

# 2018 Weavers Way Board Election Winners Announced at GMM

The 2018 Weavers Way Board Election was the biggest on record, with 1,412 ballots cast. Thanks to all who voted! For complete results, visit the Online Member Center at [members.weaversway.coop](http://members.weaversway.coop). (Login required.)



Olga Corrias Hancock



Larry Daniels



Meg Gruwell



Toni Jelinek



Esther Wyss-Flamm



Community-Owned,  
Open to Everyone

# The Shuttle

MAY 2018

Since 1973 | The Newsletter of Weavers Way Co-op

Vol. 46 | No. 5

## Ripple Effects Of Growth Dominate GMM Discussion

by Ted Barbato, for the Shuttle

‘UNBELIEVABLE!’

That was Weavers Way Board Vice President Josh Bloom’s exclamation as he opened the spring General Membership Meeting on April 29 with word that the Co-op had reached a record 9,300 household members.

But applause gave way to notes of caution as General Manager Jon Roesser laid out the financial and cultural challenges resulting from that very growth.

“I’m very proud and happy that we’ve got that many members,” Roesser told the representatives of more than 100



Another GMM, another delicious Zero-Waste dinner, with about half the crowd toting their own utensils. Above right, Jon Roesser talks finance. member households gathered at Summit Church in West Mt. Airy, where Weavers Way was founded more than 40 years ago. But “it is not without its consequences.”

Foremost among those repercussions — though perhaps a short-term one — is a net loss to the entire Co-op of \$600,000 in the first six months of the current fiscal year, a period from July 1 until Dec.

31, 2017. The Co-op opened the Ambler store on Oct. 11.

“We expected that this was going to be a difficult six months for us,” Roesser said in his GM report. “You don’t open a brand-new store and not have one-off types of expenses associated with opening up that store. And we certainly did.”

(Continued on Page 22)



Ellie Seif photos



TOGETHER  
WE  
GROW  
Phase II

## Invest in the Co-op & Pay Yourself

by Kathleen Casey and Laura Morris Siena, for the Shuttle

THIS MONTH WE’RE LAUNCHING “Together We Grow Phase II,” a capital-raising campaign where Weavers Way members can support the Co-op and receive benefits. It has two components, one focusing on equity, the other on member loans.

**Member Equity:** Add \$400 to your equity account and receive \$100 in EasyPay!

**Member Loans:** Loan the Co-op a

minimum of \$1,000 for 6 years and receive 4% interest.

These capital-raising programs are designed to strengthen the Co-op at a time of extraordinary growth and significantly increased competition, while also putting money in the pockets of members.

In Phase I of our “Together We Grow” campaign, we sought to raise funds for the opening of the Ambler store. The campaign was incredibly successful: We beat our goal by nearly double, raising

(Continued on Page 6)

Weavers Way Cooperative Association  
559 Carpenter Lane, Philadelphia, PA 19119  
[www.weaversway.coop](http://www.weaversway.coop)  
CHANGE SERVICE REQUESTED

**MEMORIAL DAY**  
Monday, May 28  
All Weavers Way stores  
will be open  
9 AM TO 3 PM

**MEMORIAL Day**

**WE SPY SUMMER**



Steve Hebden: Since 1979.

## Editor's Note



by Mary Sweeten, Editor,  
Weavers Way Shuttle

STEVE HEBDEN HAS BEEN AT THE Co-op since dinosaurs roamed Mt. Airy. Norman hired him in 1979. His title and portfolio have morphed over the years like the globs in a lava lamp — currently, he's the Weavers Way Facilities Manager, and with three stores, he actually has folks working for *him* these days.

But basically, Steve has been the Co-op's handyman for a long time. He's also one of the principal pillars of our sometimes maddening, occasionally counter-productive institutional commitment to REUSE & RECYCLE, dammit. When I started here, Steve rounded up a 25-square-foot bulletin board for my wall and chamfered out an old countertop for my desk. (It smelled faintly of celery.)

I have also come to realize that he reads minds.

Last month, when I went to deliver the Shuttle to the Chestnut Hill store, I found the plexiglass window smashed out of the newspaper box. You can't have a newspaper box without a window — the papers would get wet, and what a mess THAT is. It was Friday, so I threw it in the back of my car, planning to ask Steve about it after the weekend. Cut to several days later. I run into Steve. Before I can open my mouth to say, "I left a newspaper box in the warehouse, can you take a look at it?" he says, "Where's the lock?" Because he had already set one of his accomplices, the semi-retired Steve Perkiss, on the job of replacing the window, and the windows in the other boxes, which did look pretty dilapidated, and just wanted to know why the lock and chain were missing. (Happily for my standing with the Facilities Department, I did know where the lock was.)

Steve P. and Jeff Schmidt, Steve Hebden's other accomplice, don't just fix old stuff. "He and Jeff really got things running when we were fitting out Ambler," Steve commented.

Jeff now works in Ambler full-time. The Steves take care of business, old, new and recycled, in the Philadelphia stores. Say hi — they probably already know what you're thinking.

[msweeten@weaversway.coop](mailto:msweeten@weaversway.coop)



The Weavers Way Braun Trust, from left, Steve Perkiss, Steve Hebden, Jeff Schmidt, and yes, that's Ambler manager Heather Carb lending some muscle.

## What's in Store at Weavers Way



### Our Gratz Interns Give Growing a Go

THIS SPRING WE ARE FORTUNATE TO BE HOSTING TWO INTERNS FROM SIMON Gratz High School Mastery Charter for three months at Weavers Way Farms. Sophomores Radeah Benbow and Terrance Corbin work with us every Wednesday afternoon. They'll be with us through the end of May. About a month into the internship, I sat down and asked them some questions. — **Nina Berryman, Farm Manager**

Radeah	Terrance
<b>What is your favorite class in school?</b>	Literature class, because I like to read, especially drama, horror and non-fiction.
History, every generation of history, because I like to know what happened before my time.	Literature class, because I like to read, especially drama, horror and non-fiction.
<b>How would you describe yourself?</b>	Laid back, funny, sporty, quiet at first but not after you get to know me.
Shy, outgoing and also bossy.	Laid back, funny, sporty, quiet at first but not after you get to know me.
<b>What drew you to this particular internship?</b>	In the past I had done some gardening with flowers, and while I wasn't into it when I was younger, now that I'm older I wanted to learn more about it, including learning about vegetables too.
I like to cook and I like to learn about different types of plants, for example at first I didn't know how parsley or basil grew.	In the past I had done some gardening with flowers, and while I wasn't into it when I was younger, now that I'm older I wanted to learn more about it, including learning about vegetables too.
<b>What do you hope to gain from this internship?</b>	How to grow food, how plants grow and to know what I am eating.
More experience with growing food, and then I want to show others what you have shown me. I want to know how to grow my own food instead of going to the market.	How to grow food, how plants grow and to know what I am eating.
<b>What have you learned so far?</b>	How to plant seeds in the soil so it grows in the greenhouse. That tomatoes come in other colors besides red!
I learned that you can take bananas and shells and compost it to make soil. How food looks before you eat it and cook it. I never knew there were pink tomatoes and small tomatoes too!	How to plant seeds in the soil so it grows in the greenhouse. That tomatoes come in other colors besides red!
<b>What has been a surprise to you during the internship so far?</b>	Yeah, how fast the plants grow!
How fast the plants grow in the greenhouse.	Yeah, how fast the plants grow!
<b>What do you want to do after graduation?</b>	Go to college and study abroad in Japan.
Go into the Air Force.	Go to college and study abroad in Japan.
<b>Where do you see agriculture and your future self overlapping down the road?</b>	I want to start a plant business someday growing fruits and vegetables.
When I'm in the 12th grade I would like to start a school garden where students can intern at the garden on campus. Also, this spring and summer I will be working at Bartram's Garden.	I want to start a plant business someday growing fruits and vegetables.
<b>Is there anything else you want our readers to know about you?</b>	If you try it, it will be a good experience!
You should volunteer at the farm!	If you try it, it will be a good experience!

