

SPRING GENERAL MEMBERSHIP MEETING 2018

SUNDAY, APRIL 29 5:30-8 PM

GREET, EAT & DO CO-OP BUSINESS
SUMMIT CHURCH
6757 GREENE ST., MT. AIRY

WHERE IT ALL BEGAN A ZERO WASTE EVENT

FOR MORE INFO AND TO RSVP:
www.weaversway.coop/Spring-2018-GMM
or call 215-843-2350, ext. 118

GREET & EAT: 5:30-6 p.m.
Buffet dinner from Weavers Way's kitchen

VOTE: Weavers Way Board election ballots
accepted until 6 p.m.

DO BUSINESS: 6-7 p.m.
• President's welcome
• General Manager's report
• Member Q&A
• Reports from the farm and Food Moxie

BOARD ELECTION RESULTS: 7-7:15 p.m.

CAKE & CONVERSATION: 7:15-8 p.m.



The Shuttle

APRIL 2018 Since 1973 | The Newsletter of Weavers Way Co-op Vol. 46 | No. 5

★ Election for Weavers Way Co-op BOARD OF DIRECTORS ★

VOTE

as if your Co-op depended on it.

EACH SPRING, THE MEMBERS OF WEAVERS WAY Co-op vote for Board members. Weavers Way belongs to its members, and each household's vote is important to assure that our Co-op is led by those who represent the interests of the members.

This year, seven of your fellow members are running for five openings on the Board. To learn about the candidates, turn to Pages 2-3 of this issue of the Shuttle, or visit the elections page on the Weavers Way website: www.weaversway.coop/VOTE-2018. You'll find the candidates' photos and written answers to five questions about their leadership ideas; the online version also includes video interviews, with each candidate answering five additional questions.

Did you know that for a Weavers Way Board election to be valid, 10 percent of member households must cast a vote? So each year, as our membership grows, we need more members to vote. Now that we have three stores and a membership approaching 10,000, we need 1,000 members to vote this month!

You can vote online or by paper ballot. To vote online, log in to the Weavers Way Member Center, members.weaversway.coop. Don't know your login? We'll be sending each member an email containing a private, custom link that goes directly to the online ballot, no login needed. Once someone votes from

your household, you will not be prompted again. (Remember, one vote per household.)

You can also vote by dropping an official paper ballot — available at the register or on Page 3 of this Shuttle — in the voting boxes at any of our three main stores. In-store ballots must be cast by noon Sunday, April 29.

You may also mail your ballot to the Leadership Committee, Weavers Way Co-op, 559 Carpenter Lane, Philadelphia, PA 19119. Mail-in ballots must be received by Saturday, April 28.

Paper ballots will also be accepted at the Spring 2018 General Membership Meeting, Sunday, April 29, until 6 p.m. Online voting will be cut off at that time as well. We'll tally and announce the results at the GMM.

We encourage you to vote early. We want to make sure we are on track for having enough votes for a valid election.

Now, more than ever, we know the importance of voting. Please exercise your right to vote!

Weavers Way Leadership Committee
Lisa Hogan, Chair
Sylvia Gentry **David Woo**
Chris Hill **Susan Zipin**

EARTH DAY 2018

eco tip

Be a Force of Nature

Having a designated Earth Day every year certainly helps us focus on environmental issues. But we truly need to keep the Earth and our environment in our minds — and included in our actions — every day of the year. This is particularly important at the present time, with global warming gathering speed, and with our present leadership (or non-leadership) in Washington. With, for example, a man like Scott Pruitt in charge of the EPA (he recently acknowledged that climate change is happening, but said it might be good for us), activism is paramount. So, along with trying to live more sustainable lives — through recycling, composting and reducing the use of plastics and single-use containers; planting gardens with food crops and also natives that support butterflies, bees and birds; and cutting back personal energy use — consider making it a habit to contact your elected representatives to express concern over issues that threaten the environment, such as the construction of gas and oil pipelines; fracking; the opening up of our coastlines and public lands to drilling and mining; and the rollback of sensible, effective environmental regulations. Take to task the politicians who are in the pockets of the polluters, but thank those who stand up for clean air and water and against the tide of anti-environmental actions coming from Washington. And if you're in a position to, consider running for office yourself!

— *Marsha Low, Weavers Way Environment Committee*

EARTH DAY 2018

Inside:

The Shapes of Water:	Pages 12-13
Celebrate the Only Planet We Have:	Page 14
Bulking Up Is Good to Do:	Page 15
Cultivate Sustainability:	Pages 16-17
Environmental Film Fest Returns	Page 19

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



Candidates were asked to provide written answers to the following five questions. Responses were limited to 250 words.

1. Why are cooperatives in general and Weavers Way in particular important to you?
2. How will your experience, skills, and unique perspectives strengthen the Co-op Board?
3. What do you perceive to be the long- and short-term challenges facing Weavers Way and how would you address them?
4. What volunteer experiences have you had with other cooperatives or organizations?
5. How can Board members better represent the opinions of the membership?



Olga Corrias Hancock

1. My father was a shepherd in Italy. The only reason he was able to sustain our family and do what he loved most was because he became a vendor to a local dairy co-op. The powerful impact that this co-op had on many family-owned businesses is still deeply impressed in my memory. When I shop at Weavers Way, I feel that I support people who, like my father, do what they're passionate about and focus on delivering the best products possible to consumers.

2. I am a member of Coop Adriatica, the largest Italian consumer co-op. I grew up in a poor agricultural society; I know what it means for a family to balance a budget while eating healthy, locally grown food. I have a degree in Statistics and an MBA, am a past-member of the Society of Manufacturing Engineering Chicago Board and have worked professionally with many development boards.

3. Short-term, Weavers Way must meet traffic goals in Ambler and transform new members into frequent customers. Long-term, Weavers Way must innovate to succeed in an increasingly competitive landscape.

4. I've volunteered for SME, the Night Ministry, Andersonville Farmers' Market and the International Employee Group at Princeton, and I was co-founder of the Princeton University Women Employee Group.

5. As a Board, we must learn about the diverse voices and interests of our membership. Surveys can help get ideas in front of members while focus groups can help gain deeper understanding on specific issues.

1. Cooperatives fill an important void in our community. They provide a vehicle where community members come together for a common cause; work together, grow together, plan together, share common values, ultimately contributing to a better and more collaborative community.

2. As an incumbent Board member, I bring important insight to our current Weavers Way operation and how our present Board supports the business to achieve success. Opening the Ambler store is our most recent example. I am also very active in the local community as a businessman with Edward Jones Investments.

3. Short-term, we need our Ambler store to continue to grow and meet our sales estimates. Long-term, we are in a very



Larry Daniels

competitive environment with other grocers. More than ever, we need to rally our members and continue to grow membership. Our cooperation and support of the Co-op is our competitive advantage.

4. I am a board member and immediate past president of East Mt. Airy Neighbors, a member of the Mt. Airy Day Committee, a member of the EMAN Community Grants Committee, a member of the Chestnut Hill Rotary and a trustee of Enon Tabernacle Baptist Church.

5. It is important that Board members be engaged in the community because many of the people you encounter are Co-op members. I find that members feel more comfortable sharing outside of formal meetings. Organized Co-op events provide an important venue to share. But there is no substitute for community grassroots involvement.



Toni Jelinek

1. I see cooperatives as "connections" — a simple, direct way for the people who do the real work to connect to each other and to the people who buy their goods and services. When I shop at Weavers Way, I feel that connection, knowing that I'm helping real people and the community thrive.

2. Like many board members, I have a business background. Since the Co-op is a business, good business guidance from the Board is important. I've served on nonprofit

boards for many years, and I know how tight budgets are and how necessary it is to have directors who are committed to the success of the organization. I'm really good at both the money and the people aspects of board work.

3. Growth isn't always easy! Short-term, at the new store in Ambler, we need to increase the number of shoppers and members. Long-term, in all of our markets, we face stiff competition from the big chains. I would help the Board continue to be mission-driven, relevant to our communities and provide good value to members and casual shoppers alike.

4. I've served on at least eight different nonprofit boards. I've been a board president, treasurer and secretary. My most relevant experience is with Prairie Oaks Institute in Minnesota, a 20-acre farm dedicated to education and community-building around sustainable agriculture.

5. Connect! Listen! Communicate!



Meg Gruwell

1. Cooperatives provide a way for a community to work together to meet its needs. I am grateful for Weavers Way becoming a part of the Ambler neighborhood. After seeing Ambler lose several grocery stores, I am committed to helping Weavers Way succeed. Besides providing healthy food, I envision the Co-op being a catalyst for positive change in the community.

2. I was part of the successful effort to bring the Co-op to Ambler, serving on the Ambler Food Co-op's Events & Volunteers Committee for four years, volunteering on the Ambler Advisory Committee during the transition and participating on the Weavers Way Board as a non-voting Ambler representative this past year. Being celiac, lactose-intolerant and allergic to several nuts and fruits, I understand the challenges many members face. I'm a good listener and able to find commonality when opinions differ.

3. Challenges include stiff competition and low profit margins. Solutions include find ways to bring in new customers and recruit new members; encourage members to be involved in the Co-op.

4. Volunteered with Puget Consumers Co-op. My kids attended, and I volunteered with, a cooperative preschool. Also volunteered for Habitat for Humanity, Interfaith Housing Alliance and my children's schools.

5. Vote! Elect people who represent you! Encourage feedback, such as the store "Snapshots" and Shuttle letters to the editor to make it easy for members to share concerns with staff and Board members. Shop at the Co-op, listen to what people are saying and seek out members' opinions.

2018 OFFICIAL BALLOT

Election for Weavers Way Co-op Board of Directors



Voting takes place Sunday, April 1, to Sunday, April 29, 2018.

Paper ballots will be accepted until 6 p.m. April 29 at the Spring General Membership Meeting Summit Church, 6757 Greene St., Philadelphia, PA

TO VOTE ONLINE: See the instructions in 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.

TO VOTE BY MAIL: Ballots will be accepted by mail if received by Saturday, April 28, 2018, 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 Ambler store, 217 E. Butler Ave., the Chestnut Hill store, 8424 Germantown Ave., or the Mt. Airy store, 559 Carpenter Lane, by noon Sunday, April 29, 2018.

TO VOTE AT THE GENERAL MEMBERSHIP MEETING: Place ballots in the box provided at the meeting no later than 6 p.m. April 29, 2018.

AT-LARGE DIRECTORS

Vote for no more than five. The top four vote-getters will serve three-year terms. The fifth-highest vote-getter will serve a one-year term. In the event of a tie, a runoff will be held at the General Membership Meeting Sunday, April 29, 2018.

Please note: One ballot per member household. Once a ballot has been cast, it cannot be changed.

- Olga Corrias Hancock
- Meg Gruwell
- William Ross
- Larry Daniels
- Toni Jelinek
- Esther Wyss-Flamm
- Meredith MacVittie

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

The following is mandatory for your vote to be counted:

Date _____ Member # _____
 Print name _____
 Signature _____

1. Community investment and involvement is my primary motivator in being part of Weavers Way, as well as local economic development and environmental benefits.

2. I have been involved in the Ambler Food Co-op, as well as the expansion of Weavers Way — on the front lines, from the bottom up! I have also served as a representative to the Weavers Way Board from the Ambler Advisory Committee, attending all Board meetings, which has given me experience and insight into how the Board functions.

3. The financial health of the Co-op is currently of primary importance. Ultimately, the Ambler expansion will help the financial health of the Co-op, although rebuilding cash on hand is our goal. I also think our competition is changing, taking a more streamlined, top-down approach and edging



Meredith MacVittie

out local vendors. We have an opportunity to reassert our commitment to a local economy. Continuing to work at the offerings at the Ambler store and creating a stronger bond to the community is also something I believe we will continue to explore.

4. Ambler Food Co-op: Communications committee and events; Weavers Way: Ambler Advisory Committee secretary, AAC representative to the Board; Boehm's United Church of

Christ, Blue Bell, PA: Deacon

5. I believe there should be more information given to members vis-à-vis the role of the Board in representing the membership. I support collection points in each store where members can submit anonymous comments or concerns if they chose, in addition to open email communication and face-to-face events.

1. Cooperatives strengthen communities, neighborhoods and local economies. They help weave the fabric of engaged democracy. Weavers Way has supported, inspired and fed us as a family (including our dog) for over a decade, and plays a central role in our daily lives.

2. I will help strengthen the Co-op Board with my skills (leadership training, strategic planning, group process management, mindfulness) and insights from years of (1) promoting community action (Peace Corps in West Africa, environmental and social-justice activism). (2) teaching and training in nonprofit organization development (my academic training and profession). (3) owning my own business as a mindfulness instructor.



Esther Wyss-Flamm

3. Consolidating Ambler expansion (by refining and adding to strategies already in place); member recruitment and engagement (by building on what makes the Co-op attractive to the demographic, social and economic diversity in our neighborhoods); ensuring the Co-op contributes to a healthy and sustainable planet (by reinforcing member understanding and focus on these issues).

4. I currently serve on and was formerly co-chair of the Weavers Way Health & Wellness Committee. I am a board member of the School Mindfulness Project for Philadelphia public schools. I formerly chaired the UC Berkeley Village Residents Association negotiating fair-housing options and programs to meet the needs of over 800 economically and culturally diverse families.

5. Encourage members to attend Co-op Board meetings to represent their opinions; listen, learn from and discuss member ideas when attending Co-op and other community functions; fundamentally represent member interests through sound strategic management of the Co-op in the long run.

1. Co-ops are the future. They are the product of great activists like William King, Robert Owen and workers like those who started Fenwick Weavers Society in 1844 and invented the Rochdale Principles. Co-ops benefit our needs and goals more than any for-profit businesses ever can. This is our Co-op. When Jules Timerman started the Co-op in 1972, he brought us closer to our future. Now I want to join that future by volunteering for our Board.



William Ross

2. I am a team player. I want input and deliberate discussion so we can reach smart decisions and consensus. Now I'm taking college classes while I work part-time at Weavers Way. Starting as a cooperator, for four years I've worked on every floor of Mt. Airy and Chestnut Hill. I understand the inner workings of our Co-op.

3. Long-term, Weavers Way has tremendous potential social economy, hampered short-

term by new competition. We need policies that directly engage and activate all member-owners, especially young people. I envision strengthening our identity as a co-op: people first with local, ethical-consumerism and dollar-voting policies; our profit with centralized-buying policies to compete with discounting; and our planet by investing portions of our pretax profits back into our communities.

4. As an activist, I've volunteered and organized with Bernie Sanders' presidential campaign, served on a City Year team where I helped struggling low-income students succeed, served student councils and hold membership with National Honor Societies.

5. Communication. I will represent you! Email me at williamrossfortheboard@yahoo.com.

To view the candidates' video statements, visit www.weaversway.coop/VOTE-2018.

TO VOTE ONLINE:

Log into members.weaversway.coop and select "Weavers Way Elections" under My Co-op.

Or wait for your email with a custom link so no login is needed.

For their video statements, candidates were asked:

- 1.** Why do you want to be on the Weavers Way Board?
- 2.** What skills, knowledge and experience do you have that would make you an asset to the Board?
- 3.** One of the things we look for in a Board member is the ability to work well in a group. What is your particular style of working in a group?
- 4.** What makes Weavers Way unique?
- 5.** Is there anything you want to say about yourself that would help members vote?





An offshoot of Weavers Way Co-op

608 Carpenter Lane
215-843-8289
foodmoxie.org

Executive Director

JILL FINK jill@foodmoxie.org

Development Director

ALLISON BUDSCHALOW allison@foodmoxie.org

Program Director

ANDREA DOWNIE andrea@foodmoxie.org

Manager of Communications and Operations

JULIA LEMYRE info@foodmoxie.org

Manager of Growing Spaces

BRANDON RITTER brandon@foodmoxie.org

Manager of Education

MARIAH BUTLER mariah@foodmoxie.org

Manager of Culinary Literacy

KHARI GRAVES khari@foodmoxie.org

THANKS TO...

Affinity Confections
Kismet Cowork
Whole Kids Foundation



For Their Support!

FOOD MOXIE

We dig what we eat.

Food Moxie and the Social Determinants of Health

by Melissa Yoon, for the Shuttle

WHAT IS NEEDED TO LIVE A healthy life? We know we need to eat fruits and vegetables, get enough exercise, not smoke and go to the doctor when we feel sick. Sounds straightforward, right? Well, we all know it's easier said than done — lack of time, energy and motivation can get in the way of making healthy choices. For some members of our community, it may be even harder, maybe almost impossible, because of something called the “social determinants of health.”

According to the World Health Organization, social determinants of health are “the conditions in which people are born, grow, live, work and age”. They are also mostly responsible for health inequities, or the unfair and avoidable differences in health status seen across communities. Social determinants of health fall into five categories:

- Economic stability
- Education
- Social and community context
- Health and health care
- Neighborhood and built environment

Things like poverty, discrimination and housing quality are all social determinants, and they can affect risks for disease, injury, even life expectancy. Some

families and children in our community in Northwest Philadelphia don't have the resources or opportunities to live their healthiest lives, and this is where Food Moxie comes in.

