



Cake-cutting is always a highlight of the GMM for General Manager Jon Roesser.

At Spring GMM, News Is 'Pretty OK'

by Mary Sweeten, Editor,
Weavers Way Shuttle

AT THE 2017 SPRING GENERAL Membership Meeting, convened in the spacious, light-filled cafeteria of Springside Chestnut Hill Academy's Springside campus, Weavers Way leaders struck a note of cautious optimism.

"We're excited to to rock and roll into the new world we're facing now," said Board President Chris Hill in greeting the 150 or so attendees.

"The Co-op, our business, is doing pretty well," General Manager Jon Roesser said. "The grocery business is a tough

business to be in right now; Weavers Way is definitely above average."

On the Ambler expansion, Roesser said our contractor's "aggressive but doable" four-month estimate for completion of construction is "tattooed on my brain. . . . We would really like to be in before Labor Day. August is our slowest time of the year so it would be really great to get the doors open and work out the kinks."

In his mid-year finance summary, covering the first half (July-December) of fiscal 2017, Roesser reported, income was \$11,440,000, compared to \$10,912,000

(Continued on Page 20)

ELECTION FOR WEAVERS WAY CO-OP BOARD OF DIRECTORS



Election Results

Here are the winners of the 2017 Board election, announced Sunday, April 30, at the Spring GMM. Vote totals and complete results are available in the Online Member Center, member.weaversway.coop (login required).



Joshua Bloom



Eric Bergstrom



Lisa Hogan



David Woo

Ambler Update from Chris Hill and Jon Roesser

Dear fellow Weavers Way members,

A YEAR HAS PASSED SINCE WE FIRST wrote to you about our plans to open a store in Ambler, PA. It's been an eventful year and with our plans for an Ambler store quickly moving towards reality, we figured an update is due.

Last month, we officially entered into a lease for 217 E. Butler Ave. in downtown Ambler. With the lease in hand, we have moved from the planning stage of the project to the execution stage. All of our efforts are now focused on getting the doors open as soon as possible.



Ambler

The building is about five years old and was designed to be a grocery store. These factors work to our advantage: We don't have to worry about things like asbestos, lead paint or knob-and-tube wiring. It was constructed to be compliant with the Americans with Disabilities Act, so there are accessible bathrooms, double doors and no steps in the retail area.

But while the building is essentially new, there's plenty of work to be done. All the previous systems and equipment were stripped out. The previous tenant, Bottom Dollar Food, did not have a prepared-

(Continued on Page 17)



Brittany Barbato photo

Serving on the Food Justice Committee gives long time Co-op member and Food For All participant Shaline Webb another way to pursue her passion to promote healthy eating.

Local Foodie Likes Food For All

by Brittany Barbato, for the Shuttle

SHALINE WEBB CONSIDERS HERSELF a foodie, but for her, the label goes beyond "gourmet." A dedicated mother of four and a member of the Co-op for nine years, she believes really being a foodie means "being interested and engaged in conversations with the community about healthy, natural food."

Born and raised in Northeast Philadelphia, Webb was one of seven children in a low-income household. Her mother battled heart disease during the last decade of her life and ultimately died from it. She recalls relying on free school breakfasts and summer meal programs to ensure she and her siblings had enough to eat.

Webb moved to Mt. Airy in 2002 and



Food Justice Committee

worked hard to make sure her own family wouldn't have the same challenges. "I didn't want to repeat those things for my family, which is why I shop at Weavers Way and why I'm so passionate about healthy eating," she says. "If I can do

(Continued on Page 20)

WEAVERS WAY WILL BE OPEN
MEMORIAL DAY
★ MONDAY, MAY 29 ★
FROM 9 AM TO 3 PM
HAPPY SUMMER!



What's in Store at Weavers Way

Check It Out!

by Karen Plourde, Weavers Way Communications Staff

The Deli Dispatch

Mt. Airy welcomes new salamis from Portlandia and a marinated feta from Down Under.



Just in time for picnic season, Mt. Airy Deli Manager Shawn O'Connell has brought in two new salamis from **Olympia Provisions** of Portland, OR. **Loukanika** is a Greek salami with garlic, cumin and orange zest. **Finocchiona** is a traditional Italian snacking sausage with garlic, black pepper and fennel.

Over in the cheese case, **Meredith Dairy** Australian marinated feta is waiting for your spreader. It's a sheep- and goat-milk combo bathed in garlic-infused extra-virgin olive oil, spices and fresh herbs.

Going On in Grocery

Would ya believe milk from pea protein? And say "Hola" to Que Pasa chips.



These days, "non-dairy" means more than the powdered gunk folks used to put in their coffee. Thus **Ripple** pea-protein milk now occupies a couple rows in the dairy case in Chestnut Hill. It has eight grams of plant-based protein per serving — the same as mammal milk — with half the sugar. The Hill carries plain

and vanilla varieties.

Meanwhile, in Mt. Airy, we've made room for **Que Pasa** organic stone-ground tortilla chips from Delta, BC. (They've been in Chestnut Hill for a while now.) Homemade salsa season is around the bend, and these dippers can handle what you've concocted. They're also non-GMO and gluten-free.



Bulk & Beyond

White chocolate buttons from Ecuador. And two new gluten-free, low-sugar granolas.

Ecuador's chocolate is revered as the best in the world, and the Ecuadoran founders of **Republica de Cacao** have set their sights on producing it sustainably. The ingredients in their single-origin white-chocolate pieces, now in The Incredible Bulk, are all produced locally, right down to the milk from small communities of dairy farmers.



So much for sweet — now let's talk about your sugar footprint. **International Harvest** of Mt. Vernon, NY, has joined the low-sugar, gluten-free granola club, and Mt. Airy has added their banana almond and pistachio mulberry varieties. Ask a bulk staffer for samples for a side-by-side taste test.

Garden Variety

It's May — plant away! And don't forget Mom.



Thanks to a mostly mild spring, many of you have gotten a jump on the garden. But if you've been holding back, especially on summer veggies, Weavers Way Floral Buyer Ginger Arthur has given you the (green) thumbs-up. Starting with Mt. Airy Day, May 6, tomato, pepper and eggplant starts will be available at both stores, and are safe to put into your favorite container or patch of earth. Ginger will also have 7-inch geraniums.

For immediate Mother's Day floral gratification, Mt. Airy and the Hill will have mixed bouquets, as well as peonies (if the weather cooperates). Think Mom's gotten tired of flowers on her day? She hasn't. Trust me.

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Editor's Note



by Mary Sweeten, Editor, Weavers Way Shuttle

ACCORDING TO KITCHEN WISDOM, A DULL KNIFE IS more dangerous than a sharp one. (Also, no serrated knives when you're drinking, which is my personal rule.)

The theory is that the duller the blade, the more pressure it requires. When you're really leaning into it and the knife slips, YOU get the point, heh heh heh.

Jesse Howe would agree, and he'll be bringing the joy of sharp edges to the Co-op weekly starting this month. And not just knives. He'll tune up your scissors, clippers, lawn mower and more.

While. You. Shop.

"That's my business model: 'Sharpen While You Shop,'" says the proprietor of HoweSharp.

As a lifelong outdoorsman, Jesse was no stranger to the chore of blade sharpening, but he's actually only been doing it for a living for a couple of years. Before that, he was a field inspector for the Montgomery County



Conservation District, and also ran the Glenside Farmers Market for a number of years. He's a beekeeper, too.

He had a knife guy at the farmers market who left abruptly, which got him thinking about the possibilities. He did some research online, even took a business-development course at Wharton, and the next thing you know, he's got a price list, a website (his wife came up with the name) and a used Ford passenger van tricked out with a grinder and a workbench. He'll make house calls and is available for sharpening parties, if that's how your cohort rolls.

Jesse told me one of his favorite parts of the job is hearing old-timers' recollections of the itinerant knife

5 THINGS

Five Things is a service of Weavers Way.

Cause you'll always love your mama, so treat her right May 14.

(1-4 available at Weavers Way Next Door and/or Across the Way. Check ahead to make sure they have what you're looking for.)

- 1 Bangles & Baubles** — from Sofala, Marquet and Triloka. Earrings from Imagine, Carpe Beadem, Spoil Yourself, Lavishy, Only in the Forest and Fire Drops by Kurt Meyer.
- 2 Wearables** — Scarves from Rising Tide and Marquet. Sweatshop-free tees from Red Prairie Press. And just for laughs, emergency underpants and emergency replacement socks from Archie McPhee.
- 3 Relief from aches & pains**—courtesy of Sol organic, fair-trade cotton body therapy. Microwaveable neck pillows, eye pillows, and neck and body wraps.
- 4 A positive change in vibe** — with incense from Triloka, Gonesh, Maroma, Nag Champa and Juniper Ridge. Incense holders also available.
- 5 A basket of goodies** — Martinelli's sparkling cider, Tait's apple chutney, 34 Degrees Crisps, and a Chocolove almonds & sea salt bar, all wrapped up pretty. Look for the displays, or check with a staffer. Only in Chestnut Hill.