## now open! FARM MARKET

FRESH PRODUCE & LOCAL PRODUCTS

7095 HENRY AVE.  
at the farm across from  
Saul High School in Roxborough

### HOURS

Tuesdays & Fridays  
Noon-7 p.m.  
MAY-NOVEMBER  
EBT, FMNP, and –  
**\*NEW\*** – Philly Food Bucks accepted.

Be sure to check the Weavers Way Online Events Calendar ([www.weaversway.coop/events](http://www.weaversway.coop/events)) for farm fun throughout the season at both of our farm locations — **Henry Got Crops** at Saul and the **Mort Brooks Memorial Farm** at Awbury Arboretum in Germantown, 901 E. Washington Lane.

- We'll be participating in **Saul's Country Fair, Saturday, May 12, 10 a.m.-3 p.m.** at the high school grounds on both sides of Henry Avenue.
- Get your hands dirty with the farmers on **Volunteer Days, the second Saturday of the month, 9 a.m.-1 p.m.:** June 9 at Awbury, July 14 at Saul, Aug. 11 at Awbury, Sept. 8 at Saul and Oct. 13 at Awbury. Visit the online work calendar to sign up; snacks will be provided!
- **Harvest on Henry**, our annual farm festival at the Saul Farm in October, is not to be missed!

## GIVING TWOSDAY

TUESDAY, MAY 8  
GIVE \$2 (or more, we don't mind!) at the register to benefit Weavers Way's urban farming operations.

# What's in Store at Weavers Way

## Local Vendor

### Vegan Bakers Have a Layered Story

by Jeannine Kienzle, Weavers Way Purchasing Assistant

IF EVER THERE WAS A MATCH MADE IN BAKING HEAVEN, then Meagan Benz and Shannon Roche are it. These entrepreneurial women, who opened their wholesale Crust Vegan Bakery three years ago, share parallel stories. They've both been vegans for a decade. Shannon grew up in rural Tennessee. She made the decision to drop out of grad school, where she was working on her Ph.D. in marine biochemistry, and opened a vegan bakery for an organic food market, Roots, in Maryland. At the same time, she also created her own vegan food blog, which served as a digital profile. She had no real professional baking experience but experimented on her own in the confines of her home kitchen. Meagan grew up in Greensboro, NC, where she attended school studying chemistry and art and graduated with a design degree. Meagan was also fond of baking vegan treats for her friends out of her home.

Then they both ended up in Philadelphia, where they credit the close-knit Philadelphia vegan community for their eventual partnership. Mutual friends had encouraged the two to meet; after Shannon learned that Meagan had quit her stint at another vegan institution, they met for coffee to discuss their dream of opening a bakery. They hit it off, and soon after, Crust Vegan Bakery was born.

For the first year, both women worked day jobs and baked at night at a commissary kitchen in East Falls. In their second year, they decided to leave their day jobs, Shannon quitting first, followed by Meagan. These days, they have their own wholesale kitchen in Manayunk with three full-time employees in addition to themselves, plus a part-timer.

Crust is known for its cookies, brownies, specialty birthday cakes and other sweet treats. Meagan is the artistic one and does all the cake design; Shannon manages sales, while also doing some of the baking. They use only natural ingredients, which means no artificial colors or preservatives, and focus on sustainable ingredients such as fair-trade cocoa and vanilla extract. In the future, they



Crust Bakery left to right; Weavers Way photo below left

Shannon Roche and Meagan Benz, pictured left and right, bake cookies and bars but they pride themselves on their cakes.



Shannon and Meagan have found that word of mouth and social media are their best marketing tools. In addition to fans of delicious baked goods, folks with dairy or egg allergies are return customers.

Meagan and Shannon also couldn't speak more highly of the Philly vegan community. When their new oven was six weeks late for arrival earlier this year, other vegan businesses including the Tasty, Miss Rachel's Pantry, Dottie's Donuts, and Blackbird Pizzeria all reached out to offer their services and support. Some people even offered their own home kitchens for use.

would like to move toward using local fresh fruit in some of their recipes to help support local farms and economy.

Their products are carried in dozens of local coffee shops and other retail outlets and can be ordered from their website at [www.crustveganbakery.com](http://www.crustveganbakery.com). They're also excited to announce a major collaboration with Grindcore House, an all-vegan coffee shop that's opening a second location in West Philadelphia this summer.

While the word "vegan" may scare some people off, the reality is, no one can tell the difference biting into a Crust Vegan Bakery cookie. At Joe Coffee in Center City, Crust Bakery's cookies aren't even labeled as vegan, although a sign does note, "Ask about our vegan options."

Crust is proudly women-owned-and-operated. "It is a very supportive environment. It feels good to go to work every day," Shannon said. They support other women-owned companies, and as the business grows, they also hope to support their employees' own passion projects. "We aspire to be an inspiration to others and provide a sense of ownership for our employees that encourages the employees to grow as owners," Shannon said.

Crust Vegan Bakery items can be found at all three Weavers Way Co-op locations.

[jeannine@weaversway.coop](mailto:jeannine@weaversway.coop)

## Check It Out!

by Karen Plourde, Weavers Way Communications Staff

### On the Menu in Prep Foods

**The Hill's hip to vegan gyros. And stand by for new green salads in Mt. Airy.**

Chestnut Hill's vegan gyro, an occasional offering at the Sandwich Station, has achieved Frequent Special Status due to its popularity among customers. Its foundation is vegan shawarma accompanied by vegan tzatziki sauce, lettuce, tomato and onion wrapped in a warm naan. Order one, and your meal is done for \$7.99.

Down on Carpenter Lane, new Prepared Foods Manager Dan Cohen is planning to introduce new grab-n-go green salads in time for warmer weather. Look for mixed greens, arugula with beets and goat cheese, and the kale Caesar that's already flying out of the service cases in Chestnut Hill and Ambler. Where possible, the greens and veggies will come from our farms.

### Going On in Grocery

**The newest hummus on the block is local — and holds the tahini.**

Local hummus is nothing new. Our Prepared Foods chefs make their own,



and so does Wakim's Foods of Bristol, which we also carry. But **Cool Hummus** of Wayne, which just landed in all three stores, leaves out the tahini in an

effort to lure those who are sensitive to sesame. They also use non-GMO canola oil and natural juices in their products, one of which isn't hummus at all but a white-bean spread. NB, spicy-food fans: The Buffalo hummus makes the grade.

### Bulk & Beyond

**Chocolate balsamic strawberries offer a touch of tang and sweetness. And tap into Napa bulk avocado oil in Mt. Airy.**

Buying chocolate candy can be a risky proposition this time of year. But there might be enough cool weather left to sneak in Ambler's latest bulk chocolate temptation — **Marich**



dark chocolate balsamic strawberries. A smidgen will put a nice finish on the day, or ease the chill from a rainy afternoon.

Fans of avocado oil include foodies and wellness folk. If you want to add it to your oil arsenal, or just want to make a change, **Napa** non-GMO expeller-pressed avocado oil has joined Team Fusti in Mt. Airy.

### The Daily Deli

**Fabbri strawberries in syrup will class up summertime desserts. And you'll go cuckoo for Koko's coconut gouda.**

The deli usually isn't a go-to for dessert, but the arrival of **Fabbri** strawberries and cherries in syrup in Chestnut Hill could change that. The Italian company (based in Bologna) has been in business since 1905 and offers a collection of products that lean toward the sweet side. Try either strawberries or cherries as a topping for gelato, soft cheese or your favorite baked good.