At Hope Garden at Stenton Family Manor in Germantown, Food Moxie provides education in growing and cooking to families experiencing homelessness. Hope Garden also provides a safe space where residents can take part in gardening and nutrition activities. For children, there are opportunities to engage with nature and interact with other children and adults.

At Hope Kitchen, parents at Stenton can learn skills needed to feed themselves and their families a healthful, budget-conscious diet. They learn about nutrition and its impact on health and child development. At Hope Kitchen, parents can gain both skills and a sense of community with their fellow participants.

Garden Club creates an environment where children at Stenton can learn together and from one another. They have fun digging in the dirt and making healthful snacks while learning about nature and nutrition.

Hope Farm at Martin Luther King High School, also in Germantown, focuses on



Food Moxie intern Melissa Yoon is a student in Arcadia University's dual Master of Public Health/Physician Assistant program.

helping students with intellectual disabilities or autism through the medium of urban farming and nutrition. Students learn valuable life skills such as completing tasks cooperatively, following multi-step directions, developing fine and gross motor functions and working together with others while they take on food production, basic meal preparation and making healthy choices — all skills necessary for living healthy, independent lives and building self-confidence.

W. B. Saul High School in Roxborough is the largest urban agricultural high school in the country. At Saul, students get away from their desks and engage with hands-on activities outdoors, many of them developed by Food Moxie in conjunction with the high school. They get first-hand experience in applying their agricultural education in an urban setting alongside other students, their teachers and community members, investing in both the farm and their community.

Through Food Moxie programming, hundreds of people learn about growing food, preparing meals and making healthy choices — arming our participants with tools necessary to navigate social determinants of health.

FOUND

Pollinators at Awbury Arboretum
An interactive art exhibition and scavenger hunt for all ages

Opening and Artist's Talk
Saturday April 21st, 2018

AWBURY ARBORETUM
YEAR OF THE POLLINATOR

Visit www.awbury.org for more information.

Some things just belong together

Save when you insure your home and auto with ERIE.
Ask about ERIE's multi-policy and other available discounts.
See what you might save. Call us for a quote today.

The Iowa Group, Inc.
8002 Germantown Ave.
Philadelphia PA 19118
215-242-2242
www.iowagroup.com

Discounts, rates and coverages vary by state and are subject to eligibility and applicable rates and rules. Go to erieinsurance.com for company licensure and territory information. 5/16/13 10/13

An offshoot of Weavers Way Co-op



Thanks for helping Food Moxie grow and plant the seeds for the next generation of environmental protectors and enthusiasts through our **Garden Club, Sprouts, Farm Club** and **Land to Table** programs. Meanwhile, try out this Seed Bomb recipe for some green thumb fun!

DIY: Seed Bomb

Materials

- seeds (native plants, wildflowers, herbs)
- 1 ½ part clay
- 1 part compost
- water

Instructions

1. Sift compost through a strainer to get rid of any large clumps.
2. Mix clay and compost in a large bowl. Add enough water so it holds the mixture together and can be balled up, but not too sticky.
3. Add in your seeds and distribute them throughout your clay/compost mixture.
4. Shape mix into balls. Make them any size you want - truffle sized is a good rule of thumb. The larger they are, the longer they take to dry.
5. Let the seed balls air dry for a few days.
6. Toss your little seed bombs, share some with friends, and enjoy watching them grow!



Join us for our Moxie Tuesday workshop, 'Eating Well on a Budget' on April 10!

Here's a recipe from our go-to budget-friendly cookbook by Leanne Brown, "Good and Cheap: Eating Well on \$4/Day". You can find this book at Weavers Way Co-op stores!

Potato and Kale Rolls with Raita

- 8 roti
- 2 large or 4 medium potatoes, chopped
- 1 bunch kale or spinach, chopped with stems removed
- 1 tbs. ghee or butter
- 1 tsp. cumin seeds
- ½ cup onion, finely chopped
- 3 cloves garlic, finely chopped
- 1 tbs. ginger, finely grated
- 1 tsp. turmeric powder
- 1 tsp. coriander powder
- 1 tsp. cayenne powder
- Raita
- Fresh cilantro, chopped

Put a skillet on medium heat and add the ghee or butter. (Ghee, which is traditional in Indian cooking, is just butter with the milk solids removed; it can withstand higher temperatures than butter without burning.) Once the butter is hot, add the cumin seeds and let them sizzle for 5 seconds before adding the diced onion. Let the onion cook for 2 minutes, stirring occasionally.

In a small bowl, mix the garlic, ginger, turmeric, coriander, cayenne powder, salt and 1 tablespoon of water. Add the spices to the onion mixture and mix, cooking for another 2 minutes. (This step is important because the spices become toasted and release their flavor.)

Next, add the potatoes. Stir to coat them with the onions and spices. Add about a cup of water, cover the pan and cook for about 10 minutes, checking occasionally to stir and make sure nothing is burning. Add more water as needed, but you want the final mixture to be only a bit moist. Test the potatoes with a fork: if you can easily pierce them, they're ready.

Add the kale and stir until wilted. Taste and add more salt if needed. To assemble, scoop 1/8 of the mixture into the center of a roti, distributing it in an even line, and roll it up. Sprinkle with cilantro and top with a dollop of raita. Serves 4.

Art in the Garden
 Painting classes for girls ages 6 and up
 Weekly starting June 11 in Wyndmoor
www.lucretiasgarden.com

Brightly Studios
 photography & boutique

Kids & Families
 Weddings & Engagements
 Portraits & Headshots
 Senior Portraits
 Political Portraits
 Corporate

www.BrightlyStudios.com
 267.625.2866

Intui-Design.com
 Make Your Mark.

Websites
 Logos
 Cards
 Ads
 Flyers
 Brochures

Web & Graphic Services
 Design for progressive organizations, businesses & individual practitioners

Rivkah Walton, MFA
 215-438-6108 box 3
 intui-design.com

Free Initial Consultation
 Co-op Member Discounts

Japanese Cherry Blossom Festival at Morris Arboretum

Two Saturdays, April 7 & 14
 Events from 10am-3pm

Morris Arboretum
 UNIVERSITY OF PENNSYLVANIA morrisarboretum.org
 100 E. Northwestern Avenue · Philadelphia

Don't miss out on breaking news!
 Sign Up Online at
WWW.WEAVERSWAY.COOP

Touch Typing For All, No Peeking Needed

by Pamela Rogow, for the Shuttle



It's in the family: Jordan Guy-Mozenter is Dorothy Guy's grandson. Back in the day, Weavers Way founder Guy was a Selectric mechanic.

FOR TWO YEARS IN A ROW, DURING junior-high summer school (c. 1964), I took Typing, I and then II. We learned on typewriters, wrote side notes about Ringo Starr, and did our best to learn this skill.

I've put "Touch Typing" to use ever since. As I write this, I am spared needing to peek at the keyboard; my fingers know their job as instinctively as athletes know where to aim a ball.

Over the years, touch typing allowed me to interview countless people while maintaining eye contact. It gave me speed and accuracy in taking notes or composing stories, letters, contracts and more. It focused my mind.

To write this, unfortunately, I am looking at a video screen.

When I relied only on a typewriter, I was a better writer; the combination of touch and "typewriter-ing" fosters "doing your best." Mistakes count more on a typewriter. You want to write the fewest number of drafts. No "delete". No cut-and-paste. No postponing.

I learned to pay deeper attention than I do now when I rely on a comput-

er. And that's the mental habit I want to cultivate when I teach "Touch Typing & Typewriters" for kids and for adults. It's fun to learn on a typewriter, and the skill translates to keyboards.

Classes start in April for kids and May for adults at the WPM ("Words Per Minute") Typewriter Shop, at the corner of Greene Street and Carpenter Lane, across the street from Weavers Way in Mt Airy.

The muscle memory cultivated in the class fosters speed, accuracy and the ability to do interviews while maintaining eye contact, and to take notes without your head playing ping pong. Typewriting also fosters the mental habit of doing one's best. This is not insignificant. And the touch typing skills you practice on a typewriter transfer to computer keyboarding.

All the more fun to learn on real typewriters, the skill is transferable to computer keyboards. Fee: \$40-44 for four lessons. For details, see www.wpmTypewriterShop.com or call 267 974 0792.

WMAN Signature Fundraiser Is Fun & Delicious

by Della Lazarus, West Mt. Airy Neighbors Board

IF YOU HAVE ATTENDED TOO MANY RUBBER-chicken fundraisers in your life — or even if you haven't — you'll welcome the unique experience of Eat Your Heart Out, an annual gathering that supports West Mt. Airy Neighbors.

This great community event, where participants enjoy delectable (and definitely not rubbery) dining at a home in the neighborhood, takes place this year on Saturday, April 14.

As usual, Eat Your Heart Out will begin with a grand cocktail party. This is the time to meet and greet and enjoy some great hors d'oeuvres and libations. Then most registrants will fan out to one of 12 intimate dinner parties, each featuring a different theme and menu. (If you have other plans for later in the evening, you can still support WMAN by coming to the cocktail party only.)

For the last few years, several chefs from Mt. Airy's finest restaurants, as well as some superb local caterers, have participated in EYHO. This year, local restaurant Mica will loan us its chef and owner, Yian-ni Arhontoulis. Those who mourn the closing of Geechee Girl will be pleased to see chef Valerie Erwin. Among the other professionals donating their time and expertise are local caterers Kimberly Fonville (KF Culinary Designs), CT Caster (Thyme Bandit



Chef), Tony Lawrence (Global Wine Chef), Carl Drake (Night Kitchen Catering) and Gail Hinson (Awbury Arboretum). We also have some very talented neighborhood and personal chefs preparing dinners for us, including Val Jamison, Emma Ford and Laurie Harbeson. Talented culinary school student Saadiq Simpson rounds out the list.

On the host side, we have many returning participants, who have opened up their homes and their pocketbooks many times before in support of this wonderful event. However, several households have agreed to host a dinner this year for the first time. New chefs and new hosts help EYHO to retain its character as a community dinner first and foremost, at which people have a great time socializing with their neighbors. Just ask some of the many people who have attended in the 12 years we've been doing it.

To buy tickets, visit the WMAN website at www.wman.net. It will surely whet your appetite to browse the categories of dinners available. (If you have dietary preferences or allergies, our amazing chefs should be able to accommodate you.)

Where else but in Mount Airy could you start out the evening with a group of strangers sharing an amazing, never-to-be-repeated meal and by the end of the evening, have formed amicable relationships with those people! So get ready for an evening on April 14 of great conversation and conviviality!

For more information, email wman19119@gmail.com or call 267-713-WMAN.

OVER 4,000 NATIVE FLOWERS, SHRUBS, TREES, AND MORE AT THE SCHUYLKILL CENTER'S

spring native plant sale

SATURDAY, APRIL 28, 8:30 AM-4:30 PM
SUNDAY, APRIL 29, 9 AM-1 PM

The Schuylkill Center for ENVIRONMENTAL EDUCATION
8480 HAGY'S MILL ROAD, PHILADELPHIA, PA 19128
WWW.SCHUYLKILLCENTER.ORG | 215-482-7300

DREAMWORK

Workshop: Getting Answers and Resolving Issues.
April 22nd 9am-6pm, Mt. Airy location

Groups: Drop-in or structured, Mt. Airy/Chestnut Hill location

davidlowmsphd.com

The Healthy Path to Beauty... In the Heart of Ambler Borough

- Organic, vibrant hair color.
- Physician approved ✓
- Our organic hair color makes beauty safe for: Expectant mothers, cancer recovery, allergy sensitivities, immune-system restrictions and other health-care concerns.
- 35 years of industry experience.
- Healing of the body and mind with our amethyst crystal-infused FDA-approved BioMat.

5% off haircuts for Co-op members

365 East Butler (267) 460 8307

Cheryl Shipman

Garden planning and maintenance
Upholstery, cushions and pillows
Rush, cane and wicker repair

shipman.cheryl@gmail.com 215-681-9440
<https://www.facebook.com/CherylShipmanFurnitureandGarden>



Good Deals Every Day.

GM'S CORNER

The Company the Co-op Keeps

by Jon Roesser,
Weavers Way General Manager

WHEN I WAS A KID, MY FATHER, IN A VAIN ATTEMPT to get me to hang out with a better crowd, wagged his finger at me and said something like, "You know, the people you're friends with define who you are."

It turns out Aesop said, "A man is known by the company he keeps" long before my father came along, but back in the 1980s I wasn't taking advice from anyone over 30, alive or dead.

I now realize Aesop and my old man were onto something, and their advice has been on my mind as I've been considering the various partnerships and affiliations the Co-op maintains.

As owners of Weavers Way, you too should be aware of the company the Co-op has been keeping. So here's a quick tutorial. (Be warned: Co-op World is an alphabet soup of organizations on a scale that rivals the New Deal.)

Of particular importance to Weavers Way is our membership in the National Cooperative Grocers. The NCG is a "co-op of co-ops," owned by something like 150 co-ops around the country, ranging from tiny operations with a handful of employees to multi-store chains employing thousands. Weavers Way is one of the bigger co-ops in the association.

I have mixed feelings about the NCG. They offer fee-for-service consultants, experts in things like meat, produce and deli, and these folks are generally pretty great and the fees they charge are bargain-basement low. But in these months following our expansion to Ambler, the NCG's been largely absent despite some requests for assistance, particularly in areas related to cash management.

The NCG's raison d'être is the supply agreement it negotiates with UNFI, the big natural foods wholesaler that supplies most natural grocers around the country, including Whole Foods. Through our NCG membership, Weavers Way gets preferred pricing that we simply couldn't get on our own. For the UNFI supply contract alone, membership in the NCG makes good business sense.

The grocery world is transforming. Keeping up with industry trends, learning from, and leaning on, others who share your interests and values makes sense.

Another "co-op of co-ops" is the Philadelphia Area Cooperative Alliance. Weavers Way is a founding member of PACA, which is made up of all kinds of cooperatively-owned organizations in and around the city — not just food co-ops, but credit unions, home-health co-ops, housing and energy co-ops and worker co-ops.

PACA is a scrappy, perennially underfunded advocacy group that does good work in combating racial and economic inequality. I wish they'd spend more time working towards turning Philadelphia into the American version of Mondragon, Spain, or Emilia-Romagna, Italy, where large percentages of the economy are cooperatively-controlled.

Covering a bigger geographical area than PACA but concentrating on just food co-ops is the Mid Atlantic Food Cooperative Alliance. MAFCA is a loose federation of existing co-ops and start-ups from New York to Virginia. Thanks to MAFCA, co-ops that would otherwise rarely talk to each other have regular opportunities to come together to discuss common challenges.

Finally, there's the Delaware Valley Co-op Association. DVCA is made up of the four local grocery co-ops: Creekside in Elkins Park, Mariposa in West Philadelphia, Swarthmore and Weavers Way. It also includes three start-ups: Kensington Community Food Co-op, South Philly Food Co-op and the West Chester Cooperative Association. (Newark Natural Foods in Newark, DE, might belong to the DVCA too, but it's been a long time since they came to any of the meetings.)

All the members of the DVCA are members of PACA too, and PACA helps DVCA with communica-

OPEN MEMBER FORUM

STATE OF THE CO-OP

Wednesday, April 4
Weavers Way Mercantile
542 Carpenter Lane, Mt. Airy

RSVP online at www.weaversway.coop/events
or contact Membership at
members@weaversway or 215-843-2350, ext. 119

tions and meetings.

We have other affiliations too. There's PFMA, the Pennsylvania Food Merchants Association, which provides much-needed advocacy for small, independent grocers who are increasingly besieged by the big chains. But we're we're sour on them since they joined the misinformation campaign against the sweetened-beverage tax.

We're members of FMI, the Food Marketing Institute. We belong to the SBN (Sustainable Business Network). The CHBA (Chestnut Hill Business Association). AMS (Ambler Main Street). PASA (Pennsylvania Association for Sustainable Agriculture).

I could go on, but you get the idea.

I suppose we could do without all these relationships. We'd save plenty of money on dues and I'd have to attend a lot fewer meetings. And in my opinion, not all of these organizations have their priorities right.

Hey, "Weavers Way First" could be our new mantra!

But isolationism doesn't strike me as a sensible policy these days. The grocery world is transforming. Keeping up with industry trends, learning from, and leaning on, others who share your interests and values makes sense.

And it's good to know that Weavers Way is part of a much bigger movement to improve health, care for the planet and strengthen local economic systems.

It's all about the company we keep.

See you around the Co-op.

vroesser@weaversway.coop

SALON 90
at Nicholas & David

.....

*Great hair doesn't happen by chance,
It happens by Appointment*

.....

