

Ready for a Spring GMM That Lives Up to Its Name?

by Megan Seitz Clinton, Weavers Way Board

IT SEEMS THERE MIGHT BE SOMETHING to that “in like a lion, out like a lamb” business. We’ve managed March, though, and, hopefully, that means warmer, sunnier days ahead. Why not spend one of them with your fellow member-owners over good eats, an engaging speaker and a bit of business at the Weavers Way Spring General Membership Meeting.

We’ll convene at Springside Chestnut Hill Academy’s Cherokee Campus, 8000 Cherokee St., on Sunday, April 30, beginning at 4 p.m. (Enter from Cherokee Street, past the softball field and ten-

nis courts. Parking is in the Blue Lot and we’ll be using the Special Events Entrance. There’s a map on Page 26, or a larger version at www.sch.org/page/campus-map.)

This is a Zero Waste Event, so don’t forget to bring your own dishes and cutlery, or be prepared to pay \$1 to rent a set from the Weavers Way Environment Committee.

Our guest speaker is Dr. Keith Brown, associate professor at St. Joseph’s University, who will focus on fair trade, including how certification is designed to provide economic, environmental and so-

cial benefits for farmers and artisans living in poverty. He will also discuss the fair trade market’s rapid growth and examine the history of fair-trade certified food and what attracts consumers to these products. Most importantly, he’ll discuss the strengths and limitations of fair trade

and ultimately try to tackle the question “Is fair trade worth it?” There will be time at the conclusion of Dr. Brown’s presentation for questions. Read more about him at www.sju.edu/about-sju/faculty-staff/dr-keith-brown.

We’ll hear updates from Board President Chris Hill and General Manager

AGENDA
Page 26

RSVP: www.weaversway.coop/SpringGMM-RSVP

SPRING GENERAL MEMBERSHIP MEETING

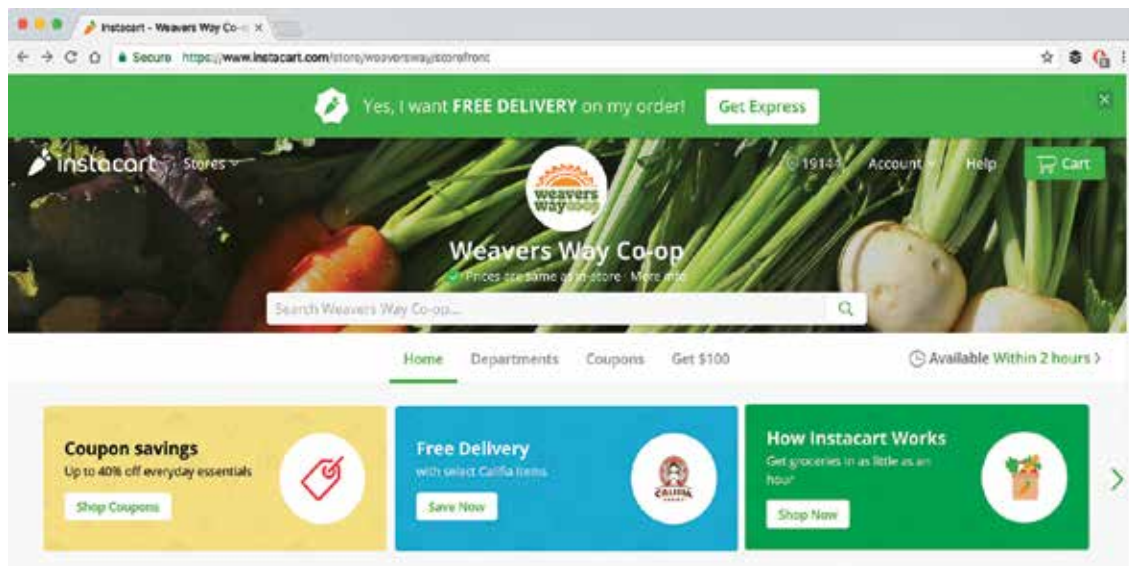
Sunday, April 30, 4 p.m.

GREET * MEET * EAT

Jon Roeser, with time allocated for discussion and member questions. This will also be members’ final opportunity to cast ballots for four new Weavers Way Board directors. Voting ends at 5 p.m.

Stick around afterward for cake, conversation and the results of our 2017 Board Elections. We hope to see you there!

megan@cwv-law.com



Weavers Way’s Instacart store “stocks” more than 10,000 items and is updated daily.

Shop the Co-op . . . Online

Introducing Instacart, Our Web Shopping and Home Delivery Service

by Crystal Pang, Weavers Way Marketing Director

WISH YOU COULD STOP AT THE CO-OP BUT strapped for time? Juggling too many things to add a trip to the grocery store to your day? Here’s some news: Weavers Way is now on Instacart.

Instacart is an online shopping and delivery service. Our Instacart “store” offers a way to shop online for the Weavers Way products you know and love, and get them delivered in as little as an hour.

We’re not the first grocery store to introduce online shopping and delivery — if anything, we’re late to the game. It’s a growth area in the beleaguered grocery industry; joining in should help the Co-op compete in a tough marketplace.

But that’s not the only reason we’re doing it.

We’re also committed to making it as easy as possible for our members to shop for high-quality, sustainable and healthful products.

We also hope being on Instacart will draw in shoppers in our extended area who never considered Weavers Way before. As an alternative to conventional stores or ordering online from the big guys like Fresh Direct or Amazon Fresh, we think we’re a no-brainer.

And our Instacart delivery area is huge — it runs from Philadelphia to Ambler and beyond! Included zip codes are: 19118, 19119, 19144, 19138, 19127, 19128, 19129, 19131, 19126, 19141, 19150, 19001, 19012, 19025, 19027, 19031, 19034, 19038, 19046, 19075, 19090, 19095, 19002, 19428, 19444, 19462, 19004, 19035, 19066, 19072.

(Continued on Page 25)

On the Website or on Paper, Just Make Sure You Vote!

IT’S TIME TO VOTE FOR MEMBERS OF THE WEAVERS WAY BOARD! Your vote is incredibly important — our Co-op works because members get involved. The baseline way to get involved, as you know, is to VOTE!

This is an exciting time for Weavers Way, with the partnership agreement with Ambler Food Co-op, the new store opening in Ambler and a record number of members. The Board bears the ultimate responsibility for making sure our initiatives work out well, so it matters who represents you on the Board.

This year, we have a great group of eight candidates running for four open seats. Read their statements on Pages 14-15 or online in the Member Center (member.weaversway.coop; login required). A bonus for going online: short videos of each candidate will enrich your understanding of each one.

When you are ready to vote, you can do so online or by paper ballot — one vote per member household. Voting ends April 30 and results will be announced that evening at the General Membership Meeting. Voting instructions are on the ballot — you can clip a paper ballot on Page 27 or pick one up at the cash register — and in the Weavers Way Elections area online.

You’ll be getting periodic email reminders from us to vote until you cast your ballot. (So vote early and we’ll stop bothering you!)

Your Leadership Committee works hard to ensure the elections process is fair and honors all who are interested in running. I thank them: **Larry Daniels, Sylvia Gentry, Joan Patton and Susan Zipin.**

— Weavers Way Board Member **Laura Morris Siena**
Chair, Leadership Committee

2017 ELECTION FOR WEAVERS WAY CO-OP BOARD OF DIRECTORS

VOTE

WEAVERS WAY BOARD ELECTIONS 2017
CANDIDATES’ STATEMENTS, PAGES 14-15
CLIP THE BALLOT ON PAGE 26

- Vote in stores by noon, Sunday, April 30
- Vote online at member.weaversway.coop.
- (Select “Weavers Way Elections” under My Co-op; login required.)

Results Announced April 30 at the SPRING GENERAL MEMBERSHIP MEETING.

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

I WAS THINKING OF DOING AN EARTH Day/Week/Month roundup in this Shuttle, which kind of fell through, but now I realize that the paper is actually stuffed with environmental stories.

There is a cool Earth Day film festival taking shape (Page 20). Folks want you to walk to tell PECO to adopt more solar. (Page 6) We're still jamming little bits of trash into soda bottles for a garden project at MLK High School and collecting plastic lids for a mural to decorate it (Page 19) and if that doesn't show environmentalists have a sense of humor, I don't know what.

Speaking of stuffed, the paper you hold in your hands may include the Co-op's annual report. (We only put them in the mailed copies, so if you grabbed a Shuttle from the store or out in the wild, you can get the report from the Membership office.) This document has come out in varying forms over the years, but always includes a section titled "Environment," which, despite that overarching theme, Norman Weiss always uses to focus on one of his hobby-horses: single-use packaging. As he says in his Suggestion column this month (Page 21): "My own opinion is that no single-use manufactured item is environmentally sound."

As it happens, Environment Committee chair Sandra Folzer has a column about a certain single-use product — toilet paper (Page 17), and about our use of personal paper in general. As someone who used to work in an elementary school, I can't endorse Sandy's enthusiasm for cloth handkerchiefs, but we all do need to take responsibility for our own waste streams.

Speaking of waste streams, another Environment Committee member has a story about the relative environmental burdens of cat litter brands (Page 3); Ellen Nulf has included some ideas for making your own, using old newspapers. Ellen, I love ya, but hardly anybody reads the paper anymore.

Which brings me back to the paper you hold in your hands. Yes, it's an anachronism, a contradiction in terms, a consumer of resources and a source of solid waste. But please support our advertisers! And a Happy Earth Day to you all.

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

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

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 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

Bulk & Beyond

Marshmallow root has planted itself upstairs. One Village adds a gravity bin, and Woodland Pea Blend is souped up.

Sadly, planting marshmallow root will not make a marshmallow tree grow in your yard. Though the fluffy confection has its origins there, the root itself is an herbal supplement touted for its ability to treat coughs and colds, fight infections and help with digestive problems. You can now find it among the top row of spice jars in The Incredible Bulk.



Coffee, meanwhile, is acclaimed for saving the world — and our sanity. Souderton's **One Village Coffee** now offers their **Artist Blend**, a medium roast



from Honduras with tasting notes of caramel and dark chocolate, in bulk. (It's also available packaged in Chestnut Hill.) Pull on the handle and take as much as you need.

Moving over to the soup/pasta/grains section, **Woodland Pea Blend** has made its debut in Mt. Airy. We're bound to encounter some chilly evenings this spring, and this all-natural, non-GMO mélange of split peas and beans would

make an ideal soup or beans and rice entrée.



Meat & Fish Market

Big Fork bacon sausages are hogging it up in the Hill.

You read that right, bacon lovers. **Big Fork** bacon sausages are the brainchild of Lance Avery, a former chef from Chicago. The company works with small independent hog farmers in Iowa who raise Berkshire-breed hogs without antibiotics. The bacon they produce is nitrate-free and hardwood-smoked, and the sausages are made of bacon and pork, with brown sugar and sea salt. The meat case in Chestnut Hill currently features the Uncured Bacon & Ale and Spicy 3 Pepper varieties.



Finds for the Furry & Feathered

Home-cooked yums in a can from Wellmade.

Hands down, your bowwow would love if you cooked him a home-cooked meal

every day. As a time-saving alternative, though, consider **Wellmade** canned homestyle meals from Cloud Star of St. Louis, MO. Each is prepared in a human-grade facility — think of your kitchen, but a lot bigger and fancier. They're free of grain, meat by-products, corn, soy and artificial flavors. Across the Way now has them in five varieties.

Going On in Grocery

Have you got your Whirley Pop yet?

Whirley Pop, the hand-cranked stovetop popcorn maker from Monon, IN, made its Co-op debut last fall at



Weavers Way Mercantile. After the new year, they migrated upstairs to the housewares section in Mt. Airy, and have now gone up to the Hill.

The makers of the Whirley Pop say you can pop twice as much corn as you'll get from a microwave bag — up to six quarts—in less than three minutes. Now, a claim like that is worth investigating. If you do spring for a popper, Mt. Airy Grocery Manager Matt Hart advises popping with bacon grease rather than wimpy corn, olive or coconut oil.

kplourde@weaversway.coop

Keep Up Your Strength with Cold-Brew

by Matt Hart, Weavers Way Mt. Airy

EVERY YEAR, AS THE TEMPERATURE outside starts to creep up, I find myself questioning whether or not it's worth fiddling with near-boiling water just to get my caffeine fix in the morning. What a few weeks earlier was a comforting part of my morning routine becomes a dreadful reminder of the discomfort to come once the sun is beating down.

But iced coffee never appealed to me. What's so nice about diluted coffee? I like mine bold and full-bodied.

If this makes as much sense to you as it does to me, you should do what I'm doing: Switch to cold-brew coffee. Cold-brew coffee is less acidic and has a more robust, super smooth flavor that might even appeal to those who claim to dislike coffee.

We have several choices in bottles and cans available right here at the Co-op. In Mt Airy, we carry a range of brands, from Chameleon Cold-Brew from Austin, TX, to local libations from La Colombe and Backyard Beans. In Chestnut Hill, we have those brands as well as cold brew from Stumptown Coffee,



based in Portland, OR.

If you're interested in making your own, it's almost comically simple. All you need is water, coffee, a vessel and some space in the fridge.

Put 1 cup of coarse-ground coffee in 32-oz. mason jar. Fill with water. (If you're using something other than a 32-oz. container, the ratio is basically

four parts water to one part coffee.)

Seal and refrigerate 16-24 hours.

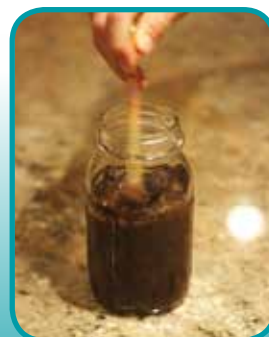
Strain the coffee through a fine-mesh strainer — the finer, the better — or nut-milk bag.

Now you're ready to drink!

Some people find the pure brew a bit intense. You can dilute it to taste with water, cream or milk. You may also find that cold-brew is wonderfully utilized in mixed drinks.