Still your hearts, cheese purists: There's a new gouda in the cheese case in Chestnut Hill, and it's laced with coconut cream. Koko's is made in Holland, a/k/a Gouda Central. The sweetness of the coconut cream is followed quickly by the creamy nuttiness of the cheese. It would work well alongside strawberries, melon or maybe even fresh pineapple. I'm an admitted coconut hater, but this one went down smooth for me.

[kplourde@weaversway.coop](mailto:kplourde@weaversway.coop)



# EARTH DAY 2018



# in the neighborhood



Earth Day was the bomb — the seed bomb, that is: Making them was one of the kids' activities hosted in The Backyard in Chestnut Hill. In Mt. Airy, Philadelphia Backyard Chickens, plant sales and live music from Jump, Jam and Jive were just the start.



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Anton Drummond Photography

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## Time in the Garden

Morris Arboretum's New Exhibit  
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18 artists interpret how the passage of time marks the life of a garden. Featuring indoor and outdoor exhibits

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- Meet the Artists
- Original Music Performed Live
- Garden Activity Stations
- Beer Garden



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UNIVERSITY of PENNSYLVANIA

[morrisarboretum.org](http://morrisarboretum.org)

100 E. Northwestern Avenue · Philadelphia

# EARTH DAY 2018



# in the neighborhood



Summit Church's resident artist Evan Meyer turns over his sketchbook, above; Richard Senerchia and Judy Morgan recruit for Sustainability Club (info: judymorgan711@yahoo.com), right; Objective Perspective (Jay Klales, Dave Kutzik on sax, Matt Berg on wall) warm up.

Photos by Working Members Nick Buffone & Richard Bechtel



**Art in the Garden**  
 Painting classes for girls ages 6 and up  
 Weekly starting June 11 in Wyndmoor  
[www.lucretiasgarden.com](http://www.lucretiasgarden.com)

**7 YEARS,  
 4 MONTHS,  
 AND COUNTING:  
 THE SYRIAN CIVIL WAR**  
 A Talk with Trudy Rubin,  
 international columnist for  
 the *Philadelphia Inquirer*  
**SATURDAY, MAY 19, 2018**  
**7:30 PM**

Tickets benefit  
**St. Martin's Refugee Resettlement Ministry**  
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The Shuttle is published by Weavers Way Cooperative Association.

**Statement of Policy**

The purpose of the Shuttle is to provide information about co-ops, 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](mailto: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](http://www.weaversway.coop/shuttle), via email at [advertising@weaversway.coop](mailto: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.



**Together We Grow**

(Continued from Page 1)

over \$1.5 million in member loans from about 300 households. These funds enabled us to rely less on commercial loans and more on members (who, in turn, earn interest from us). Because of this unprecedented support from the membership, we now have a third Weavers Way store — a beautiful place that welcomes new shoppers every day, growing the cooperative economy and advancing our mission.

Since the conclusion of Phase I, we have seen more than 3,700 new households join the Co-op. That represents growth of 40 percent in our membership in just over a year! Moreover, each store continues to increase in sales. With more members and more sales, our entire organization has had to scale up, adding 68 employees since the last loan campaign. In addition to employees working on the grocery side, the Co-op has had to add more outreach programming, and more employees are working on membership services. To be sure, this across-the-board growth of the Co-op has been capital-intensive!

Meanwhile, the natural-foods market has continued to be fiercely competitive, and the grocery industry in general has sought to find ways to respond to the growth of grocery delivery services. The Co-op has to remain competitive and also

**LEARN MORE**

Join us at these events to find out more about making a member loan:

**Tuesday, May 15, 6:30 p.m.**

The Backyard, Weavers Way Chestnut Hill

**Tuesday, May 22, 6 p.m.**

Ambler Theater, 108 E Butler Ave.

**Wednesday, June 6, 6:30 p.m.**

The Café, Weavers Way Ambler

**RSVP to**

[memberloan@weaversway.coop](mailto:memberloan@weaversway.coop)

**Want more info?**

Visit [www.weaversway.coop/member-loans](http://www.weaversway.coop/member-loans)

or contact Member Loan Committee co-chairs Laura Morris Siena or Kathleen Casey at [memberloan@weaversway.coop](mailto:memberloan@weaversway.coop) or 215-206-2110.

demonstrate how we are very much more than just a store.

To keep up while ensuring the Co-op remains financially strong, we seek to raise funds through this equity and loan campaign. If “Together We Grow, Phase II” is successful, we will achieve greater financial flexibility and be in a better position to pay down our debt. Our cash reserves will be increased, giving us the safety net we need as we welcome increased opportunities to do good work with new members

GM'S CORNER

**General Manager Jon Roesser's column does not appear this month. Jon will be back in June.**

and in a new market area. Plus, paying interest to our members instead of commercial lenders is our preference!

As individuals who have been members, volunteers and staff, we know the Co-op as a place of community-building and support. We have seen firsthand the impact we have in our communities, whether through the nutrition and education programming of our affiliated non-profit Food Moxie (which Laura served as Board Chair) or through the grassroots efforts of the start-up Ambler Food Co-op (of which Kathleen served as President).

We welcome the opportunity to invest in Weavers Way Co-op and we hope that you will give it your consideration too.

Together We Grow Phase II ends on June 21. Visit [www.weaversway.coop/member-loans](http://www.weaversway.coop/member-loans) for more information, and feel free to contact us, at [memberloan@weaversway.coop](mailto:memberloan@weaversway.coop), or call Membership at 215-843-2350, ext. 119.

We look forward to another fun and exciting campaign!



**Janet Ames**

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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.

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**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.

A·D·V·O·C·A·C·Y

# Power Local Green Jobs Wants PECO to Look into the Sun

by Eileen Flanagan, for the Shuttle

ON MARCH 27, I WAS HANDCUFFED BY THE PHILADELPHIA police and led, along with six others, out of PECO's customer-service center and into a waiting police van. Our offense? Sharing the truth about solar energy with fellow PECO customers and refusing to leave when the utility got nervous about it. Weavers Way members featured prominently in the action.

We were there to pressure PECO into making a major commitment to local solar, which could bring jobs and economic opportunity to southeastern Pennsylvania while reducing our reliance on dirty and dangerous fossil fuels. The investor-owned utility currently procures only 0.5% of its default electric supply from solar. The Power Local Green Jobs campaign, led by Earth Quaker Action Team and Philadelphians Organized to Witness, Empower and Rebuild, is asking PECO to move to 20% solar by 2025.

My arrest came on the first of three days of action centered on the themes of mourning, vision, and reckoning.

The day began with 60 solemn, black-clad "mourners" proceeding to PECO's Market Street headquarters, bearing a cardboard coffin with the words "asthma, poverty, environmental racism and climate change." We gathered on the PECO plaza, where the Rev. Rhetta Morgan keened while dancer Lela Aisha Jones expressed grief through movement. Rabbis Shawn Zevit, Sheila Weinberg and Julie Greenberg chanted Kaddish, the

Jewish prayer of mourning, and the Rev. Linda Noonan led the crowd in the South African liberation song "Senzenina." We heard moving stories about the health effects of living near an oil refinery, and the way these risks are shared unequally across racial lines.

After the mourning rituals, the seven of us willing to risk arrest that day carried a box of asthma inhalers into the adjacent PECO service center. We sat down around the inhalers, singing old protest songs and sharing stories about what inspired us to take this action. It wasn't until we stood and shared these stories with other PECO customers that the police threatened to arrest us. Undaunted, POWER executive director the Rev. Gregory Holston declared to the rapt room that PECO nets \$1 million a day from our region, so it can afford to invest in our future.

We were soon put in plastic handcuffs and led outside, amid much singing. Co-op members in the group were Noonan, of Chestnut Hill United; Greenberg, of Levv Ha-Ir~Heart of the City; Walter Hjelt Sullivan, of Green Street Friends Meeting; and myself, a member of Chestnut Hill Friends. Also arrested were Holston, pastor of Janes Memorial United Methodist; the Rev. John Bergen of Germantown Mennonite; and Christy Tavernelli. We were all held briefly and released with citations.

