory diet. I enjoyed so many benefits from bodywork that I went on to study massage and Reiki.

I've noticed that activities that bring me joy are easily incorporated into my daily routine. Those that I think I should do but dread have no staying power. I've experimented with a wide variety of wellness therapies over the past two decades and have learned that will power is limited, but devotion to fun, harmony, balance, freedom, and vitality comes easily. Just as symptoms alert us when we have strayed from our wellness path, joy points us in the right direction.

My back pain dissipated over time, now occurring as a message from my body that something is out of balance. When I feel that first twinge of discomfort, I've



learned to slow down and check in with my thoughts, words and actions. Where am I not honoring myself, my values, my health or my intentions? How can I take better care of myself? Rather than ignoring or suppressing this valuable clue, I investigate it as an effect pointing me toward an unhealthy cause.

Remember the Chinese proverb, "A thousand mile journey begins with just one step." Why not begin today?

Pamela Hipp is a Reiki master teacher, licensed massage therapist and owner of Luminous Heart (luminousheartreiki.abmp.com). She offers Reiki sessions and classes and intuitive bodywork in Mount Airy. Helping students and clients cultivate wellness through stress relief and self-care practice is her passion and life's work.

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

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Composting Pilot

(Continued from Page 1)

eutrophic impacts — the same problem that occurs when excess fertilizer runs into lakes and rivers and encourages algal growth, to the detriment of a balanced ecosystem.

Some local residents compost at home and others would like to but don't have the space or the know-how. Philadelphians who don't maintain their own compost piles do have a couple of options: The Dirt Factory in University City (www.universitycity.org/dirt-factory) is a community compost program that serves 200 customers, while Nicetown-based Bennett Compost (www.bennettcompost.com) provides weekly paid pickup service to 1,500 households and 40 restaurants.

But here and now at the Co-op we have an opportunity to build community around our collective desire and need to create local solutions to our organics issue.

The pilot program includes:

- A single-session "Composting Intensive" crash course.
- Eight weekly drop-off sessions (Tuesday evenings

from 6 to 8) with rotating analysis by participants.

- A closing workshop on the economics and legal issues around community composting at Saul Agricultural High School, with refreshments.

Five-gallon waste collection buckets will be provided, and the materials will be composted at the Henry Got Compost operation at Saul. No yard waste will be accepted, although there would be capacity for this if members decide to take the pilot to the next phase.

The pilot will end in June and every participant will be invited to complete a survey so we can collect feedback about the program.

Registration is limited to 40 households. Applicants will be approved on a first-come/first-served basis, and Weavers Way membership is required. There is a fee of \$40 per household; scholarships will be available for a limited number of Weavers Way Food for All members to participate at no cost.

To register, visit www.weaversway.coop/community-composting-registration, or contact Membership at outreach@weaversway.coop or 215-843-2350, ext. 118.

Alisa Shargorodsky is a zero-waste consultant working with Weavers Way and the LandHealth Institute (www.landhealthinstitute.org). Reach her at asharg.zwc@gmail.com.



Mornings with Maura

Take a hike with FOW director Maura McCarthy (left above, at Houston Meadow). Meet Friday, March 31, at 10 a.m. at the RittenhouseTown parking area off Lincoln Drive. Contact Christina Anthony to register: anthony@fow.org.

Don't Miss Signs of Spring in the Park



by Erin Mooney, for the Shuttle

AS MARCH UNFOLDS, SIGNS OF SPRING ARE BECOMING EVIDENT throughout the Wissahickon Valley Park. The air is warmer and more sunlight filters through the trees. There's also renewed energy and interest in getting outside and getting into nature. New to the area or new to the Wissahickon? Do you have questions we can help answer about the park or about the work we do? As part of getting to know our supporters and neighbors, Friends of the Wissahickon Executive Director Maura McCarthy will be hosting walks to introduce people to the wonders of the Wissahickon.

Last year, with our All Trails Challenge, McCarthy explored the park alongside dedicated Challenge participants; this year, she'll be leading community hikes throughout the park on an ongoing basis. "Mornings with Maura" promises to be fun and educational.

On Friday, March 31, join McCarthy for a 3-mile walk along the sole of the "boot," a portion of the park that skirts Historic RittenhouseTown. We will meet there at 10 a.m. and McCarthy will guide participants through this section and will look for signs of wildlife including early spring and late winter birds, amphibians and other animals.

"I'm eager to explore the park in areas that may be unfamiliar or less explored," said McCarthy. "Bringing community members together is a great way to learn more about the park and each other."

Can't join on the hike but want to volunteer with Friends of the Wissahickon? Contact Christina Anthony at anthony@fow.org.

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The Passionate Gardener

In Praise of Mulch

by Ron Kushner, for the Shuttle

JUST ABOUT THE BEST THING YOU CAN DO TO ANY GARDEN is cover it with mulch.

By mulching, you are suppressing weeds by blocking their access to light and air, retaining moisture by slowing down soil-surface evaporation and adding organic matter, which improves the soil as it decomposes. Mulch also tends to keep the plants cleaner and free of disease because it prevents many fungal spores from bouncing up onto the leaves as you water or when it rains.

Organic mulches include materials that used to be living, such as shredded leaves, straw, grass clippings, compost, sawdust and pine needles. Inorganic mulches include landscape fabric, plastic and stones and gravel. While inorganic mulches also discourage weeds, they do not decompose and enrich the soil, but they do tend to warm the soil faster in the spring.

Organic mulches must be thick enough to discourage weeds from pushing through — usually 4 to 6 inches. Shredded leaves make a good organic mulch and the price is generally right. While the leaves themselves are usually free, you may want to invest in a shredder. There are many on the market. For home gardeners, a good one to look for is an electric model that fits on a standard trash can. Leaves are raked into a funnel-shaped hopper. The grindings come out of the bottom, fill the trash can and are ready to use immediately.

If your garden was mulched over the winter, pull the mulch away from existing plants and bulbs so the soil gets a chance to warm up. The mulch can be reinstalled later, when the plants are actively growing. Keep mulch at least 1 inch away from stems and crowns, as wet mulch can lead to rot.

As mentioned earlier, mulch acts as a barrier to fungi and bacteria in the ground, keeping them from splashing onto the leaves and causing disease. And as it is decomposing, mulch provides a perfect environment for beneficial insects.

If there are parts of your yard where you don't use mulch, at least make sure there is no bare soil, which will lose humus and nutrients and, especially if tilled, risk having its structure totally destroyed by rain. Install ground covers or additional plants.

Living mulch

Cover crops or "green manures" planted between rows and plants also keep weeds down and add organic matter to the soil. Green manure consists of plants that are eventually incorporated into the soil, increasing organic matter and fertility. Plants such as sweet alyssum, soybeans and clover provide the same benefits as traditional mulches but are actually a growing crop. Not only is there an aesthetic quality to a living mulch, but pollinators and other beneficial insects are attracted to them during the growing season.