Happy Mother's Day



Have van, will sharpen your knives, scissors and more: Jesse Howe and the HoweSharp workshop at a recent stop.

sharpening coming to the neighborhood — sometimes with his grinding stone strapped to his back.

HoweSharp will be setting up behind the Chestnut Hill store every second and fourth Tuesday starting May 9, at the Mt. Airy store every second and fourth Thursday starting May 11. Hours are 9 a.m.-4 p.m. Sample prices: \$7 for a 5-9 inch kitchen knife, \$6 for scissors with blades up to 6 inches. For more info, see www.weaversway.coop/HoweSharpPrices or visit www.howesharp.com.

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What's in Store at Weavers Way

TAPPING INTO THE KOMBUCHA CULTURE CLUB

by Karen Plourde, Weavers Way Communications Staff

Kombucha has become a staple in many places, including the Co-op. And yet we still get inquiries from shoppers asking what it is and why they should drink it. To mark the first anniversary of kombucha on tap in both stores, here's an overview.

What's This I'm Drinking?

A sign above the taps upstairs in The Incredible Bulk in Mt. Airy describes kombucha as

"a truly functional food, containing beneficial enzymes, organic acids and probiotics that restore your body's natural balance."

In plainer English, it's raw, fermented, slightly sweetened green or black tea, a beverage whose origins go back to around 220 B.C. Manchuria. Because it's fermented, it contains a trace amount of alcohol — about 0.5 percent ABV.

Kombucha has a soda-like mouth feel, and although there are lots of flavors out there, most of them taste alike. Think of the time you took a swig of that juice that had been sitting in the fridge for a while.

That may sound less than appealing, as

might the fact that kombucha is brewed with a SCOBY, or "Symbiotic Colony of Bacteria and Yeast," and part of this slimy blob sometimes ends up in your bottle. Not to worry — those who tout the benefits of probiotics say digesting such cultures keeps our gut healthy.

Our Brewers' Lineup

Weavers Way's splash into bulk kombucha started in Mt. Airy last spring; the Hill installed its setup last summer.

The four taps on Carpenter Lane are occupied by three local brewers: Pheasant Hill Farm of Emmaus, Lehigh County; Inspired Brews from Old City and Baba's Brews of Phoenixville, Chester County. (Baba's takes up two taps.)

Pheasant Hill brews Portch Tea, a blend

of organic black tea, organic yerba mate and organic sugar. There are six standard varieties, which can vary in flavor due to the SCOBY, temperature

and the amount of time they've spent fermenting. Inspired Brews offers eight flavors; Baba's has five.

According to Mt. Airy Bulk Manager Luis Cruz, all three brewers are strictly small-batch, producing one keg size of a particular flavor for us at a time.

So embrace variety, because it could be a while before your favorite comes back around.

It's a different story in Chestnut Hill, which has dedicated its four taps to Aqua ViTea of Salisbury, VT. The kegs — about two a week of each selection — are delivered three days a week by UNFI,

the Co-op's main grocery distributor. Blood orange is the top seller, followed closely by ginger, according to Chestnut Hill Grocery Manager James Mitchell.

Parting Slurps

If you've already got a bottled favorite, and/or didn't remember to bring your refillable bottle, no worries — GT's brand is stocked in both stores in a rainbow of flavors. In addition, the Hill carries Capital Kombucha from Washington, DC, and the Incredible Bulk pours out a selection of their current drafts for the downstairs drink case.

Kombucha has been credited with everything from preventing cancer and hair loss to reducing arthritis pain, but there's not much scientific evidence for those claims. You're bound to notice, after a few swallows, that it does bring on a hefty case of the burps, and there's nothing wrong with that. I've drunk it while recovering from a stomach virus (or a hangover) and found it more helpful than ginger ale. It's also low in sugar, with none of the weird artificial sweeteners that plague diet drinks.

For my money, kombucha is a natural, organic alternative to soda and tastes better than plain water or seltzer. You and your innards may say otherwise.

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Got Cheese Ends? Make Mac!

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

WHAT TO DO WITH ODDS AND ENDS OF CHEESE IN YOUR REFRIGERATOR? Make macaroni and cheese, of course!

Any cheese works. A combination of cheeses, even better.

In France, it's a gratin, and would use Beaufort, Comte or Cantal. In Switzerland, it most likely would include Gruyere or Raclette and maybe a bit of imported Parmigiano Reggiano and some bacon.

Here in the United States (and Canada), where we cut our teeth on Kraft and moved up to Annie's, Cheddar is our standard, and we still long for it even though we may hang out on 9th Street.

I do like to add vegetables like broccoli, cauliflower, peas or asparagus, and, often, ham. I especially love to throw in thin slices of Italian rosemary ham. Roasted wild mushrooms are delicious with a truffled cheese in the mix like Cacio de Bosco Pecorino.

Although I don't have any rules regarding what cheese to use, I always use at least three — usually one creamy cheese like Havarti, Jack or Gouda, one aged Cheddar and one hard cheese that packs a big flavor punch and a bit of salt. A creamy semi-soft cheese helps with smooth texture; if you go too heavy on the sharp and aged cheeses, your mac can become grainy.

Bechamel, or white sauce, is important. It's the base of Mornay or cheese sauce. Whisking warm milk into the roux (butter and flour stirred together slowly over low heat) is the easiest way to get the sauce started. I add a pinch of nutmeg, but you might want to include a teaspoon of dry mustard powder, cayenne pepper or even hot sauce instead.

I never use a bread-crumb topping because I like way the cheese and pasta get crunchy on top during baking. I usually finish it with a grating cheese like Parmigiano Reggiano.

I encourage you to experiment! In preparing to write this I asked several people about how they do Macaroni and Cheese and read lots of recipes online.

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SHAWN'S 'BASIC' MAC-AND-CHEESE

- 3 cups milk
- Bay leaf
- 1 lb. elbow macaroni
- 8 oz. (1 stick) butter
- 3 tbs. flour
- Freshly grated nutmeg (omit if using flavored cheese like truffle or smoked)
- Finely ground black pepper
- 4 cups of grated cheese (your choice, but make sure you have 1/2 cup sharp, salty cheese for sprinkling on top)
- 1/2 cup each of your choice of meat and chopped vegetables

Heat milk with the bay leaf and keep warm.

Cook macaroni, tossing in the vegetables for the last minute of cooking to blanch. Drain and set aside.

In the pot you used to cook the macaroni, slowly melt butter, then stir in flour with a wooden spoon. Cook for three minutes, stirring, on medium-low heat until it starts to brown and smells nutty and toasted.

Add a small amount of warm milk. Whisk rapidly, and keep slowly adding milk and whisking until the sauce is smooth. Take out the bay leaf; add nutmeg and pepper.

Stir cheese, except for the reserved salty grating cheese, into the hot sauce, then add the macaroni, vegetables and meat.

Pour into a buttered baking dish, top with reserved cheese and bake at 400 degrees F. for a half hour or until golden-brown on top.



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HAPPENINGS AT THE FARMS

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SATURDAYS, 9 AM-1 PM

June 3, August 5 & October 7

At the Mort Brooks Memorial Farm at Awbury Arboretum
901 E. Washington Lane

July 8 & September 2

At the Henry Got Crops Farm
Saul High School
7095 Henry Ave.

MOVIE NIGHTS



HERB WORKSHOPS



Check the Weavers Way Events Calendar for more details!

www.weaversway.coop/events



New Season, New Offerings at the Farm Market

WEAVERS WAY IS EXPANDING ITS seasonal offerings by bringing you a bigger and better Henry Got Crops Farm Market at Saul High School in Roxborough and an expanded Mercantile in The Garage in Mt. Airy

Urban homesteaders will find beautiful, functional and hyper-local — not to mention delicious! — products at both locations. So what's new this season?

Tooth of the Lion Farm & Apothecary just moved from West Philadelphia to Orwigsburg, PA, near Hawk Mountain, so owner Katelyn Melvin could fulfill her mission to grow all the herbs, on her own certified organic farm, for her line of tinctures and herbal teas. You'll find products like her Dreamers Tincture, an alcohol based infusion of herbs that have historically been used in promoting restful sleep as well as long-term relief of anxiety, tension and stress. Both the farm market at Saul High School and the Mercantile will serve as dropoff points for her Herb CSA — check out the Tooth of the Lion website, toothofthelion.com, for more details.

Barefoot Botanicals is a 10-acre certified organic medicinal herb farm near Doylestown, PA, run by Linda Shanahan, a registered nurse and clinical herbalist, and her husband, Eric. After nine years of vegetable farming, they converted their acreage to herbs, both wholesale and retail. We'll offer a selection of dried herbs as well as tea blends.