The second day of action, which centered on vision, featured children and youth, who led adults in the chant "Let them in!" when their delegation was prevented from delivering a letter to PECO's incoming CEO Mike Inno-



Kaytee Ray-Riek photo

Protesters' coffin represents deadly effects of fossil fuel.


enzo. After some negotiation, security agreed to deliver the letter, which said that our future depends on clean energy and local jobs. While the hip-hop group Hardwork Movement performed, the upbeat crowd illustrated a green future in colorful chalk drawings on the PECO plaza.

"The solution to dirty energy could bring jobs to people who need them," said Kindred Brix, 13.

The third day of action began with the pre-Easter ritual of foot-washing, familiar in churches but an unusual sight outside PECO. After the ritual, 18 people lay down and were eventually arrested.

The Power Local Green Jobs campaign intends to keep increasing the pressure. To learn more or get involved, visit eqat.org.

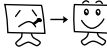
Eileen Flanagan is a Weavers Way member. Her website is eileenflanagan.com.



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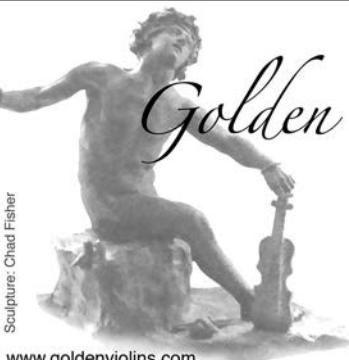
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# Spring Awakenings: May in the Wissahickon

by Maura McCarthy, Executive Director,  
Friends of the Wissahickon

WISSAHICKON VALLEY PARK IS A SPECIAL place all year long, but I think my favorite season in the Wissahickon is spring, when there is a newness in the woods, a return of life. Many species of plants and animals rely on and thrive in the natural habitat that Wissahickon Valley Park's forests and meadows provide. It took a long time to feel like spring, but now that it's in full swing, here's what some local experts tell us to look and listen for in the park this month.



## Mayapples

Wendy Willard,  
FOW Trail  
Ambassador  
and Crew  
Leader

The leaves of mayapples, which look like umbrellas, are designed to be efficient in collecting the weak spring light on the forest floor. The name refers to the single flower, which resembles a nodding apple blossom, found in the crotch of the plant between a pair of large, deeply lobed leaves. The self-sterile flowers will occasionally get pollinated by bees and a yellow fleshy plum-like fruit will result. While may-apple leaves, roots and seeds are poisonous, the ripe, golden fruit is edible and a favorite of box turtles. The plants have a history of medicinal use as an enema or for deworming, and recent research on derivatives has shown promise to selectively kill tumor cells.



## Black and White Warblers

Ruth Pfeffer,  
bird expert,  
photographer,  
"Birding with  
Ruth" walk  
leader

Humans aren't the only visitors flocking to the Wissahickon at this time of year. They're likely outnumbered by the black and white warbler. The males arrive from their winter homes in Mexico and Central America by about May 1 to start scoping out nesting territory, and the females generally follow a week or so later. The males may choose the neighborhood, but it's the females who select the perfect nesting spot.

**FRIENDS  
OF THE  
WISSAHICKON**

FOW has been waiting for spring to celebrate Forbidden Drive being named Trail of the Year by the Pennsylvania Department of Conservation & Natural Resources.

Join the party on  
**Friday, May 18 from 10 a.m. to 2 p.m.**  
at Valley Green Inn. A brief featuring DCNR Secretary Cindy Adams Dunn and other speakers begins at 11 a.m., followed by a buffet lunch, guided hikes by Ruth Pfeffer and other local environmental experts and a volunteer activity.

Visit [www.fow.org/event/trail-of-the-year-celebration](http://www.fow.org/event/trail-of-the-year-celebration) for details.

Don't expect to see the nests, though — these birds camouflage their nests well on the ground or on low tree stumps. Aptly named, the male birds have very streaked black and white heads, are about 4-1/2 inches long and sing a high-pitched "weesy, weesy, weesy" song that lasts about three seconds.



Doug Wechsler photo

## Toads

Doug Wechsler,  
naturalist,  
photographer,  
author of "The  
Hidden Life of a  
Toad"

American toads usually breed in the Wissahickon in April. By May, the tadpoles are congregating along the rocky, shallow edges of the creek, where bigger fish that would like to eat them can't reach them. There may be dozens to hundreds of dark-brown tadpoles in a group, depending on whether rain has flooded them out. For a good spot to see them, walk upstream from the Mt. Airy bridge on the Chestnut Hill side or downstream on the Roxborough side and look along the stream edge. The tadpoles will most likely be resting on the creek bed. Toads lay their eggs in water, and they typically hatch in a week, after which the tadpoles remain in the water for about seven weeks. Adult toads can live up to 10 years, inhabiting the woods and nearby gardens, but are pretty hard to see. They're nocturnal and prefer moist conditions, so if you want to find them, go out on a rainy night!

# Bee Mindful of These Natives

by Howard Goldstein, for the Shuttle

THE MAY GARDEN CAN BE GLORIOUS WITH THE FLOWERING of ornamental trees and shrubs like dogwood, viburnum, amelanchier and chokeberry, but also fruits — apples, cherries, pears, peaches, blueberries, cranberries and cane berries.

Our native bees are the ones responsible for pollinating more than 70 percent of these agricultural crops. In April and May, bees are very busy collecting pollen and drinking nectar, which they combine along with their own body fluids to feed their hatching larvae.

The small (quarter- to half-inch) native bees such as the mining bees (Andrenids), leaf cutters (Megachile), sweat bees (Agapostemon and Halictus) and mason bees (Osmia) are all actually better pollinators than imported European honeybees. For example, 300 mason bees can pollinate an orchard that takes 90,000 honey bees to pollinate.

You may be familiar with mason bees, which nest in straw-like mud tubes they construct to separate one egg from another. Artificial mason bee houses can be purchased or even made using a variety of small hollow stems.

Leaf-cutter bees line their nests with pieces of leaves that they cut with their oversized jaws. (The genus name, Megachile, means large-lipped.)

All but the sweat bees are solitary, with each bee digging her own nest in which she lays her eggs and tends to the larvae. Sweat bees are often a shiny metallic green and derive their common name from their habit of landing on humans to drink our perspiration.



Howard Goldstein photo

A sweat bee visits a coneflower.

Mining bees outrank all other bees in the number of species known, with over 4,500 species worldwide. Andrenids get their common name from their habit of digging nest tunnels in the ground where they lay their eggs. These bees range from the size of a mosquito to 1 inch. North of Mexico, there are over 1,200 species in 13 different genera.

We can thank mining bees for apples, blueberries and cranberries that they pollinate. Mason bees are important pollinators for apples, cherries, almonds, plums and cane berries (raspberries and blackberries). Sweat bees pollinate the flowers of onions, cane berries and alfalfa, although alfalfa farmers rely more on a type of leaf cutter bee, Megachile rotundata, to pollinate their alfalfa fields. This bee also pollinates melons.

So later this year, when munching on apples, cherries, plums, melons and blackberries, thank the mason, leaf cutter, sweat and mining bees that did so much of the work!

*Weavers Way* Howard Goldstein chairs the Penn State Master Gardener Pollinator Garden at the Horticulture Center in West Fairmount Park. Reach him at [howpau2@yahoo.com](mailto:howpau2@yahoo.com) or [philadelphiamg@psu.edu](mailto:philadelphiamg@psu.edu).