Lay straw mulch on thick, then just push it aside to plant.

Mulch for vegetables

Straw is a collection of stems of field crops such as wheat and oats left over after harvest. It is popular as a mulch because it is inexpensive and readily available but it does contain seeds.

Salt hay, also known as salt marsh hay, consists of grasses harvested from salt marshes on the East Coast of the United States. The wiry stems do not mat down or rot as quickly as straw and any seeds are unlikely to germinate because they require wet, saline soil. In colonial times, it was used for both animal fodder and bedding as well as mulch for gardens; it was harvested using draft horses as late as the 1930s. Salt hay makes excellent mulch, as it can last several seasons. It must be 3 to 6 inches thick to be effective.

Hay is the term used for a wide variety of grasses used for animal feed and as such, usually includes plenty of seeds. So it is better suited for feeding livestock than for mulching your garden.

Chopped and shredded hay and straw comes in a 3.5-cubic-foot plastic wrapped bale weighing about 25 pounds. It is easy to spread and easy to store. It is processed in a factory where it is chopped into short pieces and seed heads removed. One bale can cover up to 800 square feet but you should apply it extra-thick under vegetable plants. It is especially useful around small seedlings, which are difficult to mulch with coarser materials.

Wood chips, bark or hardwood mulches are not preferable or even suitable for use in vegetable gardens. They tend to use up the nitrogen in the soil for their own decomposition at a faster rate and provide an environment for fungus that isn't desirable around vegetables.

For questions or comments: ron@primexgardencenter.com

Cultivating Hope, Healing, Connections At PASA Conference

by Nina Berryman,
Weavers Way Farm Manager

THE FIRST WEEKEND IN FEBRUARY, THE farm team and usually some staff from the produce and deli departments migrate to State College for the Pennsylvania Association of Sustainable Agriculture's annual "Farming for the Future" conference on the Penn State campus. PASA's mission is "promoting profitable farms that produce healthy food for all people while respecting the natural environment." This conference not only serves as an opportunity to gain knowledge and glean tips from agricultural experts, but it also is a time for farmers to get together, connect and socialize during the off-season. This year's was the 26th annual conference, and the theme was "Hope, Farm, Heal."

The keynote guest speakers were Janisse Ray and Gabe Brown. Janisse Ray is a writer, activist and naturalist. In her speech she wove themes of hope into a story about the planet's current environmental catastrophes. Gabe Brown was a conventional rancher who turned to organics and now considers himself a soil-health pioneer. Reflecting on a couple of decades of holistic management, he was able to show results in increased production, profit and a higher quality of life.

The farm team attended workshops on a wide variety of topics, including: CSA management, soil health, allium pests, the Farm Bill, software for collecting farm data and biodynamic farming techniques. The conference is also full of shiny new tools and equipment, beautiful transplants that remind you of spring and farm-related books for winter reading. In contrast to the busy farming season, the PASA conference is a welcome opportunity to get away from the farm and get inspired!

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You'd Be Amazed What One Woman Can Do

by Betsy Teutsch, for the Shuttle

HERE IN SUNNY GUATEMALA, DOCUMENTING TEXTILES, I've witnessed a phenomenon: one-woman NGOs. There is a pattern. First, a visit, where she is enchanted by the vibrant, colorful, gentle culture — and shocked by the deprivation. On return trips, she leverages resources to expand opportunities for Guatemalans (usually kids). Ultimately, she creates a mini-non-governmental organization, complete with office, website and Facebook page.

One of the social entrepreneurs I've encountered is young, as you might expect, but others are mature women who use their talents and networks to have an impact here, where euros and dollars go far.

Katie Korsyn, a 26-year-old Masterman alum from East Oak Lane, attended one of the popular Spanish schools here during college and returned after majoring in development at George Washington University. In addition to her day jobs teaching both students and fellow teachers, she runs Camino a la Escuela, "Road to School." Camino provides supplemental education for street children and their younger siblings, also reaching out to their families. (info: www.facebook.com/caminoalaescuelaguatemala.)

Cindy Schneider created Nueva Generación, based in San Antonio Aguas Calientes, not far from Antigua where I have been staying. She lives in Raleigh, NC, and comes to Guatemala every winter for a few hands-on months. NuevaGen provides school sponsorships for 90 students. (For more info: www.nuevagen.org.)

School in Guatemala is technically free, but the requirements for students — uniforms, books, supplies, backpacks, swimsuits — are beyond the means of low-income families. Active in her home Jewish community, Cindy organizes volunteer groups to visit and help out.

In addition to raising funds and organizing volun-



Betsy Teutsch photo

Katie Korsyn (top, at left) with some of her young clients at Camino a la Escuela in Antigua, Guatemala. Like the other women featured in this story, she identified an opportunity to make a difference.

teers, Cindy knows her families' challenges and is constantly problem-solving. I went with her to drop off a used laptop I had ferried from 19119. The recipient, from a family of nine kids, lives in a one-room compound. Wilson has aged out of her program, but Cindy knew how useful this laptop would be for his accounting studies, and also to his five younger sisters (one in Cindy's program), who earn money by weaving and doing laundry.

Mieke Blankers, a focused Dutch woman, boards at the guest house where we stayed. Over shared meals, visitors report on their activities. I learned from the others that Mieke also runs her own NGO, Foundation Mimariposa, providing 90 of these wrap-around sponsorships to foster children. Additional funds provide families with water filters, food and health care. Ten months a year, she man-

ages a cleaning plant in The Netherlands; the other two months (January-February, not surprising for a Northern European), she is on site. (For more info: www.mimariposa.org.)

Vicki Horsfield traveled to Guatemala to improve her Spanish and unexpectedly found a calling. As she puts it, "I realized I am a tool: I've been put to use here!" She returned to Canada, arranged early retirement, and moved to San Antonio to help Guatemalan children succeed in school. Her NGO's name reflects her mission precisely: Creating Opportunities for Guatemalans. On a shoestring budget, she provides supplemental school classes and soccer programs, and has plans to build a library using one of my favorite materials — you guessed it — plastic bottle bricks. (Info: www.facebook.com/CreatingOpportunitiesforGuatemalans.)

I think if I asked any of these four dynamos why they do what they do, their answers would be the same: Because I can make a difference.

Betsy Teutsch is a Weavers Way working member and author of "100 Under \$100: Tools for Empowering Global Women."