Farm favorite Kitchen Garden Series has a new and expanded lineup. Designer Heidi Barr found the inspiration for her kitchen textiles right on our farm, as

a Weavers Way member and CSA shareholder doing her hours in the fields. We've long carried her tea towels and napkins — all made from reclaimed materials — but this year we're excited to also have her Simply Practical line, which includes reusable coffee filters and tea bags, produce storage bags and other gorgeous items that will surely spruce up your kitchen. Heidi donates 25 percent of her proceeds to her two favorite Philadelphia-based farming organizations: The Henry Got Crops CSA and the East Park Revitalization Alliance (epralliance.org). So each purchase comes back to help urban farmers!

We're also expanding our offerings at the Farm Market.

- You'll be able to pick up some fermented goodness in Food and Ferments Fireside Tonic, a spicy blend of flu fighters infused in apple-cider vinegar, as well as Baba's Brew kombucha, in fresh seasonally available flavors.
- We're also excited to bring in a freezer dedicated to just ice cream and popsicles!
- The chest style freezer will help keep the ice cream icy on those hot summer days, but it will also free up some room for grass-fed meat from Stryker Farm, and freshly made ravioli, sauces and meals (think eggplant parmesan) from Severino Pasta Co.

At the Mercantile, we'll be offering inspiration and supplies to support your sustainable home and garden. The garden section will include native plant selections from Good Host Plants, Collins Nursery and other local vendors, as

HENRY GOT CROPS FARM MARKET

7095 Henry Ave.
(at the farm at Saul High School in Roxborough)

MAY-OCTOBER

**Tuesdays & Fridays
Noon-7 p.m.**

WEAVERS WAY MERCANTILE

The Garage, 542 Carpenter Lane
(across the street from the Mt. Airy store)

**Tuesday-Sunday
11 a.m.-7 p.m.**

mercantile@weaversway.coop
215-843-2350, ext. 288

well as seeds and seed-starting equipment, potting soil, compost (including our own Henry Got Compost, made right on the farm at Saul High School), containers, tools, books, garden decor, furnishings and accessories. We will also be stocking beautifully crafted and responsibly produced household tools and tableware. You'll find quality handmade pottery from Wissahickon Pottery, functional and beautiful metal work from local blacksmith John Rais, and many other unique and hand-crafted products from artists in our community. Finally, if you want to make soap and cleaning products, preserved foods or cheese, the Mercantile will have the materials and equipment you need!



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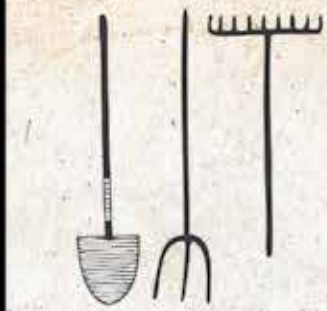
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A Daughter Describes What Turned Her into An End-of-Life Activist

by Larry Schofer, Weavers Way Education Committee

COMBINING PERSONAL EXPERIENCE WITH A PASSIONATE plea for social action, Barbara Mancini addressed the audience of “Death with Dignity: Rights and Choice,” the fourth of a series of health forums on the problems of aging. Approximately 60 people attended the forum on March 26 at First United Methodist Church of Germantown, sponsored by Weavers Way, Northwest Village Network, East Falls Village, Mt. Airy USA, and Ralston My Way.

Barbara, an emergency-room nurse with 30 years’ experience, was charged in 2013 with assisting an attempted suicide by her father. Barbara explained that she had handed her father, who was 93 and in hospice care in Pottsville, PA, his prescribed morphine, which he took in one gulp. When she reported this to a hospice attendant, this attendant called the police. Barbara’s father was rushed to the hospital and given a painful antidote. He died five days later later of pneumonia. The Schuylkill County coroner declared the incident a homicide; the prosecution for assisting attempted suicide was handled by the office of the Pennsylvania attorney general.

Barbara described how she was pushed very hard to accept a plea bargain. She refused and insisted on a trial,



Barbara Mancini, far left, talks with participants after the “Death with Dignity: Rights and Choice” forum.

which took place in February 2014. Here she was able to show that the hospice workers had ignored an earlier doctor’s prescription for morphine, that her father suffered terribly because of the side effects of the antidote, that the hospital ignored the advance directives supplied by her father, that the homicide charge was so ridiculous that the prosecutor did not even bother to bring it to court, and finally that the prosecutor had not even bothered to read all the files relating to her father. At the end, Common Pleas Judge Jacqueline L. Russell dismissed the case with a blistering criticism of the prosecution.

Barbara didn’t work for a year, incurred enormous legal expenses and risked having her reputation ruined. Since then, she has turned into an advocate for right-to-die laws and has become a speaker for Compassion & Choices, an organization devoted to death with dignity for long-suffering individuals.

After relating her story, Barbara talked about several items relating to our political and social systems. There was, first of all, tremendous pressure by the prosecutor to get her to accept a plea bargain. It seems that over 90 percent of criminal cases are settled by plea-bargaining, a system that gives prosecutors an enormous advantage. A

plea bargain is a successful conviction, and prosecutors love to boast of their “success rate.”

Barbara emphasized the need to have a written advance directive, but even with such a document there may be problems. Something that spoke to the audience on a personal level was the difficulty that she had with the hospice organization. Many people in the audience were under the impression that there are few choices for hospices, and that all of them provide wonderful support for patients approaching end of life. However, in urban areas, reimbursement patterns by Medicare have resulted in the rise of many for-profit hospice organizations. One must be very careful in interviewing such organizations and learning about their policies. Personal recommendations are very useful in this regard. It is also very important to know if such organizations or hospitals have a religious orientation that would prevent them from carrying out the wishes of the patient.

She also reviewed the state of end-of-life legislation in various states. Oregon has led the way in permitting suicide at the end of life, under very strict conditions, but several states have now instituted such legislation; six others have approved it; and others are considering it. Although such legislation has been introduced several times in Pennsylvania, it is far from being approved. Barbara went on to talk about the importance of personal contact, either in person or by letter, in convincing legislators of the importance of this issue.

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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.

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With 10,000 baby boomers turning 65 every day, the concept of "encore careers" is becoming a hot topic among people who want the next chapter of their lives to be about legacy — making a difference, and making a living. It is estimated that between 6 and 9 million Americans are doing just that. Evidence of high local interest in this topic is how quickly the "Design Your Encore Career" courses at MALT, taught by **Yosaif August**, this program's moderator, have sold out.

A panel of Mt. Airy encore careerists will discuss these issues at "Encore Careers: A Panel Discussion on Designing an Inspired Working Retirement," sponsored jointly by Weavers Way, Northwest Village Network, and the Rotary Club of Chestnut Hill on Sunday, June 4, 3 p.m., at The Garage, 542 Carpenter Lane, across the street from the Mt. Airy store.

The panel members are **Betsy Teutsch**, a writer who focuses on global poverty alleviation via women's empowerment; **Ellen Frankel**, an editor, writer and lyricist; and **Herb Levine**, a writer, teacher, poet and community activist.

Envisioning and designing an encore career can be challenging and, at the same time, present an unexpected exciting opportunity for you to experience a "second wind" of life.

In addition to sharing his own encore journey, Yosaif, an author and experienced workshop leader and presenter, will introduce the concepts and tools of the "design thinking" approach, as reflected in the best-seller "Designing Your Life" by Bill Burnett and Dave Evans.

A question-and-answer period will follow the presentations. RSVP on Eventbrite or by contacting outreach@weaversway.coop or 215-843-2350, ext. 118.

— Larry Schofer

L.E.T.T.E.R

Limiting Salt: It Works

THOROUGHLY ENJOYED MR. THURMA's letter (April) re: salt in response to Mr. Mitteldorf's article (March). He beat me to it.

Most reputable medical authorities in this country suggest limiting one's salt intake to 2400mg for those up to 55-60 and 1500mg for seniors beyond.

My BP was getting out of hand a couple of years ago and I then started to limit my salt intake. It's now back to the 120s/130 over 70ish. Not bad for an 83-year-young senior who takes no medication.

Lawrence H. Geller

SHUTTLE LETTERS POLICY

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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Holistic Practitioners Put on a Fair

by Elise Rivers, for the Shuttle

DID YOU KNOW THERE ARE MORE than 19 alternative health care providers in 12 unique practices located between Gorgas Lane and Pelham Road? I was surprised when I realized the density of providers in these few blocks, and that made me wonder, how many other health-care providers are hidden away in our wonderful Northwest Philadelphia neighborhood?

Mt. Airy is known for its counterculture orientation, which includes the conscious integration and acceptance of diversity, a passion for sustainably produced food from Weavers Way and, as it turns out, a vast array of alternative health-care providers ready to support those who seek ways to address their health-care challenges instead of, or in addition to, what is offered by Western medicine. The next logical step was to find an effective way to let the neighborhood know what we do and how you can find us. And so the idea for organizing Mt. Airy's Holistic Health Day was born.

Mt. Airy's Holistic Health Day will be held on Saturday, May 20, from 1 to 5 p.m. on Germantown Avenue between Carpenter Lane and Pelham Road.