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The Passionate Gardener

# Plant a Potager, Eat Like a King

by Ron Kushner, for the Shuttle

**P**OTAGER (“POTE-AH-ZHAY”) IS A French word meaning “kitchen garden.” It comes from an old French word for “soup” and, as might be expected, is normally a decorative but functional vegetable garden, close to the kitchen for ease of access. Traditionally, not only vegetables are grown but also herbs, flowers and even fruit trees. There are many different styles, from formal to a relaxed kind of cottage garden.

The original grand potagers can be experienced in France, with the most famous examples at Versailles, Vaux-Le-Vicomte, Chateau de Villandry and Fontainebleau. Today, they come in all shapes and sizes, generally enclosed with a hedge or wall, with every square foot of available space providing beauty along with function.

Originally, these gardens began in monasteries. Intimate spaces surrounded by high walls protected the plants from predators and weather. Size is generally not an issue but the feeling is small with a sense of enclosure and reduced scale. The traditional neat rows with blocks of square and rectangular growing spaces are easily duplicated with the raised beds so popular with organic gardeners.

Maintenance is almost always done with hand tools, without machinery. Quietness is the order of the day!

Every gardener must decide on what to create — pure harvest function, beauty and texture or a blend of both.

The construction of walls in most urban and suburban properties is not real-

istic due to the size of available real estate, zoning restrictions and, of course, cost considerations. However, the feeling of a walled garden can be created with border plantings; trellised kiwis, grapes or other vines; wood, reed or bamboo fencing; and espaliered fruit trees. Vertical supports and trellises can also be used as a type of wall to support climbing vegetables like cucumbers, melons and squash. These vegetables can be intermingled with flowering vines such as candy corn vine, Brazilian firecracker, climbing nasturtiums, morning glories and others. These combinations are stunning and will attract hummingbirds and many pollinators.

A potager can be created around a deck or patio or any other small outdoor space adjacent to the house. Obviously, there must be sun — without at least six hours a day of sunshine, your potager is doomed! (You could adjust for shade-loving plants, which is still possible, but not a subject for this column.)

The potager can be simply a 2-foot-wide space around the deck or patio. It can be planted directly into the soil or in raised beds of wood, brick or stone. In the event that ground is not available, use grow boxes on the deck itself. These could be rectangular “Earth Boxes” or containers of various sizes. Remember, the containers will be overflowing with vegetables, flowers and herbs during the growing season and the structures that hold them will not as visible as when they are empty and not yet planted.

Vary your plantings so the space contains vegetables, herbs, flowers and fruit



Different gardeners have different ideas of what constitutes a small kitchen garden: Above, Ron’s backyard potager in early spring; at left, the potager at the Chateau de Villandry in France.

in any combination and with varying heights throughout the design.

My own deck is hexagonal and I created a total of six 2-foot-wide raised beds along each section, resulting in 48 square feet of planting area — enough to grow in one season: four tomato plants, melons, four pepper plants, zucchini, cucumbers, oregano, parsley, dill, cilantro, marigolds, nasturtiums, alyssum, strawberries and three varieties of lettuce.

Be creative with your planting but realistic about your available space. Sketch out your planting area and plan what is to go where. Keep track of your successes (and failures). Next year, amend your design accordingly.

With minimum effort and maintenance, you should enjoy a season-long harvest, a pretty border and much enjoyable time spent in your own potager!

For questions or comments, contact [ron@primexgardencenter.com](mailto:ron@primexgardencenter.com).

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## Mt. Airy Art Garage Partners With Phila. Theatre Co.

**M**T. AIRY ART Garage has announced a new partnership with Philadelphia Theatre Company for the 2018-2019 season, with three opportunities to experience both theater and fine art under one roof at the Suzanne Roberts Theatre, 480 S. Broad St.

PTC's lineup features Pulitzer Prize-winner "Sweat," by Lynn Nottage, the Tony Award-winning musical "The Bridges of Madison County" and a world premiere of "How to Catch Creation" by Christina Anderson. These stories from three female voices center on women and their experience, and MAAG's fine art and handcraft exhibitions build on these themes.

The first MAAG show, "America Undone," will accompany "Sweat," Oct. 12-Nov. 4. A photography exhibition, "The Road Not Taken," will run alongside the Philadelphia premiere of "The Bridges of Madison County," Feb. 8-March 3, 2019. The last show, "How to Catch Creation," March 22-April 14, is a choice from the Kilroys List, which seeks to highlight un- and underproduced plays by female and trans authors of color. Accompanying the show is the MAAG exhibition "Makers and Lovers."

MAAG serves as an incubator for professional and emerging artists and youth throughout Northwest Philadelphia. Visit [www.mtairyartgarage.org](http://www.mtairyartgarage.org) for information on MAAG's Open Call for Artists, or stop by the gallery at 6622 Germantown Ave.



MAAG photo  
Hammer in hand, Arleen Olshan curates.

## Wildlife Rehab Opens In Time for Baby Season

by Brenda Malinics, for the Shuttle

**W**ILDLIFE REHABILITATORS ARE KNOWN FOR working magic with resources as well as with animals. Rick Shubert, former director of the Schuylkill Center Wildlife Rehabilitation Clinic, has proven his ability to work resource magic again, recently announcing the opening of the newly created Philadelphia Metro Wildlife Center at 400 E. Dekalb Pike, King of Prussia.

Everyone needs to save this phone number: 267-416-WILD (9453).

Following the unexpected closing of the Schuylkill Center's facility in January 2018, only a month or two before the onset of "baby season," Rick and his devoted team of volunteers had to find a space quickly where they could accept orphans, care for the sick and injured, provide phone advice and referrals and offer educational wildlife programs. (A search is still under way for a suitable permanent location.

The sudden closing of the Schuylkill Center Wildlife Rehabilitation Clinic, Philadelphia's only "full-service" rehab center and one of only two in Southeastern Pennsylvania, was a blow to humans and non-humans alike. I was a volunteer and a sub-permittee at the wildlife clinic for the past 30 years, and I was sick knowing how many animals would suffer and be left without anywhere to go. The Pennsylvania Game Commission prohibits veterinarians from treating wildlife, except to stabilize the animal and transfer it within 24 hours to a licensed wildlife rehabilitator.

Rick held his former position for 13 years at the Schuylkill Wildlife Rehabilitation Clinic, which operated 365 days of the year. During that time, he and his 50-plus volunteers treated an average of 4,000 animals free of charge. Rick created a vibrant, successful volunteer program and I can tell you firsthand that animal

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volunteers are a very loyal bunch. I served for a while as volunteer coordinator, and what amazed me most about the volunteers was the diversity, the dedication and the focus. No one asked what anyone did for a living, where they lived or what kind of car they drove. The only question was, "What does this animal need?" Friendships were made that will never be broken.

Like volunteers, professional wildlife rehabbers are hard to find. There is little incentive other than the love of animals — the work is physically and emotionally exhausting, human clients can be demanding and the phones never stop ringing.

There is no state or county financial support to help orphaned, sick or injured wildlife. Most wildlife rehabbers work exclusively on donations. (It always amazes me how often people will drop off an animal and never think about leaving a donation to help with its care.)

The new Philly Metro Wildlife Clinic is starting from scratch since all equipment and supplies remain at Rick's former and closed rehab facility. Interested in helping PWMC get on with the business of saving injured, orphaned and sick wildlife? Make a donation at [Phillywildlife.org](http://Phillywildlife.org). And if you have an idea for a permanent location, please contact [info@phillywildlife.org](mailto:info@phillywildlife.org).

Be sure to share this information on neighborhood sites and Facebook pages. Our wildlife are counting on you!

*Brenda Malinics is a wildlife rehabber and runs Brenda's Cat Rescue. Reach her at [brendasrescues@gmail.com](mailto:brendasrescues@gmail.com)*



Gary Reed photo

Double-dutch on the Avenue is just one thing about Germantown Second Saturday Festival.