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eco tip

Bring Us Your Old Electronics

Support WWEC, GRinCH and PAR-Recycle Works

by Marsha Low, Weavers Way Environment Committee

Got an old cell phone or computer you need to recycle? Bring it — or anything else with a plug! — to our next e-recycling event, Saturday, March 25, from 9 a.m. to 1 p.m. at Norwood-Fontbonne Academy, 8891 Germantown Avenue. Weavers Way

Environment Committee and GRinCH (Green in Chestnut Hill) are once again partnering, and as in the past, we request donations to help support WWEC's grant program as well as GRinCH's Green Warrior Student grants. What's new this time is that PAR-Recycle Works of Germantown will be our recycler.



Environment Committee

Located at 342 E. Walnut Lane, PAR-Recycle

Works is a nonprofit that offers environmentally responsible recycling services while providing valuable workforce training to formerly incarcerated individuals.

We first heard about PAR-Recycle Works through an article in the Chestnut Hill Local. Then, last December, Maurice Q. Jones, their operations manager, contacted us. We invited him to our January meeting, where he and George Limbach, the president of their board of directors, showed us a video about the company and explained how materials are recycled through their program. We then set up a site visit, and after meeting with some of the workers and board members, we decided to go with them for our March event.

The reasons are several:

- PAR-Recycle Works is a local company. They are, in fact, operating out of the building in East Germantown that used to be the Weavers Way warehouse—how's that for serendipity!
- Secondly, giving formerly incarcerated individuals a chance to work and obtain job training and experience provides a sorely needed service, as ex-offenders are often discriminated against and cannot find work.
- Finally, PAR-Recycle Works is a nonprofit that doesn't charge for its services. They rely upon the proceeds from selling scrap metals and other reusable materials along with grants and donations. We will be giving them a donation out of the proceeds from our March event.

To learn more about the environmental and social mission of PAR-Recycle Works, visit their website at www.par-recycleworks.org.

ELECTRONICS RECYCLING

WEIRD WASTE DAY

Saturday, March 25
9am to 1pm
Norwood-Fontbonne Academy
 (circular driveway)
8891 Germantown Avenue



You may recycle anything that has a plug.



Batteries Accepted.

Suggested donations \$10 to \$20.
 TVs and monitors are \$30; flatscreens are free.



Weavers Way Environment Committee is joining with GRinCH, Green in Chestnut Hill, for this event to benefit the Environment Committee's grant program and GRinCH's Green Warrior Student Grant program.

ENVIRONMENT COMMITTEE COMMUNITY GRANTS

Deadline Is March 8 for Green Community Projects

Weavers Way Environment Committee invites community groups from Mt. Airy, Germantown, East Falls, Roxborough and Chestnut Hill to submit proposals for grants to make tangible improvements in the community. These \$100-\$400 grants are drawn from funds raised during Weavers Way Environment Committee events, such as electronics recycling. Grants may be used planting trees and gardens, purchasing garden equipment and running environmentally based



educational programs. Deadline for submission of proposals is March 8. Decisions will be announced by early April.

For more information and to download an application, visit www.weaversway.coop/community-grants. Or pick up a form and guidelines from the Environment Committee mailbox upstairs at Weavers Way Mt. Airy (559 Carpenter Lane) or in the front of Weavers Way Chestnut Hill (8424 Germantown Ave.)



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The Drama Group Tells 'Pack of Lies'

THE DRAMA GROUP AT FUMCOG'S SPRING show is "Pack of Lies" by Hugh Whitmore. Performances are Friday and Saturday evenings, March 17 to April 1, at 8 p.m., in Pilling Hall at the First United Methodist Church of Germantown, 6001 Germantown Avenue, between High Street and Walnut Lane.

How well do you know your neighbors? What if your government asked to use your home as a surveillance post to spy on the people living across the street, who were suspected of espionage? Would you believe the government officials? Would you betray your friends? Based on an actual Cold War incident, the events depicted in the play are as contemporary as today's headlines. So, who can you trust? And when does a lie become justified?

Tickets for "Pack of Lies" are \$15 (\$10 for students with ID, Drama Group members and subscribers) and can be purchased at the door. On opening night, Friday, March 17, every ticket purchased will admit two people. There will be a post-show discussion following the performance on Friday, March 24.

The Drama Group has been presenting theater in Germantown since 1980. For more information about "Pack of Lies" and The Drama Group, go to www.thedramagroup.org or like The Drama Group on Facebook.

Silverstein for Adults at Allens Lane

ALLENS LANE THEATER PRESENTS "AN EVENING OF SHEL SILVERSTEIN" March 3, 4, 5, 10, 11, 12, 17, 18, 19 Showtimes are 8 p.m. Fridays and Saturdays, 2 p.m. Sundays.

Welcome to the darkly comic world of Shel Silverstein, a world where nothing is as it seems and where the most innocent conversation can turn menacing in an instant. The nine imaginative playlets in this collection range widely in content, but the style is unmistakable. Perhaps best known for his works for children, this production is strictly for adults!

Tickets are \$20 with reservations or \$25 at the door. Patrons are encouraged to bring a picnic dinner and BYOB. Tickets and reservations available at www.allenslane.org. Opening night patrons are invited to a free special reception after the show to meet the cast and crew.

Neighborhood Theater Volunteers Welcome!

Both Allens Lane Theater in Mt Airy and The Drama Group at FUMCOG in Germantown have great volunteer opportunities for theater enthusiasts: If you have any experience, great — if not, we'll teach you.

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This Year, You Choose the Champion

THE GO MT. AIRY GALA MAKES its return on Saturday, April 1; don't be foolish and miss out on the celebration of what makes Mt. Airy Mt. Airy! The fête, Mt. Airy USA's largest fundraiser, will as in years past feature a taste of the neighborhood through local food and drink, a silent auction, and a public recognition of Community Champions. New this year, those awards include a People's Choice.

You've probably seen the ballot boxes in the Co-op and at other businesses around the neighborhood. Has someone inspired you to do more and do better? Does someone you know provide a localized service that improves your quality of life? Do you have a neighbor who makes you proud to live in Mt. Airy? Nominate that person for a People's Choice! This award is entirely a write-in process, wholly democratic. We'll tally the votes from all the ballot boxes and announce the inaugural Go Mt. Airy Community Champion, People's Choice, at the Gala.

This year's slate of Community Champions, as nominated by the Gala

committee, also includes:

Business: High Point Cafe. Mt. Airy native Meg Hagele has built a mini-empire of coffee and carbohydrates in the neighborhood. Starting at the mother ship near the Co-op, to the "auxiliary seating" at the Allens Lane train station, and through to the wholesale operation which daily gives Germantown Avenue an aroma of roasting coffee, her team of 36 employees embodies the diversity and friendliness of Mt. Airy, and they craft incredible products in the process.