I approached Mt. Airy USA to ask their help in creating this novel event for the neighborhood and they wholeheartedly lent their support. A street fair with this theme is in keeping with MAUSA's mission of preserving, empowering and advancing a vibrant and diverse Mt. Airy by stimulating development responsive to the community's needs, and this includes business district revitalization. With the

help of Mt. Airy USA's staff, we are taking care of all the details to make this exciting event happen.

Many practitioners are stepping up for the work that needs to be done. Wendy Romig, of Sage Integrative Health, polled the members of the Weavers Way Health & Wellness Committee to organize panel discussions with the topics "Stress Management," "Family Wellness" and "Healthy Aging." We'll have kids' activities such as yoga, as well as demonstrations by various providers about the work they do. And no street fair is complete without . . . food! In this case plant-based food, and we'll have plenty of healthy offerings from local providers.

Need more reasons to come to the fair? How about picking up your FREE Northwest Holistic Health Coupon Book? We'll have 500 of these to hand out, full of discounts on services you'll love that will support your health and wellness throughout the year.

Wondering who will be at the fair? Bodyworkers, herbalists, naturopathy practitioners, essential-oil experts, acupuncturists, yoga studios, chiropractors, holistic skin-care professionals — and more!

Please join us to celebrate the vision that there are many ways to heal, and many modalities that support our bodies to do what they normally do miraculously well: self-healing!

Elise Rivers, Esq., M.Ac. is the owner of Philadelphia's first sliding-scale acupuncture office, Community Acupuncture of Mt. Airy & Wellness Center, 6782 Germantown Ave. For info: CAMAcenter.com.



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FOOD MOXIE

We dig what we eat.

Thanks to Elder Harrison, Hope Garden Has Bloomed

by Jackie Schrauger, Food Moxie Program Director

FOOD MOXIE HAS GROWN SIGNIFICANTLY IN THE PAST DECADE. As we celebrate our 10th anniversary this year, we are taking the opportunity to thank those who have helped us reach this point — and Elder Rob Harrison is someone who certainly deserves that recognition.

Elder Harrison is the director of Stenton Family Manor, one of Philadelphia's largest emergency housing facilities for families experiencing homelessness. Working with more than 60 families at any given time and making sure all their needs are addressed is no small feat, but Elder Harrison approaches his work with positivity and emphasizes relationships to ensure that things get done.

Food Moxie and Stenton have had a relationship since 2009, when the half-acre garden there was first established and lovingly named Hope Garden by the residents. Since then, Food Moxie has worked closely with staff and clients at the facility, at 1300 E. Tulpehocken St. in East Germantown, to provide programming for people of all ages. Along the way, Elder Harrison's support of our work has made Food Moxie feel like part of the Stenton family.

Hope Garden is a source of beauty and sustenance for everyone in the Stenton community, especially since the produce grown there is donated to the Stenton kitchen. It's also the hub for Garden Club, Food Moxie's year-round program for children ages 5 and up that features hands-on lessons in gardening, healthy cooking and nutrition. To engage whole families in healthy eating, we also operate Hope Kitchen, a six-week budget- and health-conscious cooking class for parents at Stenton.

We are always looking to extend our programming, and Elder Harrison always supports our efforts. Last summer, Food Moxie added a segment of Garden Club for middle schoolers,



Laurie Beck Peterson photo

Elder Harrison, center, with Food Moxie Executive Director Jill Fink, left, and Board Chair Mira Rabin at a Hope Garden party.

offering more engaging and age-appropriate experiences for them. We also launched monthly Family Nights, bringing Garden Club young people and Hope Kitchen parents together for fun and healthy eating, as well as to give folks unfamiliar with our organization a chance to meet us. This summer, we hope to launch Garden Club for parents and babies in order to get the littlest ones at Stenton out in the dirt too.

Stenton is a large operation, and it can be easy for adults and children to feel lost, but Elder Harrison and his staff encourage residents to build community and to learn new skills, championing Food Moxie programs as meaningful ways to do this. His positivity, big ideas and ready warmth make him a joy to work with. We thank Elder Harrison for his dedication, support and encouragement. Here's to many more years of successful partnership between Stenton and Food Moxie!

jackie@foodmoxie.org



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Why I Give *Laura Silverman*

How many organizations take you on miles-long bike tours of your very own city, through neighborhoods you may not have explored before, showing you urban farms of all shapes and sizes? And demonstrates to parents with families experiencing homelessness how to cook with savory sofrito? Then, when those families find housing, supplies them with kitchen equipment and teaches them how to plan and shop for meals? And also runs in-school and after-school horticulture programs for "typically-abled" kids and those with intellectual disabilities? These are a few of Food Moxie's meaningful, well-designed programs that I've had a chance to take part in.

The Food Moxie staff I've encountered are extraordinary and inspiring: Tara Campbell, the youth-education coordinator with no-nonsense good cheer, who can marshal 10 (or 12 or 24) high school students to plant dozens of trays full of strawflowers, fish peppers and eggplants. Brandon Ritter, the farm-and-garden manager who didn't flinch when enthusiastic horticulturists-in-training mistakenly pruned live canes from the blackberries.



Laura Silverman photos

Mercelyne Latortue, the nutrition educator whose approachable manner and buoyant energy make everyone feel like they can do it, too. And Melissa Powell, the farm educator who turned cut-up beets and bowls of turmeric and paprika into a vibrant, hands-on lesson in Hindu culture for a classroom full of school-aged residents of Stenton Family Manor.

I dream of a world in which every child has enough delicious food to eat and gets a first-rate education. In this world, kids learn about gardening, cooking and other cultures, so that they can lead healthy, satisfying lives. Supporting Food Moxie is a way of bringing my dream world closer to reality.

Laura Silverman is a Communications Strategist and Thinking Partner.



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The Passionate Gardener

To Rotate Crops in a Small Garden, Know Your Plant Families

by Ron Kushner, for the Shuttle

CROP ROTATION IS A SCHEME OF PLANTING whereby different demands are made on the soil each year. It is essential for a good growing program. Vegetables vary in their nutritional needs and therefore deplete the soil in different ways. Growing the same crop in the same place each year can create a deficiency in certain elements; rotating crops addresses this. It's good for your soil as there is less of a requirement for fertilizer.

In addition, many pests and diseases are plant-host-specific, in that they are attracted to the same plants or plant families. By itself, crop rotation will never guarantee the prevention of disease or pests, but it does go a long way in helping create a healthier and better yield.

I recommend a four-year rotation. You can grow the same crops each year, just always in a different location. In the fifth year, the four-year cycle begins again. Obviously, the larger the garden area, the easier it is to rotate crops. A small space could be created with four raised beds. The sizes can vary but four 4-foot-square beds would be ideal for this program.

Working in a small garden space means that you will probably practice succession planting during the season, planting different things as the season progresses.

In order to rotate your crops in the proper manner, understanding the various plant families is the first step. Most of the plants within a family have similar needs and similar problems and are generally grown in the same manner.

My example here includes four raised beds but you could use any combination you have to your benefit. Try to keep a record of what you planted where. A simple box diagram in a note-

book is all you need and label each box #1, #2, #3 and #4. Title the diagram "Year 1" and you have a simple, effective journal.

Here is a recommended planting program for each bed for Year 1. Of course, you can vary it as you choose with other vegetables that you may prefer to grow, keeping their families in mind.










- Box #1 Plant Compositae and Solanaceae together — for example, early lettuce followed by tomatoes.
- Box #2 Plant Brassicaceae and Cucurbitaceae together — for example, early mustard greens and radishes followed by summer squash.
- Box #3 Apiaceae & Lamiaceae together— for example, carrots, parsley and early cilantro, with basil added later in the season when the weather warms up.
- Box #4 Amaranthaceae and Leguminosae together— for example, early spinach followed by bush beans.


After the first crop harvest, remove any plant residues, especially diseased material. Bush bean remains can actually be chopped up and left to decompose where they were grown to return nitrogen to the soil.

When combining different types of plants in a small space, vertical trellising can be extremely helpful. This works great for cucumbers, melons and summer squash. Also be on the lookout for varieties that are space efficient.

Each year, rotate the crop combinations in a clockwise fashion. In a larger garden area just divide your space into four equal quadrants and use the same principles.

Questions or comments: ron@primexgardencenter.com.

Amaranthaceae (Amaranth family) Beets, spinach, Swiss chard	
Amaryllidaceae (Onion family) Garlic, leeks, onions	
Apiaceae (Carrot family) Carrots, celery, parsley, parsnips	
Brassicaceae (Cole family) Broccoli, cabbage, cauliflower, collards, kale, mustard, radish, turnips	
Compositae (Sunflower family) Lettuce, endive	
Cucurbitaceae (Gourd family) Cucumbers, melons, pumpkins, squash	
Lamiaceae (Mint family) Mint, basil, oregano and many other herbs	
Leguminosae (Legume family) Beans, peas, soybeans	
Solanaceae (Nightshade family) Eggplant, peppers, potatoes, tomatillo and, of course, tomatoes	



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by Marsha Low,
Weavers Way Environment Committee

Are you downsizing or thinking of getting some new furniture? Then consider donating your unwanted, gently used furniture to the **Philadelphia Furniture Bank**, which collects furniture and provides it to people moving out of homelessness or facing other crises. PFB is a program of Pathways to Housing PA, an organization that has one of the best success rates for helping people move out of homelessness and stay off the streets.