Matt Hart is the new grocery manager at Weavers Way Mt. Airy. He's also the old bakery buyer — and the new one, too.

Reach him at matt@weaversway.coop.



What's in Store at Weavers Way

THE SIMPLICITY OF THE GRILLED CHEESE SANDWICH

by Shawn O'Connell,
Weavers Way Mt. Airy Deli Manager

THE GRILLED CHEESE SANDWICH. Three ingredients. So many possibilities.

BREAD.

**CHEESE.
FAT.**



First, the bread:

Metropolitan San Francisco Sourdough, Le Bus Stirato, Philly Bread Pullman, Marble Rye, Night Kitchen Dakota, challah, Le Bus Raisin Walnut.

Then, the cheese:

Something creamy for texture — red-wax Gouda, Havarti, Cooper Sharp, mild Cheddar, smoked Gouda, Monterey Jack, Colby, Gruyere. I think mixing is the best way to go. A cheese plane and box grater are valuable tools here. Grate some aged or extra-sharp cheese like Asiago,

sharp Provolone, 3-year-old Canadian Cheddar, Manchego or Parmigiano-Reggiano. You want a ratio of about 60 percent creamy-melty cheese and 40 percent aged sharp cheese.

(Not an exact science, of course.)

Finally, the fat:

Butter, oil or mayonnaise? My experiments have proven that all bring successful and delicious results, with subtle differences. The method that works best is spreading the butter or may-

onnaise on the bread and coating the pan with a bit of oil (canola or olive), just with a paper towel. Keep the heat low and have a cover handy. Some people grill both pieces of bread and then put them together, but I keep the sandwich together and flip it. By the time one side is golden brown, the cheese will be melted enough to keep the other slice of bread in place. The difference between using butter as opposed to mayonnaise is that the mayonnaise-coated bread has a crispier texture and a bit of a tang, while the buttered bread is more caramelized and rich.

Part of my education on this subject came from an expert — a 7-year-old boy named Benjamin, the son of my best friend Lizzie. He is a purist: No spreads and no tomato. But a dipping “sauce” can be delightful. The beauty of sauce on the side is that you keep the integrity of textures and flavors of a well-made grilled cheese sandwich. Benjamin’s sauce of choice was ketchup. Hey, don’t knock it until you try it.

We could talk at length about other pairings but this story is focused on the bread, cheese and fat.

sconnell@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...for an Earth-friendlier life

We're gentler to our planet now than when Earth Day started 47 years ago, but that's no reason to stop! Here are a few ideas for everyday sustainability from our shelves.



1 Compost fashionably — with a Norpro ceramic compost keeper (MA only). Line it with a compostable waste bag from Full Circle (Chestnut Hill) or Biobag (Mt. Airy) and you won't have to touch gushy stuff.



2 Clean your crib kindly — and effectively with nature-based solutions from Seventh Generation, Mrs. Meyers, Ecover, Homesolv and Biokleen. You can even go local and natural with products from Volta (Germantown), Tandi's Naturals (Lancaster) and Sun & Earth (King of Prussia). (Volta and Tandi's only in Chestnut Hill.)



3 Clean yourself with a classic — Dr. Bronner's soaps, available Next Door and Across the Way, are even older than Earth Day. Founded in 1948, Dr. Bronner's makes products that are organic, free trade and packaged in 100-percent post-consumer recycled plastic bottles. (And the labels make for great reading.)



4 Store food like a boss — with 100 percent recycled plastic containers from Preserve. And keep your veggies fresh with reusable Evert Fresh Green Bags (Chestnut Hill only).



5 Get yer dog treats in bulk — Spot says they taste better! Old Mother Hubbard all-natural and Lucky Dog (organic, made in Willow Grove) are both in bulk Across the Way.

How Green Is Your Kitty's Litter?

by Ellen Nulf, for the Shuttle

MANY CAT LITTERS WORK WELL and may even be perceived as eco-friendly, but you might want to take a closer look. Switching to a truly eco-friendly litter isn't only good for the environment, it's good for your cat too.

More than 2 million tons of sodium bentonite clay is mined in the United States each year just for kitty litter. Sodium bentonite can be harmful if cats ingest it, which can happen accidentally when they clean themselves. Likewise, the silica dust in many litters may contribute to respiratory problems for your kitty and you. Fortunately, there are many options, and Weavers Way Across the Way carries a wide variety. Here are some of them:

Swheat Scoop: This natural wheat litter contains no chemicals and no clay, is biodegradable and flushable, doesn't create dust, is made from a renewable resource and is 100 percent compostable for non-vegetable plants (after scooping). The wheat enzymes naturally neutralize odors.

Blue Naturally Fresh Litter: This is a flushable multi-cat quick-clumping litter made of walnut shells. It is chemical-free, grain-free, clay-free and corn free.

Cedarific Soft Cat Litter: This all natural, biodegradable litter is made with wood fibers grown in the United States. It contains no chemicals, is lightweight and dust-free, and has a soft texture for your kitty's paws.

Premium Choice Carefree Kitty: This litter company claims its litter “won't

(Continued on Page 18)



mtairyday.org

The weather was perfect at Mt. Airy Day 2016.

Mt. Airy Day 2017 Seeks Volunteers, Vendors, Sponsors

THE ANNUAL MT AIRY DAY CELEBRATION sponsored by East and West Mt Airy Neighbors will be held Saturday, May 6, 11 a.m.-5 p.m. The rain date is Sunday, May 7. As it has for many years, the community celebration takes place on the ground of Cliveden of the National Trust, 6401 Germantown Ave.

This free community fair features more than 150 vendors selling crafts, attic treasures and personal services; children's games and pony rides; live music; a food court; Weavers Way's plant sale; valet bike parking, and the popular Rock N Roll raceway. Visitors may tour the historic Chew family mansion and stroll the beautifully lush, azalea-filled, dogwood-ringed grounds.

We always need lots of help for everything to run smoothly. Now is the time to get involved! The committee is looking for folks who can assist in a variety of ways, from serving on the committee to helping out on the day of the event. Service hours are available for students who need them.

We are also seeking businesses and individuals interested in lending financial support to Mt. Airy Day, helping stake organizations that have been serving the Mt. Airy community for more than 50 years.

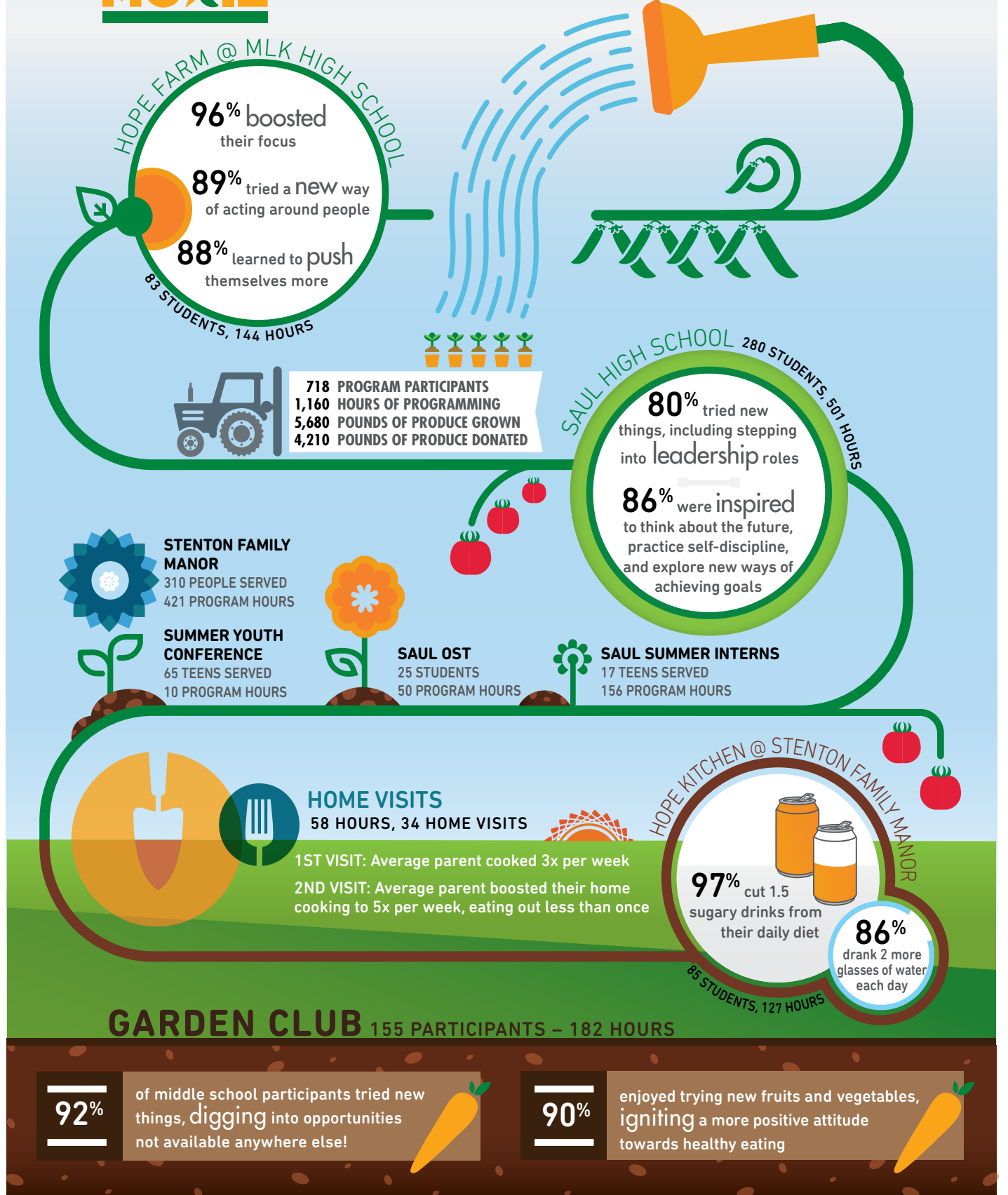
Committee meetings are Thursday evenings. Call 215-287-7056 for dates.

For info, visit www.MtAiryDay.org or call 215-287-7056.

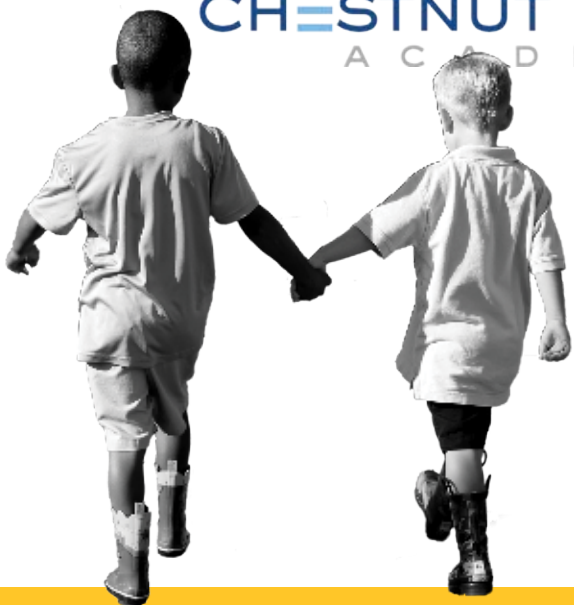
2016 by the Numbers



We dig what we eat.



SPRINGSIDE CHESTNUT HILL ACADEMY



BE ADVENTUROUS

SCH WELCOMES WEAVERS WAY MEMBERS TO OUR CAMPUS ON APRIL 30.

To learn more about our passion-based Pre-K-12 curriculum, contact our Admissions Office at 215-247-7007 or SCH.ORG/Admissions.

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April 4th 9 am

Call 215-438-3623 to Schedule a Tour!

Ask about Sliding Scale Tuition!

PROJECT LEARN SCHOOL
 A Cooperative School Community

FOOD MOXIE

An offshoot of Weavers Way Co-op

A 3rd Green Tree Grant to Grow Hope Garden

by Rachel Reynolds, Food Moxie Communications Manager

FOR THE THIRD YEAR IN A ROW, THE GREEN TREE COMMUNITY HEALTH Foundation has generously supported Food Moxie's Hope Garden (and its accompanying programs) at Stenton Family Manor, this time with a \$15,000 grant. A community health advocate, the Foundation is a not-for-profit public charity that identifies areas of vulnerability in Northwest Philadelphia and eastern Montgomery County and provides funding to organizations whose work addresses these needs.

The foundation seeks to have a positive impact on current and emerging health issues and risks, empowering residents to access health services and value, embrace and maintain their health. Announcement of the grant was made by foundation President and CEO Susan Hansen in January.

"Food Moxie is grateful for Green Tree's continued support. We're lucky to have such a like-minded foundation in the area," said Food Moxie Executive Director Jill Fink.

Fink says the funds will be used for Hope Garden, the 1/2-acre garden Food Moxie tends at Stenton Family Manor, one of the largest emergency housing facilities in Philadelphia for families experiencing homelessness. Hope Garden produce is donated to the Stenton kitchen, enhancing the nutritional value and flavor of the meals the facility provides. In 2016, Food Moxie donated nearly 1,500 pounds of fresh produce to Stenton.

Hope Garden isn't just a place for growing food, though; it's also the base for Garden Club, Food Moxie's fun and hands-on food and farming program for young people at Stenton. The garden also supports Hope Kitchen, Food Moxie's program for Stenton parents, which cultivates culinary skills, nutritional knowledge and food resource management to help parents feed their families well on a budget. Graduates of the program earn Fresh Start Kits, chock-full of key kitchen tools, and can also sign-up for supportive home visits when they transition into their own housing.

"Thanks to the continued generosity of Green Tree Community Health Foundation, Hope Garden will remain a vibrant hub at Stenton in 2017," Fink said. "Not only is it a place to build community with each other and connection to our food, it's also a source of nutrition and knowledge. We're grateful to be able to spend another season growing food and cultivating new skills."

rachel@foodmoxie.org

THANK YOU TO OUR 2016 FUNDERS!