215.242.2888 • WWW.SALON90.NET

90 BETHLEHEM PIKE, CHESTNUT HILL • ADJACENT TO THE R7 TRAIN
WED, FRI & SAT 9-5 • TUES-THURS 9-8 • EASY PARKING • TUSCAN INSPIRED INTERIOR

Personalized services to simplify your life.

Personal assistant services:

- Mail organization & bookkeeping services.
- Manage household maintenance and repairs.
- Coordinate services for aging in place.

LIFE MANAGERS Bode Hennegan
484-433-0055
www.life-managers.com

Golden Violins

Harold Golden
Violin Maker and Dealer

classical guitars, cellos, violas and bows
sales, rentals, restorations and repairs

7801 Winston Rd.
Philadelphia, PA 19118
215-242-0307

www.goldenviolins.com

LET ME ASSIST YOU

by editing what you're writing, such as:
PAPERS, ARTICLES, MANUSCRIPTS

Contact Bill Hengst
yardman3b@gmail.com or call 215-983-1766
Reasonable rates

The Shuttle is published by Weavers Way Cooperative Association.

Statement of Policy

The purpose of the Shuttle is to provide information about co-ops, healthful 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 Shuttle, 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 percent recycled paper.



A·D·V·O·C·A·C·Y

At Last, Sensible Districts for PA

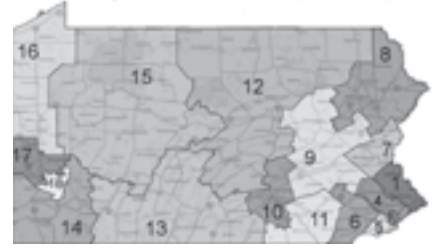
by Sue Wasserkrug

THE DRAWING OF CONGRESSIONAL districts has been in the news a lot lately, and now Pennsylvania has new ones.

As a result of a lawsuit brought by the League of Women Voters of Pennsylvania last fall, the Pennsylvania Supreme Court struck down the state's map of congressional districts as unconstitutional. Last month, the U.S. Supreme Court confirmed the state court's new map.

The state court struck down the old map as an illegal partisan gerrymander that therefore violated the the Free and Equal Elections Clause of the Pennsylvania Constitution. (The case is called League of Women Voters of Pennsylvania v. Commonwealth of Pennsylvania, if you want to look it up.) In plainer English, the court said Pennsylvania's congressional districts were drawn in a way that made it impossible for all votes to count. You may recall that the last districting, in 2011, led to a situation where Republicans held 13 of Pennsylvania's 18 seats in Congress, despite the fact that they won less than half of the votes statewide.

The state court's January order directed the GOP-led Pennsylvania legislature to redraw the districts by Feb. 9,



With the state Supreme Court's new map, we can say goodbye to the old 7th District, left. But to keep it from coming back, Pennsylvania needs a nonpartisan process for drawing district lines every 10 years.

based on "neutral criteria of compactness, contiguity, minimization of the division of political subdivisions, and maintenance of population equality among congressional districts." (If you've seen the 2011 map, you know it didn't adhere to those criteria.) Feb. 9 came and went, and the General Assembly failed to submit a new map. So the state Supreme Court issued its own, an action that was upheld by the U.S. Supreme Court.

What an improvement! You can see it in detail here:

www.pubintlaw.org/cases-and-projects/pa-supreme-court-adopts-new-congressional-map.

One thing a lot of people don't realize is that this new, improved map isn't permanent. Nor should it be — districts are supposed to redrawn every 10 years after the U.S. Census to reflect population shifts. Different states have different rules for exactly how districts

are determined, so it's possible that, without a change in the process of drawing the map, we'll see backsliding in Pennsylvania in the next round following the 2020 Census.

Fair Districts PA would like to keep that from happening. FDPA is a nonpartisan statewide organization advocating for a change in the process, specifically, the creation of an independent, impartial, transparent and ethically bound commission to update district maps every 10 years. Five states — Alaska, Arizona, California, Idaho, Montana and Washington — currently have such commissions.

To learn more about FDPA's efforts, strategies and successes, visit www.fairdistrictspa.com or follow FDPA on Facebook. If you want to see an end to partisan gerrymandering in Pennsylvania, getting involved with FDPA is a great first step.

Sue Wasserkrug is a Weavers Way Working Member.



The sparkling sounds of water come to full orchestral life in music that celebrates swirling rivers by the inseparable icons of baroque Germany, Johann Sebastian Bach and Georg Philipp Telemann. Bach brings us the festive birthday cantata *Schleicht, spielende Wellen* (Slide, playful ripples), written for elector Friedrich August II of Saxony, whose quartet of soloists—Laura Heimes, Meg Bragle, Aaron Sheehan, and Randall Scarlata—each personify a river in his great realm, while Telemann's joyous *Hamburger Ebb' und Fluth* (Ebb and Flow) evokes nymphs, watermen and happy boat-people dancing on the tides of the mighty river Elbe.

May 19, 8:00
Independence Seaport Museum
Center City

May 20, 4:00
St. Martin-In-The-Fields.
Chestnut Hill

ARTIST RECITAL

BACH: ART OF THE FUGUE
GWYN ROBERTS, PRISCILLA HERREID, HÉLOÏSE DEGRUGILLIER
AND RAINER BECKMANN, RECORDERS

April 13, 7:30
St Pauls Episcopal Church
Chestnut Hill

April 14, 5:00
University Lutheran Church
Center City

TEMPESTADIMARE.ORG | 215-755-8776

A benefit concert sponsored by Rotary Club of Chestnut Hill

Sunday, April 29- 4 to 8 pm
Commodore Barry Club
6815 Emlen St. (at Carpenter Lane)

in the great northwest

Rotary International logo

Buffet Dinner & 3 Great Performances

SETTLEMENT MUSIC SCHOOL JAZZ BAND

LARRY MCKENNA WITH JOANNA PASQUAL

KURT ROSENWINKEL QUARTET
International Star Jazz Guitarist

Tickets \$60 in advance, \$75 at door- age 5-17 \$20
Buy at chestnuthillrotary.org

Information: info@chestnuthillrotary.org or call 215-248-3762

A·D·V·O·C·A·C·Y

Introducing PhilaHealthia, a Cooperative Medical Security System

by Paul Glover, for the Shuttle

FEW ARE SATISFIED WITH AMERICA'S FOR-PROFIT medical-insurance system as corporate insurers constantly raise premiums, reduce coverage, resist paying and cancel policies.

Many Weavers Way members believe health care is a human right. But thousands of "single payer" conferences, petitions and marches have not prevailed. Nor have elections achieved this goal. Seven Democratic presidents with Democratic majorities have failed. Even the faltering Affordable Care Act leaves 26 million uninsured.

We can't wait for politicians or corporations to protect us. Self-financing co-ops are weaving a national health system that is democratic, nonprofit, efficient, preventive, holistic and humane.

That's us, PhilaHealthia, a new nonprofit medical-security system. We will self-insure as a massive group, growing gradually to cover most emergencies. We'll build free clinics, then micro-hospitals.

Such local and regional co-ops offer a movement that's both practical and political, from which national coverage can evolve. Welcoming small mutuals into the market would enable Medicaid to expand with less cost.

Weavers Way General Manager Jon Roesser, in a letter of support for our concept last year, said, "This co-op starts small and expands coverage as its assets reliably build."

This is how Canada's national medical plan began, with the successful 1946 example of a health co-op in a small Saskatchewan farm town. By 1962, that model had become the official Saskatchewan plan. Ten years later, every Canadian was enrolled.

This is likewise America's mutual-aid tradition. A

hundred years ago, most medical insurance was provided through fraternal organizations. They built hospitals, orphanages and old folks' homes while paying sickness and death benefits. Membership cost pennies per week.

Twenty years ago, I started a self-financing medical co-op in Ithaca, NY. Growing gradually, as all co-ops do, members of the Ithaca Health Alliance became covered for common emergencies, to expanding maximum amounts, without deductibles, anywhere in the world, for \$100 a year. Then we built a free clinic for the entire community.

As more people join PhilaHealthia and renew, the reserve fund and maximum payments would increase. Were membership to stabilize or decline, so would payments. Were Weavers Way's 8,800 member households with 20,000+ members to join PhilaHealthia, paying \$100 each, we'd begin with \$2 million.

Members would be welcome regardless of race, gender, sexual orientation, age, medical condition or nationality. Co-op clinics respect women's rights. We are allied to help one another, rather than exploit pain for profit.

And as in Ithaca, PhilaHealthia members would also receive discounts from participating healers, including holistic modalities, plus doctors, dentists and hospitals. We made interest-free loans to healers and local organic farmers.

Co-ops are able to keep membership fees low by keeping overhead low. Ithaca's system, with simple payment categories and one employee, paid claims overnight. Members controlled prices by elections and referendums. The maximum salary for administrative staff was twice the local livable wage, to ensure that top staff are more dedicated to the mission than to money.

The community medical co-op movement embraces regulation that ensures our strong standards of integrity and efficiency. We've drafted a Community Medical Cost

Containment law that specifies these. Ithaca's plan was approved by New York's state Insurance Department, Health Department, the county legislature, state assemblywoman, mayor and hospital. And applauded by our members.

A healthy Philadelphia also requires a healthy environment. We'll sponsor public-health teams that confront polluted soil, water and air, as well as war, which is notoriously unhealthy. PhilaHealthia would start co-op banks specifically to stimulate green jobs and green businesses, by making loans for energy efficiency, solar power, organic agriculture, tiny houses, transit and community currencies.

As grassroots co-ops prove their reliability, local and state governments might match membership fees. Were Medicare-for-All enacted, millions of co-op members would be organized to defend it from inevitable attacks. Doctors would have time to provide careful insight. Holistic healers could prescribe warm hands as well as cold machines. Insurance employees could be retrained to manage healthy cities. Taxpayers and hospitals would pay less for indigent care.

Most importantly, when billions of dollars move from insurance payments into the productive economy, millions of new jobs will be created.

The middle class, liberated from medical costs, could build additional member-owned safety nets for housing and finance. We might become what may be called the Mutual Class, getting ahead by getting together.

Before launch, PhilaHealthia seeks volunteers to prepare its open source relational database. Visit philahealthia.org for more information.

Paul Glover is founder of several organizations, including the Ithaca Health Alliance, Ithaca HOURS local currency and the Philadelphia Orchard Project. Visit his website, www.paulglover.org.



Picture Yourself at
Wesley Enhanced
Living
at Stapeley

Walk-In Open Houses

Walk-In Wednesdays

Every Wednesday · 10:00 am - 12:00 pm

Learn more about our unique community and our affordable senior living options. Financial pre-qualifications will be available on the spot.

To schedule your personal tour, call 215-220-9863

Ask About
our Move-In
Specials!

WESLEY ENHANCED LIVING®
at Stapeley

6300 Greene Street • Philadelphia, PA 19144
877-U-AGE-WEL • www.WEL.org



Party in Mt. Airy's Newest Green Spot: Lovett Park

by Brad Maule, Mt. Airy USA

LOVETT PARK, AT LONG LAST, IS ready for its close-up.

Lovett Memorial Library reopened to much fanfare in December, and come Saturday, April 28, its adjoining one-acre park space will make its formal debut at the Go Mt. Airy Garden Party. Tickets are on sale now at mtairyusa.org.

The Garden Party, a new twist on Mt. Airy USA's biggest annual fundraiser, feels especially important to us this year, as we'll host it in a space we've worked hard to make into a "civic common."

At the corner of Germantown Avenue and Sedgwick Street, Lovett Park sits geographically and symbolically in the heart of Mt. Airy. Its intentionally-still-evolving design currently features five core areas: the Great Lawn, the Germantown Plaza, the Sedgwick Plaza, the Reading Circle and the one with the most potential to serve as centerpiece, the Porch.

As the transition between the library's building and its green space, the Porch can be a stage, a gathering place, a quiet spot to read a book, even a porch. At the Garden Party, it'll be Herb Scott Catering's kitchen, as Herb and his crew have full control over the food options. In addition to a full spread of food, beer and wine, we'll have a signature cocktail.

As in years past, we'll be celebrating our Go Mt. Airy Community Champions. This year, those include:

- Attorney, gardener and all-around motivating personality Yvonne Haskins.



- Northwest Victim Services' Executive Director Melany Nelson.
- Real estate developer Ken Weinstein, the man behind the Trolley Car Diner, Mt. Airy Business Improvement District, the Jumpstart program and renovations of many historic buildings up and down the Avenue.

We'll also recognize Jordan Parris-Ferrarini and Trades for a Difference for their Chew Avenue Project, which transformed a nuisance bar into a rehabilitated workspace that will engage local youth in the building trades.

Northwest-based PWPvideo will again produce the Community Champion videos that we'll premiere. Mt. Airy's own DJ Mighty Flipside will fill the air with dance-y grooves that should fill the Great Lawn with dancing feet.

While we expect the evening to be a blast, the Go Mt. Airy Garden Party is just the beginning. Our series of events, largely informed by public input, will kick off in earnest following the party and will include Music Mondays, Wellness Wednesdays, Family Fridays and Moonlight Movies, as well as non-allit-

Go Mt. Airy Garden Party

Saturday, April 28, 7-10 p.m.

Lovett Park, 6945 Germantown Ave. (adjacent to Lovett Library)

Tickets & info: mtairyusa.org/gmagp

erating one-offs like the Mt. Airy Holistic Health Fair (Saturday, June 2), State Rep. Chris Rabb's summer kickoff for kids (Saturday, June 16) and other great events (think "beer garden") to be announced.

Tickets to the Garden Party help support Mt. Airy USA's year-round programs to help people navigate home ownership, promote literacy and find resources for local public schools, strengthen and sustain local businesses and bring the community together. Tickets are priced for singles, doubles, young friends (35 and under) and guest hosts. Visit mtairyusa.org/gmagp for info.

We'll see you at the Garden Party!

bmaule@mtairyusa.org

Longer Hours, Beer Garden for Mt. Airy Day 2018

THE ANNUAL MT. AIRY DAY CELEBRATION sponsored by East and West Mt. Airy Neighbors will have new extended hours this year, 10 a.m. to 6 p.m. Saturday, May 5, and at least one new feature this year: A beer garden!

The rain date is Sunday, May 6, and admission is free. As it has for many years, the community celebration will take place at Cliveden of the National Trust and Upsala, the historic houses located across the street from each other in the 6400 block of Germantown Avenue.

Mt. Airy Day features more than 150 vendors of crafts, attic treasures and services; children's games; The Give and Take Jugglers; musical entertainment and dance demonstrations; yoga and Zumba; a food court; and Weavers Way's plant sale. Visitors may tour Cliveden and stroll the beautifully lush azalea-filled, dogwood-ringed grounds.

Now is the time to get involved. The committee is looking for folks who can help out in a variety of ways, from serving on the committee to helping out on the day of the event. Community service hours are available for students.

We are also seeking businesses and individuals who want to lend their financial support to Mt. Airy Day and help support the organizations that have been serving the community for more than 50 years.

For more info, visit our website, MtAiryDay.org, or call 267-587-7319.

Interior/Exterior Painting

Stucco Coatings / Power Washing / Deck Staining

30 Years of Professional Experience

Locally owned and operated
Schedule your free estimate

Visit us online!

Lead Paint Certified Contractor.

planet paint SOLUTIONS, INC.

planetpaint.org

215.948.3747

Hansell Contractors, Inc.

Builders - Historical Restoration - Fine Carpentry
Energy Conservation - Architectural Design Services

HansellContractors.com

Office: 215-277-1540 Fax: 215-277-1390

Lic.# PA022176 EPA Lead Certified

John Sutton Masonry

License #39705

- Chimney Repair
- Brick and Stone Repointed & Repaired
- Concrete Sidewalks
- Basement Walls
- Stucco
- Flagstone

Contact John for a free estimate:
masonrytradesman@gmail.com

215.510.6724

Your Neighbor and Your Neighborhood Realtor!

Whether you are looking to buy or sell, I can offer the highest levels in real estate expertise and professionalism. Don't hesitate to contact me and allow me to help guide you through that process.

Lisa Mowafi
REALTOR® CELL: 215-796-1495

lisa.mowafi@foxroach.com www.lisamowafi.foxroach.com
8400 Germantown Ave. Philadelphia, PA 19118 215-247-3750

Customer Service isn't what I DO, it's who I AM!

Grant Fox Contracting

Custom Renovations • Fine Cabinetry
Old House Renovations and Repairs
Kitchens • Baths • Additions
Over 25 Years of Experience
Co-op Member

Grant@GrantFox.biz

215-771-2713

What's in Store at Weavers Way

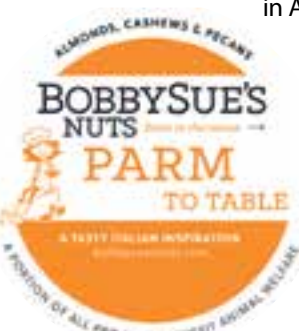
Check It Out!

by Karen Plourde, Weavers Way Communications Staff

Bulk & Beyond

Parm to Table mixed nuts will improve your snackitude. And a local java fave is now in bulk in Ambler.