Education: Tammy Thomas, principal, Eleanor Emlen Elementary School. Leading a public school in Philadelphia is a monumental challenge, and yet Tammy has done it with aplomb. Emlen, a 100 percent economically disadvantaged school as determined by School District criteria, has made significant improvements in standardized test scores; last year, it was one of only three in the Philadelphia system whose scores improved 7 percent or better in both math and English. Tammy also has led a concerted effort to better engage parents through



Emlen Principal Thomas, the High Point, David Dye are among the Go Mt. Airy Gala honorees.

monthly workshops on testing and parent participation in student tutoring.

Development: Bancroft Green. Brothers G.C. and Scott Seibert have built over 65,000 square feet of sustainable living space in Philadelphia over the past decade. Just down the street from the Co-op, 520 Carpenter Lane is under construction, and when completed next year, it will feature low-energy infrastructure, a space for creative "makers," a public courtyard and the goal of LEED certification.

Culture: David Dye. Last fall, WXPN's "World Cafe" celebrated 25 years on the air with host and producer David Dye. Through a wide-ranging mix of established and emerging artists, including interviews and live studio performances, "World Cafe" has become one of the most listened-to programs on public radio, attracting over half a million listeners ev-

ery week on over 200 stations. While he'll continue to host "Funky Friday," David will retire from his World Cafe post on March 31. So the next evening, we'll raise a glass to his quarter-century of success.

How you fill that glass is up to you. Options will be available from the cash bar, and those drinks will pair nicely with all your favorite dishes from local restaurants and catering companies. Speaking of the bar, this year, we'll keep it open later so everyone can cut loose. We'll even have low-cost after-party-only tickets available.

It's a fun evening of Mt. Airy celebrating Mt. Airy at the Commodore Barry Club, 6815 Emlen St., 7-10 p.m., with dancing and music by Mt. Airy band Not My Dogg until midnight.

For more info, to preview silent auction items and to buy tickets, visit gomtairygala.org.



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SPRING IS AROUND THE CORNER, AND C.W. HENRY ELEMENTARY SCHOOL IS fluttering with activity!

- Come see an amazing production of "The Lion King" on March 3 and 4.
- Our family dance and fundraising raffle will take place on March 24.
- Visit the Scholastic Book Fair April 17-21.
- Have fun with neighbors and friends at the Ping Pong Playground fundraising event on April 29!

All of these special events are, of course, just icing on the cake. If you'd like to take a peek at what's going on inside the classrooms at Henry, join us for a tour of the school, at Greene Street and Carpenter Lane, on the third Thursday of each month. The next one will be March 16. Tours start at 9 a.m.

Find out more about any of these events at www.cwhenrypta.org.

Playground renovation update: We are so excited by the plans to improve the safety, function and aesthetics of our lower schoolyard! Our fundraising is off to a great start. Students ran a penny drive in the fall, followed by a successful crowd-funding campaign that continues to generate revenue. Keep an eye out for invitations to Ping Pong night April 29 — it's an adults-only party with prizes and home-brewed beer, and a great excuse to challenge your neighbors to see who rules the table!

We are focusing our efforts on writing grants and soliciting partnerships this spring, so if you have any suggestions or connections, please contact us at vicepresident1@cwhenrypta.org. Donations toward the playground, or in-kind donations that we can use in our fundraising raffles, are always appreciated.

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Nonprofit Families for Houston Looks Ahead

FAMILIES FOR HOUSTON ORIGINATED IN 2016 as a result of conversations among four families of young children living in the Henry H. Houston Elementary catchment area. Discovering a common desire to start early on engaging with and supporting our neighborhood public school, we met informally with members of Houston's Home and School Association, and then with Houston's principal, LeRoy Hall Jr. In August, we created a 501c3, Families for Houston.

Our early conversations with the school administration and community reassured us that Houston, at the corner of Rural and Allens lanes, has strong fundamentals, including committed and effective teachers, a well-liked principal and a committed group of library and tutoring volunteers, and that stronger engagement from future Houston parents would both be welcome and potentially have a big impact. Since then, we have tapped into a lot of enthusiasm. Our first community meeting, held in Houston library in October, drew around 20 local families to hear from Principal Hall and discuss what they would like to see from — and do for — Houston. Since then, we have held a well-attended playdate and playground cleanup and a community “happy hour” at which attendees voted on the award of small grants for classroom projects proposed by Houston teachers. For Martin Luther King Day, we helped paint murals on the first floor. Benjamin Moore in Chestnut Hill donated paint, and volunteers joined in painting and also worked to clean up and organize classrooms.

Out of discussions at these events, and as more families have become involved, our plans have coalesced around several projects, falling into three

broad areas, for which we are now raising funds and making plans.

- First, we are supporting projects with an immediate and ongoing impact on the school. These include a focus on the school infrastructure inside and out, including taking over maintenance of Houston's hidden gem of a playground from the Friends of Houston Playground group; working with Houston's energetic library volunteers to improve the library facilities; supporting the ‘Houston bucks’ rewards program; and improving classroom technology.
- Second, we are working on longer-term projects: Most notably, this includes a major and ambitious renovation of the Houston schoolyard, following plans developed as part of the Mt. Airy Schools' Coalition work with all six Mt. Airy public elementary schools. We also are discussing with Principal Hall how best to support his plans to build the school's language program.
- Finally, we continue to engage the community and in particular encourage local parents to consider or commit to sending their children to Houston. This will include further community events and outreach through our online and offline networks, as well as support for tours and open houses. On March 10, City Councilwoman Helen Gym, known for her public school activism, is coming to Houston at 7:45-8:45 a.m. to hear from parents, prospective parents and the community.

We welcome volunteers who can commit to anything from taking on leadership of a project to helping out on occasion. Find out more at www.familiesforhouston.org, join our mailing list by emailing us at familiesforhouston@gmail.com, follow us on twitter on [@famforhouston](https://twitter.com/famforhouston), or like our facebook group at www.facebook.com/groups/familiesforhouston/.

Trolley Car Teachers' Fund Expands to Germantown

THE TROLLEY CAR TEACHERS' FUND EXPANDED TO INCLUDE three public schools in Germantown in awarding some \$25,000 to 53 teachers for the 2016-17 school year, the organization announced.

TCTF provides grants of up to \$500 to public school teachers to purchase educational materials and create positive classroom experiences that would otherwise be unavailable to their students.

Teachers from AB Day, Emlen, Henry, Houston, Lingelbach, McCloskey and Parkway Northwest in Mt. Airy, Jenks in Chestnut Hill, Mifflin in East Falls and Kelly, Roosevelt, and Fitler in Germantown received grants for projects ranging from playground paint and cookbooks for autistic support to a “Revolution Shakespeare” workshop and field trip to the African-American Museum.

“Every year I am overwhelmed with the impact that an extra \$500 can have in a classroom,” said TCTF coordinator and former Masterman teacher Amy Cohen. The projects were chosen from 68 applications by a committee of teachers, administrators, parents and active community members.