\$10,000 to \$24,999

- EMAN Community Fund
- Green Tree Community Health Foundation
- Patricia Kind Family Foundation
- The Philadelphia Foundation
- \$25,000 and Above
- First Hospital Foundation
- Leo and Peggy Pierce Family Foundation
- Hilda Mullen Foundation
- Nararo Foundation

\$5,000 to \$9,999

- Bennett Family Foundation
- Claneil Foundation
- Connelly Foundation
- Douty Foundation
- Drumcliff Foundation
- Edna G. Kynett Memorial Foundation
- Henrietta Tower Wurts Memorial
- Lawrence J. and Anne Rubenstein Charitable Foundation
- Lida Foundation

Up to \$4,999

- Arthur E. and Elizabeth B. Roswell Foundation
- Dolfinger-McMahon Foundation
- First United Methodist Church of Germantown
- The Food Trust
- Jamie and Lisa Maguire Family Foundation
- Scholler Foundation
- Seybert Foundation
- Union Benevolent Association



An offshoot of Weavers Way Co-op

CELEBRATING 10 YEARS!

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foodmoxie.org

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THANKS TO...

Arcadia interns
Jessica Nevins
Julianne Van Santen



For Their Support!

FUMCOG
First United Methodist
Church of Germantown
A Reconciling and Welcoming Congregation!
Robert G. Coombe, Pastor



Palm/Passion Sunday

April 9, 11:00 am

A dramatic presentation
of the Passion Story

*"The Final Days...
From Palm Branches to Thorns"*
Arranged and presented by Robert Bauer

Easter Sunday!

April 16, 10:45 am

• FUMCOG Chancel Choir
& Soloists • The Fairmount
Chamber Orchestra

Vespers, K. 339
by W.A. Mozart

Pastor Bob Coombe preaching

*"A New Day...
From Death to Life!"*

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Mishkan Shalom, a progressive Reconstructionist congregation in Manayunk, Philadelphia, applauds HEARTBEAT's work to unite Israeli and Palestinian youth musicians to build mutual understanding, develop creative nonviolent tools for social change, and amplify their voices to influence the world around them.



A · D · V · O · C · A · C · Y

Walk for Green Jobs and Justice

by Eileen Flanagan, for the Shuttle

WALKING IS A TRIED AND TRUE WAY FOR ACTIVISTS to demonstrate both their commitment to an issue and the direction they want things to move. Gandhi walked to the sea. King walked from Selma to Montgomery. And starting May 8, the Power Local Green Jobs campaign will walk across PECO's service territory to show the utility the way to a clean energy future with good-paying jobs for those who need them most.

In each of five counties — Bucks, Montgomery, Chester, Delaware and Philadelphia—walkers will move from the past to the future, from old energy sites to new, past crumbling infrastructure to solar training programs and installations. After approximately 100 miles, the walk will conclude on Monday, May 22, with a march down Market Street from City Hall to PECO headquarters. The final leg will be joined by 350.org founder Bill McKibben and Bishop Dwayne Royster, a founder of Philadelphians Organized to Witness Empower and Rebuild (POWER).

Founded in September 2014, the Power Local Green Jobs campaign targets PECO because of its dominant role in deciding where our region gets its energy. Right now, only 0.25 percent of the electricity PECO delivers comes from solar. The largest utility in Pennsylvania, PECO serves communities with some of the deepest levels of poverty in the state. The campaign demands that PECO shift to 20 percent local solar by 2025, prioritizing rooftop solar and job creation in neighborhoods with high unemployment, which



Kaytee Ray-Riek photo

Marchers on the Market Street Bridge after leaving the PECO building last May.

happen to be the same neighborhoods that have suffered the worst health effects from the toxic fossil-fuel economy.

Led by POWER and the Earth Quaker Action Team (EQAT), the Power Local Green Jobs campaign has already succeeded in getting PECO to propose a few solar pilot projects. While far short of the major shift to clean energy and green jobs that the region needs, this movement is clearly in response to the pressure PECO feels after 18 actions, including scenes like 75 people doing "The Electric Slide" outside the company headquarters to tell PECO to "Get Moving" on green jobs.

By traversing the region, the walk will demonstrate the connections between the struggles of neglected communities of color, divested industrial zones and vulnerable rural areas.

To join along the route or for the grand finale, please visit www.eqat.org/walk for up to date information.

Eileen Flanagan is a Weavers Way working member.

L · E · T · T · E · R ·

'Salt-Is-Good' Story Was Not Good

I FEEL THAT IT IS VERY UNWISE TO PUBLISH ARTICLES LIKE the one in the March Shuttle, "Go Ahead and Shake It: For Most of Us, Salt Is Good"

In an NPR story about this issue:

www.npr.org/sections/thesalt/2014/04/03/298745563/time-to-relax-the-sodium-guidelines-some-docs-say-not-so-fast)

it was noted that Niels Graudal, an author of the cited meta-analysis, agrees with the overwhelming evidence that lowering sodium can help people with hypertension, or chronically high blood pressure, lower their blood pressure. It added that Grudal does argue that "in people with normal blood pressure, there is no effect, or maybe a small effect of sodium reduction on blood pressure."

And in commenting on the meta-analysis, Lawrence Appel, who directs the Welch Center for Prevention, Epidemiology, and Clinical Research at Johns Hopkins Medical Institutions, told NPR: "There is no credible evidence that a low-sodium intake, in the recommended range, is harmful."

Appel says the bottom line is this: In order to improve heart health, we have to improve blood pressure control. And "lowering sodium intake is key to achieving this goal."

Given that high blood pressure is widespread, and given the choice between health advice in the Shuttle and the opinion of Lawrence Appel, I will go with the dude from Hopkins. I feel that it would be best if the Shuttle were to avoid appearing to take a side in complicated medical issues.

Mike Frumer, Weavers Way Member

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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 any letter.

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GM'S CORNER

An Unwelcome Twist on a Familiar Tradition

by Jon Roesser, Weavers Way General Manager

MY STOCK OF FOND MEMORIES from grade school was, alas, never overflowing, and as the distance between that time of my life and the present grows longer, the memories grow ever fewer.

I've still got the time I kicked a grand slam in kickball, the A+ I got on my report on Franklin Roosevelt and the pink ribbons in Susan Abrams' hair.

And there's another memory too, perhaps the fondest and certainly one of the most vivid:

Pretzel Day.

Once a week, every Friday, my school cafeteria was transformed into a city corner, the janitor (why him?) pressed into service as the pretzel guy. The pretzels weren't warm, but they were fresh, and served just as if you were standing on the City Hall apron.

These were classic Philadelphia street pretzels, long and narrow, dense and chewy, covered with wet salt. I can't remember what they cost, but it wasn't much and they were, hands down, the best food served by our cafeteria (not a difficult achievement).

So my spirits were lifted the other day when I came home and, inquiring about the pretzel on the kitchen table, was informed by my son that he bought at school, on Pretzel Day. It still exists!

Curiously, this pretzel was in a plastic wrapping, on which was printed the name of the baker, net weight, allergen information and bar code. Meddlesome lawyers have forced us to take precautions and disclose information that's made it necessary for each individual soft pretzel to live its short life in plastic. Wasteful, and terrible for the environment, but at least we've found a way to navigate Pretzel Day into the 21st century.

I then committed a critical error, the one thing you must never do if you want to enjoy a packaged food product. I looked at the ingredients.

To make soft pretzels, it is necessary to have four ingredients: water, flour, yeast and salt. Variations may also include eggs, sugar and oil or butter. But this plastic-wrapped pretzel sitting on my kitchen table, this modern-day manifestation of Pretzel Day, this physical link between my childhood and today, this pretzel contained 27 ingredients!

Now, you and I might be hard-pressed to find 27 different things to put into a pretzel, but you and I are not in the food-manufacturing business. So Ethoxylated Diglyceride, Calcium Stearoyl Lactylate and Polysorbat 60 aren't on our kitchen shelves.

Food manufacturers have their work cut out for them. They must manufacture food that looks, smells and tastes at least somewhat like real food, but can also last an unnaturally long time without getting stale, moldy, discolored or flavorless.

The problem with a real soft pretzel is it begins to age immediately upon its removal from the oven. From the moment it's born, the clock is ticking.

If you don't eat it by the time the sun goes down, you're too late.

It might seem simple enough for an elementary school to contract with a local baker, who could deliver a few hundred pretzels early in the morning for the school to sell to its students at midday. But such relationships hardly exist anymore.

Most schools have contracted their food-service programs to big corporations, which then squeeze their suppliers to find the cheapest way to feed the kids. The food-service corporations contract with the food-manufacturing corporations, not to deliver a few hundred pretzels to one school, but to deliver tens of thousands of pretzels to be warehoused until being distributed to hundreds of schools.

Manufactured food crams the aisles of America's supermarkets and the cupboards of America's homes. You can guess the impact this wretched system has on our health and the planet.

And does anyone think this sort of food tastes better than the real deal?

Yes, we sell manufactured food at the Co-op, though most of it is at least all-natural and much of it is organic. And the Co-op offers a disproportionate amount of real food, particularly in our fresh departments (produce, bread, meat and seafood, dairy), as well as a large bulk de-

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partment of grains, nuts, seeds, dried fruit and spices.

And you'll be relieved to know that the soft pretzels sold at the Co-op, baked by Greenberg's in Oreland and free of plastic wrapping, contain only flour, water, yeast, salt and soybean oil. They're not the classic Philadelphia street pretzel, but with a good slathering of mustard they're pretty tasty.

So it turns out Pretzel Day ain't what it used to be. At least my son had the good sense not to eat the damned thing. But he's pretty excited about the rumored upcoming Donut Day. I can only imagine what's in those.

See you around the Co-op.

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A Day in the Life of Cat Rescue: Cleaning, Phone Calls & Trapping

by Brenda Malinics, for the Shuttle

MY DAY JOB TAKES ME TO ONE OF the poorest and grittiest areas of the city, where I encounter an endless stream of stray animals. A few years ago, after decades of spending my own funds for vet care, food and supplies, I became an official tax-deductible nonprofit: Brenda's Cat Rescue. Friends set up a website and Facebook page and I was off and running officially, though I rescued my first cat 57 years ago.

When I wake up in the morning, before I go to my paying job, I do my volunteer job. First the cats — feed, clean litter boxes, do meds, change bedding, wash dishes, clean up vomit. Then on to the computer — responding to dozens of emails from people asking me to rescue a stray on their street; to take a cat they no longer want, to collect the injured cat they have encountered. Next is filing — invoices, records, agreements, adoption applications.

Needs and requests never stop. I

have learned to take many deep breaths while dealing with the public.

When I check my phone, I hear many desperate voices pleading for me to take their cats, or come trap cats in their yards or at their workplace. I recently had a call from someone who wanted me to come take the 25-30 cats her sister keeps in single room. Another person wanted me to take their feral colony since they are moving. One left me a message saying they wanted to adopt a kitten because they just "got rid of their old cat" and wanted a new young one.

I would like people to understand that private animal rescues exist because a person took it upon themselves to try to solve a problem. We are not supported by the city or state. I am not a public servant, and no, you cannot speak to my supervisor when I won't take the cat you wish to surrender.

Trapping is one component of rescue, and for me, it is extremely satisfy-

((Continued on NextPage))

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((Continued from Preceding Page)

ing, especially when we capture injured, pregnant, sick or suffering cats.

It has its challenges. It requires skill, strength (a trap with a cat inside can be quite heavy) and a lot of patience. Traps are expensive. Depending on how many cats are expected to be caught, we will have to plan and strategize where to take the cats for vetting and recovery, and how to transport them. Too often people trap an animal (wild or domestic) without a plan and then call wondering what to do next. That conversation needs to happen before a trap is ever set!

Trapping is usually done where there is a concentration of cats/kittens. It can be stressful and full of surprises, including dealing people who are high but nevertheless intent on helping catch the cats with their bare hands. Once I had my phone stolen out of my jacket pocket while I put an injured cat into a carrier. I am often approached by people who assume I'm in the neighborhood to buy drugs, while others think I'm an undercover cop. "She doesn't want to buy anything," I once overheard someone say. "She just wants cats." Nothing, however, is as scary as gunshots.

When a cat is in a trap, it is next to impossible to determine if it is feral (unsocialized), terrified or in pain. I have to make hard decisions on whether to have a cat euthanized or if it's worth spending time and money on, and whether our volunteers or I have the skills to nurse it based on its wounds and personality. Rescue is far from sitting around playing with kittens.

Just last week, BCR trapped several injured cats — one had a horrible tail injury; one had a terrible skin condition that had sealed his eyes shut; one was limping badly and we learned from the local dealer that the cat had been hit and dragged by a tow truck almost a month earlier. We found one trapped in a box, starved and dehydrated, and another that was bleeding from a deep gash across her back.

Taking care of cats like these is not only expensive, but intense and time-consuming. Wes had his tail amputated and his recovery will take a month. Arlo needed to be hand-fed and given subcutaneous fluids for five straight days. Maurice needed X-rays and daily soaks of his swollen and infected feet. Massy will need weekly treatments for his skin condition for at least five weeks. Maggie and



Trapping stray and abandoned cats is difficult enough, but once they're caught, the hard work begins.

Greyling are on antibiotics.

Without a physical space, we are always desperate for places to keep our rescues. Sometimes we run out of space in our homes, and we have nowhere to recover. We don't even have our own house cats.

I wish I had a dollar for everyone who has told me that there is a place in heaven for me. What I'd like to see before I go to my final destination is for people to be proactive when they encounter an animal in need instead of making phone calls or sending emails and hoping someone else will solve the problem. Education is the solution, along with steriliza-

tion and stricter laws for abandoning or hurting animals.

That said, my life belongs to the animals. I've never been happier. I wouldn't have it any other way.

BCR is always looking for foster homes, volunteers, donations and of course, adoptions. Please visit Brendas-catrescue.com for more information.