Get ready, seasoned nut lovers: **Bobby Sue's** of Chappaqua, NY, has gone from two bulk bins to four at The Incredible Bulk in Mt. Airy. In addition to their Nuts Over Olives and Some Like it Hot, shoppers can scoop up Parm to Table, a blend of glazed and spiced almonds, cashews and pecans dry roasted with Parmesan cheese and basil, and Everything Goes Nuts, with sesame, poppy, onion, garlic and salt — basically, the nut version of an everything bagel. Bobby Sue's donates a portion of its proceeds to helping animals in need. Nuts Over Olives, Parm to Table, and Some Like it Hot are also available packaged in Ambler. Closer to home, many shoppers are fans of Lansdale-roasted **Backyard Beans** coffees, especially Punch in the Face dark



roast. It comes bagged in all our stores, but has now reached gravity-bin status in Ambler. Punch in the Face cold-brew, canned on nitro, can also be found in all our locations.

Coffee is one of the pillars of daily life, and so is salt. The **Himalayan Pink** variety, available in coarse and fine grind in Mt. Airy and Ambler, will add some pop to your grill rubs or entrees. Mt. Airy now has both in bulk bins, while Ambler keeps it in spice jars. Only have one salt grinder, you say? We sell them upstairs in Mt. Airy.



Going On in Grocery

Protein Pucks score in Chestnut Hill. And two brands of vegan cheese roll into Ambler.

OK, maybe the name needs work. **Protein Puck** protein snack patties from Spokane, WA, are a gluten-free, vegan,



non-GMO alternative to the current crop of bars. They're chock-full of oats, peanut butter and assorted seeds. Three types are located near the bakery case in the Hill, below the packaged cookies.

Meanwhile, in Ambler, vegans can delight in the arrival of two dairy-free "cheeses" — Kingston, NY's **Treeline**, made from cashews, and Seattle's **Field Roast**, mainly chao tofu. Treeline offers both soft and aged seasoned selections, while Field Roast has slices in three flavors. The deli in Mt. Airy carries the Original variety of the chao slices, while the Hill has all three. Field Roast also makes a Mac 'n' Chao frozen entree, available in Ambler and Chestnut Hill.

The Daily Deli

In the Hill, a Belgian cheese washed in iconic Chimay ale. And flavorful new crisps from Rustic Bakery.

At some point after 1850, the Trappist monks of Scourmont Abbey near Chimay, Belgium, thought to combine the fruits of their dairy with the output

of their brewery. The result is a collection of cheeses washed in various ales, including the **A La Chimay Premiere** that recently appeared in the Hill deli. It's a mild, buttery cheese with a hint of bitterness toward the finish. Pair it with your favorite brew or an able-bodied red.



For a new bottom to your favorite soft cheese, look opposite the Hill's deli service case for Marin County, CA's **Rustic Bakery** artisan crisps. The two



varieties, Citrus, Ginger & Thyme and Tart Cherry, Cacao Nib and Almond, have a bit more snap than sweetness. Either would do well with fresh chevre, mascarpone or, my newest guilty pleasure, English double cream.

kplourde@weaversway.coop

We're famous for our buns, but just wait until you try our meat.

FEATURING CATERING BY CHEF CARL DRAKE!

LOCAL FIRST

The NIGHT KITCHEN
BAKERY & CAFE

Our divine baked goods & delectable catering: one-stop shopping for your next event.

7725 Germantown Ave ★ 215.248.9235 ★ NightKitchenBakery.com

weavers way

Coffee OF THE Month

BULK BEANS

Organic Breakfast Blend Decaf

Sale \$11.99/LB reg \$14.49/LB

April 4 - May 1, 2018

EQUAL EXCHANGE

Proud to be a neighbor to the new Weavers Way in Ambler.

We sell:

- Single bottles
- Six-packs
- Cases
- Growler fills

Ambler Beverage Exchange

259 E. Butler Ave.
Ambler, PA 19002

267.470.4854

LOCAL FIRST

coop basics

Looking to stretch your grocery budget?

Just look for this logo to find **everyday low prices** on hundreds of items!

EARTH DAY 2018 

The Shapes of Water

Unhappy Earth Day
Editor's Note

by Mary Sweeten, Editor, Weavers Way Shuttle

THAT NOISE IS MY HEAD EXPLODING. AGAIN. POUR A bucket of water on me, plastic microparticles and all.

As you can see, this issue of the Shuttle is kind of about Earth Day. For like the 48th year (exactly the 48th year, actually), Americans have an excuse to worry about something we all agree on — we're screwing with the planet, and we have to do better.

Wait, what? Did I say agree? It's been 48 years and yet, it's as if environmental outrage has merely become a permanent job opportunity.

My job would be solid waste, if my nerves could handle it. As my family knows, I HATE LITTER. Now, as if I needed another reason to despise single-use plastic beverage bottles, comes a study from SUNY Fredonia (it's a Lake Erie thing) that finds significant amounts of plastic microparticles in bottled water. Here's a nice story about it from the BBC: www.bbc.com/news/science-environment-43388870.

How's that junk getting in there? Maybe it frays off when you open the cap. Maybe it's in the air. Most likely, it's already in the water — all the water.

Shuttle contributor Sandy Folzer has already written about the proliferation in treated wastewater of plastic microbeads, now mostly banned from personal-care products but still abundantly employed in stuff from chewing gum to tires. She's also mentioned plastic microfibers, still shedding off your clothes at the rate of a gram or two per washing-machine load. Think all these plastic bits are too small (100 microns, the width of a human hair, or less) to matter? They do get tangled up in the guts of filter feeders like plankton. Can your sushi be far behind? Think they're too inert to make a difference? At the very least, toxins such as DDT and BPA have been found to adhere to microplastic particles.

We're not talking about the Great Pacific Garbage Patch here — although we could, because it too is rife with little tiny pieces of plastic bottles floating amid the nets other macro-debris. (And don't get me started on who's mining and selling bottled water — that's another column.)

Single-use plastic bottles are hard to recycle — manufacturers have made them so thin (good for them?) that they foul recycling machinery. The Chinese don't want our crappy bales of recycled paper any more because of all the, yes, single-use plastic bottles stuck in there.

Solid waste and water pollution. Perfect together. Can we please just say no?

msweeten@weaversway.coop

Growing Ambler Greener: Clean Runoff, Clean Water

by Mary-Margaret Monser, for the Shuttle

THE AMBLER ENVIRONMENTAL ADVISORY Council is sponsoring EarthFest on Saturday, April 21, from 10 a.m. to 2 p.m. at Ambler Borough Hall, 131 Rosemary Ave. Our theme this year is "Growing Ambler Greener: Clean Waters, Clean Streams."

Clean water is an essential aspect of life that most of us take for granted. We turn on the spigot, brush our teeth and clean water flows. But in reality, the watershed we live in, the Wissahickon Watershed, is impaired. How did this come to be? Development. Back in the day, when it rained, the water would soak into the ground, with plants and trees enhancing filtration, before slowly percolating to the ground table where it would become a part of the waterways. Clean filtered water the natural way. But as civilization has progressed and we have developed the land around us, we have degraded this natural filtration process, to the detriment of our waterways.

Think about it — all those roads, parking lots, houses, malls and office buildings. Now, when it rains, water flows across millions of square feet of impervious surfaces, picks up pollutants such as salt, motor oil, pesticides, herbicides, fertilizers and just plain old trash and carries them to the storm drain, where it empties into the nearest creek. As development has progressed, it has become harder and harder for mayflies, stoneflies and caddisflies, the most sensitive indicators of poor water conditions, to survive; they just can't live in polluted water. Eventually our creeks have become not just less safe for these macroinvertebrates but also unsafe for humans to swim or fish in, much less drink from.

Fortunately, the U.S. Environmental Protection Agency and the Pennsylvania Department of Environmental Protection have taken notice and started to hold communities accountable for the water flowing into our creeks. Now, any community that has storm drains must get a Municipal Separate Storm Sewer Permit and have an actionable plan to make improvements in identified pollutants like nutrients and sedimentation.

In Ambler, we are engaged in creating community awareness and empowering residents to be the differ-



ence in improving our watershed. Through a Growing Greener Grant from the DEP, we are providing education and helping businesses and individuals put tools in place to filter water before it enters storm drains, or keep water where it falls so that it can infiltrate the water table the old-fashioned way.

Where does the rain water flow in your own backyard? As it washes off your roof, does it go into a rain garden, downspout planter or rain barrel? Does it flow through your pervious pavers into the ground underneath? Or does it flow onto a driveway or walkway, picking up salts and debris, and, unfiltered, enter a storm drain where eventually it ends up in the Wissahickon Creek and then the Schuylkill, a drinking water source for people living, working in and visiting Philadelphia?

We have a vested interest in assuring that we are sending the cleanest water possible downstream. It starts in our own backyards.

Join the Ambler EAC, the Wissahickon Valley Watershed Association and other stakeholders at Ambler EarthFest, a fun, family-friendly Earth Day event. Learn more about growing our communities greener through clean streams and clean water; learn about the benefits of trees, and sign up to win a chance to have a tree planted on your property; participate in a fun-for-kids nature walk around Ambler borough; attend presentations on rain gardens and permeable pavers, or the "Health of the Wissahickon Creek." Then visit participating stores like Weavers Way and the Antique Garden Cottage to learn more about how they are growing our community greener.

For more information, visit www.amblereac.org/earth-fest-2018.

**AFS**
Abington Friends School

Music Morning

Saturday, April 21

10:30 a.m. to 11:15 a.m.
for children ages 3-5

Freedom to Flourish

Register at www.abingtonfriends.net/VisitAFSSPRINGSIDE
CHESTNUT HILL
ACADEMYwhat if?
why not?
yes, and...

DISCOVER THE WORLD on our extraordinary campus.

CHANGE THE WORLD through our extraordinary education.

▶ APR 10 - INSIDE SCH: Lower Schools | 8:30 - 10:30 am
▶ APR 12 - INSIDE SCH: Middle/Upper Schools | 8:30 am - 10:30 am

To learn more about SCH Academy's Pre-K-12 program and how we prepare our students to step boldly into their future, RSVP for one of our INSIDE SCH school-day open house events or arrange for a private tour by contacting Admissions at 215-247-7007 or mbaker@sch.org.

SCH.ORG

Independent College Preparatory Day School | Single-sex Pre-K-8 | Coed 9-12

EARTH DAY 2018 The Shapes of Water

FOW, the Creek & You: Natural Partners

by Maura McCarthy,
Executive Director,
Friends of the Wissahickon

WE LOVE WALKING ALONG WISSAHICKON Creek, watching it glisten in the sun and hearing the water's soothing sounds. But even more important than being beautiful, Wissahickon Creek serves a vital purpose as a habitat for local wildlife and as part of the Wissahickon watershed, which contributes to the drinking water of 350,000 Philadelphians. And let's not forget fishing! For all these reasons, Friends of the Wissahickon works diligently to protect the creek from stormwater and pollutant control to trash removal.

How do we do this? With this year's Earth Day focusing on ending plastic pollution that, among other things, clogs our streams, what better time to take a closer look at FOW's efforts to keep the creek clean and safe? That work falls into three broad categories:

Capital Projects: These initiatives center on erosion control, stormwater management and sedimentation abatement. FOW is currently undertaking major construction projects on three popular park areas: Forbidden Drive, where work will be done to widen three areas where collapses caused by erosion and flooding caused narrowing; at Valley Green Road, Mt. Airy Avenue and Kitchen's Lane; and in Andorra, where Phase I of FOW's Green Stormwater Infrastructure project will mitigate damage from stormwater flows from Northwestern Avenue, greatly decreasing sedimentation carried into the creek.

Education and Land Conservation: Together with the Chestnut Hill Conservancy, FOW educates landowners in the Wissahickon watershed about the value of voluntarily limiting future development to limit stormwater runoff and facilitating open-space conservation through easements. Through FOW's Valley Talks and public meetings, we connect local constituents with other Wissahickon stakeholders



FOW photo

Volunteers do come in all sizes, but we're pretty sure these guys are just enjoying a day off.



and the Philadelphia Water Department for updates and discussion on water quality management issues. The Protect Our Watershed program, dubbed POW, is an important preservation effort and also a winning solution for all involved.

Policy and Advocacy: A crucial part of FOW's mission is partnering with other watershed groups and municipalities to represent Philadelphians who use the

Wissahickon. Establishing the EPA's Total Maximum Daily Load requirements for sedimentation, co-creating programs with like-minded partners and bringing together decision-makers in the community — in business and at all levels of government — are crucial parts of FOW's mission. I also speak and testify, often with our partners, on regulation and policy initiatives that protect the health of our environment and citizens.

At FOW, we've found that whether it's educating the community about efforts like POW, or recruiting members and volunteers, knowledge equals action: The more people understand what we're doing and why, the more likely they are to get involved.

Now that you know more about how FOW works to protect the Wissahickon

Super April Saturdays with FOW

Saturday, April 7, Annual Philly Spring Clean Up, 9 a.m.-1 p.m.

Saturday, April 21, Earth Day Trail Work Day, 9 a.m.-1 p.m.

Saturday, April 28, Annual Creek Clean-up, 9-11 a.m. (**Talkin' Trash Picnic follows from 11 a.m. to 1 p.m.**)

Visit www.fow.org/super-saturday-spring for meetup information for the April work days, and be sure to register!

and the citizens who depend on it, how can you help?

Join FOW: Your membership dollars help FOW create a sustainable trail network in Wissahickon Valley Park, designed to limit erosion, protect the fragile forest habitat, improve the water quality of the creek and enhance visitor experience throughout the park.

Be a clean water advocate: Stay on top of local water-related issues. Voice your support with elected officials who have influence over policies that affect our watershed, and vote on relevant election ballot initiatives and referendums.

Volunteer: Participate in projects like habitat management or watershed reclamation work. There are a lot of projects and we always need volunteers! (Weavers Way Working Members can get their hours by volunteering with FOW.)

Registration is recommended so that volunteers can be notified of changes or cancellations. These volunteer opportunities are free and open to the public.

We have special cleanup days in April, May and June — we're always looking for extra hands to clear trash and debris that often finds its way from the trail to the creek.

For more information and to register, visit fow.org.



Explore TMS

at a School Open House from 9:00-10:30AM

Thursday, April 12

Call 215-542-0740



Serving children from 18 Months through Grade Six in an authentic Montessori environment

The Montessori School

1701 Jarrettown Road, Dresher PA 19025
admissions@themontessorischool.us



SUMMER CAMPS
featuring sports, arts, technology, and more
ages 3 + up



www.germantownfriends.org/camps

EARTH DAY 2018 Celebrate the Only Planet We Have

There'll Be a Green-for-All in Mt. Airy

ON THE WEEKEND OF SATURDAY, April 21-Sunday, April 22, people around the globe will celebrate Earth Day, a national day of awareness created more than 40 years ago in response to rising consciousness about the impact of pollution on the planet.

On Saturday, from 11 a.m. to 3 p.m., get in the act and join friends and neighbors for a Mt. Airy Village Earth Day celebration.

The Henry School PTA will host its annual plant sale, which helps support the school's organic garden and classroom lessons given by farm educator (and former Weavers Way farmer) David Siller. You'll find a variety of perennials, annuals and herbs for your garden. The Co-op will also have a selection of native plants available for purchase.

After you've finished your plant-shopping, stick around Greene and Car-

penter for live music, food trucks, kids' activities and more.

Learn about and visit with feathered friends from Philadelphia Backyard Chickens along Henry School's "front yard." Join Co-op member and Penn State Extension Master Gardener Howard Goldstein for a fun-for-kids activity about the importance of pollinators in the world around us. More children's activities can be found a short walk down the block on the lawn of Summit Church, 6757 Greene St. And be sure to stop in at the Big Blue Marble Bookstore to peruse an amazing selection of books about gardening, sustainability and other eco-friendly topics.

Meanwhile, at the Chestnut Hill store, we'll have kid-friendly activities in The Backyard Saturday from noon to 4 p.m. We'll make bird feeders from recycled toilet paper rolls and plant herbs in recycled egg cartons.



The Henry School PTA's Plant Sale benefits Henry's garden.

Plus, we'll be hosting free eco-themed Weavers Way workshops in Mt. Airy throughout the weekend, including

- "Essential Bike Maintenance," led by Working Member Daniel Langlois, Saturday, April 21, noon-1 p.m., outside 559 Carpenter Lane. BYO bike!
- "Planting a Home Medicinal Herb Garden," led by clinical herbalist and Working Member Libby Felten, Saturday, April 21, 1-2:30 p.m., outside 559 Carpenter Lane.