Philadelphia Furniture Bank accepts all donations in good condition. There are some items they don't accept, such as bedding, so go on their website to check the list. You can arrange for a pickup of your donations if necessary, but they prefer that you drop them off at their warehouse, located at 3412 J St. (lower level), near Kensington Avenue and Tioga Street, to help them avoid expensive trucking fees. If you plan to drop off your donations, call or email to let them know you are coming. F

or more information, visit PFB at pathwaystohousingpa.org/furniture.

Environment Committee Awards 2017 Grants

by Sandra Folzer, Weavers Way Environment Committee

EVERY YEAR, THE ENVIRONMENT COMMITTEE GIVES small grants to community groups. We love being able to support community gardens, plantings and special projects. Our money does not fall out of a tree, although we wish it did. Most recently, we have hosted electronics and Christmas-tree recycling events and solicited donations. Most of those who participate are very generous, for which we are thankful.

At our last electronics recycling event, in March, we again worked with GRinCH (Green in Chestnut Hill). GRinCH's funds support their Green Warrior program, which gives grants to students to promote environmental stewardship.

This year, for the first time, we also partnered with PAR (People Advancing Reintegration)-Recycle Works. This new company in Germantown combines community service with job opportunities for people leaving prison, who often have difficulty finding work.

At PAR's warehouse in Germantown, former-inmate workers disassemble electronics responsibly so the components may be reused. Many then move on to other jobs. PAR was a pleasure to work with; I would highly recommend any of these men for future work.

We look forward to collaborating with them again at our next Electronics Recycling event, Saturday, Sept. 23. Please mark your calendar! Once again, we hope to be in the driveway at Norwood-Fontbonne Academy on Germantown Avenue in Chestnut Hill, which has been so gracious in letting us use their space.

As a result of our fundraising, this year the Environment Committee was able to make grants to 13 organizations.

The funds are earmarked for planting trees and native shrubs, plants, seeds, material for building a solar food dehydrator, a composter, supplies for a food garden and a rain garden, and supplies for building a poultry coop.

As you can see, the money donated enriches our community by planting gardens, beautifying public spaces, providing fresh produce, and involving children and teens in environmental projects. Many public gardens in Northwest Philadelphia have benefited from generous donations in the past. We hope to continue this tradition with the community's help.

environment@weaversway.coop




ENVIRONMENT COMMITTEE COMMUNITY GRANTS

- | | |
|--|---|
| <p>East Falls Tree Tenders
Waterview Recreation Center
Philadelphia Society for the Preservation of Landmarks/Grumblethorpe
Norwood-Fontbonne Academy
Families for Houston School
Roxborough YMCA
Roxborough Development Corp.</p> | <p>Whosoever Gospel Mission
Friends of Gorgas Park
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Springside Chestnut Hill Academy
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Saul Teacher Went Above & Beyond

Jen Disque was selected by her peers to be the 2017 spring semester recipient of the new "Above and Beyond" teacher award at Saul High School. Every semester, Weavers Way Co-op is donating \$200 for classroom supplies to a Saul teacher who goes above and beyond for their students. Jen used the money to buy supplies for her students to build "Rube Goldberg" machines including the one pictured below with its creators, Disque's students, from left, Brooke, India and Clara.




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- 3 Member-Owner Economic Participation
- 4 Autonomy and Independence
- 5 Education, Training and Information
- 6 Cooperation Among Cooperatives
- 7 Concern for Community

Take a Hike & Take In the View from Tedysung's Perch

by Sarah Marley,
FOW Outreach Manager

THE TRAILHEAD AT REX AVENUE IS surrounded by some of the most recognizable symbols of Wissahickon Valley Park and is a great starting point for a quick ramble up and down the hills of the valley.

There are many special points of interest to see here, the first being the grand **Tedyuscung Statue**. Take the first right off the main trail and follow the White Trail up the hill and through two switchbacks to reach this icon of the Wissahickon. Situated on what is often referred to as Council Rock, a site where the Lenape people were believed to hold gatherings, this statue was commissioned by Mr. and Mrs. Charles W. Henry and carved in 1902 by John Massey Rhind (1860-1936) as a generic tribute to the natives of the Wissahickon Valley. This statue was mistakenly referred to as Tedyuscung, thought to be an outspoken member of the Lenape tribe, at the commemoration of the statue, and the name stuck. Spend some time here enjoying the spectacular views from this natural rocky outcrop at one of the highest points in the gorge.

Continue northwest on the White Trail and enjoy some recent trail improvements by FOW volunteers and contractors and an impressive stand of hem-



Michael Penn photo

The 1902 statue, a tribute to the Lenape people, is on a knoll dubbed "Council Rock."

lock trees. In about a half mile, take your first left to head downhill to another major icon of Wissahickon Valley Park, the **Covered Bridge**. Once five covered bridges existed in the park; this is now the only covered bridge in Philadelphia and the only one remaining within the boundaries of a major U.S. city. Originally built in 1737 to enable the transportation of barrels of flour from a nearby grist mill, the bridge was restored in 1938 by the Works Progress Administration and again in 1999 by the Fairmount Park Commission and FOW, when a portion of the bridge's roof collapsed after an oak fell across Forbidden Drive. With a picnic area nearby, this is the perfect spot to rest and take some pictures — the bridge is a remarkable subject in any season!

Valley Talk Focuses On Park History

Celebrate all that is "Old and New in the Wissahickon" with FOW and author **Elizabeth Milroy** at **6 p.m. Tuesday, May 16, at Valley Green Inn**. Milroy, who heads the art history department at Drexel University, will examine how and why the Wissahickon was added to Fairmount Park and share some new discoveries she made while writing "The Grid and the River: Philadelphia's Green Places, 1682-1876" (Penn State University, 2016). **Visit fow.org to register.**

Turn left on Forbidden Drive and in a half mile you will reach the Rex Avenue Bridge and a lesser known Wissahickon icon, the stone stairs and arch at Rex Avenue. Hike back up the hill to reach the starting point and wave to Tedy on your way out!

If You Go: There is ample street parking on Seminole Street at Rex Avenue. But it's more convenient to take train to the Highland station on SEPTA's Chestnut Hill West line just a block away. To reach this trailhead from Highland, head northwest on Seminole and then make a left on Rex and hike downhill and into the park. (This is a multi-user route, so please be courteous and follow proper trail etiquette!)

marley@fow.org

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At Pennypack Farm, a Vision Of Organic Food for All

by Eileen Flanagan for the Shuttle

LESS THAN FOUR MILES NORTHEAST of Weavers Way's new Ambler store, the nonprofit Pennypack Farm has a mission to help people understand and appreciate the importance of local, sustainable agriculture and to promote healthful food, sustainable agriculture and a strong community.

In addition to running a robust multi-season Community Supported Agriculture program, Pennypack Farm sponsors events, such as a three-film series on sustainability this spring at the Ambler Theater, and May 7 and Aug. 6 walks with "Wildman" Steve Brill, who teaches foraging techniques. Shares of the summer CSA are sold out. In addition to picking up thier produce at the farm, members connect with the land where their food is grown by doing four hours of "share duty" per member family, which also helps keep the CSA price down.

Making local organic food available to all is part of Pennypack Farm's vision.

Despite Montgomery County's reputation for affluence, there is still food insecurity in the county, driven in part by the high cost of housing, utilities and health care.

As a nonprofit organization, the farm donates thousands of pounds of fresh produce each year to area food cupboards, including the Jenkintown United Methodist Church Food Cupboard, the Mattie



Pennypack Farm photos

CSA members do their "share duty" in the fields at Pennypack Farm.

Dixon Community Cupboard in Ambler, and Manna on Main Street in Lansdale. In 2016, Pennypack Farm food donations totaled 5,300 pounds. In the hope of increasing that in 2017, a team of farm supporters walked to raise money in Thomas' Walk Against Hunger on April 8.

Pennypack Farm's work to make local sustainable agriculture an integral part of the community was launched with the support of various community groups. College Settlement, which offers a sum-

mer camp and other outdoor programs for youth, was looking to dedicate 27 acres of its vast tract of land to farming just when a small group of committed citizens were exploring the possibility of creating a local, organic farm within the upper Wissahickon watershed. The Natural Lands Trust connected the two groups in 2001, and by 2003 they opened Pennypack Farm on the southwest corner of College Settlement's property.