Brenda Malinics is a Weavers Way working member who writes about wildlife for the Shuttle. In addition to running Brenda's Cat Rescue, she is also a bat advocate and rehabber.

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The Farming Life For Him— & You?

by Candy Hasan, for the Shuttle

JOHN LOCKWOOD WAS BORN IN INDIANA; at age 18 he left and traveled the world, until he met his wife, Teresa, and settled in Germantown in 2010. But although John grew up on a farm, it wasn't until he moved here that his interest in gardening began.

John did a considerable amount of work and organizing for Mastery Pickett Community Garden, maintained by a group of neighbors at the high school at Wayne Avenue and Rittenhouse Street. In the process, he became so passionate about real food that he decided to take it to the next level: He bought a farm of his own.

In his travels, John had developed a fondness for Nicaragua, and that is where he decided to buy his farm 14 months ago. His farm is completely self-sustainable — he uses solar and human power for energy and well and rain water for his home and for farming. His primary crop at the moment is coffee beans, but he plans to expand to other crops in the coming years.

I met John through a mutual friend at the Co-op, Doug Zork. John still maintains his home here in Philadelphia, though he commits seven months out of the year to the farm. His daughter Maggie, who is 6 years old, spends her summers with him in Nicaragua.

It was a pleasure for me to see someone so excited about what he does. As John explained how he pedals a bike to



John Lockwood caught the farming bug while living in Germantown.

get water to the top of the well, his eyes lit up, and when he spoke of other things that he would like to grow, it was like watching a kid in a candy store.

That being said, John, who is a member of the Co-op, has extended an invitation to any member who would like to come down to visit him. He needs all the help he can get! In return, you get free room and board. He's currently looking for a caretaker to look after the farm for about six weeks in April/May. Feel free to email him @pedalperu2@hotmail.com.

Although John is proud of his accomplishments, he humbly considers himself just an ambitious gardener. I think John is an inspiration, not because he is reinventing the wheel — farming is certainly not new, folks — but for people who would like to know what it is like to go out on your own and live completely off the land, he is providing the perfect opportunity.

Candy Hasan works in the Finance Department at Weavers Way. Reach her at candy@weaversway.coop

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Feeling Called to Civic Action? Keep Yourself Sane & Healthy

by Esther Wyss-Flamm, Weavers Way Health & Wellness Committee

THE OTHER DAY I SAT DOWN WITH MY DEAR FRIEND Joy. Our conversation soon turned to what's preoccupying us. "I can barely handle all that's clamoring for my attention these days, beyond kids, home and garden. There's so much to speak up about! I don't know how long I can handle this before I burn out," she said. We talked about attending meetings and marches, writing postcards and spending hours online to stay on top of the issues. (She's protesting the repeal of the ACA; I've been focused on the environment.)

I wouldn't be writing this if I weren't having identical conversations with other friends, students and clients daily. Alongside an inspiring surge in civic engagement in neighborhood, city, state and national issues, there's overwhelm and fear of burnout. What to do?

Three recommendations come to mind:

Celebrate the work: Many of us are speaking up, writing, taking to the streets. This is a big deal, especially if, like me, it's been a while since you've put such energy into civic engagement. Share your ideas, breakthroughs, insights, videos and photos virtually and in real time.

Acknowledge the shadow side: The anger, stress, tension, fear and anxiety that underlie your efforts can be intense. This is true for those of us targeted by pol-

icies being debated and legislated, as well as those whose lives are tightly choreographed in holding down work and a family life. Remind yourself that these feelings are real.

Make self-care central: Self-care enables us to take on this work for the long haul. That includes whatever corresponds to your idea of taking care of yourself. Take time for an outdoor walk or run, massage, cooking, a weekly yoga class or a conversation with a friend.

Sure, it's easy to write these recommendations. And yet, I know many of us barrel through our days, so used to doing "just one more thing." We find it challenging to recognize and act upon these three common-sense suggestions.

That brings me to my central message: the importance of learning mindfulness skills as you step into action. Practiced over time, these skills support your physical, emotional, mental and spiritual well-being. Out in the world, they allow you to hold your ground from a place of inner strength and clarity.

Mindfulness skills typically are developed using breathing, mental focus and gentle movement. They are simple, such as the Mindful Moment, which gives you a mini-break (and the opportunity to shift) in the thick of a difficult moment:



Step 1: Stop. Tell yourself you are going to pause.

Step 2: Take five long breaths. Let your mind focus fully on the inhale and exhale.

Step 3: Re-engage with what you were doing.

You may have heard about mindfulness in the context of meditation,

which we associate with removing ourselves from the world. However, in a time that asks us to be purposeful and focused, mindfulness practices are essential to stepping into the world in a powerful way. Let's turn to the rich mindfulness resources in our community, learn, practice and stay strong!

Views expressed are those of the author, not necessarily the Health & Wellness Committee, and are not meant to be a substitute for talking to your health-care provider.

Weavers Way member Esther Wyss-Flamm, PhD, EdM, E-RYT, has been teaching privately and in group settings in the past decade in academic, legal, health care, and studio settings as mindfulness and gentle yoga instructor. She connects people with their innate vitality, power, and purpose.

Esther has distilled some of the insights in this article into an April 23 event, "Mindfulness in Action." To find out more, visit her website, estherwyssflamm.com

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A Museum Grows On a Stump at Awbury

by Brendan Stiteler, Weavers Way Farms

TWO YEARS AGO, MY FARM ASSISTANT AND I AT Weavers Way's farm at Awbury Arboretum began placing objects we had found in the fields on a stump in our wash shed. The collection — odd bits of metal, a horseshoe, pieces of old bottles — started taking on the look of a miniature antique shop. But although I vaguely knew that Awbury had historical significance, it wasn't until last season that a couple of new artifacts made me really take interest in our little museum.

First it was a small cobalt-blue bottle with "Bromo Caffeine" molded into the glass. An internet search indicated that this bottle likely was from the late 1890s to early 1900s. Later, as the weather started getting warm — we must have been weeding beets — when one of our cooperators found a curiously ornate valve. It was too small for a hose; maybe it was part of tea set. We decided it was time to contact the arboretum's archivist, Alex Bartlett.

Alex only needed a quick glance at the valve to know that it belonged to a gas light and probably dated to the 1890s, before electricity was in wide use. The odd pieces of bottles were from a similar time period, with a small brown piece — part of a flask — a little later into the new century.

As we sat in Alex's office in the Cope House, with its wall-to-wall publications and books and a smattering of artifacts on his table, I couldn't help but feel surrounded by history, starting with Alex himself. A former field archaeologist, he is also the archivist, librarian, collections manager and editor of the Germantown Crier at the Germantown Historical Society/ Historic Germantown, and the archivist at the Chestnut Hill Conservancy.

Growing up in Mount Airy in the 1970s, Alex recalled he could escape to Awbury and feel like he was in a completely different place. He remembered it being less manicured and more overgrown, like a meadow where you wouldn't be surprised to hear of brush fires. When he was about 9, poking around the remains of one such brush fire, he came across a little old bottle. He took it home and showed his mother, who told him the light pink tint to the glass was an indicator of the bottle being old. With more interest in burgeoning imagination than concern for his safety, she suggested he should check out an old dump site she knew of. His passion for history started then.

The Awbury property started as a summer retreat for Henry Cope, scion of a Quaker merchant family, who purchased it in 1853. According to "A History of Awbury" (1972) by Cope descendant Mary C. Scattergood, it was named after a village in Wiltshire, England, "near to Stonehenge . . . the home of the first Cope."



An assortment of objects found in the fields at Weavers Way's farm at Awbury Arboretum, above, prompted a visit with Germantown historian Alex Bartlett. He quickly identified the object at left as a valve from a gas lamp — and provided other insights about living amid history.

Scattergood's book notes that a few acres in the western block of the Awbury tract were farmed by the Paramores, who sold fruit and vegetables to the Copes and had a horse-drawn bobsled that could be hired. "Fifteen or more young people would be drawn across Germantown with jingling sleigh bells up the Wissahickon to Valley Green," Scattergood related. The Paramore farm likely encompassed the area that we farm today.

Alex and I pored through historical maps online and tried to parse out the origins of some of the objects in our stump collection. Just beyond our fields, on the other side of the Awbury perimeter wall, was a quarry that operated around the turn of the century. Could this far reach of the Cope property have served as a dump? Did the quarry then end up as a dump after it closed?

We did see evidence of agricultural endeavors on this portion of the arboretum. An aerial photo from 1930 shows vertical lines through the fields, perhaps a hay harvest or plow lines. Another photo, from 1948, shows plots of World War II-era Victory Gardens, which didn't last long and were absent in later photos.

I asked Alex if we were complicating things for future archeologists by tilling and adding tableware-strewn

compost to the fields. (The restaurants that contribute scraps to our composting operation at Saul High School don't always count the flatware and ramekins at the end of the night.) He assuaged my concern by reminding me that every generation leaves its mark and even this article could come in handy for a future researcher.

Back on the farm, as the heat of the summer started to get intense, our stump museum got a slightly off-putting addition: the head of a Ken doll. I had a fleeting thought that we might be disturbing something we shouldn't. I am not one of those superstitious farmers, but Ken's appearance did seem to correspond to a sudden pest outbreak.

At the close of the season, we decided to rearrange the Awbury farm wash station. The stump is empty for the time-being. It might even need to find a new home. But I know that when the season gets going, the collection will be growing again. Everyone is welcome to come out to the farm, and if you chose to volunteer or do cooperator hours with us, who knows, maybe you'll find something to add to the story!

Brendan Stiteler is the field manager at Weavers Way Farm at Awbury Arboretum. Email him at stiteler@weaversway.coop.

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The Passionate Gardener

Spider Venom: Good News for Bees?

by Ron Kushner, for the Shuttle

EVIDENCE IS ACCUMULATING THAT commonly used pesticides are linked to the decline of pollinator populations. Several reports of adverse effects on beneficial pollinating insects from the class of chemicals known as neonicotinoids have recently resulted in a controversial ban on their use by the European Commission. “Neonics” currently make up 24 percent of the world insecticide market; 90 percent of the world’s plants are directly reliant on pollinators to survive.

Protecting crops often means using synthetic insecticides, sometimes with collateral damage to humans and other non-target animals. Even newer pesticides that are safe for mammals are killing helpful pollinators, like bees.

Insect pollination is an important ecosystem service and is essential for fruit set in many crop species, contributing to 35 percent of global food production in approximately 70 percent of crops.

Developing insecticides that pose negligible risks to beneficial organisms such as

honeybees is desirable and needed now.

Scientists have discovered that the venom of the world’s deadliest spider will kill pests but won’t harm bees. This strategy uses certain neuro-active proteins linked to a “carrier” protein that allows the “poison” to act orally. One such oral biopesticide, effective against various insect pests, is a combination of an insect-specific spider venom linked to material from *Galanthus nivalis* — the common snowdrop. The spider is an Australian funnel web spider, an eight-eyed, three-clawed spider that runs, swims and bites!

The spider venom acts as a calcium-channel blocker. Tests suggest that this material is unlikely to cause detrimental effects on honeybees and support the possibility that “biotoxins” targeting calcium channels are a potential alternative to conventional pesticides. Another study showed that it attacks the central nervous system of agricultural pests such as aphids and caterpillars without harming bees.

Proteins from the spider venom, when combined with carrier protein (lectin, from the snowdrop mentioned



A combination of venom from the fellow on the left and material from the snowdrop on the right shows promise as an insecticide that doesn't harm bees.

above), can cross the insects’ gut wall. The calcium channels that carry ions into the nerve cells are disrupted and this disruption kills the bugs.

One of the tests to see if this pesticide would harm bees was performed in 2014 by Newcastle University in England. Calcium channels are linked to learning and memory in honeybees, who must remember various floral traits to help them find food and return to their hives. Honeybees in this test were exposed to varying doses of the spider venom through ingesting it in a sugary solution. Some consumed it just once and others ate massive amounts over the course of seven days. Some were actually injected directly with the solution.

The spider venom had only a slight effect on the honeybee survival, probably because of the differences in channel receptors among various insect species.

On the down side, this pesticide has not been tested on a wide variety of non-target species such as native bees, lady

beetles, lacewings and hover flies. Also, these substances are “recombinant fusion proteins” which means they are created artificially genetically by DNA technology (no deadly spiders are “milked”), and it’s unknown what the effect of these substances could be in the future to our environment.

While humans have not ingested the pesticide, the scientific evidence suggests that there is absolutely no danger to humans; the toxins affect the central nervous system of insects, but not mammals.

After 11 years of research, Vestaron Corp., a spinoff of the University of Connecticut, has received approval from the U.S. Food and Drug Administration to start selling the venom-based pesticides. The products, produced in Kalamazoo, MI, will be sold under the brand name SPEAR (“Species at Risk”), currently only to farmers and greenhouse growers.

For questions or comments: ron@primexgardencenter.com

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Morris Arboretum Features Sculptures in Motion

AT A GRAND OPENING CELEBRATION ON APRIL 1, 1-3 p.m., Morris Arboretum debuts its new exhibit, "Morris Arboretum in Motion: The Kinetic Sculptures of Lyman Whitaker." Guests at the event will have the opportunity to meet Whitaker and to watch as he creates a sculpture with the help of W. B. Saul High School students, which will be donated to a local non-profit organization.

Lyman Whitaker (info: www.whitakerstudio.com) is an American artist living in southern Utah who has been a working sculptor for more than 40 years. Since the early 1980s, he has focused on artworks driven by the wind. His constructs are organic in nature and depend on their natural surroundings to provide their movement. They are also intended to make observers think about their surroundings and their own relationship to nature.

Visitors to Morris Arboretum will have the chance to experience 50-plus kinetic sculptures throughout the garden. For more info about the exhibit, which runs through Oct. 9, visit bit.ly/LymanWhitaker.



"Double Helix Horizontal," one of Whitaker's sculptures.



FOW photo

Volunteers gather at the 2016 spring creek cleanup.