- "Dividing Perennial Plants," a walk, talk and hands-on demo led by Eric Sternfels, Sunday, April 22, 10 a.m.-noon, Ned Wolf Park, corner of McCallum and Ellet streets.

Visit the Online Event Calendar, www.weaversway.coop/event for more info and to RSVP.

Winter held out as long as it could, but spring is finally here—no fooling! Join us in the neighborhood on Earth Day to welcome it!

Perennial Problem — Or Opportunity?

AS EARTH DAY COMES AND SPRING INSPIRES US TO appreciate our environment, our own yards and those in our community are extraordinarily alive. Trees are blooming and leafing out together with deciduous shrubs and herbaceous perennial plants. Those of us who tend gardens know that this is the perfect time to take bold action to refresh and improve the plantings for the coming year. But we know there are many newer (and newbie) gardeners out there. For these folks, Weavers Way is offering a workshop, "Dividing Perennial Plants," on Sunday, April 22, 10 a.m.-noon, at Ned Wolf Park, around the corner from the Mt. Airy store.

Perennial plants generally die back to the ground during the course of the winter, only to sprout new foliage when the weather warms up. Many of these plants are well-served to be divided or "reduced" for optimal performance year after year. This workshop will help you visualize what's going on underground, so you'll have a better notion of how to divide and maintain your perennials. The reward is more plants to keep, give away or donate to a great cause.



Ned Wolf Park, at the corner of McCallum and Ellet streets, is one such great cause. But first, about the workshop: Instructor Eric Sternfels is a longtime volunteer with the Friends of Ned Wolf Park, which created, maintains and improves the park's plantings. And because the park's plantings benefit from being divided, it's a perfect venue for both a walk-and-talk and a hands-on demonstration: After the presentation, participants can try digging and dividing, and even take something home. Tools and pots will be provided.

The rest of the plant divisions will be saved for Ned Wolf Park's upcoming annual Plant Sale May 19, from

10 a.m. to 1 p.m. Mark your calendar, and think about what you can divide in your own perennial garden to help support this neighborhood showcase of easy-to-grow but unusual perennials. Have some time to spare? Join the Friends, who are busy in April digging at home and in the park while seeking plant donations from the community. And for those planning to add plants this spring, don't miss the extraordinary variety and great values that you will find at the sale. Solid advice from experienced garden tenders and designers is a bonus at this fun event.

For more information about the Ned Wolf Park Plant Sale, contact Eric Sternfels at ericsternfels@icloud.com.

WORKSHOP

Dividing Perennial Plants
Sunday, April 22, 10 a.m.-noon
Ned Wolf Park
 Corner of McCallum & Ellet streets. FREE.
 RSVP & info:
www.weaversway.coop/dividing
Ned Wolf Park Plant Sale
May 19, 10 a.m. to 1 p.m.
 For info, contact Eric Sternfels at ericsternfels@icloud.com.

PLYMOUTH MEETING FRIENDS SCHOOL

Germantown & Butler Pikes

Now Enrolling
 2018-19
 Age 3 — Sixth Grade





Learn More
pmfs1780.org/admissions

Call for a personal tour:
 610.828.2288

Busing & Financial Aid Available

Join us at our next
Open House
 Tuesday
 April 17
 9:30 - 11:30 am

RSVP online



A BIG WORLD
 in a Small Quaker School

2150 Butler Pike
 Plymouth Meeting

Empowering Children One Project at a Time

Apply Now!

Ask about Sliding Scale Tuition.

Call 215-438-3623 to Schedule a Tour!

www.projectlearnschool.org



PROJECT LEARN SCHOOL

COOPERATIVE • INCLUSIVE • EDUCATION

EARTH DAY 2018 

Bulking Up Is Good to Do

A Column Exploring Ways for the Co-op Community to Shift Sustainability Tides

Green Dream Weavers

To Be a Bulk Hero, Contain Your Enthusiasm

by Alisa Shargorodsky, Weavers Way Zero-Waste Consultant

MY FAMILY AND I SHOP AT WEAVERS Way about 80 percent of the time, and we have refined our shopping habits to favor a Zero Waste shopping model. We have a beautiful woven basket and inside I keep several reusable cloth bags and a few plastic containers for tofu and pickles and other things that obviously wouldn't do well in cloth. I keep this stuff in the trunk of my car. After we unload our groceries, we just walk right back out to the car and put the basket back in the trunk. This way, I know it's always ready to go and I don't run the risk of leaving it at home accidentally.

The other 20 percent of the time, we go to the regular grocery store. I didn't always loathe it. However, as I got deeper and deeper into my research, every time I stepped into a conventional market all I could see were shelves of waste. I know we are lucky in our society to have access to such a bounty and of food and variety of products, but once we use up the stuff, we are left with the package — and quite often the package will have a negative impact on our planet.

There is no way to avoid it — is there? Yes, in fact, bulk shopping is an awesome way to avoid the package.

Most consumers don't think about the fact that the cost of the package is wrapped up in the product — according to some estimates, an average of 10 percent of your bill.

Beyond the household costs, the environmental benefit is huge. Between bulk shopping and composting, my family of three generates less than a 10-gallon container of waste a week. Still, sometimes we need something that we can't buy in bulk or my kids bring home a giant plastic thing. It happens.

Here are some things I hear when I suggest bagging the packaging:

“It's inconvenient”

Let's think about the idea of convenience and how it's been marketed to us. We do some really silly stuff in the name of convenience and don't even think about the bigger impact.

I get this argument a ton about bottled water. Do I sound obnoxious when I say that sometimes we act like we have to get lowered down a well to access drinking water? Those convenient bottles are made of petroleum and a bunch of metal oxides. A study by the Pacific Institute showed you could fill a plastic water bottle 2/3 of the way with petroleum with the amount of fuel it takes to fill, transport and recycle the bottle itself. So while something seems convenient, we aren't taking into account the true costs — not to mention the inconvenient impact on communities in east Asia that are melting the plastic in factories that have poor ventilation.



“It's healthier”

Our grocery system favors a mass-production, mass-distribution model. That's why so many foods have additives to keep them fresh on the shelf. But there's nothing “unhealthy” about bulk foods — especially in a well-managed, high turnover operation like Weavers Way's. And you aren't getting all those fillers and preservatives that enable mass packaging in the first place.

“It's cheaper”

Many mass-produced products ARE cheap. But with pre-packaging, you don't get to decide how much to buy — and again, you're paying for the packaging.

“I don't know where to start”

Now this is an easy one. Weavers Way has a bulk section in each store — a small one in Chestnut Hill and miles of



aisles in Ambler and Mt. Airy.

One thing that trips people up is “The Tare” — the process of getting the weight of your empty container so you're not charged for it.

R-E-L-A-X. First, the plastic produce and bread bags, cellophane bags and paper bags stocked in Bulk have NO tare weight. Second, cashiers are used to helping customers who neglected to tare and can make an estimate.

With that in mind:

- If you bring glass jars or plastic containers, you will need to weigh them empty at one of the scales in the bulk section. Mark the tare weight on the container. Use a sticker if you like. The cashier will subtract the tare weight at the register. (Weavers Way also sells containers and bottles — just make sure you get in the habit of actually cleaning and using them again!)
- If you bring canvas or cloth bags for bulk purchases, you should tare them as well. Some can be surprisingly heavy.
- Find the PLU number of the product — “Price Look-Up,” grocery-speak for how the item will be entered in the cash register — on the bin or dispenser, and write it on a sticker, the container or a twist tie.
- Fill your container from the bulk bin.

That's it! (And feel free to let someone in the Bulk Department know if there's something you'd like to see that isn't there.)

Shopping in bulk empowers us as consumers and liberates us from the consumer packaging trap. It's not really all that inconvenient — and you get to feel like an environmental superhero when you realize how much less trash and recycling your household is generating!

asharg.zwc@gmail.com

Filly, Filly — With Reusables From Home Or the Co-op

Mason jars make everything look better — from flowers to grains to beans to marbles — and they're available in abundance in Mt. Airy and Ambler to spruce up your environs. Both stores carry an assortment of sizes and multipacks, some in blue glass.

Ambler has **Kilner** clip-top jars (25 ounce, 74 ounce, and 1.05 liter), and **Le Parfait** jars with seals in six sizes. There are honey jars (including a honey bear) from **Fillmore** and spice jars from **Frontier**. For an extra decorative splash, head for the General Merchandise section for colored mini jars with corks. Mt. Airy also stocks spice jars from Frontier and **RSVP**, including one-ounce wide-mouth bottles. And to top off that bulk hostess gift, pick up some fancy cloth canning-jar covers, also found on Carpenter Lane.

For oils, vinegars, kombucha and other liquids, Ambler and Mt. Airy offer bottles with peasant handles, clip-tops, spouts and screw tops from **Down 2 Earth, Woozie, Quadra, Bormioli, Svegliata** and **Bellisima**. Of course, both stores carry growlers for kombucha — Mt. Airy just brought in a gallon jug. And The Incredible Bulk also stocks 2-ounce brown glass bottles and (shudder) plastic 4-ounce and 8-ounce squeeze bottles.

Does the whole Bulk Buying process bewilder you? Read the accompanying article. Especially for Earth Day weekend, we'll have a couple of our devoted Working Members in Ambler to help. And of course, any Weavers Way staffer can give you an assist.

Once you go bulk, you'll never go back.

Props to all who dutifully save their bread bags and bring their own condiment jars from home. Extra props to those who bring their reusable containers to the hot bar, salad bar or the \$4 Friday Dinners in Ambler. The Earth thanks you, and so does the Co-op.

— Karen Plourde

“Once you go bulk, you'll never go back.”

EARTH DAY 2018 Cultivate Sustainability

Bottle Brick Keyhole Garden Upcycling Firsts

by Betsy Teutsch, for the Shuttle

UPCYCLING, CREATING A HIGHER VALUE USE FOR discards, is a challenging goal. But the Weavers Way Environment Committee, Food Moxie, the Agatston Urban Nutrition Initiative, mosaic artist Eurhi Jones and legions of volunteers have collaborated and soon will be building an upcycled Philadelphia phenom.

The first keyhole garden in a Philadelphia school will grace the courtyard of Sayre High School in West Philadelphia. The project is headed up by Eric Sherman from Agatston. His students at Sayre, located at 58th and Walnut streets, are engaged in the building and eventually will plant, tend and harvest the garden under his leadership.

Keyhole gardens are waist-high, circular raised beds. They feature a compost “column” in the center, a permagardening technique exported from Africa. From above, the structure looks like a keyhole, since there is a break in the circle, a pie-slice opening for access to the compost holder in the center. Eric reports there will be lots of compost produced by the school’s food programs for nourishing the garden and building up its soil fertility.

It’s the world’s first keyhole garden made entirely from bottle bricks. Weavers Way volunteers have stuffed over 800 plastic bottles with household inorganic waste diverted from landfills. Endless thanks to all who faithfully filled bricks with everything from dead pens to mesh bags.

It’s also the world’s first mosaic keyhole garden, adding a community-art component. Keyhole gardens

look like fountains with foliage burgeoning upward. The Sayre garden will be built with cement and our bottle bricks, laid horizontally. The exterior facing will be adorned with a mosaic created by local artist Eurhi Jones, as a prototype for further projects.

Not only that, it’s the first upcycled bottle-cap mosaic keyhole garden. We’ve also collected thousands of bottle caps in an array of solid colors. Eurhi will use these to create the mosaic, inseting them on the keyhole’s exterior in a fun and colorful complement to the hidden bottle bricks. More upcycling, creating a beautiful façade out of caps we usually toss in the recycling.

Many thanks are due! Former Food Moxie farm educator Tara Campbell shepherded the project. The Environment Committee believed in this crazy idea of mine and dutifully created hundreds of bricks. Weavers Way Across The Way in Mt. Airy has served as a bottle cap drop-off. Helen Seitz stored hundreds of bottle bricks in her basement. The Shuttle has given us generous amounts of ink, over two years, reporting on this complex collaboration. Then there’s my daughter Nomi and son-in-law Micah, friends with Eric from college, who recommended him when the project needed a new home. Above all, thanks to Eric who believed in the power of this project and said “Yes!”

Stay tuned, and keep stuffing those bottles for the next build, which will be at Ramah Day Camp in Elkins Park. For information, contact Wendy Smith at wendykimsmith@gmail.com.

Many of us are now in the habit of bottling our non-



Betsy Teutsch photo

Eric Sherman with a fraction of the bottle bricks stored on Helen Seitz’s porch.

recyclable waste, so pitch us your construction project and we’ll help you bring it to reality.

The University of Pennsylvania-affiliated Agatston Urban Nutrition Initiative is dedicated to building and sustaining healthy communities in West Philadelphia. For more information, visit www.nettercenter.upenn.edu/what-we-do/programs/university-assisted-community-schools/agateston-urban-nutrition-initiative.

Betsy Teutsch is a Weavers Way Working Member. Reach her at bteutsch@comcast.net.



The  **Miquon**  Day Camp

SO MUCH TO DISCOVER
IN OUR WORLD THIS SUMMER.

Visit miquon.org/camp to learn more.

EARTH DAY 2018



Cultivate Sustainability

Vertical Farming in the City: Preparing for the Future of Food

by Sandra Folzer, Weavers Way
Environment Committee

HOW DO WE PREPARE FOR THE FUTURE? How do we protect our environment and help people survive in a more crowded world with fewer resources?

When U.S. Sen. Gaylord Nelson initiated Earth Day, some thought a demonstration on behalf of the environment was frivolous. Instead people took it very seriously. It became a bipartisan effort after the Wisconsin Democrat convinced U.S. Rep. Pete McCloskey, a California Republican, to co-chair the event. April 22, 1970, was chosen as the date for this “environmental teach-in,” and 20 million Americans responded.



Aerofarms photo



Frank Lloyd Wright envisioned “Little Farms,” but not repurposing old industrial buildings for food growing.

The original Earth Day set the stage for the creation of the Environmental Protection Agency. Eventually Earth Day became global as the United States led the way for environmental consciousness. How things have changed. The United States now lags behind many countries in sustainable energy. Our president denies climate change and wants to dismantle the EPA. However, there is hope as we see signs of progress, despite our government’s reluctance to honor the environment.

I want to visit Frank Lloyd Wright’s Fallingwater, so have been reading about him. Back in 1932, Frank Lloyd Wright had a vision for “Little Farms,” a space for local sustainability as

businesses were buying up farmland for suburban overflow. These units included living space as well as areas to grow crops. Wright’s idea to combine affordable housing and agriculture never became a reality, but attempts to encourage agricultural sustainability are growing.

For example, some entrepreneurs are growing food in old industrial buildings in cities. Philadelphia boasts a thriving vertical farm operation in Metropolis Farms in a former factory in South Philadelphia. Aerofarms in Newark, N.J., specializes in greens in a former steel supply company building.

The term “vertical farm” was coined by Dr. Dickson Despommier, emeritus professor of Environmental Health Sciences at Columbia University. Author of “The Vertical Farm: Feeding the World in the 21st Century” (2010), he got the idea for vertical farming from all the light-filled but unused industrial buildings he saw in New York City.

Aerofarms is a highly systematic venture. The space is about 70,000 square feet in which tables are stacked to a height of 36 feet, in rows 80 feet long. Seeds are grown in a patented cloth



medium made from BPA-free recycled water bottles. The advantage of cloth is that it can be sanitized and reused.

The operation uses LED lighting, which can be tuned to emit certain wavelengths of light. This means less energy use and light that meets the needs of the plants. No pesticides are used. Since the growing cycle is 18-21 days, pests don’t have a chance to develop, as their life cycles are usually longer than 21 days.

And although Aerofarms is technically hydroponic, little water is used — 95 percent less than traditional farming, while yielding 130 times more per square foot in half the time. A special formula of nutrients is misted on the plants along with water and oxygen.

Vertical farms are not without controversy. One question is whether food grown without soil is as nutritious. Presently, the comparison of nutrition of hydroponic versus soil-grown food is mixed. In one study, hydroponically grown strawberries had more vitamin C, but the results were opposite with raspberries.

Preparing for the future necessitates not only creative technology but also innovative educational programs. Future farmers may include urban technicians, resourceful plumbers or anyone willing to experiment in order to discover new ways to grow food. These may be the most important skills needed in the future.

I wonder where we’ll be in 2020 when we celebrate the 50th anniversary of Earth Day.

environment@weaversway.coop



Earth Day, Soil and Health

by Jennifer Hall, Weavers Way Health & Wellness Committee

SUNDAY, APRIL 22, IS EARTH DAY. THIS HOLIDAY STARTED IN 1970 in the United States, bringing millions out in peaceful demonstrations for environmental reform, and is now observed internationally as a celebration of our planet. Everyone is encouraged to celebrate this day in their own way, while keeping in mind Earth’s complex ecosystem, where living organisms interact with each other and their environment to create the ideal conditions for life on this planet.