College Settlement's website notes,

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"Since the farm has been on site, we have seen the return of bluebirds, as well as a great increase in the variety of songbirds at the environmental center birdfeeders." There is a less visible transformation happening beneath the soil, which had been depleted from 15 years of conventional corn production. Since leasing the land, Pennypack Farm has been adding rich organic matter to improve the quality of both the soil and the food they grow. They also enrich the lives of campers attending College Settlement, who visit the farm to learn how food is grown as part of the two organizations' collaborative educational programming.

Executive Director Julie McCabe encourages people to get involved. "The success of our farm was founded on ordinary people coming together and investing their time and energy back into the community. We welcome you to get involved with Pennypack Farm!"

You can support them by dining at Harvest Seasonal Grill in North Wales on May 22, and saving the date for Pennypack's annual Localicious dinner on Sept. 15. For more info, visit www.pennypackfarm.org.

Eileen Flanagan is a Weavers Way working member.

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Letter from Chris & Jon

(Continued from Page 1)

foods department, so there's no commercial kitchen. To ensure adequate space for back stock, we're constructing a mezzanine level for offices and community space.

We also want to make improvements outside. While the building is part of a walkable community, little attempt was made to integrate it into the rest of town. The no-frills exterior is unwelcoming. (It's pretty ugly, too.) So we're spending money to punch out some windows and add exterior design features that will make the building more a part of the fabric of Ambler.

As we write, construction has not yet begun, but we're close. So by the time you read this, our hope is that construction is under way. Our contractors tell us this is a four-month job. That means we've got a shot at opening before Labor Day.

Between now and then, there's much to do!

Above all else is member recruitment. Last month, we formally partnered with the Ambler Food Co-op. Members of the AFC are now officially members of Weavers Way, pushing our total membership close to 7,000 households. Of those, about 600 are in and around Ambler, a fantastic start. Before the store opens, we expect to sign up many more.

"Membership" is a word that's been co-opted (and distorted) by the likes of Costco and Sam's Club (which is why many co-ops have now dropped "members" in favor of "owners"). In a community where many are

Thank you for your continued dedication to our co-op.

Sincerely,
Chris Hill,
Chris Hill
 President,
 Board of Directors

unfamiliar with the cooperative model, we have some evangelizing to do. For this we are relying primarily on our existing base of members who live in and around Ambler.

While Opening Day is still a few months away, we've begun hiring for the Ambler store. Kathryn Worley, who since November has been on assignment as the interim general manager at Creekside Co-op in Elkins Park, has been appointed Ambler store manager. She's winding down the assignment at Creekside and will be focused entirely on Ambler by June 1.

The other Ambler store positions will be filled during the summer. It is our intention to have a core group of veteran staffers transfer from Mt. Airy and Chestnut Hill. We also intend to hire many folks from the Ambler community. (Having a group of staff within walking distance is indispensable, especially when it snows!)

As in Mt. Airy and Chestnut Hill, we'll work to recruit a diverse staff, with a particular emphasis on groups who often struggle to find meaningful employment: ex-offenders, formerly homeless, refugees and asylum-seekers, people with intellectual disabilities.

Weavers Way Ambler is a great leap forward for the cooperative economy in our region. All of us — members, employees, vendors and the communities we serve — stand to benefit from our growth.

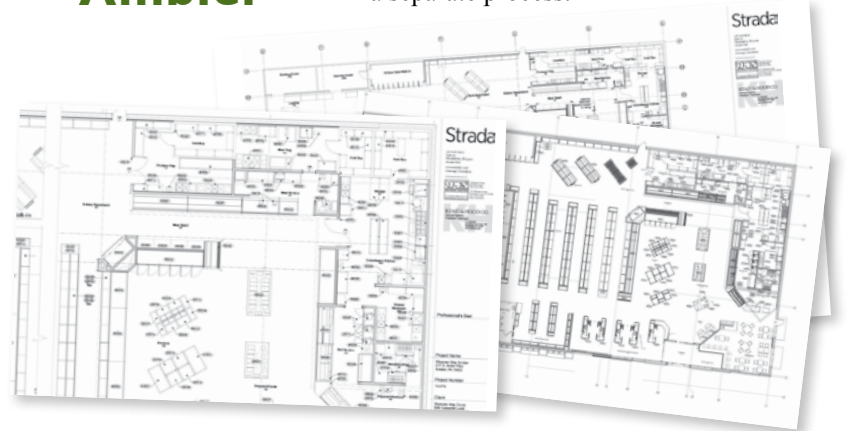
We'll report back on our progress during the summer as we get closer to opening. By then, we'll have a much better idea of our exact opening date and we'll be able to give details on a Grand Opening celebration.

Jon Roesser,
Jon Roesser
 General Manager



Ambler Update

We have a lease! Aldi Corp., which owns the building, has signed. We're well along on the lease extensions with the owners of the land the building sits on, which, yes, is a separate process.



We have a builder! W.S. Cumby won the work to be our new general contractor, submitting the low bid among four very-well-qualified contenders. Cumby, based in Delaware County, has plenty of experience in working on projects where sustainability is a priority. Here's their website: www.cumby.com. Cumby came recommended by our designers at Strada LLC, who probably haven't gotten enough attention in these reports. Here's *their* website: www.stradallc.com.

Our lenders love us! Financing has been secured from PNC Bank and the Reinvestment Fund — not forgetting our devoted member loan participants, of course.

Ambler Food Co-op members are now officially Weavers Way members! And are being annoyed — OK, maybe not annoyed — by the same deluge of emails as the rest of us.

We have a store manager! Kathryn Worley, who many of you remember as the Appalachian-inflected grocery manager and woman-of-all-trades at the Mt. Airy store, will be in charge in Ambler. Wondering where she's been? For the last few months, Creekside Co-op in Elkins Park was "borrowing" Kathryn as interim general manager. She'll be back sometime this month. Be sure to say hey.



We have high hopes! Cumby says the building renovation is a four-month job. If they get started at the beginning of May, as planned, well, you do the math — we could be open before Labor Day. Stay tuned.

— Mary Sweeten

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Suggestions

Weavers Way Purchasing Manager Norman Weiss has the month off. His column will return when he feels better.

MEMBER FORUM

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Community Room
555 Carpenter Lane

Got questions, concerns or ideas about your soon-to-be-three-store, cooperatively owned business? Bring them to an open forum with General Manager Jon Roesser, staff and Board members and other member-owners.

For info and to RSVP:
www.weaversway.coop/
May-18-Forum.



WEAVERS WAY ENDS

Weavers Way Cooperative Association exists to provide commercial and community services for the greater good of its members and community, to champion the cooperative model and to strengthen the local economy.

AS A RESULT OF ALL WE DO:

END 1 There will be a thriving and sustainable local economy providing meaningful jobs, goods and services to our members and the community.

END 2 Our community will have access to high quality, reasonably priced food, with an emphasis on local, minimally processed and ethically produced goods.

END 3 There will be active collaborative relationships with a wide variety of organizations in the community to achieve common goals.

END 4 Members and shoppers will be informed about cooperative principles and values; relevant environmental, food and consumer issues; and the Co-op's long-term vision.

END 5 Members and shoppers will actively participate in the life of the Co-op and community.

END 6 The local environment will be protected and restored.

END 7 Weavers Way will have a welcoming culture that values diversity, inclusiveness, and respect.



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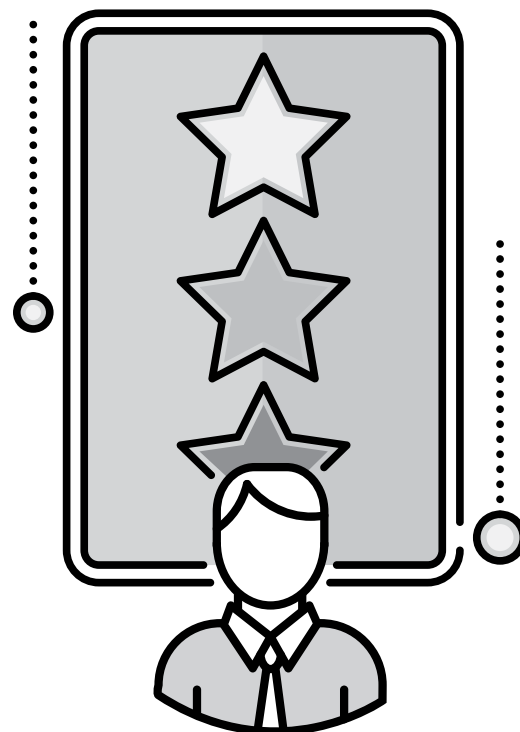
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Shaline Webb photo

Shaline Webb's son Grant is a foodie, too.

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Fresh Food Within Everyone's Reach

Food For All

(Continued from Page 1)

something different and have a say in it with my community, then I'm making a better life for my kids and neighbors."

Last year, Webb experienced some unexpected life transitions, including a divorce, which significantly impacted her ability to pay her family's bills, let alone buy groceries. She also worried about her father, who was diagnosed with diabetes after years of poor eating and lack of exercise. As she searched for a higher paying job, she worried about how she could continue to provide nutritious meals for her family amid temporary budget limitations.