Spring Cleaning the Wissahickon Creek

by Erin Mooney, for the Shuttle

THE WISSAHICKON IS A CRITICAL RESOURCE TO THE region. The creek contributes to the drinking water of 350,000 Philadelphians, which represents 10 percent of Philadelphia's drinking water.

The Wissahickon flows through a highly developed area. From its source in a spring under a parking lot at the Montgomery Mall in Montgomeryville, it is channeled and fed by tributaries throughout its 64-square-mile watershed until it reaches the last seven miles of its length in Philadelphia. The Schuylkill is the end point for the Wissahickon's 23-mile journey.

As the stream meanders through suburbs and city, it takes runoff from roofs, driveways, lawns and parking lots. It picks up contaminants like motor oil and grease from automobiles, lawn chemicals, weed killer, pet waste and other pollutants. As a result, the stream's sediment and phosphorus pollution levels far exceed federal Clean Water Act standards.

Friends of the Wissahickon is working to do all it can

to preserve the creek. We engage at the policy level to create and maintain protections for this important stream, and we're also on the ground in the Wissahickon Valley Park, where we're managing extensive erosion repairs.

Each spring, volunteers join us to help clean up where trash has collected in and along the creek over the winter months. You can help us with a little spring cleaning this month — we're participating in a stream-wide cleanup with the Wissahickon Valley Watershed Association on Saturday, April 29. Meet up at 9 a.m. at Historic RittenhouseTown. We will be cleaning the southern part of the stream near Lincoln Drive, down to Ridge Avenue, where the creek joins the Schuylkill. We'll provide the supplies. Email volunteer coordinator Christina Anthony to register: anthony@fow.org.

And you can always support our work by giving to FOW at fow.org.

Happy spring!

Erin Mooney is FOW's publicist.



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How Much Toilet Paper Do You Use?

(This is a rhetorical question — I don't really wish to know.)

by Sandra Folzer, Weavers Way Environment Committee

I JUST CUT 80 TREES ON MY PROPERTY upstate. I felt very sad seeing the logs piled up next to the road, like corpses waiting to be hauled away. I didn't want to cut them, but the emerald ash borer was approaching, so I was advised to cut the ash trees while they still had some value and to help stop the disease from spreading.

This may seem shocking if you know me. When guests in my home ask for paper towels, I tell them I don't stock any. I use sponges and rags. My guests then nicely request a paper napkin. Again, I tell them I don't buy them. As for Kleenex, I carry cloth handkerchiefs. (I admit I do have a box in my guest bathroom so I don't seem entirely inhospitable.) I do use toilet paper. I can't match singer Sheryl Crow, who advocates one square per visit, but I've been challenging myself to use only a few squares. On average, people use 8.6 sheets each visit, according to a statistic quoted — but not sourced — on various paper products websites. One tree produces about 100 pounds of toilet paper. Since one roll weighs just over half a pound, and the average consumer uses about 23 a year or about 15 pounds, then six people use one

tree yearly. Globally, toilet paper alone consumes 27,000 trees every day. Very sad.

Aside from using less toilet paper, each of us could buy toilet paper made from recycled paper, which is sold at the Co-op. Also, buy one ply instead of two, and don't bother with the extra soft, fancy products.

I know many Co-op members already use cloth napkins in place of paper. I don't know how many keep a stack of cloth handkerchiefs or avoid paper towels. For a while, Greenpeace asked, "Did you know that it takes 90 years to grow a box of Kleenex?" Kimberly Clark got the hint, and now collaborates with the Forest Stewardship Council to end deforestation and reduce greenhouse emissions and water use during paper production.

Sometimes social norms dictate waste. For example, when you order a drink or a glass of water at a pub or on an airplane, it is often served on a paper napkin. When I say I don't need a napkin, they look at me askance. If I forget, I keep the napkin for future use, so it is not entirely wasted.

Unfortunately, we live in a waste culture, where consumption is encouraged. I invite you to pay attention to paper use in your own life. Even if you just cut down on toilet paper use, you will be saving some trees. Don't ask me about wasteful automatic flush toilets — that's for another time.

environment@weaversway.coop


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eco tip

Don't Recycle Thermal Paper Receipts!

by Marsha Low, Weavers Way Environment Committee

If you're someone who tries to recycle everything, you might toss cash-register receipts in the recycling bin along with other paper. But most receipts are printed on thermal paper that requires coatings of the chemical BPA (Bisphenol A) or BPS (Bisphenol S) for the numbers to appear. BPA is a hormone disruptor that poses greatest risk to pregnant women, infants, and children; in addition, it has been linked to the risk of heart disease, diabetes, and liver toxicity. Bisphenol S has been shown to have similar effects. So if thermal paper gets recycled with other kinds of paper, it can end up in products like shopping bags, paper towels, or even toilet paper — a scary thought, indeed, since BPA can be absorbed through the skin.

So what to do, besides tossing these thermal paper receipts into the trash? For one, you could opt out of getting a sales receipt by letting the clerk know you don't want one. Or if you really need the receipt, you could request to have it emailed to you, as many businesses, including Weavers Way, now offer to do.

What about Weavers Way receipts? Thankfully, they are "phenol-free," meaning they contain no BPA or BPS. Purchasing Manager Norman Weiss reports that the substitute used to coat them is supposedly a form of Vitamin C, but the boxes don't state exactly. These receipts should be safe to handle and recycle, but to reduce waste, the more we can email receipts, the better.



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Kitty Litter

(Continued from Page 3)

harm the environment," but it is based on mining. This litter uses bentonite clay from Wyoming and is unscented.

Arm & Hammer Feline Pine: This is a 100 percent natural-pine clumping litter. It contains a "clumping agent" and mineral oil. It creates no dust and contains no artificial scents. This litter doesn't actually clump; solid waste can be scooped but once liquid hits the litter, the pellets break apart into sawdust. The box can be shaken so the sawdust settles at the bottom, and the litter can be changed when it is close to 90 percent sawdust.

Arm & Hammer "Naturals": This litter is a corn-based clumping litter, containing a "plant-based clumping agent," baking soda (of course) and mineral oil.

Cat Tails: A 100 percent clay-based litter containing no chemicals. This product packaging does not give information about where the clay comes from.

World's Best Cat Litter: This is the priciest, but users seem to appreciate that it clumps, is (technically) flushable and dust-free. It is made of whole-kernel corn and comes an all-natural lavender-oil-scented variety. World's Best is sold in Chestnut Hill as well as at Across the Way.

Purina Yesterday's News: Known as the gentle pellet litter for kittens just having had surgery, Yesterday's News calls itself the "#1 Recommended Eco-Friendly Cat Litter." It is made with recycled newspaper, is dust-free, unscented and three times more absorbent than clay.

One thing that needs acknowledging is the potential problems that can result from flushing "flushable" litter. Some cats harbor a parasite called *Toxoplasma gondii* (especially outdoor cats that eat raw meat), and sewage treatment does not kill this parasite in cat poop. World's Best's label has a disclaimer from the state of California urging users not to flush the waste, and the Sea Otter Alliance also urges cat owners to never flush cat waste because it may be harmful to marine life. This parasite is also potentially dangerous to

Try Paper for a DIY Solution

There is always the option to create a homemade litter if you have old newspapers. Follow these steps:

- Shred newspaper in a clean/unused litter box
- Soak the paper in warm water mixed with a few squirts of biodegradable dish soap. The shredded paper will take on a cooked-oatmeal consistency and the water will turn gray.
- Drain the water and repeat soaking process with water only.
- Sprinkle baking soda liberally on the wet paper. Knead it into the mixture.
- Squeeze remaining moisture out until it's as dry as you can get it.
- Crumble over a screen and allow to dry for a few days.
- Fill the cat's litter box to a depth of 2 inches. Scoop daily and change weekly.

A simpler homemade solution is to add a few extra litter trays lined with a few sheets of newspaper. When the paper is wet, simply replace it. You'll still need a traditional litter box somewhere because kitties tend to only urinate on the paper, but you'll buy (and discard!) far less litter.

— Ellen Nulf

people who have vulnerable immune systems such as pregnant women, elderly and people with serious illnesses, who should never handle cat litter at all. So if you choose a "flushable" litter, the best practice is to put it out with the trash.

Obviously, this is a lot to consider! It may take some trial and error to find the best litter for your home, but of course your cats will love you for it.

Ellen Nulf is a member of the Weavers Way Environment Committee. Email her at ellennulf@gmail.com.



Tree Tenders, from left, Lynn Selhat, Mary Ann Boyer, Kathy Greely and Kelsey Fleming agree: Many hands make light work!

Chestnut Hill Tree Tenders Seek Spring Volunteers

CHESTNUT HILL IS KNOWN FOR ITS BEAUTIFUL TREE-lined streets, but many of these trees have been lost to development, storms, disease and old age. New trees are needed to enhance the beauty of our neighborhood, provide homes for birds and other wildlife and decrease the effects of air and noise pollution. They will enhance the beauty of our environment for years to come.

The Chestnut Hill Tree Tenders group was formed in 2015, and has been expanding the efforts of the Chestnut Hill Green Space Initiative, a consortium of residents, business people and community organizations dedicated to the enhancement of our green spaces. Homeowners throughout Chestnut Hill have applied for and received free street trees through a joint project of the Pennsylvania Horticultural Society and the Philadelphia Parks and Recreation Department. Our next neighborhood tree planting is coming up: Volunteers are welcome to join us Saturday, April 22 at 9 a.m. at Chestnut Hill Friends meetinghouse, 20 E. Mermaid Lane. Weavers Way members may earn work hours by participating.

If you are a Chestnut Hill homeowner with space for a tree on your street, Chestnut Hill Tree Tenders wants to know! A representative will come to your home, assess the location and identify an appropriate tree. Tree Tenders will then deliver and plant it for you for free. Applications are available now for the fall planting. If interested, contact Mary Ann Boyer at maboyer61@gmail.com. Applications for fall planting are due May 3.



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Only 500 to Go, So Let's Get Bottle-Bricking!

by Betsy Teutsch, for the Shuttle

HERE'S AN UPDATE ON THE DUAL Food Moxie project to 1) construct a keyhole garden from bottle bricks and 2) decorate its exterior with a Eurhi Jones bottle-cap mural. We are halfway to our goal of 1,000 bottle bricks. If you haven't made any yet, we welcome your participation. And the more bottle caps, the better! Thanks to all who have been contributing.

The keyhole garden will be at Martin Luther King High School, in conjunction with Food Moxie's Hope Farm program there. Keyhole gardens were pioneered by permaculture practitioners. Their design, a circular raised bed with its own internal compost pile in the center, looks like a keyhole — there is a "slice" cut out of the circle to provide access to the compost column. The MLK project will have an 8-foot circular retaining wall 3 feet high.

Directions for creating bottle bricks, a way to upcycle non-biodegradable waste into building materials, are at tinyurl.com/hstw5s4. You want to stuff them with items that can't be recycled, so no paper, please. In the two years I have been bottle-bricking, I have been amazed and delighted by the odds and ends I'm keeping out of the waste stream — even polyester fabric scraps.

Guidelines for bottle-bricking

- Use only 20 oz. or 1 liter bottles; uniformity is important in construction. The 20 oz. energy-drink bottles are easier because they have wide mouths, the better to fill them with trash.



Gathering the right kind of caps is another, more aesthetic part of the keyhole garden project. Note how milk bottle lids fit right inside!



Betsy Teutsch photos

- The contents must be highly compressed; bricks need to be weight-bearing. Use a stick or short length of PVC pipe to pound the contents down. Then use a screwdriver to wedge in additional junk. Test your bricks by standing on them.
- Drop completed bricks off on the steps in Food Moxie's office entrance at 608

W. Carpenter Lane, next to Across The Way. If the 608 door is locked, just leave them in the entryway — we don't worry about people stealing bottle bricks.

- Thanks to Helen Seitz for storing the whole collection in her basement, and to the Weavers Way Environment Committee (of which Helen is a member) for their active participation.

The bottle caps will be used to create a mural on the surface of the keyhole, adding an aesthetic element to its function. Thanks to many contributors, we have thousands of caps in a wide variety of shades, but the more the better. This allows more subtlety in color choices and creates a good stash for future projects.

Eurhi and I learned something cool: the disks from peel-off caps, like plastic milk bottle lids, pop perfectly into the screw tops from milk and iced-tea jugs [pictured]. This solves a technical problem. Tiles adhere better when their backs are flat; these make our caps into thick, hollow, flat-back tiles.

Guidelines for donating bottle caps

- Caps must be solid colors, without writing or embossing.
- Please wash them before donating.
- Please also donate flat-disk bottle tops (they can have writing, since they will not be visible).
- Three-prong screw-top caps from aseptic cartons of soup and similar products are good backing fits, too, so we welcome them.
- We love caps from Ensure bottles, with their reflective metallic centers.
- Drop caps off in the tub by the refrigerator at Across the Way in Mt. Airy, or on my porch at 6622 Lincoln Drive.

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

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Earth Weekend Film Fest Good for Philadelphia & Good for the Planet

AS THE CITY WITH THE LARGEST URBAN PARK SYSTEM in the nation, Debra Wolf Goldstein and Alexandra Drobac Diagne believed it was time for Philadelphia to be represented with an environmental film festival.

The outcome of their conviction, the inaugural Philadelphia Environmental Film Festival will take place on Earth Day weekend, April 21–23, at the historic Prince Theater in Center City. A panel of jurors has reviewed more than 200 new regional and international shorts and features from 34 countries. The selected films will be featured in a three-day program of powerful, high-quality films that celebrate nature’s beauty and raise awareness about people’s impact on the earth.

PHEFF opens with the acclaimed documentary “Before the Flood,” which features activist/actor Leonardo DiCaprio, who also produced.

A longtime Weavers Way Co-op member, Goldstein co-founded and is the executive director of PHEFF. The festival grew out of her passion for environmentalism and her profession as a land conservation lawyer. Her firm, Conservation Matters, represents environmental organizations, government agencies and landowners throughout the region. Diagne, PHEFF co-founder and artistic director, is a film industry veteran who helped Academy Award-winning James Cameron launch Lightstorm Entertainment.