During the planting and harvesting season, I love to volunteer at the Henry Got Crops Farm at Saul High School in Roxborough. At first I was a bit shy about sitting in dirt and getting my nails, hands and feet dirty. But there was something calming about sitting there with other volunteers picking, digging and discarding problem weeds and coming back the next week and seeing the plants growing. It is definitely rewarding to know that the vegetables I eat come from a farm on which I volunteer. Being that close to the whole process of cultivation is special. But that isn’t the only benefit I get from this. Sitting, breathing and digging in the soil may be good for my overall health.

Alternative health proponents, including Dr. Joseph Mercola, maintain that health begins in the very soil. Good soil has its own microbiome which includes organisms (“soil-based” organisms or SBOs) that enrich the soil and help the plants that grow from it to be healthy and nutrient-dense.

Soil bacteria form symbiotic relationships with plant roots and consume the nutrients providing nitrogen, phosphorus and many other nutrients in a form that plant cells can utilize. These organisms also protect plants from pathogens and other threats. Some studies have shown that exposure to SBOs can help boost the immune system, reduce inflammation, help detoxify the body and aid in beneficial gene expression.

This is not to say that we should eat dirt or go out to purchase the latest supplement enriched with SBOs. Being outside and interacting with our environment may be sufficient.

A review article in the Journal of Environmental & Public Health states that “earthing,” or “grounding,” reconnecting to the Earth’s subtle electrical charge by walking, standing or sitting outside barefoot, has been found to reduce inflammation, pain and stress, and improve circulation.

So in celebration of Earth Day, we should revel in the beauty of our extraordinary Earth for the entire month. Get outside and reconnect to the Earth’s energy by going barefoot, doing some gardening or playing in the dirt and enjoying the benefits it provides.

Also, join the Health and Wellness Committee on April 22, 3:30 p.m. at the Healing Arts Studio in Chestnut Hill, as we educate the community and participate in an enlightening discussion about Mental Health.

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

Jennifer Hall is an integrative and functional nutritionist and health coach. She is the owner of Balanced Holistic Living, LLC. and treats a wide range of clients with varying conditions using a comprehensive holistic approach focused on identifying root causes of symptoms to support overall health and well-being.



Pi Dental Center Open House

Thursday, April 12, 2018 • 10:00 am to 3:00 pm



Visit Pi Dental Center to Learn:

- What's a Prosthodontist?
- What's new in dentistry?
- How does digital dentistry improve dental care?
- When is a dental implant the best option?
- Tour our elite facility
- Get a complimentary exam
- Call 215-646-6334
- RSVP Suggested

Glenn J. Wolfinger, DMD, FACP
Pi Dental Center
 467 Pennsylvania Avenue, Suite 201
 Fort Washington, PA
 215-646-6334 • pidentalcenter.com



Restorative Massage
 Oncology Massage
 Somatic Wisdom Coaching

Andrea Kocerha, LMT
 6809 Germantown Ave
 Philadelphia, PA 19119

484-764-5056
www.azimamassage.com

Trudi Dixon, LMT

Massage • Reiki
 Integrative Somatics

livinginspired.amtamembers.com

(267) 422-2254

7047 Germantown Ave. #205, Philadelphia, PA

PA MSG00981

Access your body's inspiration

Alternative Healthcare
for Women

Holistic Gynecology
 Natural Menopause Counseling
 Fertility/Pregnancy Consultations

Energy/Sound Healing Arts
 Therapeutic Touch
 Tibetan Bowls
 Shamanic Drums and Journeying

Iris S. Wolfson, CNM, CRNP
 133 W. Phil-Ellena Street
 Philadelphia, PA 19119
 (215) 842-1657
iriswolfson.com

Healing arts studio

*A beautiful healing space
in the heart of Chestnut Hill*

**Somatic Psychotherapy
 Movement Medicine**
 Jodi Schwartz-Levy, PhD, LPC

**Gentle Yoga
 Mindful Leadership**
 Esther Wyss-Flamm, PhD

**Integrative Acupuncture
 Women's Natural Healing**
 Margaret Kinnevy, RN, LAc

HealingArtsPhilly.com
 15 W. Highland Ave, 2nd Fl

Molly Kellogg
LCSW, LDN

When we accept ourselves, miracles happen.

Psychotherapist & Nutritionist

**Offices in
 West Mt. Airy
 & Rittenhouse Square**

215-843-8258
molly@mollykellogg.com

Co-op Member Discount

Intimate, midwife-owned practice offering full scope maternity care and GYN services in a personal setting. All medical insurances accepted.

484-441-3272

*711 Bethlehem Pike, 2nd fl
 Erdenheim, PA 19038
WomanWiseMidwifery.com*

ACUPUNCTURE

Scott R. Smith, L. OM (PA #57)

- 10 years experience
- Board certified Acupuncturist and Herbalist
- Outcall Available

Insurance Accepted
 Highmark FEP Aetna
 Cigna United Healthcare

Located in The Healing Center
 717 Bethlehem Pike, Office #170
 Erdenheim

By Appointment Only

215-801-4250 SmithAOM.com

Rev. Dr. Nadine Rosechild Sullivan
 Spiritual Counseling & Hypnotherapy

215-704-4264
drsullivan@rosechild.org
www.rosechild.org

LGBTQ-Affirming

Advertise in the Shuttle

- Targeted readership
- Extended Internet presence
- Affordable and effective

advertising@weaversway.coop

WORKSHOPS

Enlighten yourself.

.....

Get edified.

.....

You want information?

.....

Get clued in.

.....

Soak up some knowledge.

.....

EARTH DAY 2018 Celebrate the Only Planet We Have

2nd Environmental Film Fest Sets Stage for Earth Day

LONGTIME WEAVERS WAY MEMBER DEBRA WOLF Goldstein, co-founder and executive director of the Philadelphia Environmental Film Festival, is excited to announce the second annual Philadelphia Environmental Film Festival, a showcase for exceptional new films that celebrate natural beauty and raise awareness about people's impact on the Earth, on April 6-8 at the historic Prince Theater in Center City.

The festival opens with the Pennsylvania premiere of "Anot's Ark," directed by Matthieu Rytz, straight from its Sundance 2018 World Premiere. The opening night feature showcases Jeff Orlowski's "Chasing Coral," winner of the Sundance Film Festival Audience Favorite Award. Orlowski will talk with the audience after the film.

The festival closes on April 8 with the Pennsylvania Premiere of Karina Holden's provocative journey into the ocean realm, "Blue." The festival will feature dozens of new shorts and features from international and American filmmakers to kick off Earth Month.

"This festival comes at a critical time in our country and the world, with the health of our environment at stake," Goldstein said. "We hope to bring the planet to Philadelphia through films that entertain, inform, and inspire personal action."

Last April's inaugural festival showed 22 outstanding shorts and feature films, brought in 11 film directors from around the country for post-screening Q&As and sold out on Opening Night, with a line around the block!



Philadelphia Environmental Film Festival

Friday-Sunday, April 6-8
Prince Theater, 1412 Chestnut St.

34 films in 11 "blocks"

Info and tickets: philaenvirofilmfest.org

Weavers Way members enter promo code GREEN2018 for ticket discount.

The 2018 event promises to be even bigger and better. The Juror Panel reviewed 250 films from 43 countries to select a three-day program of 25 shorts and nine feature films. (See the entire lineup at philaenvirofilmfest.org.) "The caliber of programming from around the world that we're offering at the upcoming festival is tremendous," said Alexandra Drobac Diagne, Artistic Director. "We are hosting Pennsylvania Premieres for 8 of the 9 features."

The 2018 festival includes participation by 11 female filmmakers, a Student Short Film Competition

sponsored by Drexel University, a "Kids' Planet" program and a regional film program.

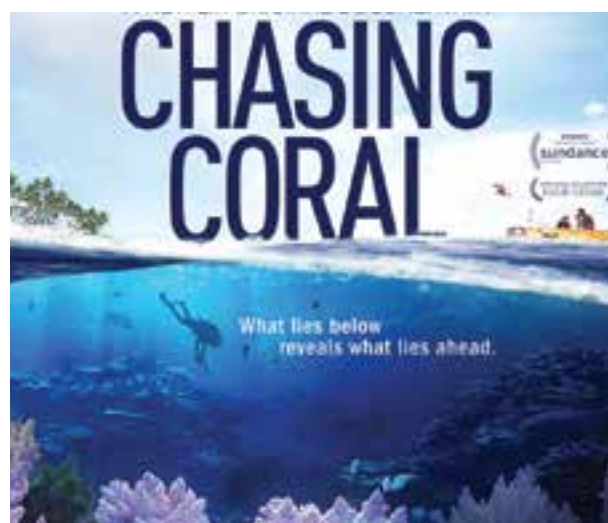
Most films are followed by Q&A sessions with the directors.

The Nature Conservancy and Media, PA-based Natural Lands Trust are the festival's lead sponsors, and Saint-Gobain is presenting the Kids' Planet and Regional Film programs. Weavers Way Co-op is supporting as a Community Partner.

Single tickets are \$12, and Weavers Way members can use the promo code GREEN2018 to purchase discounted tickets for \$10 on the festival website:

"Chasing Coral," a Netflix Original, is the festival's opening night main attraction. It follows a team of divers, photographers and scientists as they set out to document why and how coral reefs are dying on a massive scale.

philaenvirofilmfest.org.
Weekend passes are \$35.
Students with ID can pay \$5 at the Box Office at the Prince, 1412 Chestnut St.



Quintessence Theatre Group presents

The Power and Idealism Repertory



WILLIAM SHAKESPEARE
AND OTHERS

JULIUS CAESAR

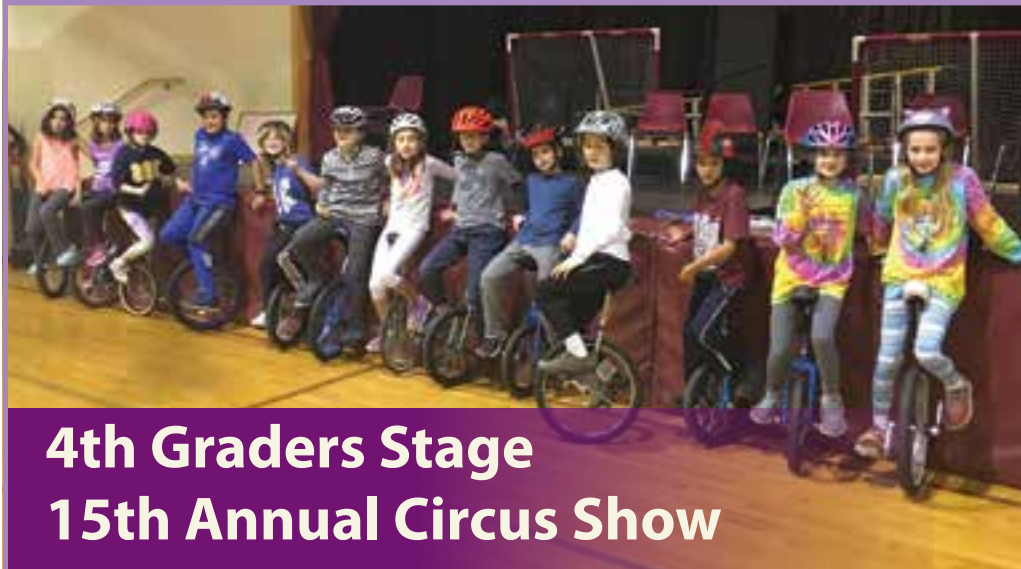
MARCH 21 - APRIL 28



HENRIK IBSEN

THE WILD DUCK

APRIL 4 - 29, 2018



4th Graders Stage 15th Annual Circus Show

Performing fantastic feats on unicycles, tightropes, lyra, slings and more, students in Will Starr's fourth-grade class at Plymouth Meeting Friends School last month staged "Believe!" an original story that explored finding one's true identity, believing in oneself and making good choices. It was the 15th year for the fourth-grade circus-skills program.



Noel Coward Farce at Stagecrafters Just the Thing for Trying Times

THE CLASSIC NOEL Coward comedy-farce "Blithe Spirit" is a perennial stage favorite, for good reason. The play focuses on the suave and successful mystery writer Charles Condomine, who desires to learn more about paranormal phenomena for a novel. So he invites to his home a professional spiritualist, the eccentric and clairvoyant Madame Arcati, whose wayward séance unintentionally produces the ghost of Charles' long-departed first wife, Elvira. Fully released from ethereal constraints, Elvira is determined to play havoc with Charles' life.



Coward (1899-1973), playwright, composer, actor and singer, wrote "Blithe Spirit" in the countryside in 1941 after his London office and flat had been destroyed by German bombs. Blitz-weary Londoners were ready for some light comedy: The play ran nearly 2,000 performances, a West End record that was not surpassed until 1957.

Coward adapted the play to a film version in 1945, with Rex Harrison as a memorable Charles. Charles Spencer of The Daily Telegraph, paid tribute in 2004: "With 'Hay Fever' and 'Private Lives,' 'Blithe Spirit' strikes me as being one of Coward's three indisputable comic masterpieces."

Opening night is Friday, April 13. Performances are April 13-29, Thursdays, Fridays and Saturdays at 8 p.m., with Sunday matinees at 2 p.m. Tickets are \$21 online (no service charge), \$25 at the door. Discounts are available for students, seniors and groups. For more information, visit the website, www.the-stagecrafters.org, or call 215-247-8881; for reservations-direct call 215-247-9913. The Stagecrafters Theater is located in the heart of Chestnut Hill at 8130 Germantown Ave.

If you have blood, we have last-minute appointments

Weavers Way Blood Drives

Mt. Airy and Chestnut Hill: Monday, April 2, noon-6 p.m.
Ambler: Thursday, April 5, noon-6 p.m.

Sign up online at rdcrss.org/2uqgutA

Or contact Weavers Way's Human Resources Department: hr@weaversway.coop or 215-843-2350, ext. 132.



2018 SummerSessions

June 18 - July 27
 (1-6 week courses available)

Where the City Meets Your Kid

Friends Select SummerSessions provides a unique experience that will engage, challenge, and enrich students in grades 3-12. With instruction from knowledgeable faculty and outside experts, SummerSessions offers courses ranging from a college prep workshop to robotics and creative coding to geometry and pre-calculus. Spots are limited.

Sign up today!

Register online at friends-select.org/summersessions

FRIENDS SELECT

17th & Benjamin Franklin Parkway
 Philadelphia, PA 19103





Suggestions

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



Co-op 'Smart Caring' Model Should Apply to Our Workers

I WATCHED THE BUILDING AND OPENING of our Ambler Weavers Way with a divided mind. On one hand, our third store proves the growing success of our food ops: We are a strong community of buyers who make a point of buying from local producers and purveyors and who also “give back” to the community in the form of programs for local citizens (with especially inspiring farm programs for children). The Ambler store is the most striking recent evidence of the success of our power as a community and of our development of a business model based in “smart caring” for the people behind the food.

But do we value the most important people? Many of the people who work at Weavers Way do not earn a “livable wage,” which, according to the Fight for \$15 movement (fightfor15.org) is \$15 an hour for a single-person household. MIT’s “Living Wage Calculator” finds that the minimum wage in Philadelphia County should be \$12.17 an hour for a

single person and \$24.90 an hour for one adult and one child. (That should raise some single-parent eyebrows.) Many of our workers earn less than what informed calculations tell us is bare minimum in our region – and I call on all of us to be ashamed of that fact.

While we’re happy about the new store and our growing vibrancy as a collective community, we need to address the inconsistency in our “smart caring” model. We cannot continue to laud our efforts out in the community while we undervalue our workers at home. We need to pay our workers, not a calculated minimum, but, rather, a livable wage of \$15/hr. And we’re late coming to that table. Already in 2015, 14 cities and states in the nation approved the \$15/hr. minimum. These policies apply across the board to for-profit businesses that, at least on the surface, have less “smart caring” for workers in mind.

Like many of us, I delight in shopping in-store, and that delight is due in large part to the expertise, professionalism and advice provided by our co-op labor force, who often offer answers in the context of warm conversation. We are lucky to have our good workers. Let’s give them the wage they deserve and that we deserve as a community dedicated to smart caring – let’s give our workers \$15 an hour!

Carla Willard

Editor’s note: The Co-op’s starting pay rate is \$10.50/hr. Entry level employees receive performance-based step raises that take their hourly rate to \$11.50 by their one-year anniversary.

Way to Go, Norman

I ALWAYS LOVE NORMAN’S COLUMN. In March, when he took a different turn, it reminded me of:

- His own long history of integrity as a leader in the co-op movement and as a writer, and doing it with a great sense of humor most times, to boot.
- The importance of remembering, regularly if possible, on whose shoulders we stand, we who want to build a better world. We need to learn from the dedication, vision, sweat, courage and even the mistakes of folks who were founding things like our Co-op, organizing for social change, learning the hard way oftentimes, and fighting for universal equality, respect among humankind and for our planet.