Checking out at Weavers Way one day, she learned about Food For All, the Co-op's discount program for member-owners who receive government assistance. Both new and existing Weavers Way members qualify for Food For All if they currently receive benefits from SNAP (Supplemental Nutrition Assistance Program, formerly food stamps), Medicaid, TANF (Temporary Assistance for Needy Families) or WIC (Special Supplemental Nutrition Program for Women, Infants, and Children).

Food for All participants are eligible for a reduced minimum equity payment (\$5 per year instead of the standard \$30) and a 10 percent discount on nearly every product in the store. (Working FFA members get 15-percent.)

Food For All is a huge help for Webb and her family right now: "The extra discount makes it easier and more affordable for me to buy locally grown and other healthy whole foods," Webb says.

Webb also recently joined the Weavers Way Food Justice Committee, whose members gather on the first Wednesday of every month to examine how food insecurity directly affects our neighborhood and to work on ways to promote equal access to whole, healthful, natural foods.

She's excited to join these fellow "foodies" in their ongoing conversation about access to high-quality food. "I want to be part of the local effort to bring about change and awareness on the issue within the community at large," Webb says. "Good food shouldn't just be for the affluent; it should be accessible to everyone, everywhere."

Brittany Barbato is a member of the Food Justice Committee. The committee meets the first Wednesday at 6 p.m. in the Community Room, 555 Carpenter Lane.

Email: foodjustice@weaversway.coop.

Spring GMM

(Continued from Page 1)

in the same period the previous fiscal year. "That's growth — it's not rapid growth, but it is growth and that's an important distinction between us and most others that are in our industry."

And Mt. Airy sales are up 4.81 percent. "Putting up growth like that would make our little Mt. Airy store the darling of Wall Street if we were for sale," he said.

Two other numbers were less positive, but with explanations:

- Chestnut Hill sales were down 0.49 percent from the same period last year, which was largely before the opening of "our competitor down Germantown Avenue." But since Jan. 1, Chestnut Hill sales are up 2.5 percent, in this case over a prior year that does factor in the impact of the Fresh Market. "That's a pretty OK number," Roesser concluded. "We can feel good about that."

- "In terms of net income, this is a scary number: We lost \$107,000 compared to last year, where we made \$277,000," he said. "But we know why: expenses related to expansion," including architect and consulting fees and staff time that amounted to \$178,000. Adjusting for that, net income was \$70,700.

Moving on to Ambler, Roesser said general contractor W.S. Cumby is "ready to roll — we're just waiting for permits." Financing is secured, including a \$1.7 million line of credit for equipment from PNC Bank and \$600,000 from refinancing our Reinvestment Fund loan on the Chestnut Hill store.

Getting outside lenders on board was enabled, Roesser emphasized, by "the amazing \$1.5 million from our Member Loan Campaign, which sent a very powerful message to the institutional lenders we're working with that this is an organization that has an incredibly dedicated membership."

msweeten@weaversway.coop

FOOD CO-OPS do a lot MORE than sell GREAT FOOD.

With a focus on supporting local producers, food co-ops reinvest your money in the local community, making the Philadelphia area a better place to live. Support one of your local co-ops listed below by shopping or becoming a member-owner.




NORTHWEST PHILADELPHIA
Weavers Way Co-op
www.weaversway.coop
Mt Airy
559 Carpenter Lane
Chestnut Hill
8424 Germantown Ave.
COMING SOON!
Ambler
217 E. Butler Ave.



WEST PHILADELPHIA
Mariposa Co-op
www.mariposa.coop
4824 Baltimore Ave.



SOUTH PHILADELPHIA
COMING SOON!
South Philly Food Co-op
www.southphillyfoodcoop.org
2031 S. Juniper St.



KENSINGTON, PHILADELPHIA
COMING SOON!
Kensington Community Food Co-op
www.kcfc.coop
2666-2672 Coral St.



NEWARK, DE
Newark Natural Foods
www.newarknaturalfoods.com
230 E. Main St.



ELKINS PARK
Creekside Co-op
www.creekside.coop
7909 High School Road



DOYLESTOWN
Doylestown Food Market
www.doylestown.coop
29 W. State St.



Philadelphia Area Cooperative Alliance

Philadelphia Area Cooperative Alliance
www.philadelphia.coop

SPRING GENERAL MEMBERSHIP MEETING



Is Fair Trade Worth It? He Thinks So

by Mary Sweeten, Editor, Weavers Way Shuttle

IN STUDYING CONSUMER BEHAVIOR, SOCIOLOGIST Keith Brown has encountered all the arguments that fair trade campaigns and “ethical shopping” don’t really cut it.

Economists say fair trade distorts prices. Psychologists say it just lets buyers let themselves off the hook. Activists say personal shopping is no substitute for collective action.

For individuals, fair trade can be expensive — and guilt-inducing. Is there really any point to buying \$1.29 oranges if you end up getting your kids’ T-shirts at Walmart so you can afford them? Then there’s the whole problem of sounding preachy.

Don’t worry, keep shopping, says Brown, an associate professor at St. Joseph’s University, author of “Buying into Fair Trade: Culture, Morality and Consumption” (2013) and Weavers Way Working Member.



Keith Brown

“Is fair trade worth it? I can say without a doubt it’s meaningful, without a doubt it’s important. It will never change the relationship between rich and poor countries. It’s not a radical solution to global poverty by any means, but it is reformist and it is making change and we are seeing tens of millions of dollars going back to producers.”

In his work on consumer culture — “I’m interested in what drives people to become ethical consumers, what drives you to create change through shopping” — Brown interviewed coffee and handicraft consumers in Philadelphia and nationally. “One of the first things I found was the same narrative over and over from diehard fair traders: ‘I went to a developing country and I had meals with people, I spent time on farms.’ And this experience was very powerful.”

Market research puts these deeply committed folks at 4-15 percent of those who identify as ethical shoppers. For the rest of us, it’s more complicated. Not just because of cost, but also because of all the fair trade-certifying organizations that have popped up over the last 20 years. “It’s led to a lot of confusion and problems,” Brown admitted. “But its also inspiring and great, if you look at fair trade as more of a social movement.”

As for the academic critiques, he’s not impressed by economists’ argument that fair trade creates artificially high prices that, say, encourage coffee farmers to plant too much coffee. “This doesn’t hold water in practice, because only 20 percent of the coffee produced under fair trade conditions is actually sold at fair trade prices,” he said. “Second, farmers aren’t stupid. They understand that if they grow only one thing it subjects them to price fluctuation risks. They don’t need westerners to tell them that.” But fair trade organizations can and do help them access global markets.

The psychological argument, that people who stock up on fair trade cocoa then feel OK about buying sweatshop sneaks, does play out in experimental studies. “But in the real world, we see consumers are aware of this. They joke about it: ‘I do this so I can do that, but at least I’m trying.’ They view it as part of a process.”

As to whether individual consuming makes a difference, he pointed to the recent unpleasantness at United Airlines, as well as the existence of organizations like Weavers Way. “Political scientists talk about the push and pull of markets,” he said. “Shopping is a social process. We create communities around brands, around products, and the sense of ‘we-ness’ that develops when they push and we push back does produce collective results.”

msweeten@weaversway.coop



Above, Membership Manager Kirsten Bernal gets an assist (and only a little side-eye) at the sign-in table from daughter Reina.

At left, GM Jon Roesser talks numbers.

Below, the Leadership Committee, with tech wizard Marko Nastic, left, takes a group photo before the final tally. Standing, from left, Joan Patton, Laura Morris Siena; seated, Larry Daniels, Sylvia Gentry.



Far left, the spread; at left, the toll for those who forgot their own dishes.

Below, Kentu is always making new friends.



MEMBERSHIP
CORNER

Stop, Shop & Sign Up A New Member Today!

by Kirsten Bernal, Weavers
Way Membership Manager

ON APRIL 7, WEAVERS WAY reached an important milestone. That was the day we officially merged with the Ambler Food Co-op, paving the way to opening our third store, and added some 600 members to our rolls. As I write this, Weavers Way has 6,954 member households! It was less than a year ago that we celebrated becoming “6,000 Strong.” Before the end of this month, we expect to be “7,000 Stronger.”

Beyond the numbers, there is an inspiring story to tell. Merging with Ambler Food Co-op is the epitome of cooperation. At the very core of any cooperative is the group of people who organize themselves to address a mutual need. Often that need arises from one that has gone unmet. Just imagine it. One Ambler member said to me, “If you want an apple or a piece of cheese, you have to go outside of Ambler to get it.” We’ve also heard about the many citizens of Ambler who have limited transportation options and end up buying their food at the CVS. The Ambler Food Co-op sought to rectify this, and they did it on their own terms.

Our members in Ambler have worked diligently for many years to grow a co-op in their community. Joining forces feels like a beautiful meeting of the minds. We are speaking the same language. We are doing it for ourselves and for each other. Ambler needed a grocery store and wanted that grocery store to be a co-op. Ambler knew that a co-op exists to serve the needs of its members. Am-

bler also knew that, rather than extract resources and run, a co-op would breathe life into the community.