Since 2008, TCTF has been mostly supported by Trolley Car Diner in Mt. Airy and Trolley Car Café in East Falls, which contributes \$10,000 annually through its Trolley Car Helping Hands nonprofit. Others looking to contribute to the fund may do so at:

www.generosity.com/education-fundraising/trolley-car-teachers-fund--2.

These tax-deductible contributions will go entirely to teachers' grants because administrative costs are covered by Trolley Car.

“We are excited to add Germantown to our mix of schools this year,” said Trolley Car owner and TCTF founder Ken Weinstein. “With additional financial contributions from the community, we look forward to increasing our support for the public schools in Philadelphia every year.”

For more information about the Trolley Car Teachers Fund, contact Jane Walsh at 215-247-5555, ext. 201, or jane@trolleycardiner.com.

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New Executive Director for PACA

THE PHILADELPHIA AREA COOPERATIVE Alliance has announced PACA board member Jamila Medley as its new executive director.

Peter Frank is stepping down to become director of finance and development after serving as PACA's founding executive director since 2012.

PACA is a "co-op of co-ops," working to grow the local cooperative economy and support co-ops' economic-justice efforts. Weavers Way was a founding member of the organization.

In a statement, the PACA board noted that under Frank's leadership, "PACA has grown from an all-volunteer to a staffed organization well positioned to shepherd co-op business sustainability and development for years to come in the Philadelphia region."

Medley previously served as membership and marketing manager and organizational development coordinator for Mariposa Food Co-op in West Philadelphia, and is experienced as a facilitator



Jamila Medley is no stranger to co-ops.

and leader. She holds a degree in Organizational Dynamics from the University of Pennsylvania.

"Jamila has a strong understanding of where we have come from and a strategic outlook on the direction of the organization," the board statement said. "Both internally and externally, Jamila has proven to be an exceptional leader and the perfect choice to lead the growing, diverse, multi-faceted community that PACA serves."

For more information about PACA, visit philadelphia.coop.

Suggestions

(Continued from Page 1)

the word "fee" instead of "tax" to differentiate it from existing state sales taxes. (You could make the case that the SBT is really an excise tax.)

The SBT-based fee is 1.5 cents per fluid ounce.

The SBT has ended up being a bit confusing because of the compromises needed to get it passed. Beverages covered under the law, in addition to the expected sodas and sports drinks, include almond, hemp, and cashew milk, some soy milks (but not certain fortified ones), some kombuchas but not others (depending on the wording of the ingredients) and diet drinks that contain stevia, aspartame or other artificial sweeteners.

We're kind of figuring this out as we go, but it looks like we stock about 250 products subject to the tax.

While it's very early in the game to predict outcomes, there is some initial evidence that increasing the price to shoppers of sweetened beverages does reduce consumption. However, there is not enough evidence to positively draw that conclu-



For a list of Co-op products affected by the city's Sweetened Beverage Tax, visit www.weaversway.coop/SBT-items

WANT TO READ IT FOR YOURSELF? www.phillybevntax.com/Content/Documents/Philadelphia-Beverage-Tax-Regulations.pdf

sion yet, or tell whether it makes any difference in health outcomes. (Sweetened beverage consumption is associated with an increased risk of obesity, type 2 diabetes, heart disease and possibly heart fail-

(Continued on Next Page)

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(Continued from Preceding Page)

ure, public health officials say.)

Other municipalities that have implemented a similar tax include Berkeley, CA (they were first, big surprise); Boulder, CO; Cook County, IL, which is to say Chicago; and three other California cities — San Francisco, Alameda and Oakland. Mexico passed a tax in 2014, implemented in 2015, and there seems to have been about a 10 percent drop in sweetened drink consumption. (Mexico also taxed high-calorie snack foods like potato chips.)

Mexico has among the highest diabetes rates in the Americas, with 14 percent of Mexican adults affected, according to the International Diabetes Federation, compared to 12 percent in the United States.

The United Kingdom also passed a similar tax but it doesn't start until 2018.

suggestions and responses:

s: "Is it possible to stock the clam juice from Maine / New England again? (Maybe "Casco Bay" brand?) Small bottle — prefer to buy seafoodish things from U.S.A. Thanks!"

r: (Nell) The brand we used to carry, Bar Harbor, was a little more expensive and

“ The SBT has ended up being a bit confusing because of the compromises needed to get it passed. We're kind of figuring this out as we go, but it looks like we stock about 250 products subject to the tax. ”

didn't sell as well, but you make a great point about carrying a U.S. product and I will try bringing this one back.

s: I just got my Shuttle and I read that the Ambler store is 11,000 square feet. So, with all that extra space, has anyone thought of putting in a year-round indoor dog park? I would place it near the deli and sampling stations, so that shy or less playful dogs could benefit from the positive associations built around food smells and/or scraps. Some of the newer Whole Foods on the West Coast have gone with this idea, and I understand it's been a big hit.

r: (Norman) The Ambler Health Department will not allow live animals in the store. However, service dogs are allowed in. Turns out you can have an Emotional Service Dog, which you can train yourself, and if you find shopping at Weavers Way

traumatic, as so many of us do, you may be able to bring your dog in to keep you calm. If a few shoppers do this at the same time, there's your dog park. (The West Coast Whole Foods operations are not true dog parks, as they allow in cats too.)

s: "Low glycemic bread for diabetics. Alvarado Street Bakery. Can get at Acme, why not here?"

r: (Matt MA) Unfortunately, the low glycemic bread from Alvarado Street is not available from our regular suppliers.

s: "Would like to see unsweetened versions of Organic Valley Soy Milk & So Delicious Coconut Milk. Thanks."

r: (Matt MA) While we do try to offer unsweetened options on products whenever possible, we are very limited on refrigerator space. However, since the Sweetened

Beverage Tax is going to increase the price 96 cents on these half-gallons, we'll see if we can figure out a way to stock the unsweetened varieties too.

s: "I love the artisan croissants available at Chestnut Hill. Any chance we get them in Mt. Airy? Thanks."

r: (Matt MA) Unfortunately, due to our very limited shelf space for baked goods, we have not brought them in. We have been in talks with the supplier but just cannot make the space happen.

s: "Please order Better Than Bouillon No-Beef Base. Vegans want to have fun too."

r: (Matt Ma) The only meat-flavored vegan base our supplier carries from Better Than Bouillon is the No-Chicken base, which, while possibly not as fun as No-Beef, tastes pretty good.

s: "With global warming and all, how will food supply be affected?"

r: (Norman) Mainly, just as we have our own local farm, we'll be able to have our own local ocean-raised seafood. We'll even have staff fisher-people, so global warming will also help us fulfill our goal of providing more local jobs in a thriving, albeit warmer, local economy.

normanb@weaversway.coop



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A Look at the Big Picture of Organic & Natural-Foods Retailing

Lessons from the Weavers Way Board retreat

by Josh Bloom, Vice President,
Weavers Way Board of Directors

IN MOST YEARS, THE WEAVERS WAY Board uses its annual daylong retreat for strategic planning. Important, but yawn! Flip-charts, sticky dots, difficult conversations!