Norman’s eloquent and informative picture of Robert Iadicicco helps us do that.

Ellen Deacon

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 to publish any letter.



Mt. Airy Psychotherapy & Wellness
BRINGING HOLISTIC HEALTH TO THE NORTHWEST COMMUNITY

Psychotherapy Genie Ravital, LCSW Lauren Kahn, LSW, LMFT Lenore Jefford, LPC Eda Kauffman, LSW Althea Stinson, MSW Willie Knight, MA Jennifer Ellis, MEd, LPC	Homeopathy Ameet Ravital, PhD, DiHom Massage & Yoga Lisa Kaye, LMT Acupuncture Anna Beale, LAc
---	--

7127 Germantown Ave • Philadelphia, PA 19119
215-242-5004
www.MtAiryPsychotherapy.org



for health, balance, manifestation

LEO MCELROY
215-843-9718

Shiatsu Bodywork
Shamanic Healing Practices

Cresheim Healing Arts 138-A West Gorgas Lane www.ShiatsuLight.com

Don't miss out on breaking news!
Sign Up Online at
WWW.WEAVERSWAY.COOP **eNews**

HOUSE AT POOH CORNER
where learning comes naturally
Teri DiCesare, M.Ed.
INFANTS • TODDLERS • PRE-K
Over 30 years of quality care
215-843-0815



Visit our website www.houseatpoohcornerdaycare.com

Dental Arts of Chestnut Hill, LLC

8625 Germantown Ave. Philadelphia, PA 19118
Tel. 215-242-6630 Fax 215-242-6633

Axel Ramke, D.M.D., D.D.S., Ph.D.
General Dentistry

www.DentalArtsOfChestnutHill.com

CHESTNUT HILL Computer Spa

PC & Mac Repair, iPhone Screen Replacement!

Joanne Davis
215-939-2534

COMPLETE COMPUTER SERVICES AND TRAINING

215-939-2534 CHComputerSpa@gmail.com






WE HAVE YOU COVERED!
215-843-1970

Complete Roofing Services • Residential & Commercial
Prompt and Reliable • Quality Work

We serve Germantown, Chestnut Hill, Mt. Airy, and surrounding areas

{ Roof maintenance is often ignored, but small problems with a roof can lead to some of the most costly home repairs around. Don't make that mistake. }

Please call us for your **FREE** Roof Inspection

Call 215-843-1970
or email AppleRoofing@verizon.net
www.AppleRoofingCo.com



Janet Ames
RE/MAX
EXECUTIVE REALTY
610 Old Lancaster Rd.
Bryn Mawr PA 19010
Office: 610-520-0400
Cell: 610-308-0802
realtorjanetames.com
janetames@remax.net



**April showers bring
*** May flowers. *****

When spending your money and effort to prepare your house for sale, don't forget the outside. Curb appeal is important. Make your landscape pop.

Put my skills and experience to work for you!
Call me: 610-308-0802

As seen in Philadelphia Magazine

Five Star Professional surveyed Philadelphia area residents who purchased a home priced at more than \$150,000 within an 8-month period. The final list of 2017 Five Star Real Estate Agents is a select group, representing less than 7% of real estate agents in the area.

www.facebook.com/realtorjanetames | www.linkedin.com/in/realtorjanetames

H
HANSON SERVICES
Small Projects for the Home

Interior/Exterior Carpentry
Custom Cabinetry
Door & Window Installation/Repair
Structural Work, Roofing
Porch Repair, Deck Construction
Hardwood Flooring
Energy Efficiency Consultation
Drywall/Plaster Work
Painting, Masonry & Stucco
Fire Protection
Electrical & Plumbing

214 KALOS STREET, PHILADELPHIA
Tel 215 483 • 8338 – HGCINC.BIZ

* **COMPUTER HELP!!** *
* Having trouble getting your computer, *
* printer, scanner, CD/DVD/Blu-Ray, *
* digital camera, or system software *
* working properly? *
* Would you like to set up a home wired *
* or wireless network to share your files, *
* multiplayer games, and Internet access *
* between all of your computers? *
* Need help removing **VIRUSES**, *
* **SPYWARE**, or other malware *
* which may have invaded *
* your system? *
* Need help finding, designing, *
* repairing, or upgrading a PC *
* and setting up software which *
* best meets **YOUR** needs? *
* For expert, reasonably-priced **service**, *
* **instruction**, and **assistance** in your *
* own home or office... *
* call *
* **Lauren Royce Emery** *
* Phone: (215) 844-5570 *
* E-mail: LREmary@fast.net *
* 24 hours, 7 days *

Gerard Plourde, Attorney at Law
Brian Gordon, Attorney at Law

WILLS, TRUSTS AND ESTATE PLANNING
PROBATE AND ESTATE ADMINISTRATION
GUARDIANSHIPS AND SPECIAL NEEDS TRUSTS
MEDICAID PLANNING

We take a holistic approach to law.

Call Gerard's office in Philadelphia at (215) 901-7222
Or Brian's office in Bala Cynwyd at (610) 667-4500

COMPLETE MASONRY SERVICE
Flagstone, Brick & Stone Pointing
JAMES G. CARDAMONE

- Concrete Work
- Chimney Repairs
- Stucco
- Basement Wall
- Walkways & Patios
- Glass Block Windows
- Plastering & Waterproofing
- Retaining Walls
- Ceramic Tile

jamescardamonemasonry.com
Over 25 Years Experience • Clean Work Area • Fully Insured & Free Estimates

PA# 060401 All Calls Returned **215-887-9323** GLENSIDE



Wissahickon
Tree & Landscape Services, LLC

Brian Ames
Certified Arborist

CUSTOM PRUNING
DESIGN & INSTALLATION
ORGANIC & NON-CHEMICAL SOLUTIONS
GARDEN STRUCTURES

215-681-2436
www.wissatree.com

Computer Service and Repair
Call Ed "The Tech Guy"

FOR ALL WINDOWS
PC COMPUTER SERVICES
IN-HOME OR REMOTE ASSISTANCE

LOW RATES
cell 719-964-9538
www.edttg.com

BASEMENT PLUS CO.

...Plus We Waterproof

- ☐ Get your basement dry and odor-free.
- ☐ Repair old crumbling walls
- ☐ Sump pumps & French drains
- ☐ New windows, doors & locks
- ☐ Clean, paint & seal pipes and flooring

...Plus We Renovate

- ☐ Redesign your basement
- ☐ Drywall, drop ceilings, closets
- ☐ New bathroom, shower, toilet & sink in one week
- ☐ We handle all plumbing & electrical in basement

BEST of the NORTHWEST
As Seen on DIY TV

www.basementplus.com
Insured & Licensed **215.233.4598** Free Estimates

Did you know?
You can read the
Shuttle
ONLINE.
www.weaversway.coop/shuttle-online

Nutrition Tips for Reducing Allergic Symptoms HED HED

by Dorothy Bauer, Weavers Way Neighborhood Nutrition Team

HAVING LOGGED MANY HOURS AT THE ALLERGY doctor when my boys were little, I became somewhat of an aficionado on the subject. From elimination diet to rotation diet, I navigated my family to health, wellness and allergic equilibrium. Here's some of what I learned:

What are the Least Allergenic Foods?

What we eat can have a direct effect on immune-system function, affecting levels of inflammation and histamine in the body. Oftentimes, allergic responses are exacerbated when we're overloaded with triggers, and diet is an obvious place to start decreasing that burden.

Among the least allergenic foods are lamb and chicken, pears, apricots, apples and cherries. Other good foods are winter squash, sweet potatoes, carrots and asparagus. Choosing organic when possible reduces your intake of pesticides, which can mute the body's ability to keep antigens (substances that induce an immune response in the body) in check.

Known allergy triggers to avoid include cow's milk, chicken eggs, peanuts, soy products, wheat, fish and shellfish. Avoid processed food whenever you can — let "fresh is best" be your mantra and guide you to staying healthy.

Fresh Is Best: Greens and Microgreens

Weavers Way Farms' fabulous spicy greens mix & arugula are in the stores now, affirming that spring is finally around the corner! All the fresh, tender greens are packed with vitality and offer visual and nutritional pow-

weavers way
NEIGHBORHOOD
NUTRITION TEAM



er to your meals. And microgreens are a real superfood! They're loaded with a range of health-promoting nutrients for anti-allergy diets or anyone looking to boost the nutritional value of their meals. Microgreens are a tad pricey, but if you consider that 100% of what you are paying for goes on your plates (no stalks or stems to trim) they are well worth it. In addition, the microgreens the Co-op carries are locally grown; the shorter farm-to-plate time ensures higher nutritional integrity and the shorter trip reduces transportation impacts!

Anti-Allergy Salads

What's your favorite salad? One of my favorite spring time anti-allergy salads (pictured right) contains watermelon radish — as beautiful as they are delicious AND big-time nutritious! Radishes are anti-inflammatory, and they have anti-congestive properties, working to clear your sinuses to help you breathe easier. Jicama is another fabulous addition, with the added benefit of being packed with vitamin C, minerals, folates, pantothenic acid, B vitamins — all nourishing for an allergy-prone body.

Instead of using oil for dressings, I make a lighter, every-bit-as-tasty version using sprouted seeds as the base and chia gel as the carrier, and whatever fresh or dried herbs I have on hand. Here's the basic recipe. It's quick, easy and versatile, and will keep in the fridge for about two weeks — not that it ever lasts that long at our house!

dorothybauer@yahoo.com

THIS MONTH: Spring Allergies

Learn about the food / allergy connection.

COMING UP IN MAY:

What is gluten? What is "whole" grain? Learn more about the symptoms and prevalence of wheat sensitivity.



Sunflower Herb Dressing

- 2 tbs. fresh thyme or other herbs of your choice
- 1-2 cloves garlic
- ¾ cup chia gel
- ¼ cup pitted olives or organic extra-virgin olive oil
- ½ -1 cup sprouted sunflower or pumpkin seeds
- 1 tbs. lemon or lime juice, apple cider vinegar, water, kefir or kombucha
- 1 tsp. salt

(To make chia gel, put 1-2 tbs. chia seeds in a quart jar, fill with filtered water, give a good shake and let thicken overnight.)

Blend ingredients to desired creaminess and thickness; add more liquid if you like. The beauty of this recipe is how easily it is modified. Enjoy!

WEAVERS WAY WORKSHOPS



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

RSVP on EVENTBRITE

WE ASK THAT YOU REGISTER EVEN IF THE WORKSHOP IS FREE.

Visit the Online Events Calendar, www.weaversway.coop/events/workshops. Or do it the old fashioned way: Contact **Programs**

Coordinator **Stephanie Bruneau**: sbruneau@weaversway.coop or 215-843-2350, ext. 152.

WHY NOT GIVE ONE YOURSELF?

Anyone can propose a topic, and members can earn three hours of work credit.

COMING UP IN APRIL

Allergies, Inflammation and Nutrition

Thursday, April 5, 7-8:30 p.m., Sage Integrative Health Center, 538 Carpenter Lane, Mt. Airy

Learn about how to tamp down your body's inflammatory response using food and herbal medicine. This FREE Weavers Way Health & Wellness Committee workshop is led by functional nutritionist Wendy Romig. Wendy will repeat this workshop April 12 in Ambler.

Moxie Tuesday: Eating Well on a Budget

Tuesday, April 10, 6-7:30 p.m., Ambler Senior Center, 45 Forest Ave.

Food Moxie staff will share their tips for navigating the grocery store and their favorite budget-friendly bites. You'll be surprised at how little you need to spend to make healthy, delicious meals. \$5 registration supports Food Moxie.

Weavers Way Wellness: Allergies, Inflammation and Nutrition

Thursday, April 12, 6-7:30 p.m., Weavers Way Ambler

See listing for April 5. FREE.

Holistic Perspectives on Mental Health

Sunday, April 15, 3:30-5 p.m., Healing Arts Studio, 15 W Highland Ave., Chestnut Hill

Join Weavers Way Health and Wellness Committee members to learn about holistic perspectives on mental-health symptoms. Moderated by nutritionist Jennifer Hall, the panel includes Jodi Schwartz-Levy, Elanah Naftali and Marvin Berman. FREE; space is limited.

Modern Slavery: Human Trafficking & What You Can Do

Sunday, April 15, 4-5:30 p.m., Weavers Way Ambler

Hear from Larry Ackley, founder of Grounds for Restoration

Coffee Company, about the depth of modern slavery, and how we ourselves can make a significant difference. Grounds For Restoration donates 100% of the profits from sales of its organic, fair-trade coffee to human trafficking survivors. FREE.

Anti-Inflammatory Foods: Talking & Tasting

Friday, April 20, noon-1 p.m., Weavers Way Ambler

Learn how the food we eat can play a role in preventing inflammation, with the goal of boosting mental and physical health and preventing disease. This FREE program will be led by Weavers Way Nutrition Team member Nicole Schillinger.

Planting a Home Medicinal Herb Garden

Saturday, April 21, 1-2:30 p.m., Weavers Way Mt. Airy.

Did you know that many garden flowers are actually medicinal

herbs? Or that many culinary herbs are powerful cold and flu remedies? Learn more in this FREE workshop led by clinical herbalist Libby Felten.

Essential Bike Maintenance for Every Rider

Saturday, April 21, noon-1 p.m., Weavers Way Mt. Airy

Learn tips and techniques to ensure your bike is in safe and comfortable working condition, no matter how often or where you ride from dedicated biker and Weavers Way member Daniel Langlois. FREE. BYO bike!

Dividing Perennial Plants

Sunday, April 22, 10 a.m.-noon, Ned Wolf Park, McCallum and Ellet streets, Mt. Airy

This outdoor workshop is for novice gardeners or those who would simply like to learn more about what's happening below ground so they can reinvigorate and multiply their plants. FREE.

Colonies can consist of millions of ants. Is your home and office protected?

Spring is the time to bait for ants to stop them from walking in the kitchen this Summer.



Call For More Details
 PA- (215) 276-2962
 NJ- (856) 338-1229



NATURAL
 PEST CONTROL COMPANY
 Eco-Friendly Since 1979

www.naturalpest.com
 michael@naturalpest.com

Residential & Commercial



Chestnut Hill Cat Clinic

Nicole Hehn VMD

215-247-9560
 8220 Germantown Avenue
 www.chestnuthillcatclinic.com

All new clients, \$25 off first appointment

Taking care of cats and their people for over 25 years.



We've gone GREEN...
 Now using environmentally-friendly Waterborne paint!

MACLENS

Collision Repair Professionals Since 1945
 Family Owned & Operated

20 W. Allens Lane Philadelphia, PA 19119
 Tel (215) 247-3906 Fax (215) 247-9506



JB STOCOVAZ
 Professional Landscape Gardener
 Maintenance • Design • Installation


You Dream It. We Create It.

www.jbstocovaz.com
 215-248-0649 • jbstocovaz@verizon.net

And the Awards Poured In


Saul Students Went with the Flow

Every year, Saul High School students design, build, install and maintain an impressive exhibit at the Pennsylvania Horticultural Society's Flower Show. For this year's Flower Show theme, "Wonders of Water," juniors and seniors at Saul designed and built a sustainable Philadelphia home, which included rain-water collection, vertical gardens made from pallets, a mural and several inventive water features, including a "water wheel" made from empty cans and plastic water bottles mounted on bike wheels, right. Their beautiful, upcycled water efficient designs did not go unnoticed by the PHS judges! They took home three awards, including the prestigious PHS Silver Award, as well as the PHS Sustainability Award and The American Horticultural Society Environmental Award! Below, some of the students who created the winning project, from left, Marcus Bell, Zafir Ortiz and Trinity Key.




Next Door, the Front Window Reigned

This year, the #bloomphilly window display at Weavers Way Next Door in Chestnut Hill— part of the pre-Flower Show festivities — won in the "Best Connection to Flower Show Theme — The Wonders of Water" and came oh-so-close to winning the "Crowd Favorite" category. Thanks to all who voted for us online! Co-op staffers Chris Mallam and Lauren Todd, top and bottom display the awards on the Flower Show floor.

redbud native plant nursery

904 N. Providence Rd.
 Media, PA 19063
 610-892-2833

redbudnativeplantnursery.com

native plants
 trees, shrubs, wildflowers, vines, ferns and grasses

open mid-march through november
 tuesday through saturday 9 to 5

The Passionate Gardener

Nematodes, the Bad & the Good

by Ron Kushner, for the Shuttle

NEMATODES ARE MICROSCOPIC, UN-SEGMENTED, threadlike, wormlike creatures that swim in the moisture surrounding soil particles and plant roots. Many nematodes are beneficial, preying on other nematodes that actually attack plants and other pests. They live in moist soil, decaying organic matter, water and even inside plants and animals.

There are thousands of species of nematodes. Although “wormlike,” they are not related to actual worms.