“The Philadelphia Environmental Film Festival comes at a critical time in our country and the world — the health of our planet is at stake,” Goldstein said. “Through entertaining and thought-provoking films, PHEFF will leave audiences informed and inspired to take personal action.”

The Nature Conservancy and Natural Lands Trust are the festival’s lead sponsors. Weavers Way Co-op is supporting the festival as a Community Partner.

All Weavers Way members can use the promo code



What: A showcase of thought-provoking, exceptional new shorts and features that entertain, inform, and inspire personal action. In addition to the film lineup, the Festival includes an exciting Opening Night dance party, a juried competition, awards, and opportunities to meet the filmmakers.

When: Earth Day Weekend, April 21-23

Where: Prince Theater, 1412 Chestnut St.

Buy tickets: www.PhilaEnviroFilmFest.org

Special for Weavers Way Members:
Enter discount code **EARTH5** for \$5 tickets.

More info:

- Facebook.com/PhilaEnviroFest
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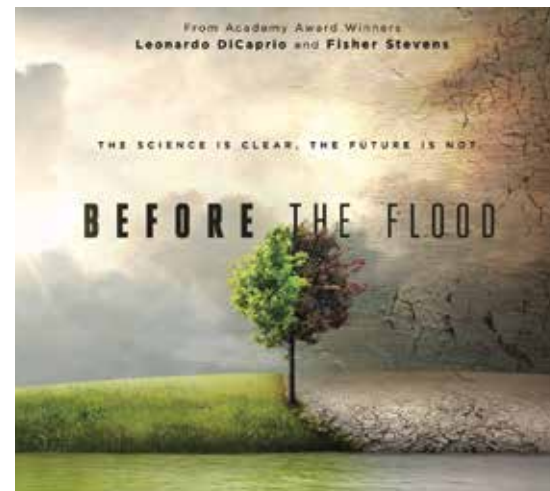
Debra Wolf Goldstein, left, and Alexandra Drobac Diagne are the driving force behind PHEFF, which opens with the Leonardo DiCaprio-produced “Before the Flood,” an examination of the likely consequences of global warming.

EARTH5 to purchase discounted tickets for \$5 per screening.

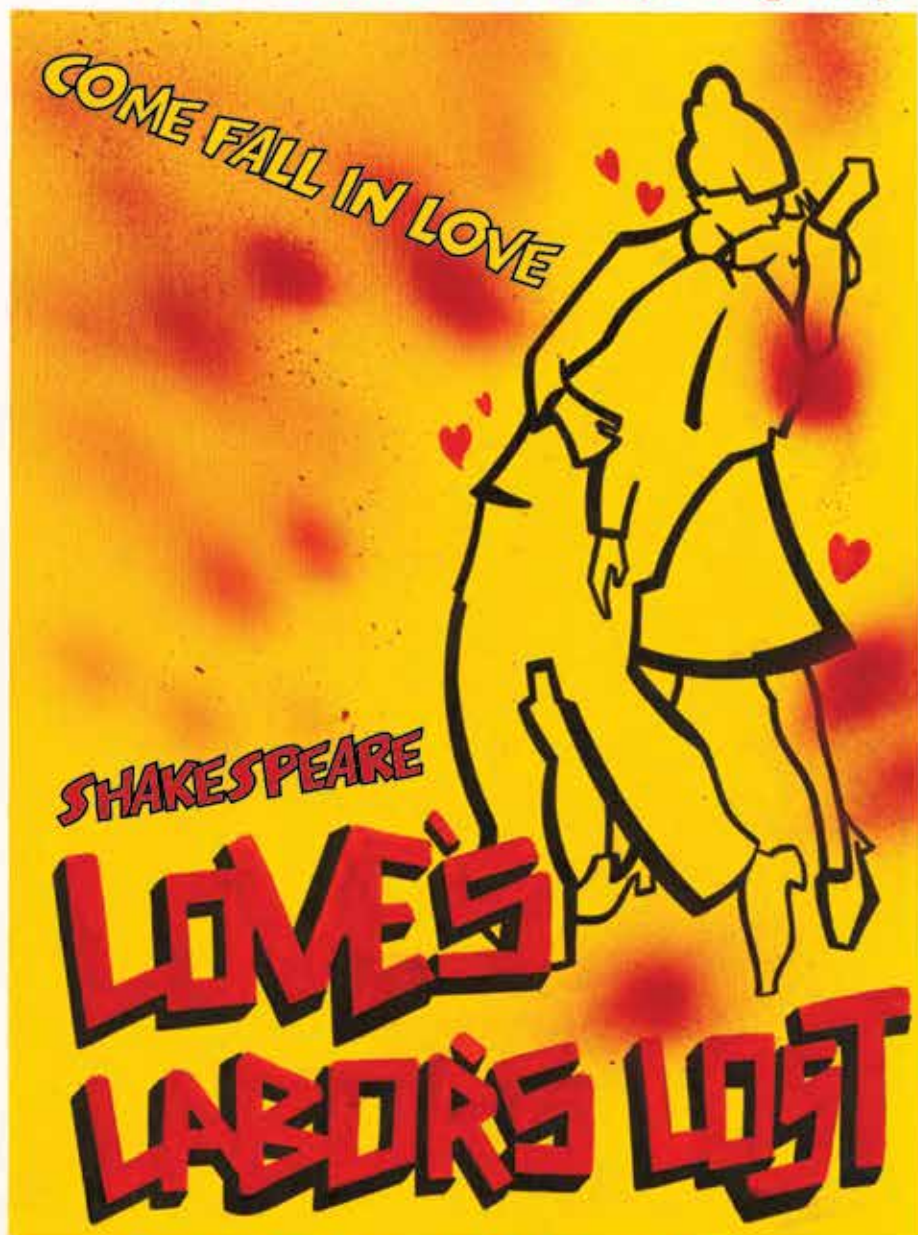
For more info, and to purchase weekend passes and individual tickets online, visit philaenvirofilmfest.org. A complete schedule of films will be posted on the website.

Donations to the Festival would be greatly appreciated and can be made on PHEFF’s website or by mailing a check to the Greater Philadelphia Film Office, 1515 Arch St., 11th Floor, Philadelphia, PA 19102 (please note “Environmental Film Festival” in the memo line). Thank you for your support!

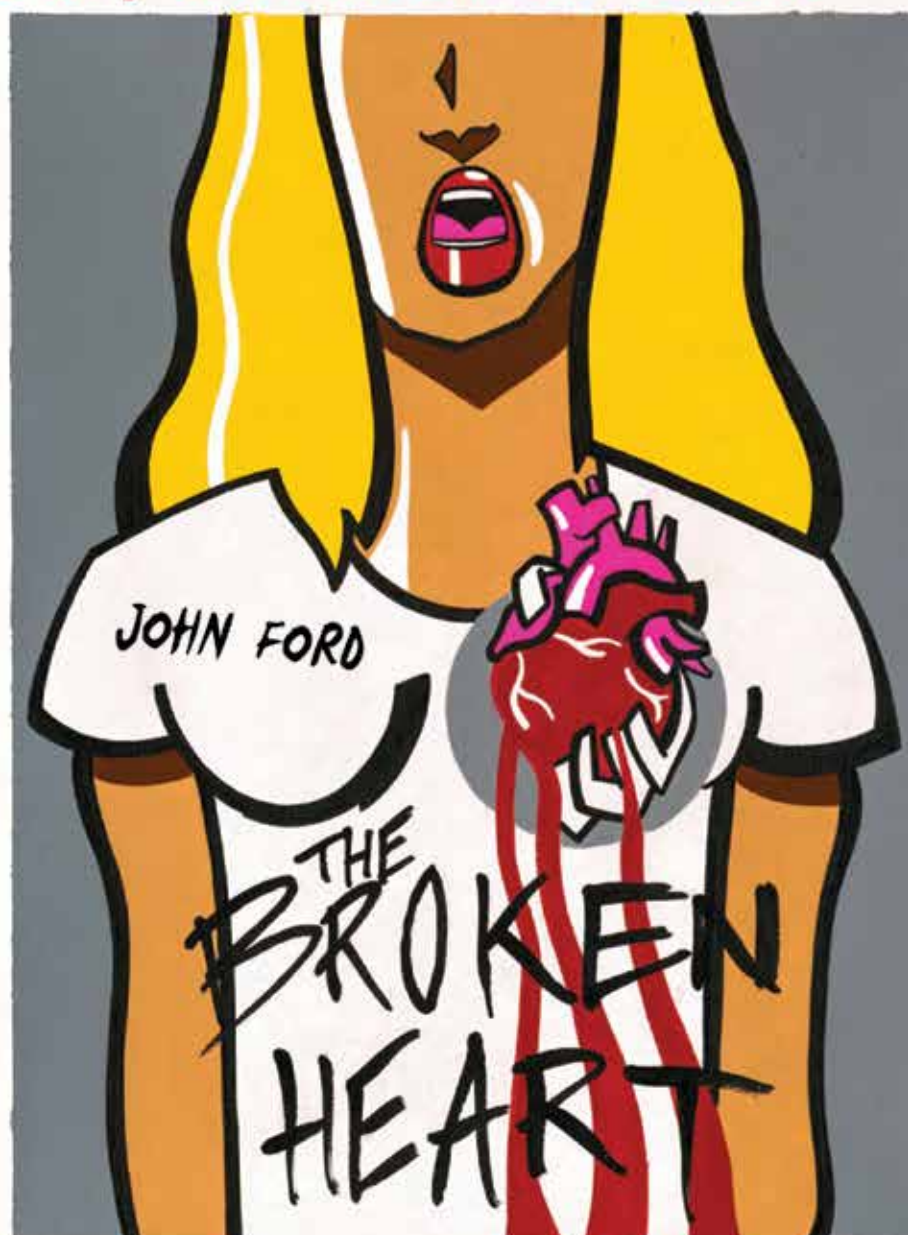
This festival is not to be missed! Please mark your calendars and plan on choosing among dozens of fun and inspiring films that promise to have an impact on you and the environment!



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Suggestions

by Norman Weiss, Weavers Way Purchasing Manager

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



Heather Carb, our Ambler Project Manager, and I have been working on our Ambler store plans, including selecting equipment. We're planning to order a very capable but complex "combi-oven" like the one we have in the Chestnut Hill store kitchen. These ovens can cook — bake, grill, roast, pan-fry, steam, stew, blanch and poach. In some cases, at the same time, on different shelves.

Part of buying this oven is selecting options. My favorites are the "fat drain" and "fat trolley." Apparently, if you cook a lot of chicken, you get a lot of fat, so much so that there are devices to capture the fat and route it into a container, which can live on a little trolley so you can wheel it to your Jewish grandmother's kitchen, where it can sit on the shelf as schmaltz, seemingly for years without degrading, making it a survival food.

Because the spot where we want to place the oven in the Ambler kitchen is a little tight, we might have to run the fat hose through the wall to the dish room to the collection container. So I think we might be one of the first grocery-store

kitchens with piped chicken fat.

From a sustainability perspective, chicken fat apparently can be used to make biofuels, including jet fuel. NASA has been researching this and we'll be collaborating with NASA's Jet Propulsion Laboratory to see if chicken fat from naturally raised chickens is superior to factory-farmed chicken fat. Read our annual report next year, where the results will be reported.

Weavers Way also started Instacart this month, an interesting development in the evolution of a community institution. Part of what we've heard about the value of our stores is that they serve as people's "third place" — anchors of community life that facilitate and foster broader, more creative interaction. Does Instacart enable a little more isolation or does it free people up so they have more time for other community activities? I'm guessing it depends on the user.

Instacart's stated mission is to "transform everyday life by seeking and solving seemingly impossible problems." Hmm, I think I'll log in and see if they can solve seemingly impossible prob-

The plastic lid might have a slight environmental advantage in that it's less material and theoretically recyclable. However, it's still a fossil-fuel product, and the degree it actually gets recycled is questionable. Paper lids are made from renewable material, but lots of water and chemicals are used to make them, and they are not recyclable due to the coating.

lems like peace in the Middle East, global warming, food insecurity and the progressive / conservative political divide. Maybe they can develop a free "solve impossible problem" app and thus fulfill their mission-impossible mission.

suggestions and responses

s: "There is trouble in the world of fig jam. Dalmatia brand was illegally and irresponsibly imitated by former business partners under the brand Divina. Whole Foods has dropped Divina, and only carries Dalmatia. Hoping Weavers Way sees the light, and has some kind of social conscience. (Price can't be that different. \$6.99 at WF.)

r: (Norman) Thanks for pointing this out. Looks like our distributor no longer sells Divina. We'll see if they replace it with Dalmatia.

s: "We love the Divina Marinated Mushrooms frequently (but not always) found at the Mt. Airy store. But, they are never

at the Chestnut Hill store. Is there a reason for this? If not, please consider carrying these mushrooms at Chestnut Hill. Thank you.

r: (Matt CH Deli) Hey there, thanks for the comment. We have carried these mushrooms, at customer request, on and off for a year or so. No matter how many times I try to stock them, they are always one of our slowest sellers. With our limited space, I need room for items that move more quickly. I can always have Mt. Airy send some over to Chestnut Hill for you if you call ahead a day or two.

s: "I would like to see more items that are ketogenic-diet-friendly in the Co-op. The ketogenic diet is a very-low-carbohydrate, high-fat diet that is used in the treatment of epilepsy and Type 2 diabetes. Products such as MCT oil and MCT oil powder, derived from coconut oil, are helpful in achieving lowered blood sugar levels and increased blood ketones that

(Continued on Next Page)

Gerard Plourde, Attorney at Law
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6. Repair any cracks or holes in the driveway.
7. Store your garden tools and hoses out of sight, and clear kids' toys from the lawn.
8. Update your mailbox.
9. Clean your windows, inside and out.
10. Hang seasonal decor on your door.