### Germantown 2nd Saturday Fest Kicks Off Summer

Eat, shop, play and learn at the Germantown Second Saturday Festival May 12, with musicians and poets on stage, vendors offering delicious food and other wares, family-friendly activities and community members showcasing the thriving cultural, civic and business environment that makes Germantown an exciting place to live and visit.

Headliners include Germantown-based poet and performance artist Ursula Rucker, singer-songwriter Ms. Tia McNeil, accompanied by her live band, and BalletX, Philadelphia's premier contemporary ballet.

The family-friendly festival also features a Kid Zone with moon bounce, face painting, karate demonstrations and art activities.

Best of all, more than 40 vendors will participate in the Festival Vendor Marketplace. Side of the Road Jerk Chicken, Sweet Lavender, Uptown BBQ and Grill, Nick's Roast Beef, Hardy Funnel Cakes and more will be serving up tasty eats.

This community festival, presented by Historic Germantown and Germantown United Community Development Corp., kicks off the 2018 Second Saturday summer series, when all 16 Historic Germantown sites are open monthly. Visit [freedombackyard.com](http://freedombackyard.com) to learn more about Historic Germantown.

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# Cooperating With Coyotes: Let's Give It a Try

by Lee Hall, for the Shuttle

**W**EAVERS WAY MEMBER MARY Ann Baron, co-founder of Philadelphia Advocates for the Deer, is working with us at Concern for Animals/Respect for the Environment, a nonprofit based in Chester County, to help solve what Philadelphians and suburbanites call The Deer Problem.

PAD and CARE think it's more of a human problem.

We ask the question that no one wants to ask but, following biological science, everybody should:

Do we really have too many deer in the Delaware Valley — or too few carnivores?

## Shooting Deer: The Vicious Cycle

The government deer-shooting plan at Valley Forge National Historical Park was slated to continue for four winters when it started in 2010. It has never ended. The deer of Philadelphia's Fairmount Park have been shot at for even longer — since 1999.

More than 2,500 deer have been killed in Fairmount Park culls since 1999, when deer populations were estimated at 159 in the Wissahickon Valley and 362 at Pennypack Park, the two high-deer regions of the city park system.

How do shooters keep finding so



Want fewer whitetail deer browsing park vegetation? Maybe we should support more coyotes (pictured resting at a golf course).

many deer to kill? Deer rebound. As deer-removal contracts continue, the deer simply reproduce and fill the gaps.

And that's why, within just a few years of shooting, both Valley Forge and Fairmount Park shot and killed more deer than they had when they started.

## Back to Nature

Our area is blessed with indigenous carnivores and omnivores. Bobcats do kill weakened or even healthy deer, especially in winter. And coyotes are well known to biologists as capable deer predators.

But we kill coyotes (which in Pennsylvania are legal to shoot virtually 24/7, year-round) and deer in droves, the latter in sponsored "management" hunts.

Perhaps we could do neither?

We might free up resources currently invested in shooting — for example, Valley Forge spends \$97,000 to \$173,000

annually, according to its "White Tail Deer Management" plan — to educate the population about the detriments inherent in coyote trapping and killing.

## Learning from Other Cities and Suburbs

We're learning that wonderful things happen to local and regional ecosystems when predators are respected.

A study run by a biologist with the U.S. Forest Service Southern Research Station showed South Carolina deer populations dropping after a rise in coyote populations. Pasadena, CA, also coexists with coyotes, who have been witnessed taking deer. Coyote coexistence projects have proved beneficial in New York, Chicago, Denver, Seattle and San Francisco.

We and coyotes can coexist if we don't take away coyotes' natural fear of people. To prevent coyotes from getting too comfortable with us, never feed them,



and avoid indirect feeding too. (Bird feeders are an issue, as coyotes are attracted to the concentration of birds, squirrels and rodents around them.) Helpfully, coyotes living near cities are most active at night.

## A New Project for Philadelphia and Its Suburbs

We believe people need to recover respect for animals and their habitats around us. Philadelphia aspires to be the greenest city, and this must involve appreciating nature's capacity to balance itself. And now more than ever we need safe, gun-free open space for our children to grow up with.

We've started a collaboration called the Greater Philadelphia Coyote Coexistence Initiative. Contact us at [climatelaw@me.com](mailto:climatelaw@me.com).

*Lee Hall is president of Concern for Animals/Respect for the Environment (CARE)*

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

**Green Dream Weavers**

# Sign the Petition to Push for Recyclable Pallet Wraps

by Alisa Shargorodsky,  
Weavers Way Zero-Waste  
Consultant

**T**HANKS TO EVERYBODY WHO HAS sent me messages, questions and comments. I wanted to use this opportunity to update our community and Shuttle readers.

- Thank you to the 210 people who signed the National Cooperative Grocers/UNFI petition. We are trying to reach 1,000 signatures by June in our effort to show the NCG that we want UNFI, our main grocery supplier, to switch to reusable pallet wraps from plastic film pallet wraps.

If one shipment to one store can fill several 30-gallon trash bags with plastic film, imagine what that looks like every day of the week, every month of the year, for 200 co-ops? To learn more and to sign the petition, please go to [goo.gl/g7fhdp](http://goo.gl/g7fhdp).

It would also be helpful if you would share this.

- Thank you to Jim McGowan, Denny Whalen and Jean Parry for stepping forward to assist us with the organization of TerraCycle materials and processes at the Ambler store. For other members in Ambler who need Co-op hours, this is going to be a great way to get them, so contact me at [asharg.zwc@gmail.com](mailto:asharg.zwc@gmail.com) if you are interested. Also, soon to come, TerraCycle shelf labels — keep a lookout for those.
- We are forming a Plastic Reduction Task Force subcommittee of the Environmental Committee. Several months ago, Weavers Way General Manager Jon Roesser held a member forum focusing on plastic waste that drew more people than any other. I will chair the task force; we will have three members from the Environment Committee and three Weavers Way employees as well as six community members. The committee will meet monthly, the day still to be determined. If you attended the plastics forum and are interested, please email me

at [asharg.zwc@gmail.com](mailto:asharg.zwc@gmail.com). Members experienced in building business pro formas and financials and/or having strong research skills are especially welcome!

- Lastly, here is a note from Jeff Clark, who, with Priscilla Becroft, manages the twice a year e-waste events the Weavers Way Environment Committee runs jointly with GRinCH (Green in Chestnut Hill).

*"At the event on March 17, nearly four tons (7,654 pounds) of waste was collected. WWEC and GRinCH raised nearly \$3,000 in donations that in turn they use to fund grant programs that support a variety of environmental projects in the community. PAR-Recycle Works collects these materials, processes and recycles everything in an environmentally responsible manner. PAR is a nonprofit that provides transitional employment to people returning to the community from prison."*

[asharg.zwc@gmail.com](mailto:asharg.zwc@gmail.com)



TerraCycle has just announced a new recycling program, and the Environment Committee TerraCycle Project has signed up. We can now take glass and plastic vitamin and supplement bottles and lids, as well as flexible packaging from vitamins and supplements. Bring these items to the TerraCycle bin at 555 Carpenter Lane in Mt. Airy, or to the front of the store or Next Door in Chestnut Hill.

**Reminder:** We CANNOT take baby food/fruit pouches and we CANNOT take almond milk, coconut milk/water or other like cartons and ONLY Larabar, Lunabar, CLIF and Cascadian Farms granola bar wrappers. We cannot take KIND or other brands.

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**LET'S COUNT THE WAYS.**

**1 CATERING.**

## 2018 Green Community Grants Awarded

EVERY YEAR, THE WEAVERS WAY Environment Committee gives out Green Community Grants to organizations in Philadelphia, and this year, for the first time, Ambler.