Parasitic nematodes lay eggs on plant roots that hatch into tiny larvae. The larvae molt a few times and then mature into adults. They puncture plant cell walls, inject a body fluid and suck out the plant cell’s contents. Some species feed on the outside of plant roots, while others enter the roots and live inside the plant, slowly destroying it. Symptoms include reduced growth, wilting and just an overall unhealthy look. They can also attack leaves.

Root-knot nematodes are very common, especially in lettuce, beans, tomatoes, potatoes, peppers and corn.

Good organic matter in the soil helps fight nematodes by promoting populations of beneficial fungi that feed on them. Companion plants such as marigolds repel nematodes. Susceptible crops should always be rotated.

Beneficial nematodes, available in most garden centers, kill soil-dwelling and boring insects such as weevils, grubs, beetles, maggots and cutworms. More than 230 different species



Nematodes under a microscope.

of insects can be destroyed by nematodes. They also hasten the decomposition of organic matter in compost. Once they attack an insect, nematodes release bacteria that paralyze and kill the insect within a couple of days and then feed on it.

Since nematodes travel in a moist environment, the area to be treated should be well watered before application and for a few days after application. Direct sunlight will kill them, so the best time to apply is in the evening or in cloudy conditions.

As temperatures drop in the winter, nematodes travel deeper into the soil to hibernate. In spring, warmer temperatures bring closer to the soil surface. Since their return lags behind the earlier arrival of spring pests, beneficial nematodes should be reintroduced every year.

In areas where nematodes are common in the soil, plant susceptible crops as early as possible or very late to take advantage of lower soil temperatures. Most nematodes are unable to penetrate plant roots when the soil temperature is below 64 degrees.

For questions or comments: ron@primexgardencenter.com.

April Temperatures: Tale of the Tape

OVER THE PAST 10 APRILS, NIGHTTIME LOWS DROPPED BELOW freezing 62 times, with the 10-year low, 22 degrees, occurring in 2016. Here is the breakdown of how often freezing temperatures occurred in April:

2007: 9 times	2010: no freezing temperatures	2013 5 times
2008: 3 times		2014: 10 times
2009: 6 times	2011: 4 times	2015: 7 times
	2012: 9 times	2016: 9 times

The highest nighttime temperature recorded over the 10-year period was 56 degrees, in 2010. Note above that that year also had no freezing temperatures the entire month. The lowest daytime temperature was 37 degrees, which occurred in 2016.

Now let’s look at the high temperatures. Temperatures between 80 and 90 degrees occurred 39 times. Here is the breakdown of those temperatures:

2007: 5 times (5 days in a row, April 21-25)	2010: 5 times (4 days in a row, April 6-9)	2012: 3 times
2008: 4 times	2011: 5 times (4 days in a row, April 25-28)	2013: 4 times
2009: 5 times (5 days in a row, April 25-29)		2014: 2 times
		2015: 2 times
		2016: 4 times

Temperatures over 90 degrees occurred 10 times, with the highest recorded April temperature of 101 degrees in 2009. This was the only time in 10 years that an April temperature hit 100.

2007: 1 time	2012: 1 time	April 2017 also had no temperature over 90.
2008: 2 times	2013 through 2016: No temperatures over 90.	
2009: 4 times		
2010: 1 time		
2011: 1 time		

Could this possibly be the start of a cooler trend for April highs?

— Ron Kushner



E. G. Rall Jr. Landscape Design & Horticultural Services

"From Sustainable Habitats to Elegant Gardens - We Are Your Outdoor Problem Solvers."

622 Markley Street, Norristown, PA 19401

Services include: Native plant installation, Rain garden installation, and Permeable paver installation

Check out our website to find out more!

Egralljrlandscape.com

P610.239.7460

ORGANIC GARDENING SUPPLIES • VEGETABLES • FRUITS • HERBS • TREES • SHRUBS • PERENNIALS
COMPOST • HEIRLOOM & ORGANIC SEEDS & KITS • GROW LIGHTS • SOIL AMENDMENTS
MULCH & SOIL DELIVERIES • BACKYARD CHICKEN SUPPLIES • TERRARIUMS • GIFTS & MORE

435 W. GLENSIDE AVE • GLENSIDE, PA 19038 • PRIMEXGARDENCENTER.COM • 215-887-7500

Why shop the Co-op?

LET’S COUNT THE WAYS.

2 MEMBER BENEFITS.

3 BULK FOODS.

4 CO-OP BASICS.

5 SUSTAINABLE MEAT & SEAFOOD.

6 PRODUCE.

1 CATERING.

Digging into the Power of the African-American Co-op Experience

by Nina Berryman and Emma Dosch, Weavers Way Farms

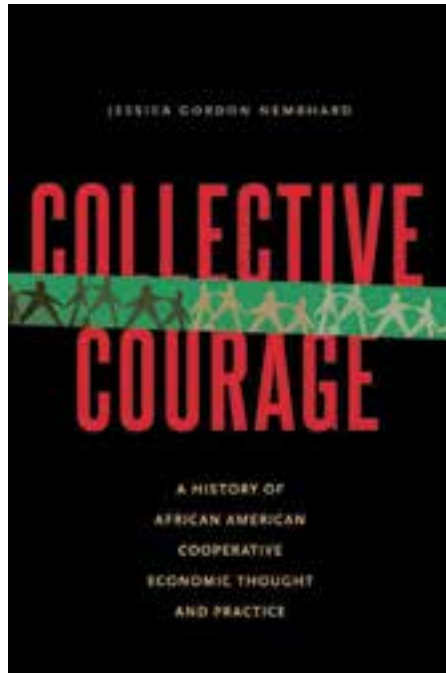
LAST YEAR, THE PHILADELPHIA Area Cooperative Alliance (PACA) hosted “CO-UP,” a community teach-in for cultivating economic justice. The event featured author Jessica Gordon Nembhard sharing important themes and examples from her book, “Collective Courage: African-American Cooperative Economic Thought and Practice.”

The well-received “Collective Courage” (2014, Penn State University Press), is a comprehensive compilation of African American cooperative history in the United States.

CO-UP was also a space to share the work of “20 Book Clubs > 20 Cooperative Businesses,” the PACA-supported book-study circles that had been meeting regularly to learn about co-ops. More than a dozen new local co-op businesses are under way as a result of this the book club/study circle initiative. (Visit philadelphia.coop for more information.)

We read “Collective Courage,” attended CO-UP and wanted to share Nembhard’s book on African-American cooperative history as well as what is happening around the cooperative movement in Philadelphia.

In “Collective Courage,” Nembhard details the long and rich history of African American cooperative ownership, a history that has often gone untold and, she reports, has been “obstructed by white supremacist violence” and “is told as one of failure.” Her research ensures that the narrative of these strong and effective cooperative movements and the positive impact they had and continue to



have on the lives of African Americans is better known.

One of the earliest African-American led cooperative movements was started in 1787, right here in Philadelphia. Richard Allen and Absalom Jones are credited with starting the Free African Society, the second African-American mutual-aid society in the United States. The purpose of this and other mutual-aid societies was to provide “the basic needs of everyday life,” ranging from clothing to insurance, as well as protection of fugitive and freed slaves. These societies worked on the premise that everyone paid into it with regular fees, and then a portion would be paid out to any member who needed the service. By the mid 1850s, more than 9,000 African Americans in Philadelphia alone were members of more than 100 African-American mutual-aid societies.



“Collective Courage” author Jessica Gordon Nembhard is Professor of Community Justice and Social Economic Development in the Department of Africana Studies at John Jay College in New York.

As early African American co-ops continued to evolve and more sprang up, many formally adopted the Rochdale Principles established by a collective of English weavers in 1844. Weavers Way is named after these pioneers, and as the Weavers Way website explains, their operating principles of self-responsibility, democracy, equality, honesty and social responsibility formed the basis for what are now known as the International Co-op Principles

One of the better-known African American co-ops today is the Federation of Southern Cooperatives/Land Assistance Fund (FSC/LAF), which is “a cooperative support and development organization focused on African American and low-income rural cooperative economic development and land ownership.” It has supported hundreds of other

cooperatives and credit unions across 14 states, including offering training specifically for black youth-run co-ops. Nembhard recounts that the FSC/LAF has facilitated savings of more than \$34.7 million by over 16,000 members in credit unions, has made more than 79,000 loans to low-income people, saved more than \$200 million worth of land, and assisted more than 5,000 black farmers in saving more than 175,000 acres of land.

Nembhard’s goal in writing this book was to “help us to understand the challenges and celebrate the successes of African-American cooperative activity.” The sheer magnitude of African-American cooperatives described in “Collective Courage” is astounding, and their importance in the cooperative movement has been underrepresented in economic discussions, policy and even collective memory.

You may remember reading about PACA and “20 Book Clubs > 20 Cooperative Businesses” in last month’s Shuttle article about Philly Co-op Coffee. As you may know, Weavers Way is a founding member of PACA. PACA’s commitment to racial and economic equity to “grow the cooperative economy because we believe deeply in its power to build racial justice, wealth equity and community control” is seen throughout their work.

Drawing wisdom from African-American cooperative history, PACA continues the vibrancy of the black- and brown-led cooperative movement.

Nina Berryman (nberryman@weaversway.coop) is Weavers Way Farms manager. Emma Dosch (edosch@weaversway.coop) is the field manager at Weavers Way’s Henry Got Crops farm at Saul High School.

International Co-op Principles

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



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.

STAFF CELEBRITY SPOTLIGHT

Sean Reilley

Job: Assistant produce manager, Ambler

Age: 25

Where he's from: Ambler, about five blocks from the Co-op

Where he lives now: Ambler, with his girlfriend, Natalie, and their cat, Zubie, and chameleon, Khallie.

How he got to the Co-op: He was looking to move back to Ambler after living in Brewerytown for several years and working in produce at the Whole Foods near the Art Museum. An acquaintance mentioned that Weavers Way was opening a new store in Ambler, and he applied.

More background info: He's a 2010 graduate of Wissahickon High School and has an associate degree from Montgomery County Community College in liberal arts. He worked in an electronics store during college.

What he's learned on the job: "Here there's a lot more maintenance required, because we maintain a large selection of everything, and it has to stay nice all day . . . we have to really

check through, cull and make sure things look good all the time."

Outside pursuits: Skateboarding, mountain biking, hiking.

Favorite Co-op products: A lot of the Field Day line, local apples and meat. "I pretty much exclusively shop here at this point, which has been awesome."

A little Co-op love: "I'd been working at a corporation in some form or another my whole life, and I always knew I wanted something more personal. . . . The co-op model almost takes it to another level, because everyone you see around you is an owner. It's really cool how there's no shadowy figures at the top that are reaping the benefits of everything you're doing. It's, like, the people you know around you."

— Karen Plourde



COOPERATORS OF THE MONTH

Daniel Silverman & Cheryl Hausman

Joined Weavers Way: Dan joined in 1984, shortly after moving to Mt. Airy; Cheryl after they got together in 2004.

Where They Live: West Mt. Airy

Jobs: Cheryl is a pediatrician at CHOP Pediatric Care in Roxborough; Dan runs his law practice out of their home, and teaches undergraduate courses in criminal justice at Temple.

Family Facts: They have six children between them. Cheryl's two sons and two daughters range in age from 25 to 31. Dan has a 23-year-old daughter. They adopted a son, Jesse, who's now 10 and the only child at home. He's a student at AIM Academy in Conshohocken. They also have Gracie, a 4 1/2-year-old Great Dane, and recently became first-time grandparents.

Why They're Working Members: Cheryl: "I like the idea of contributing and giving something — it makes you feel more a part of it. Five percent doesn't hurt, either." Dan: "I enjoy working. It's fun, and I knock it out as soon as my cycle comes up." (Fun fact: Dan grew up in Elkins Park, and worked at Ashbourne Market, now the home of Creekside Co-op, during high school.)

Favorite Co-op Jobs: Cheryl prefers apron laundering; Dan likes to work the floor, but only in Mt. Airy — "the most opportunities for social contact."

Favorite Co-op Products: Nova bits, whitefish salad (Dan: "Please attribute



that to Cheryl only!"), Le Bus raisin walnut rolls, anything in bulk. Jesse likes the sushi. They do about 95 percent of their shopping at Weavers Way.

A Little Co-op Love: Cheryl: "I'm a big fan of cooking magazines, and they often rate different products . . . and every single time they come up with the best brand, it's always at the Co-op." **Dan:** "I like the whole social aspect of the Co-op. I like seeing my friends there when I go shopping. And I really appreciate the fact that it's a way to show that there is a way to run a business that is democratic, can still turn a buck, doesn't have to be driven solely by profit motive, keeps people happy and provides a good service."

— Karen Plourde

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

Weavers Way Board

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

The April Board meeting will be held at 7 p.m. Tuesday, April 3, 6, in the 2nd-floor conference room of the Chestnut Hill Community Center, 8419 Germantown Ave. The May Board meeting is scheduled for Tuesday, May 1.

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: Eric Borgstrom, Megan Seitz Clinton, Larry Daniels, Joyce Miller, Joan Patton, Laura Morris Siena, David Woo

The Shuttle

Editor: Mary Sweeten
editor@weaversway.coop, 215-843-2350, ext. 135

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

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

Proofreaders this issue: Marjory Levitt, Andrea Moselle, Jennifer Sheffield.

Contributors this issue: Dorothy Bauer, Nina Berryman, Emma Dosch, Sandra Folzer, Paul Glover, Jennifer Hall, Ron Kushner, Della Lazarus, Marsha Low, Brad Maule, Mary Margaret Monser, Karen Plourde, Jon Roesser, Pamela Rogow, Aliza Shargorodsky, Eric Sternfels, Betsy Teutsch, Sue Wasserkrug, Melissa Yoon.

Weavers Way Mt. Airy

559 Carpenter Lane
8 a.m.-8 p.m. daily
215-843-2350

Weavers Way Across the Way

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

Weavers Way Chestnut Hill

8424 Germantown Ave.
Monday-Saturday, 7 a.m.-9 p.m.
Sunday, 8 a.m.-9 p.m.
215-866-9150

Weavers Way Ambler

217 E. Butler Ave.
8 a.m.-8 p.m. daily
215-302-5550

Weavers Way Next Door

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

HOW TO REACH US

www.weaversway.coop

contact@weaversway.coop

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

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

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

Programs Coordinator
 Stephanie Bruneau, ext. 152
sbruneau@weaversway.coop

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

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

Pet Department Manager
 Anton Goldschneider, ext. 276

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

Ambler

Store Manager
 Kathryn Worley, ext. 300
worley@weaversway.coop

Wellness
 Andrea Houlihan, ext. 378
ahoulihan@weaversway.coop

Grocery
 Nancy Timmons Melley, ext. 373
nmelley@weaversway.coop

Produce
 Erik Fagerstrom, ext. 377
efagerstrom@weaversway.coop

Deli
 Anne Learnard, ext. 359
alearnard@weaversway.coop

Prepared Food
 Alisa Consorto, ext. 374
aconsorto@weaversway.coop

Meat, Poultry & Seafood
 Adam Sirine, ext. 361
asirine@weaversway.coop

Bulk
 Sierra Dunn, ext. 379
sdunn@weaversway.coop

Chestnut Hill

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

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

Grocery
 James Mitchell, ext. 217
jmitchell@weaversway.coop

Produce
 Josh Magnitzky, ext. 211
jmagnitzky@weaversway.coop

Deli
 Ann Marie Arment, ext. 209
arment@weaversway.coop

Prepared Food
 John Adams, ext. 209
jadams@weaversway.coop

Meat, Poultry & Seafood
 Ron Moore, ext. 205
rmoore@weaversway.coop

Mt. Airy

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

Across the Way Wellness
 Lisa Whitlock, ext. 114
lwhitlock@weaversway.coop

Grocery
 Matt Hart, ext. 140
matt@weaversway.coop

Produce
 Jean MacKenzie, ext. 107
mackenzie@weaversway.coop

Deli
 Shawn O'Connell, ext. 109
soconnell@weaversway.coop

Prepared Food
 Dave Ballentine, ext. 102
dballentine@weaversway.coop

Meat, Poultry & Seafood
 Dale Kinley, ext. 104
dale@weaversway.coop

Bulk
 Luis Cruz, ext. 142
lcruz@weaversway.coop

Advertise in the Shuttle
advertising@weaversway.coop

DID YOU KNOW?
 You can read the Shuttle online.



www.weaversway.coop/shuttle-online

Become a Member

Want to play a role in shaping your grocery store? Just complete a membership form in any store or online, make an equity investment and you're good to go! We ask new members to attend an orientation meeting to learn about our cooperative model. You'll receive two hours of work credit for attending. We look forward to meeting you!

Upcoming Orientations

Thursday, April 12, 6:30-8 p.m.

Saturday, April 28, 1-2:30 p.m.

Ambler Senior Center, 45 Forest Ave.

Check www.weaversway.coop/events for additional dates. To RSVP or for more info, email outreach@weaversway.coop