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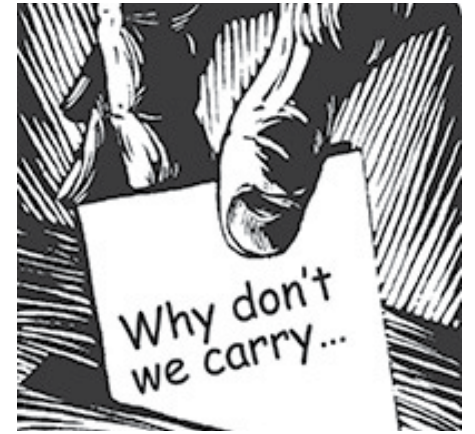
(Continued from Preceding Page)

are the aim of the diet. Can the Co-op source and stock organic, fair trade MCT oil products?"

r: Norman) For those who aren't familiar with it, "MCT" stands for "medium chain triglycerides," which are generally made by processing coconut and palm kernel oils in a lab. So far, MCT oil is the only product I could find. We haven't had enough requests to stock it yet, but we could order you a bottle for \$13.95. It doesn't have fair trade certification. If you know of any that are fair trade, I can look into getting it. Thanks for the suggestion.

s: "I've noticed that the self-serve soup sometimes has cardboard lids and sometimes plastic. Is the plastic environmentally sound in some way? Thank you."

r: (Norman) As is often typical with these kinds of questions, the answer is "no, yes, no, yes," depending on how you look at things. My own opinion is that no single-use manufactured item is environmentally sound. However, given that we sell takeout soup in single-serve containers, plastic might have slight environmental advantage in that it's less material and theoretically recyclable, and if you don't fill the soup cup to the limit, provides a better seal so less soup gets spilled and wasted. However, plastic is still a fossil-fuel product, and the degree it actually gets recycled is questionable. The paper lids are made from renewable material, but lots of water and chemicals are used to make them, and they are not recycla-



ble due to the coating. Plus, cashiers often have to add tape or a rubber band to keep the lid from coming off, so more materials are used and end up in the landfill. The paper is also more expensive. Nevertheless, so many customers have complained about the plastic not being heat tolerant enough that we are switching back to paper.

s: "Plastic-bag recycling bins/pickup: Other grocery stores have these, why not us?"

r: (Norman) Coming soon, stay tuned.

s: "Carrot ginger artichoke soup was everything it should be. Delicious."

r: (David MA Prep Food) Thanks, we like it too.

s: "Ecstatic that we had bangers. Made my month!"


r: (Norman) Thanks and they were from Stryker Farm — local, naturally raised, not confined, about as good as meat can get.

normanb@weaversway.coop

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You can update your preferred email yourself by logging into the online member center at **member.weaversway.coop**. Or just check in directly with Membership Manager Kirsten Bernal at **member@weaversway.coop** or **215-843-2350, ext. 119**, and get yourself right with the Co-op!

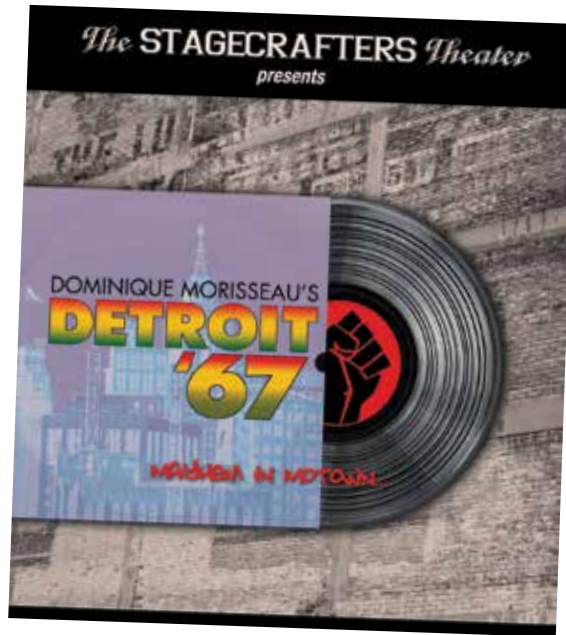
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'Detroit '67' Premiere At Stagecrafters

DETROIT '67," AN AWARD-WINNING DRAMA BY Dominique Morisseau, has its Philadelphia premiere April 7 at The Stagecrafters playhouse, and runs through April 23.

At once a period piece and a contemporary tale of people striving to find their place in society, it's the story of Lank and Chelle, two African-American siblings who are struggling to make ends meet by running an after-hours spot in the basement of their family home. Unexpectedly finding themselves at the epicenter of violent street disorder and racial confrontations, an improbable encounter puts them at personal risk and challenges their moral compass.

Morisseau (b. 1979) wrote "Detroit '67" in 2013 as the inaugural piece in "The Detroit Projects," a three-play cycle about her home city. The second and third plays, "Paradise Blue" (2015) and "Skeleton Crew" (2016), deal, respectively, with the uprooting of Detroit's jazz community by urban renewal in 1949, and with a family of workers at the last Detroit auto parts plant. "Detroit '67" enjoyed its world premiere in 2013 at the Public Theater in New York City, in association with the Classical Theater of Harlem and the National Black Theater. It was chosen in 2014 to receive the prestigious Ed-



ward M. Kennedy Prize for Drama.

Performances are 8 p.m. Thursday, Friday and Saturday, with Sunday matinees at 2 p.m. A "Meet the Cast and Director" session will be held following the performance on Friday, April 14.

Tickets are \$21 online, \$25 at the door, with discounts for groups and students. For info, call 215-247-8881; for reservations-direct call 215-247-9913. The theater is located in the heart of Chestnut Hill at 8130 Germantown Ave.

Visit www.thestagecrafters.org for details.

'Men Are Dogs' at Old Academy

OLD ACADEMY PLAYERS PRESENTS THE HILARIOUS "MEN ARE DOGS" by American playwright Joe Simonelli. The show runs April 21, 22, 28, 29 and 30 and May 5, 6 and 7. Friday and Saturday performances are at 8 p.m. with Sunday matinees at 2 p.m., and it is our pleasure to announce that the playwright will participate in a talk-back session at the May 6 show.

The Brooklyn-born Simonelli has been writing and performing in plays at the Jersey Shore and in Staten Island and Manhattan since 1998.

Dr. Cecelia Monahan is the no-nonsense therapist running a support group for single and divorced women from her home office. She listens to a number of relationship problems from her unusual circle of patients as she deals with the unsolicited advice of her mother on subjects ranging from dating to recipes. The doctor is not above using some unorthodox methods of her own such as hiring out-of-work actors to role-play with her patients. It is only when she meets the substitute delivery man that she must learn to practice what she preaches!

Old Academy Players, located at 3544 Indian Queen Lane in East Falls, has provided continuous community theater since 1923. All tickets are \$15 and parking is free. For reservations, call 215-843-1109 or visit the theater's website at www.oldacademyplayers.org.



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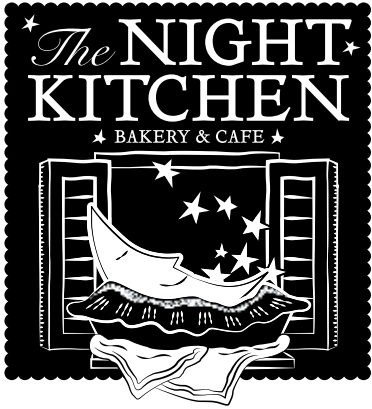
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Winter Borscht (quart size only)	\$9.50 qt
Assorted Sweet and Savory Kugel	\$9.50 lb
Potato Latkes	\$9.95 lb
Walnut Lentil Paté	\$7.50 lb
Chicken Liver Paté	\$10.99 lb
Freshly Pureed Horseradish with Beets	\$9.95 lb
Whole Roasted Chicken	\$11.99 lb
Whole Side Braised Salmon with Cucumber Dill Sauce	\$21.99 lb
Whole Braised Brisket with Baby Onions	\$19.99 lb
Dried Fruit and Nut Platter (12-inch platter)	\$36.99 ea
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Glazed Carrots with Apples	\$7.99 lb
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Brussels Sprouts with Shiitake Mushrooms and Leeks	\$10.99 lb

3 LB. MIN. ON ALL ORDERS

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Introducing Instacart

(continued from Page 1)

Instacart provides online shopping and same-day delivery for most of what we carry. Simply make selections from the online Weavers Way Instacart “store,” which includes more than 10,000 items and is updated daily.

There is no surcharge for Instacart purchases — prices are the same as in the store. However, we cannot provide Weavers Way discounts — member, working, senior, Food for All — on Instacart.

There’s a \$5.99 fee for delivery within two hours and \$7.99 for one-hour delivery when you spend \$35 or more. You can schedule delivery for a specific time later in the day or week, too. There’s also the option to join Instacart Express and get unlimited deliveries for a year for \$149.

Here’s how it works:

You visit instacart.com/weaversway or download the iPhone, iPad or Android mobile app. Create an account if you don’t already have one, and make sure you enter your member number so your Instacart purchases count toward your patronage for future rebates. Put items in your digital cart — you can even add notes about ripeness, or alternate products that you prefer. Select a delivery time and check out with a credit or debit card.

Instacart deploys a personal shopper who will drive to the Chestnut Hill store and do your shopping. If an item you ordered is out of stock, the shopper will choose an appropriate replacement and contact you via phone call or text to verify it’s what you want.

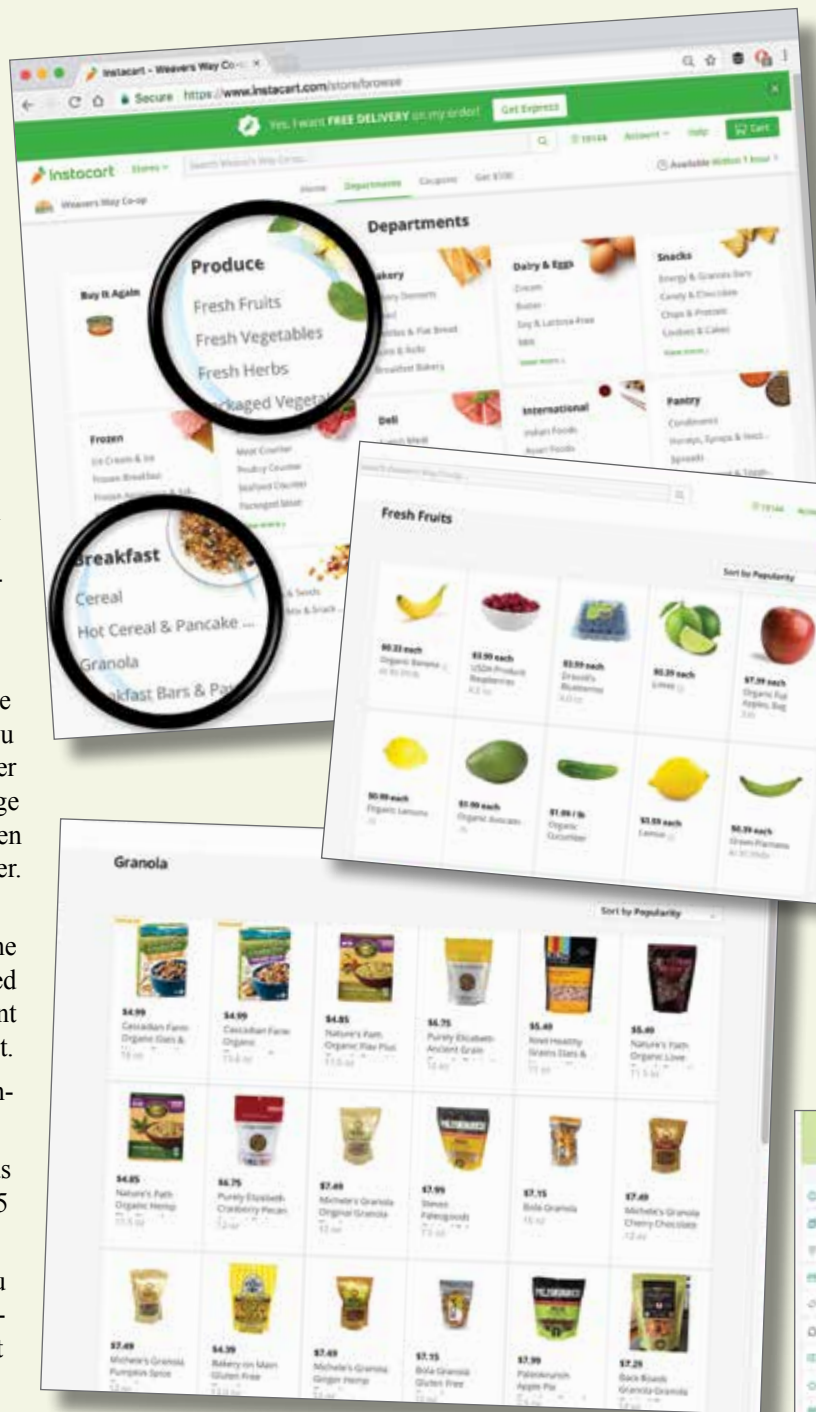
The shopper delivers your groceries to your front door — including carrying your bags up the stairs.

The first delivery is free for new Instacart customers, plus there’s a special Weavers Way introductory promo code for \$15 off your first order of \$35 or more (good through April 24).

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Easter Menu

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Easter Sunday is April 16 - 3 LB. MIN. ON ALL ORDERS.

Whole Side Braised Salmon with Cucumber Dill Sauce	\$21.99 lb
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Mashed Sweet Potatoes	\$5.99 lb
Brussels Sprouts with Shiitake Mushrooms and Leeks	\$10.99 lb
Green Beans with Toasted Almonds	\$12.99 lb
Glazed Carrots with Apples	\$7.99 lb
Citrus-Roasted Asparagus	\$12.99 lb

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Wild Isle Scottish Farm-Raised Salmon (antibiotic-free, sustainable)	\$13.99 lb

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Ask about house-cut roasts!