This year, with our largest strategic project, expansion to Ambler, under way, we used the retreat as an opportunity to educate ourselves on topics central to leadership in a changing marketplace. The Board was joined by members of the Co-op's management team and spent a half-day on each of two topics: trends in the natural-foods industry, and financial training and internal controls.

As a benefit of belonging to the industry group National Cooperative Grocers (and at no expense to Weavers Way), we hosted NCG's Dave Olson, who came from St. Paul, MN, to lead the first session and to tell us how trends in natural foods are affecting co-ops, and how co-ops are adapting. Here are some highlights:

1. Buying natural and organic food was an alternative movement back in the 1970s and '80s, and co-ops owned the market segment. In the 1990s, buying healthy foods became a "lifestyle," and Whole Foods mass-marketed it. Today, buying natural and organic products has become mainstream. Virtually everyone wants healthy food options, and they want them to be convenient and affordable.
2. Sales of natural and organic food are still growing rapidly. The sector is one of the few bright spots in the retail food industry, with 15 percent annual growth, compared to 3 percent growth in traditional groceries. That growth is projected to continue. Natural and organic food accounts for \$100 billion in retail sales per year in the United States, or about 15 percent of total retail food sales. (Note: The 15 percent growth rate and 15 percent of retail sales is just a coincidence.)

3. Our competitors are growing, and they continue to build market share. As a fringe movement, co-ops had the natural-foods business mostly to ourselves. Not anymore. Kroger and its family of businesses (the largest supermarket chain) sell \$1.2 billion of Kroger private-label organic products annually. That's nearly equal to the combined sales for all co-ops in the United States. Other conventional, large-format stores are competing for market share as well — and they are quickly gaining proficiency in selling these products to consumers.

4. The number of natural-foods retailers is expanding rapidly. Double-digit growth in an otherwise bleak retail sector has caught



the attention of private equity and Wall Street. Whole Foods used to be our only national competitor. But today, their sales are declining 2 percent per year as they face pricing pressures and competition from Trader Joe's, Fresh Market, Mom's Organics, Natural Grocer and others.

5. Even a co-op shopper cross-shops. On average, a co-op shopper goes to 3.5 different places to buy groceries. We are competing for all those purchase decisions when that shopper is in our stores.
6. Weavers Way sales continue to grow — but we are the exception among co-ops. Many co-ops in our peer group are experiencing flat or negative sales growth. Across co-ops, this is even happening in produce and bulk departments

which historically were competitive differentiators. Simultaneously, co-ops experience upward pressure on wages and benefits. These two opposing pressures are forcing co-ops to become leaner and more efficient to survive — and they are also impinging on the cool, experimental or community-betterment projects that co-ops have often prized.

7. At the same time, the grocery business has become increasingly complex. This is the result of a combination of factors, including technology demands (for example, putting chip-card compliant readers at checkout, or online ordering and delivery), food-safety regulations and health-care requirements. Some of these factors

level shoppers are not particularly loyal, or ideological: They want strawberries out of season and they want them at an accessible price, and they may not care if the strawberries are organic. The mid-level shopper is constantly balancing decisions between value (e.g., price) and values (e.g., organic) — and the answer may be different on each shopping trip or for each item.

Co-op regulars are dismissive when they go into a place like the Fresh Market and see lots of candy in the bulk department. The co-op customer says, "But they don't have organic quinoa or spelt!" But bulk departments are profitable because customers buy the candy that we dismiss as "not real food" — while many co-op bulk departments are losing money. So, for the sake of shoppers' preferences — and for the health of the business — co-ops need to be flexible in their product mix and flexible on values.

We — Weavers Way, and food co-ops in general — have been operating in a new environment for a long time. But NCG is seeing evidence that co-ops have not adapted quickly enough to competition. This brings up some basic questions, which Dave posed:

- Are we a business or an association?
- Are we a specialty store or a full-service grocery store?
- Are we here to serve the community or our members?
- Are we independent and autonomous or part of a larger movement?

The answer, to all of these, is yes.

In addressing the Weavers Way Board and management, Dave quoted former First Lady Rosalyn Carter: "A leader takes people where they want to go. A great leader takes people where they don't necessarily want to go, but ought to be."

Interested in learning more? Here are two videos where Dave discusses the changing natural-food business:

[library.cdsconsulting.coop/
understanding-the-changing-landscape](http://library.cdsconsulting.coop/understanding-the-changing-landscape)
[www.youtube.com/
watch?v=Tb3BtRj-V6Y](http://www.youtube.com/watch?v=Tb3BtRj-V6Y)

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Mark Warshaw photo

A full house hears Ambler Food Co-op President Kathleen Casey explain the partnership agreement above. And no chance of voter fraud with AFC directors Dan Gargel and Jacque Duris on the case, (left.)

Ambler Partnership

(Continued from Page 1)

store — they want a store that will have deep roots in the community, led by people who know how to run a successful operation,” said AFC President Kathleen Casey. “Weavers Way has the experience needed to make this project a success and the commitment to the cooperative values that we’ve been on the ground talking about for five years now.”

“It is a win-win, and we couldn’t be more excited,” Casey said.

“We’re overjoyed to welcome Ambler Co-op to the Weavers Way Co-op family,” said Weavers Way General Manager Jon Roesser. “We took our time to do it right, and as a result, we’ve secured the best possible building in the best possible community for a third Weavers Way store. Our partnership with the AFC provides us with a core base of members to build on.”

“We are delighted by the prospect of bringing a needed full-service grocer with locally sourced food to our downtown,” said Ambler Mayor Jeanne Sorg.



Anita Behrman photo

“In Ambler, we pride ourselves on being a walkable community where our residents can get what they need right here in town. Weavers Way will fit very well with our two member-owned theaters, packed restaurants and retail shopping that serve not only our borough residents but all of the neighboring communities.”

The partnership agreement goes into effect once Weavers Way secures commitments for some \$2.3 million in commercial loans for construction and equipment. Just a few days before the Ambler vote, Weavers Way signed off on a sub-lease with Aldi Corp. for the former Bottom Dollar store at 217 E. Butler Ave.

The Co-op is also applying for a \$250,000 low-interest loan through the Montgomery County Opportunity Loan

EVENTS

Tea & Scones Co-op Q&A

Tuesday, March 7, 6:30-8 p.m., Ambler Library, 209 Race St. Chat, sip and learn more about Ambler Food Co-op. All are welcome. For info, visit www.amblerfoodcoop.org/tea_scones_mar_7 or email membership@amblerfoodcoop.org.