Enter Weavers Way, a thriving, established co-op. We were able to bring the final piece of the puzzle — the bricks and mortar. We came together as two communities with a shared purpose, to sustain cooperative principles and grow the cooperative economy, and to get some good food while we’re at it.

There is a reason for Weavers Way’s strength: the commitment and support of our members. There is also a reason Ambler Food Co-op has finally brought a co-op to their community — the commitment and support of their members!

Our work is not done, however. We all have roles to play. Ask yourself, today, what you can do to ensure the continued success of the Co-op. Member participation is essential to the life of Weavers Way. Number one, shop the Co-op! Number two, spread the word — tell your friends, tell your neighbors. If you live in Ambler, host a house party. (Contact me if this is something you’re interested in doing.) Number three, get to work! Working members commit to six hours of work per adult, per household, per year. One astute member asserted that he could watch Netflix for that many hours in a week. So, he conjectured, he could certainly find six hours to contribute to the Co-op in a year.

There are so many ways to participate. Contact me if you need help getting started and, together, we’ll keep a good thing going!

kirsten@weaversway.coop



Watch for This Dude (& Others Like Him)

The Ambler Advisory Committee is a dozen or so volunteers from the former Ambler Food Co-op. We are very excited to be a part of Weavers Way and to have a grocery store in Ambler. We don’t want just any store, we want a store that is a part of our community, bringing people together and improving the nutrition of the whole town.

The Ambler store will open in a few months. To prepare, we are cooperating at the Mt. Airy and Chestnut Hill stores in order to learn how Weavers Way does everything. We don’t want to copy the existing stores; we do want to translate the Weavers Way approach to resonate with our community. When the Ambler store opens, we intend to have dozens of trained volunteers available to show new shoppers around. We want the whole Ambler community to feel like this is their store, comfortable and familiar.

I have worked in the Mt. Airy deli and in bulk foods. It was a lot of fun and I got to meet staff and customers who are nice and also very interesting people. I was even called on to handle a turmeric emergency. The bin was empty and a shopper needed turmeric. So I did the superhero move and filled the bin with turmeric from a foil bag — my first grocery emergency! I hope they are all that easy.

We’ll be wearing our Ambler Food Co-op T-shirts when we work our shifts at Mt. Airy and Chestnut Hill. Please stop and say hi.

— Ralph Levy, Ambler Advisory Committee & Turmeric Whisperer

WEAVERS WAY WORKSHOPS



Weavers Way Workshops provide opportunities to learn and share knowledge on a wide range of topics. Popular themes include civic life, urbanism, health, the environment and, of course, food! Weavers Way Workshops are usually free and always open to the public.

WHO WHAT WHERE

Workshops are held in Mt. Airy in the **Community Room, 555 Carpenter Lane**, and **The Garage, 542 Carpenter Lane**; in Chestnut Hill at the **Healing Arts Studio, 15 W. Highland Ave., 2nd floor**; on our farms; at our Ambler office at **131 E. Butler Ave.**, and other locations as noted.

Register online at **Eventbrite** or via the Events Calendar, www.weaversway.coop/events/workshops

Need more info? Contact **Programs Coordinator Stephanie Bruneau** at sbruneau@weaversway.coop or 215-843-2350, ext. 118.

GIVE A WORKSHOP YOURSELF!

Anyone can propose a topic and members who lead workshops get three hours of work credit. It’s a great way to earn (or maintain) Working Member status.

COMING UP

Moxie Tuesday: Beans and Other Plant Based Proteins

Tuesday, May 9, 7-8:30 p.m., The Garage

For years, it was assumed that the only way to build muscle was to consume meat. But now the focus has shifted from the type of protein to the quality. Multiple studies have shown that a diet high in plant-based foods is associated with a decreased risk of chronic diseases, while a plant-based diet is also cheaper and better for the environment! In this workshop, we’ll discuss the nutritional benefits plant-based proteins from beans, lentils, chia and hemp seeds, quinoa, and more, and include recipes and suggestions for incorporating them into your diet.

Film Screening: ‘Inhabit’ at the Ambler Theater

Thursday, May 11, 7:30-9:30 p.m.

“Inhabit” (2015) offers a fascinating perspective on how we might best respond to the environmental crises facing us today by using nature’s own patterns as a model. Join the Weavers Way Environment Committee, along with special guest Scott Quitel of the LandHealth Institute (www.landhealthinstitute.org) for this screening and discussion. Weavers Way members get a discount; visit amblertheater.org/films/inhabit for info and tickets.

Homesteading Workshop: DIY Herbal Infusions

Wednesday, May 24, 7-8:30 p.m., The Garage

Herbalist, gardener and teacher Geraldine Lavin will discuss how to extract the medicinal qualities of plants, when each is appropriate to use and when to combine them. Participants will leave with their own infusion and a booklet about herbal infusions. \$15 suggested donation.

Sustainability Workshop: Want Pollinators? Plant Trees!

Thursday, May 25, 7-8:30 p.m., The Garage

When people think about the best plants for pollinators, native flower flowers come to mind. But did you know that trees are even more critical for bees and often support a greater diversity of butterflies and moths than herbaceous plants? This workshop will introduce you to trees for bees, along with Philadelphia’s part in the campaign to “Plant One Million” new trees.

Wellness Workshop: Diabetes & Dementia

Thursday, June 1, 7-8:30 p.m., Healing Arts Studio

The incidence of diabetes and dementia are rising steadily in the United States, and to stem the tide, the U.S. Centers for Disease Control recommends “lifestyle medicine.” Join Margaret Kinnevy, RN, LAc, Dipl. Ac, to learn to assess your personal risk factors for Type 2 diabetes and the dementias associated with it, and how to reduce or eliminate them.

More info: www.weaversway.coop/events/workshops
sbruneau@weaversway.coop/215-843-2350, ext. 118

FARM STAFF CELEBRITY SPOTLIGHT

Meet Weavers Way Farms' seasonal farmers for 2017



Anna Danusiar

What is your background in farming? My passion for growing food has been slowly cultivated by suburban family gardens and my more advanced grandparents' gardens. I'm looking for the first true season to break me in! I worked at Food Moxie last season, which involved some field projects, and interned with them the season before that.

What is your connection to Philly? Gram and Grampop have lived here for my lifetime and more, so we always road-tripped this way to see family. That family includes cousins, aunts, and uncles, too. Over time, I fell for

Philly and came to study at Eastern University.

What turned you on to farming? A combination of my love of cooking good food and my desire to leave the soil of our communities better than we found it — these were the main attractions to farming for me. The flavors and environmental complexities have just continued to motivate me on this journey!

What are you most excited about for this season? Being a part of a team as amazing as Nina, Emma, Brendan and Hannah — just soaking in their experiences and stories.

What do you want the Co-op membership to know about you and/or the farms? You might see my dog Penny sometimes, if you're out at the farms! She loves chewing sticks, jumping, running and making new friends. Her current favorite accessory is her gray bow on her collar, and her favorite toy is her Fox.



Hannah Holby

What is your background in farming? I grew up in South Jersey on an old family farm. I think this began a romanticized idea of farming. I spent my childhood building forts in the hay barn and getting lost in the corn fields. This love of country life led me to Earlham College which had a student run farm and a campus in rural Indiana. I ended up majoring in art with a focus in painting.

What is your connection to Philly? After graduating I moved to Philadelphia with a group of friends and began cobbling together jobs in education and art. Over the last 10 years I have left Philadelphia to work on films, farms, and Quaker summer camps. But I have always come back to the city in between.

Most recently I worked for the Free Library helping to run maker spaces in North Philadelphia's libraries. I loved the work but I had long hours in windowless rooms. After a couple of years I began dreaming of working outdoors again. I left Philly (one last time?) to work for friends who had started their own farm in Vermont. I loved the work and realized I wanted to continue to find ways of working in agriculture. After the season ended I returned to Philadelphia to live with my brother, sister-in-law and brand new baby niece. Working for Weavers Way Farm was a perfect way to continue my education as a new farmer and be close to family.

What are you most excited about for this season? Farm work can be tough but for me it combines creativity, physical labor, and community in a way that feels nourishing and sustainable. I can't wait to get to know the Weavers Way community better and be a part of the urban farming landscape of Philadelphia.



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! June's meeting is scheduled for Tuesday, June 6, at The Garage, 542 Carpenter Lane, Mt. Airy.

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.

2016-2017 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.

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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

COMING SOON! Weavers Way Ambler

HOW TO REACH US

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

Weavers Way Welcome Meetings

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

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

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

RSVP to:

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

NEXT MEETING: Wednesday, May 10 in the Community Room, 555 Carpenter Lane (adjacent to the Mt. Airy store)

Read the Shuttle online.



www.weaversway.coop/shuttle-online

Advertise in the Shuttle
advertising@weaversway.coop

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