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2017 OFFICIAL BALLOT
Election for Weavers Way Co-op Board of Directors



Voting ends Sunday, April 30, at 5 p.m. at the General Membership Meeting

Springside Chestnut Hill Academy, 8000 Cherokee St., Philadelphia, PA 19118

TO VOTE ONLINE: See the instructions on the Online Member Center, member.weaversway.coop (login required), or follow the directions on your election reminder email. Note that the order of the candidates in the online ballot will be randomized when you open it.

TO VOTE BY MAIL: Ballots will be accepted by mail if received by Saturday, April 28, 2017, at the Leadership Committee mailbox. Mail to: **Leadership Committee, Weavers Way Co-op, 559 Carpenter Lane, Philadelphia, PA 19119.**

TO VOTE IN STORES: Place ballots in the ballot box at the Mt. Airy store, 559 Carpenter Lane, or the Chestnut Hill store, 8424 Germantown Ave., by noon Sunday, April 30, 2017.

TO VOTE AT THE GENERAL MEMBERSHIP MEETING: Place ballots in the box provided at the meeting no later than 5 p.m., April 30, 2017.

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

AT-LARGE DIRECTORS

Vote for no more than four (4). The top four vote-getters will serve 3-year terms. In the event of a tie, a runoff will be held at the General Membership Meeting April 30, 2017.

- | | | |
|---|---|---|
| <input type="checkbox"/> Joshua Bloom | <input type="checkbox"/> Lisa Hogan | <input type="checkbox"/> Deidre Shaffer |
| <input type="checkbox"/> Eric Borgstrom | <input type="checkbox"/> Toni Jelenik | <input type="checkbox"/> David Woo |
| <input type="checkbox"/> Meg Gruwell | <input type="checkbox"/> Meredith MacVittie | |

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

Date _____ Member # _____

Print name _____

Signature _____

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.**

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 APRIL

Sustainability Workshop: Growing Edible Native Plants

Tuesday, April 4, 7-8:30 p.m., Community Room.

From tropical-tasting pawpaws to sweet serviceberries to aromatic spicebush, there are many native plants that can enhance your garden AND your table. Led by Diane Ehrich of Collins Nursery (www.collinsnursery.com) in Glenside, which specializes in native plants of the mid-Atlantic region.

Wellness Workshop: Discover the Feldenkrais Method!

Thursday, April 6, 7-8:30 p.m., Healing Arts Studio

This gentle, soothing, body-centered approach to learning draws on the brain's unique ability to reorganize itself and therefore change habitual patterns of behavior. Feldenkrais practitioner and physical therapist Joanne Fagerstrom will guide participants through an "Awareness Through Movement" lesson. Space is limited.

Moxie Tuesday Workshop: The Power of Plant-Based Proteins

Tuesday, April 11, 7-8:30 p.m., Community Room

It used to be assumed that the only way to build muscle was to consume meat. These days, the focus has shifted from the type of protein to the quality — and plant-based proteins definitely measure up. Learn more about beans, lentils, chia and hemp seeds, quinoa, and more, and how to incorporate them into your diet. Registration required.



SPRING GENERAL MEMBERSHIP MEETING

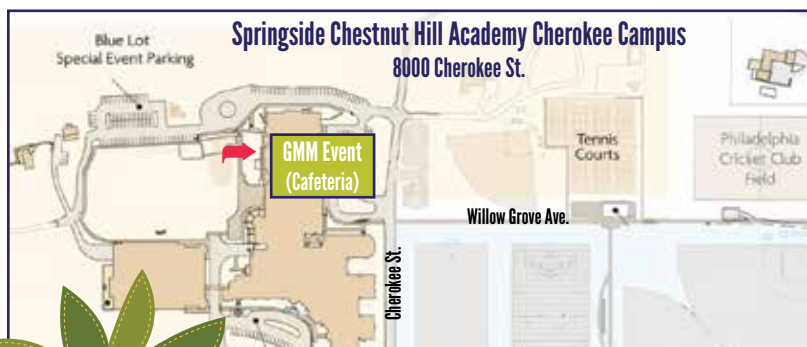
ZERO WASTE EVENT

SUNDAY, APRIL 30, 2017, SPRINGSIDE CHESTNUT HILL ACADEMY

AGENDA

In-Person VOTING for the WEAVERS WAY BOARD: 4 - 5 p.m.

- | | |
|--|----------------|
| Eat & Greet
<i>Food Provided by Weavers Way</i> | 4-4:30 p.m. |
| Business Meeting | 4:30- 5 p.m. |
| • President's Welcome | |
| • Approval of Fall 2016 General Membership Meeting Minutes | |
| • General Manager's Report | |
| Member Q&A | 5-5:20 p.m. |
| Keynote Speaker Dr. Keith Brown | 5:20-5:40 p.m. |
| Voting Results | 5:40-6 p.m. |
| Cake & Conversation | 5:40-6:15 p.m. |



RSVP: www.weaversway.coop/SpringGMM-RSVP



OFFICE HOURS

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

VOLUNTEERS NEEDED!

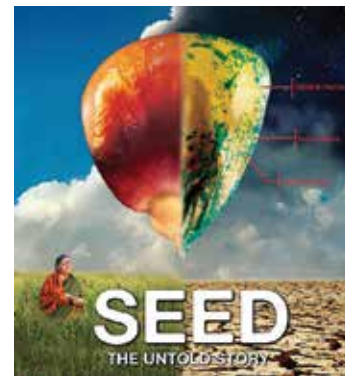
Spend time in the office with another volunteer to talk to people about the Co-op or do other organizing.

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

Pennypack Farm Sustainability Film Series: 'Seed: The Untold Story'

Tuesday, April 18, Ambler Theater, 108 E. Butler Ave. Doors open at 6:30 p.m.

Few things on Earth are as miraculous and vital as seeds. These subtle flecks of life are the source of all existence. But today, our seeds are increasingly private property held in corporate hands. This 2016 documentary delves into the work of seed keepers and activists from around the world who are trying to protect this precious resource. Get tickets (\$10) at www.amblertheater.org/pennypack or the door.



Ambler Earth Fest

Saturday, April 22, 11 a.m.-3 p.m. Borough Hall, 131 Rosemary Ave.

Exhibits, tabling, speakers and kids' activities, sponsored by the Ambler Environmental Advisory Council. AFC will have a table for take-home seedlings of PA native plants. Info: www.amblerEAC.org

Essential Oils

Tuesday, April 25, 6:30 p.m., AFC office, 131 E. Butler Ave.

Learn more about essential oils, how to use them and what they are good for, from Megan Koppel. Space is limited; RSVP at amblerfoodcoop.org/events.

For more info, visit www.amblerfoodcoop.org

COOPERATORS OF THE MONTH

David Dye & Karen Heller

Joined Weavers Way: 1995, shortly after moving from East Mt. Airy to West Mt. Airy.

Current jobs: Karen is national features writer for the Washington Post. David just stepped down as the full-time host of WXPB-FM's "World Cafe," which is syndicated to more than 200 public radio stations across the country. He'll continue to record a weekly interview for the show. He'll also keep doing "Funky Friday" on XPN every week and will begin hosting "Dave's World," a free-form hour of music, on Sundays.



Why they joined: Karen: "We were all the way to Stenton [Avenue], and then we had a baby... and when you have a little baby, if you're at home, you're not part of a school, and we wanted to be part of a community. The whole point of Mt. Airy is being part of a community." David: "And that means the Co-op." (They ended up with two children, Nick, now 23, and Cece,

who turns 21 this month.)

Co-op work history: David did after-hours cleanup in Mt. Airy before the store was renovated. Karen proofreads the Shuttle. In the past, they hosted the Petapalooza Pet Parade. Karen: "The gig everybody loves is aprons. People used to wait for aprons to be posted on Sunday mornings... you could put them in the laundry and watch Sunday television and fold them and bring them back Monday morning. It was the best."

Favorite Co-op products: They're wowed by the selection of cheese and fish. They also enjoy Roling's bagels, Four Worlds pizza dough and Martin's chicken sausages. David, a self-described "hummus-aholic," loves the Co-op's. Karen: "I feel like I'm cheating if I get milk other than Merrymeade." (They do 80-90 percent of their shopping here.)

A little Co-op love: David: "If I were to take somebody to this area to try to explain what Mt. Airy is about, I would take them to High Point and to the Co-op... To me, it's the center place of Mt. Airy."

—Karen Plourde

STAFF CELEBRITY SPOTLIGHT

Heather Carb

Title: Ambler project manager

What she does: She's responsible for coordinating all the aspects of opening Weavers Way Ambler, including coming up with a design for the store, hiring architects and the general contractor and choosing equipment and decor. She'll also have a role in hiring the store manager and in staffing.

Since when: April 2016. She was previously grocery manager in Mt. Airy from 2013 to 2015; before that, she worked for Whole Foods for 16 years, starting out in bakery and ending up as manager of the store in Wynnewood, Montgomery County.

Hometown: Mt. Holly, NJ

Lives in: Moorestown, NJ with her daughter, Fiona, 16. She also has an older daughter, Violet, 27, and a son, Otis, 25, who both live in Philadelphia.

What she likes about the job: "It's incredibly creative and interesting. I've been involved in the grocery business before, but looking at the 12 different kinds of refrigerators there are, and deciding which one's the best one, and kind of bringing all that stuff together... I love drawing up the store and saying, 'OK, this is where the grocery aisle should go, this is where the kitchen should be.' That's all just a lot of fun."

Work challenges: "So far, it's been basically hurry up and wait. We're ready to go on things, but lease negotiations have taken a real long time. Or waiting for people to get back to you on quotes for equipment... I thought perhaps we would be very far along in this. Originally we were going to open in the spring, right? It's just a waiting game, and I'm wanting it to be done."

When she's not working: She likes to spend time with Fiona, and go on hikes with her German shepherd, Bella.

A little Co-op love: "When I first worked for the Co-op, it was sort of a struggle for me to get away from the corporate [mindset], because Weavers Way is so much more collaborative. But I realized that's sort of what makes it so interesting and cool and funky. There are so many different people and so many different opinions and it's this great part of the community."



—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 Tuesday, April 4, at the Chestnut Hill Community Center, 8419 Germantown Ave.

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

President: Chris Hill
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: Mary Sweeten, 215-843-2350, ext. 135 editor@weaversway.coop

Art Director: Annette Aloe, 215-843-2350, ext. 130 annette@weaversway.coop

Advertising Coordinator: Karen Plourde, 215-843-2350, ext. 314 advertising@weaversway.coop

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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
 Jon Roesser, ext. 131
jroesser@weaversway.coop

Finance Manager
 Susan Beetle, ext. 110
sbeetle@weaversway.coop

Purchasing Manager
 Norman Weiss, ext. 133
normanb@weaversway.coop

Marketing Director
 Crystal Pang, ext. 121
cpang@weaversway.coop

HR Coordinator
 Danielle Swain, ext. 132
hr@weaversway.coop

Facilities Manager
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steve@weaversway.coop

Membership Manager
 Kirsten Bernal, ext. 119
member@weaversway.coop

Outreach Coordinator
 Bettina de Caumette, ext. 118
outreach@weaversway.coop

Mt. Airy Store Manager
 Rick Spalek, ext. 101
rick@weaversway.coop

Chestnut Hill Store Manager
 Dean Stefano, ext. 212
dstefano@weaversway.coop

Executive Chef
 Bonnie Shuman, ext. 218
bonnie@weaversway.coop

Farm Manager
 Nina Berryman, ext. 325
nberryman@weaversway.coop

Next Door Manager
 Amira Shell, ext. 220
ashell@weaversway.coop

Mt. Airy Wellness Manager
 Lisa Whitlock, ext. 114
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: Thursday, April 13
in Chestnut Hill
 (RSVP for location)

Read the Shuttle online.



www.weaversway.coop/shuttle-online

Advertise in the Shuttle

advertising@weaversway.coop



April Member Specials

Valid from April 5 - May 2

For more member savings, visit www.weaversway.coop



**HOLY LAND YEHUDA
KOSHER SHABBOS
SABBATH WHITE
CANDLES 12 CT**

\$1.69 REG \$1.85



**NATIVE FOREST
HEART OF PALM
14 OZ**

\$3.99 REG \$4.69



**ESSENTIAL OXYGEN
FOOD GRADE 3%
HYDROGEN PEROXIDE
16 FL OZ**

\$6.99 REG \$7.89



**SMARTYPANTS
MULTIVITAMIN FIBER
GUMMIES 120 CT**

\$19.99 REG \$25.55



**EUROPEAN GOURMET
ORGANIC CHOCOLATE
FROSTED BROWNIE
MIX 17.5 OZ**

\$4.39 REG \$7.89



**BULLDOG
ORIGINAL FACE
SCRUB 3.3 FL OZ**

\$6.99 REG \$7.89



**SUNSPIRE
WHITE CHOCOLATE
BAKING CHIPS 10 OZ**

\$4.39 REG \$5.35



**GOLD'S
WHITE
HORSERADISH 6 OZ**

\$1.99 REG \$2.45



**NASOYA
SPIRULINA TABS
500 MG 200 TABS**

\$1.99 REG \$2.65

SEDGWICK GARDENS APARTMENTS

440 W. Sedgwick Street
(1 1/2 Blocks From Weavers Way Co-op)
844-831-0598

- Central Heating & Air
- Solar-Powered Hot Water
- Fitness Center
- Hardwood Floors
- Pet Friendly
- Stainless Steel Appliances
- Close To Septa Bus & Regional Rail

THE TOWERS AT WYNCOTE

8440 Limekiln Pike
Wyncote, PA 19095
844-343-0369

- Onsite Grocery Store & Movie Theater
- 24-Hour Concierge Service
- Daily Courtesy Shuttle
- Private Garage Parking
- Fully Equipped Playground
- Charging Station For Electric Cars



*All New Residents to Sedgwick Gardens
Receive a 1 Year Membership to
Weaver's Way Co-op!*



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