Pennypack Farm Film Series: ‘Sustainable’

Tuesday, March 21, 6- 9:30 p.m., Ambler Theater, 108 E. Butler Ave. Join Pennypack Farm and Education Center at the Ambler Theater for a screening of “Sustainable,” an investigation of the instability of America’s food system focusing on Marty Travis, a seventh-generation Illinois farmer who pioneers the sustainable food movement in Chicago. Doors open at 6 for Sponsor Expo; film rolls at 7:30. Next in the series: “Seed: The Untold Story,” Tuesday, April 18. Info: www.amblertheater.org/pennypack.

Addicted to Spice: Cooking Demo with Seema Vaidyanathan

Monday, March 20, 6:30 p.m., 131 E. Butler Ave. Join us for a delicious cooking demo with home cook, foodie, scientist, artist, experimenter, gardener, idea queen Seema Vaidyanathan at the Ambler Food Co-Op office! Info and RSVP: amblerfoodcoop.org/events.

For more info, visit www.amblerfoodcoop.org



OFFICE HOURS

131 E. Butler Ave.
Monday-Saturday, noon-2 p.m.
Wednesday-Friday, 6-8 p.m.

VOLUNTEERS NEEDED!

Spend time in the office with another volunteer to talk to people about the Co-op or do other organizing.

Contact membership@amblerfoodcoop.org for info. Or just stop by!

Program. And with last fall’s “Together We Grow” campaign, the Co-op has raised \$1.5 million in loans from members, who also chipped in some \$45,000 in additional member equity.

Meanwhile, with design work by Philadelphia architectural firm Strada LLC nearly complete, Roesser said Project Manager Heather Carb expects to kick off the construction-bidding process by issuing request-for-proposal documents this month.

“Several firms have expressed interest in getting the RFP and they’ve toured the site and building already,” Roesser said. “In addition to cost, we’ll be taking into account when they can start and how long they will take.”

“The next phase I’m focusing on is

working with Jean and Eric” (produce manager Jean MacKenzie and assistant Erik Fagerstrom) “on the produce bins,” Carb said. “We’re hoping to get them custom-made by some Ambler volunteers . . . there’s so much energy around this whole project. It will be good to actually be working on site in Ambler.”

The Co-op has already ruled out seeking LEED “green” building (certification, Roesser noted, saying, “We had Strada look into it, but formal certification is so expensive. We’re already ‘recycling’ a used building and you can be assured we’re paying close attention to waste management and other sustainability issues — if we didn’t, the membership would revolt, not to mention the staff.”

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weavers way

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March 1 - April 4

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www.weaversway.coop/coop-basics

MEMBERSHIP
CORNER

Bring on the Crowds – We Love It!

by Kirsten Bernal, Weavers Way Membership Manager

I WRITE THIS IN THE WAKE OF ANOTHER successful Member Appreciation event. I think it is fair to say that there was a whole lot of appreciatin' goin' on! The four day period (Feb. 11-14) saw our fifth busiest sale day ever in Mt. Airy, and 69 new members joined our ranks. Besides that, there was cake and valentines and reusable grocery bags made from recycled plastic bottles and brimming with goodies for new members.

Member Appreciation Days are that special time of year when we all get to participate in valuing each other and our Co-op. Not everyone may have had that in the forefront of their minds. After all, it is hard to compete with discounts — saving money is a pretty compelling motivator, but, in hindsight, we can look back and think about how what besides just discounts made the days a success.

In these extraordinary times, the Co-op serves as so much more than a grocery store, where the human experiences are authentic and the news is real. Did you come in during Member Appreciation Days, put your head down, fill up a basket, grab your savings and run? Or did you run into friends and neighbors (literally, in some cases), chat with staff members, sample a local product or two and accept a valentine and a morsel of Fair Trade chocolate from a working member? If you shopped on Tuesday, which was not only Member Appreciation AND Senior Discount Tuesday

AND Giving Tuesday but ALSO Valentine's Day — whew! — it may have, at times, felt like a zoo. It was an insanely busy day, but it was our busy day. We're the real deal and more and more people are taking notice every day.

I cannot say that the great incentive that we offered to new members during Member Appreciation Days was the only draw, because new member numbers have been strong for weeks. I can't help but speculate that, with everything that is going on around us, people are seeking a place to belong.

WE ♥ MEMBERS

Weavers Way is where we belong. We should never lose sight of how lucky we are to have such a strong Co-op in our community:

At a time when many co-ops across the country are barely breaking even, Weavers Way is thriving.

At a time when co-ops across the country are doing away with their working-member programs, ours is reinvigorating.

At a time when co-ops across the country see less than half of their sales from members, our member sales are more than 70 percent.

At a time when co-ops across the country are struggling to compete, we are financially sound and our members have just loaned us \$1.5 million to open a new store in a community that was abandoned by a conventional grocer.

Now, that's all something we can appreciate!

kirsten@weaversway.coop

WEAVERS WAY WORKSHOPS



Workshops are held in the **Community Room, 555 Carpenter Lane; The Garage, 542 Carpenter Lane; Healing Arts Studio, 15 W. Highland Ave., 2nd floor;** or other locations as noted. For more info about specific sessions, see the full description on the Weavers Way Online Calendar, www.weaversway.coop/events.

RSVP on EVENTBRITE

It's easy — find the item at www.weaversway.coop/events and click the link. Or do it the old-fashioned way: outreach@weaversway.coop or 215-843-2350, ext. 118.

Moxie Tuesdays

Join us on second Tuesdays for **Moxie Tuesday** workshops exploring themes around food and nutrition. Email Rachel@foodmoxie.org for more info.

Wellness Thursdays

Weavers Way Wellness Workshops take place every first Thursday in the beautiful Healing Arts Studio in Chestnut Hill.

GIVE A WORKSHOP YOURSELF

Weavers Way members can earn three work hours for presenting a 90-minute workshop based on their own expertise. Propose a topic by contacting Bettina at outreach@weaversway.coop.

COMING UP IN MARCH

Support Group: UNITING AGAINST SUGAR

Six Mondays continuing March 6, 13, 20 and 27 and April 3
Community Room

Join other Co-op members ready to face down sugar in all its guises. We'll share knowledge, experience and concerns; review challenges; set action plans; and offer lots of recipes and product information.

Moxie Tuesday: INTRO TO AYURVEDA

Tuesday, March 14, 7-8:30 p.m., Healing Arts Studio

The world's oldest system of natural medicine, Ayurveda, offers a nuanced, holistic approach to nourishing and strengthening the body. Discover the principles underlying the ayurvedic diet, what body type you are, and how to identify and target your particular nutritional needs when you prepare food. This workshop is led by Vishnu Om, owner and founder of Mt. Airy's Still Point Ayurveda.