Here are the recipients and projects we funded in 2018:

- Awbury Arboretum**, to buy plants for their pollinator habitat garden.
- Friends of Cloverly Park**, to buy native perennials for their garden.
- Edison High School**, for a large supply of compost for their students' garden.
- Friends of Gorgas Park**, to buy perennials and soil for their garden.
- Hansberry Garden and Nature Center**, to buy cedar posts for their solar panels.
- Junior Creekwatch**, for creek monitoring supplies for students.
- Norwood-Fontbonne Academy**, for supplies for their students' rain garden.
- Pomona Cherokee Civic Council**, to rebuild their raised-bed community garden.
- Whosoever Gospel Mission**, for their garden, so the mission's clients can have fresh produce.
- Wissahickon Valley Boys & Girls Club**, for supplies for their garden.

The committee thanks everyone who came out to our Electronic Recycling and TreeCycling events and made donations on Giving Tuesdays at the stores.

— Sandy Folzer, Weavers Way Environment Committee



## eco tip

### Feed Your Cut Flowers the Natural Way

by Marsha Low, Weavers Way Environment Committee

Ever wonder what's in the little plastic packets that come with cut flowers, including those sold at the Co-op? These "flower-fresh" packets contain three ingredients: sugar, citric acid and bleach. Sugar provides food for the flowers; citric acid lowers the water's PH, which allows water to travel faster up the stem, thus reducing wilting; and bleach fights the growth of microorganisms — promoted by the sugar — that not good for the flowers. Bleach is toxic, though, and we certainly don't need any more plastic, so what's an environmentalist to do when presented with a Mother's Day bouquet? Turns out you can make your own flower preservative by using sugar and lemon juice — 2 tablespoons of fresh lemon juice and one tablespoon of sugar in a quart of warm

water. The lemon will lower the PH of the water, and the sugar will provide the food. To skip the bleach, be sure to change the water in your vase often, even daily. Also, since many cut flowers are contaminated by pesticide residues, try to buy flowers that are grown sustainably. When available, the Co-op sells local and organically grown flowers from Love 'n Fresh Flowers of Roxborough. (They never come with flower preservative packets!) The supply is limited, though, and the flowers are available only from spring to first frost. If you do buy conventional cut flowers from the Co-op but don't want the packets, talk to the flower purchaser in the store where you shop about asking the supplier not to include them in flower shipments.

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# Moving Mountains Together: How Do We Do Healthy Organizing?

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

**T**HE MAN WHO MOVES A MOUNTAIN begins by carrying away small stones." – Confucius

Here at the Weavers Way Health & Wellness Committee, we refine Confucian wisdom to: "The people who move a mountain find more joy and ease when they carry stones together."

There is likely no mountain as intractable to move as is health care, given the politics of reform along with rising costs and erosion of benefits. When it comes to the Co-op, our members are typically concerned about access to reliable information and affordable complementary and preventive options for health and wellness, especially when it comes to stress management, family nutrition, physical and mental well-being and, of course, sleep.

At the Health & Wellness Committee, we grapple with these issues as we work on our mission: "To explore multiple approaches to health and wellness that integrate conventional and complementary modalities, to solicit health concerns and interests from the Weavers Way community and to provide knowledge and resources."

Lofty mission? You bet! And as is the case with lofty missions, it is easy to feel weighed down by all that loftiness.

As a spirited, dedicated group of experienced health and wellness practitioners,



ners, we learned that to thrive as a committee, we need to not only promote health and wellness for members, but also embody healthy, sustainable ways of working together.


We thought you, dear Shuttle reader, might be interested in learning about healthy organizing; we've thus distilled our experiences over the past years into four guiding principles:

**Notice and stay with what flows.** Opportunities are truly everywhere for information-sharing about health and wellness; the catch is identifying and building on momentum. We have had success with multiple modes — launching questionnaires and mini-interviews to gauge interest, piggy-backing on family/community events, managing information tables at health fairs, organizing monthly panel discussions, demonstrations, sample sessions and mini-retreats.

**Pair energy with joy.** Running events takes a lot of energy. We have experi-


(Continued on Next Page)

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(Continued from Preceding Page)

enced most satisfaction when we commit to events that represent an interesting challenge or good stretch, and when we can feel the joy of sharing our expertise without overtaxing any one of us.

**Build redundancy into every activity.** Many of us have busy family lives that we juggle along with our own businesses, and we find ourselves coordinating with extremely busy Weavers Way staff members. We have learned to take this into account as we plan, and have created systems of staggered committee leadership, ongoing informal communication, flexible scenarios and backup plans loaded for success to manage the ebb and flow of availability.

**Find time to play.** We explicitly make our time together as a committee fun, interesting and, when we organize a potluck, delicious. Opportunities to network and exchange relevant information are built into our meetings. We brainstorm ways to collaborate in formal and informal ways, pool ideas, mentor each other to keep ideas flowing. As we get to know each other, collaborations emerge organically; one great example is the Weavers Way Neighborhood Nutrition Team, spawned from our work and now active at all three Co-op locations.

May this brief introduction to the inner workings of a Co-op committee inspire you to adapt insights for the groups you are a part of and to join upcoming opportunities:

- If you are a Co-op member with a particular health and wellness interest or question, post a message to our Weavers Way Health & Wellness Committee Facebook group.

## Mt. Airy Community Health Fair

**Lovett Park**  
(adjacent to Lovett Library  
at Germantown Avenue and  
Sedgwick Street)

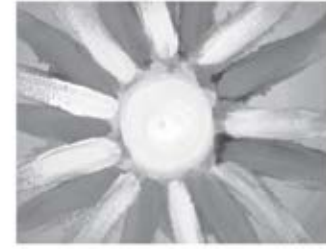
**Saturday, June 2**  
**11 a.m.-3 p.m.**

Practitioners, information,  
discussions, vendors, food and more!

- If you are a health and wellness practitioner interested in learning more about the committee, contact a committee co-chair: Wendy Romig, wendy@sageintegrativehealth.com, or Trudi Dixon, livinginspiredmassage@gmail.com, and join us at our next meeting, Tuesday, May 22, 6:30-8 p.m., in the Mt. Airy Community Room, 555 Carpenter Lane.

Finally, everyone is invited to attend the second annual Mt. Airy Community Health Fair at Lovett Park, next to the library at 6945 Germantown Ave., Mt. Airy, on June 2, 11 a.m.-3 p.m.

*Esther Wyss-Flamm, PhD, MEd, E-RYT, is a member of the Healing Arts Studio collective and on the board of the School Mindfulness Project. She combines her work as yoga instructor with mindful leadership, teaches classes in the neighborhood and works with individuals and organizations seeking to integrate mindfulness practices into their working lives. Reach Esther at ewyssflamm@gmail.com*



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## Expanded Sunday Suppers a Hit In Germantown

**S**UNDAY SUPPERS, A PHILADELPHIA nonprofit, uses food, education and community-building to strengthen the health and well-being of families experiencing poverty and food insecurity. The centerpiece of the organization is healthful meals served in a restaurant-like setting, nourishing families in an open-hearted and respectful manner.

Sunday Suppers, founded in 2011 by Weavers Way member Linda Samost, currently operates two sites — Kensington and Germantown. The Germantown site opened in February and is a partnership between Philadelphia Interfaith Hospitality Network and Germantown Avenue Crisis Ministry, housed at First Presbyterian Church of Germantown. The Kensington site is located at Memphis School Academy.

Samost was spurred to action when she learned that Philadelphia was part of the second-hungriest congressional district in the country. Her background as a chef and in program development and evaluation for health-related nonprofits provided the perfect experience for the creation of this program, a manifestation of her belief that everyone has the right to healthful and affordable food that they can share as a family.

The five-month program centers around a weekly family meal where families share a supper made of fresh food, with ingredients that are familiar and affordable. At the end of each meal, every family is given the ingredients and recipes from that day's supper to take home and make on their own.