REDUCING YOUR TRANSPORTATION FOOTPRINT

Thursday, March 16, 7-8:30 p.m., Community Room

Many of us continue to drive our cars more than we have to. It's easy, and sometimes it seems impossible to change. So let Weavers Way working member Bridget Chadwick open your eyes to new possibilities! Bridget, an engineer, has spent the past four years analyzing and compiling greenhouse-gas and energy data from government reports, and she has plenty of info to share. She also has years of experience as a multi-modal traveller, and will provide tips, tricks, maps and lots of photos about commuting by bicycle.

Study Group: UNDERSTANDING NEOLIBERALISM

Four Wednesdays starting March 22, 7-8:30 p.m.
Community Room

Is there a singular world-view that connects all the crises currently plaguing our planet? In this four-session course of study designed to explore the origins and growth of the political and economic philosophy known as "neoliberalism," Weavers Way members Susan Saxe, Maynard Seider and Sheila Weinberg will trace how neoliberalism managed to completely dominate other economic and political ideologies, and how it has so saturated the "background noise" of our civilization. Space is limited. Kindly sign up for all four dates, or as many as you can commit to attending.

March 22: What is neoliberalism?

March 29: How does neoliberalism work in our two-party system (or why is it so hard to get Democrats to do the right thing?)

April 5: Neoliberalism and globalization vs. democracy and human rights

April 12: Now what are we going to do about it?

ALL THE DETAILS: www.weaversway.coop

Blood Donors Help Save Lives

American Red Cross Spring Blood Drive

Monday, March 6
2-7 p.m.

Bloodmobiles will be at both stores
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COOPERATORS OF THE MONTH

Nathan & Heather Brock

Joined Weavers Way: August 2012, shortly after moving here from Ocean Beach, CA.

Live In: Manayunk

Current jobs: Nathan works in vendor management for JP Morgan Chase. Heather teaches Baby & Me yoga classes in Roxborough and Lower Merion. (They have a 2-year old daughter, Lina (pictured), and a baby on the way.)

Why they joined: Heather: "In San Diego, there were so many open-air farmers markets that were in walking distance, and lots of little health-food stores everywhere . . . so when we came here, we were like, 'Where's all that? What's going on?' We joined so we can be part of that." By the by, Heather's mom, Peggy Richter, is a longtime Co-op member.

Why they became working members: "We like to be involved, and we have the belief that it does take a village. My husband really enjoys doing hands-on work . . . we wanted to get to know, Where's our food coming from? How can I help?"



Co-op job history: In previous years, they were active with the Manayunk/Roxborough Co-op Initiative. Nathan has also done many of their hours at the farms.

Favorite Co-op products: They're lovers of The Bulk. They also look for sales on organic fruit and veggies. Lina is a big fan of dolmas.

A little Co-op love: "It's so homey. Every time I come, I see someone I know, or make a new friend. Lina can just walk around on her own in the store; I don't have to hold her the whole time, because she feels comfortable."

—Karen Plourde

STAFF CELEBRITY SPOTLIGHT

Candy Bermea-Hasan

Job: Accounts Payable

What's that?™ She pays product and operational invoices, and also processes members' checks.

Since when: March 2014

Favorite parts of the job: Talking to vendors; giving employees reimbursement checks in a timely manner.

Hometown: Philadelphia (Wynnefield)

Lives in: Mt. Airy, with her husband, Faheem

Other family: A son, Jonathan (age 27) and a granddaughter, Lucy, age 8. She's also the youngest of seven siblings, five of them girls.

How she got here: After going through a divorce, she returned to the area from Texas in 1995. She then worked in a nursing position at Thomas Jefferson University Hospital for six years, but had to leave for health reasons. She later got hired by Trader Joe's and was eventually promoted to manager, but she found she couldn't handle the number of hours required for the position. After taking some time off, she filled out an application at the Co-op, where she already shopped. She started as a cashier, moved on to cash reconciliation and then into the finance office, first as a



fill-in, and finally on a permanent basis when Pat Arment retired in 2015.

Outside pursuits: She's a personal trainer and a baker through her word-of-mouth business, Zahira's Pastries. She puts a special emphasis on baking gluten-free desserts.

She struggles with: Her health. She was diagnosed with lupus at 18, and has had several starts

and stops in her work life as a result. "I have battles . . . One of the biggest things for me is that I'm always [wondering if] I'm going to continue working. I used to be really shy about talking about it, but then, I realize that sometimes, I am sick, and instead of people thinking 'What's wrong with her today?' that they would know."

A little Co-op love: "The thing I like about it is that we are part-owners of it. I like to surround myself with people who are like me, care about the environment, and are really conscious about being a human being. A lot of people at the Co-op are like that. So it's nice to be in a place that you would probably hang around anyway."

—Karen Plourde



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 every month — except August! The next meeting is scheduled for Tuesday, March 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.

2015-2016 Weavers Way Board

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Vice President: Joshua Bloom
Treasurer: Emmalee MacDonald
Secretary: Lisa Hogan
At-Large: Megan Seitz Clinton, Larry Daniels, Joyce Miller, Joan Patton, Linda Shein, Laura Morris Siena, David Woo.

The Shuttle

Editor
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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

HOW TO REACH US

General Manager
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jroesser@weaversway.coop

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Executive Chef
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Farm Manager
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Next Door Manager
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ashell@weaversway.coop

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lwhitlock@weaversway.coop

Pet Department Manager
 Anton Goldschneider, ext. 276
petstore@weaversway.coop

Grocery
(MA) Matt Hart, ext. 140
matt@weaversway.coop
(CH) James Mitchell, ext. 217
jmitchell@weaversway.coop

Prepared Food
(MA) Dave Ballentine, ext. 102
dballentine@weaversway.coop
(MA) Bonnie Shuman, ext. 218
bonnie@weaversway.coop

Deli
(MA) Shawn O'Connell, ext. 109
soconnell@weaversway.coop
(CH) Matt Budenstein, ext. 209
mbudenstein@weaversway.coop

Meat, Poultry & Seafood
(MA) Dale Kinley, ext. 104
dale@weaversway.coop
(CH) Valerie Baker, ext. 205
vbaker@weaversway.coop

Produce
(MA) Jean MacKenzie, ext. 107
mackenzie@weaversway.coop
(CH) Josh Magnitzky, ext. 211
jmagnitzky@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, March 8
Community Room, 555 Carpenter Lane
 (adjacent to the Mt. Airy store)

weavers way coop



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 Use the password **weaversway**

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March Member Specials

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COCONUT PAPAYA
HAND CREAM 4 FL OZ**
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ORGANIC BANANA
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BEANS**
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MAPLE BACON 7 OZ**
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Receive a 1 Year Membership to
Weaver's Way Co-op!*



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