In addition to the weekly meal, Sunday Suppers delivers fun, hands-on cooking lessons to help develop skills and increase confidence and knowledge. Through these lessons, families not only gain skills but also learn about significant health benefits they can achieve with small changes. For example, after a hands-on activity in which families measured the amount of sugar in a variety of drinks, many swapped soda for water, which helped participants feel better and lose weight. Sunday Suppers focuses on incremental modifications



Sunday Suppers photo

“After coming to Sunday Suppers, we had family dinners. We all sat down. The kids all want to sit down together and help cook. We didn't do that before.”

— Latashey, mother of 5

that lead to long-term changes.

Lack of kitchen equipment is often overlooked when addressing food insecurity, and many poor families don't have basic kitchen equipment, which limits the changes they can make. Sunday Suppers provides families with needed kitchen equipment to eliminate this barrier and support their success in reaching their goals. Also provided are volunteer opportunities, exercise classes and community gardening.

Sunday Suppers is making a difference! Comparing behaviors before and after participation, evaluation shows that on average, families:

- Increased shared family meals from 3.5 times per week to 6.
- Increased eating vegetables from 2.5 days a week to 4.7.
- Increased eating fruit from 3.7 days per week to 5.
- More than doubled the number of times they drank water, from 23% to 60%.
- Decreased eating fried foods from 3.25 times to one time per week.

Please consider volunteering on Tuesday evenings in Germantown; sign



**W**E ARE JUST INTO SPRING, BUT we are already dreaming of summer — that amazing time of year when fresh produce abounds. What a great time for Weavers Way Co-op to host a 28-Day Healthy Eating Challenge!

The challenge will be guided by Weavers Way member Seth Pollins. Seth is a cook, writer and teacher. For 10 years, Seth worked as a lecturer and recipe developer at Whole Foods, where he inspired individuals of all ages to discover the joy of cooking and eating right.

As part of the challenge, each participant will be asked to sign a five-part Healthy Eating Pledge to:

- Drink a gently stimulating “morning elixir” daily.
- Eat a large salad every day.
- Eat at least one large (double-size) serving of steamed green vegetables every day.
- Eat at least one serving of fermented vegetables every day.
- Drink a gently cleansing herbal tea each evening.

Your pledge will be encouraged with weekly support meetings, weekly fitness sessions, cooking lessons, nutritional consultations and more.

Your commitment to this pledge is a powerful inducement to change! It is designed to generate tangible results. If you truly commit, you will feel lightened, energized and primed for a great summer.

The 28-Day Challenge Kickoff is Saturday, June 2, 10 a.m., at Weavers Way Ambler. Seth will offer a brief talk and each participant will sign his/her pledge. Refreshments will be served! Support sessions will be held weekly on Fridays in The Café in Ambler, with Saturday fitness sessions to be scheduled and a “graduation” celebration on June 30.

To register, visit [www.weaversway.coop/event/challenge](http://www.weaversway.coop/event/challenge). For more info, contact Stephanie Bruneau at [sbruneau@weaversway.coop](mailto:sbruneau@weaversway.coop).

**Spring Supper 2018 — Growing Together**

Sunday Suppers' annual fundraiser on May 22 is modeled after the Sunday Suppers program, as participants gather around the table for a healthful and delicious meal. This also includes hors d'oeuvres, cocktails, dessert and a fund-raising auction. Learn more at [sundaysuppersphilly.org/supper2018](http://sundaysuppersphilly.org/supper2018).

up at [sundaysuppersphilly.org/volunteer](http://sundaysuppersphilly.org/volunteer).

Find the list of our needs for kitchen equipment at [sundaysuppersphilly.org/donate](http://sundaysuppersphilly.org/donate).

Sunday Suppers will be sharing more about their program at the May meeting of the Weavers Way Food Justice Committee.

Questions? Feel free to call Linda Samost at 215-913-5028.

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# Gluten and Grains: The Whole Story

by Nicole Schillinger, Weavers Way Neighborhood Nutrition Team

IT'S VERY COMMON THESE DAYS TO HEAR SOMEONE SAY THEY'RE staying away from gluten in their diet. But what IS gluten? Is it actually bad for you? Which grains contain gluten and which don't? So many questions! Luckily, the Weavers Way Neighborhood Nutrition Team is here to help. In the month of May, the Team is focusing on nutrition education programming all about gluten and grains.

Gluten is a protein found in wheat, barley, rye, bulgur, couscous, malt and triticale. Other grains, such as amaranth, buckwheat, rice, millet, quinoa, sorghum and teff, don't contain the gluten protein.

Gluten is valuable in cooking because it helps texture and shape foods by creating elasticity, and many gluten-containing grains have been bred to boost the level of gluten even higher.

For some people, gluten is a problem. About 1-2 percent of the U.S. population has celiac disease, an autoimmune problem in which even small amounts of gluten trigger changes in the small intestine. Celiac is diagnosed with an endoscopy or intestinal biopsy. Other people who react to gluten have what's known as non-celiac gluten sensitivity, with symptoms ranging from gastrointestinal distress to thyroid, joint and skin problems.

So, should you eat gluten, or stay away from it? If you have celiac, the answer is easy — no. Otherwise, it depends — not everyone responds the same way! If you are curious about your own sensitivity to gluten, try cutting it out for a few weeks, and see how you feel. Every body is different!

When you do choose grains in your diet, opt for the whole grain, which contains the bran, the germ and the endosperm, which keep you feeling full because they take longer to digest. For example, try brown basmati rice vs. white basmati rice.

If you tolerate gluten, try some ancient grains, like einkorn wheat. Einkorn is recognized as the first wheat cultivated by humans, and its natural gluten content is low. Or try kamut, another ancient wheat strain with a high protein content.

With both gluten and non-gluten grains, preparation is key. Ancient cultures have been preparing grains the right way forever. Native Americans soaked their rice and lentils. In most Asian cuisines, rice is fermented before use. Soaking grains is a beneficial process that increases nutrition while removing hard-to-digest compounds. Sprouted grains contain eight times more Vitamin A, B and C than non-sprouted!

Curious to learn more, and to sample some of the gluten-free and whole-grain products at the Co-op? Join the Nutrition Team at one of our May programs. Visit the Online Event Calendar at [www.weaver-sway.coop/events](http://www.weaver-sway.coop/events) for more info.

*Nicole Schillinger is a private practice dietitian at Functional Health Center LLC in Ambler and a certified personal trainer. Contact her at [functionalhealthcenter@gmail.com](mailto:functionalhealthcenter@gmail.com).*

## weavers way NEIGHBORHOOD NUTRITION TEAM



### THIS MONTH: GRAINS & GLUTEN

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

### COMING UP IN JUNE: EATING WITH THE SEASONS

Eating local and seasonal foods is good for the planet and can be more healthful, too.

### Marinated Chickpeas with Quinoa & Greens (VEGAN & GLUTEN-FREE)

(Serves 4)

- 15 oz. cooked chickpeas (one can), drained and rinsed
- 1/2 cup almonds, chopped
- 1 cup cooked quinoa, cooled
- 1/4 cup scallions, trimmed and thinly sliced
- 1 cup cherry tomatoes, halved or quartered
- 4 cups (about 1/2 bunch) dandelion greens, leaves and stalks (or use whatever greens you have — I have used a mix of baby spinach, baby kale and collards)

#### For the marinade:

- Grated zest of 1 lemon + 2 tbs. juice
- 3 tbs. extra-virgin olive oil
- 2 tbs. fresh flat leaf parsley leaves
- 1/4 tsp. salt
- 1/4 tsp. red pepper flakes



Whisk together lemon zest and juice, oil and parsley in a bowl. Add chickpeas and season with salt and pepper flakes. Let stand 30 minutes.

Combine salad ingredients in a large bowl. Add marinated chickpeas; toss to combine. Season with salt and serve.

**Make-ahead tip:** Marinate chickpeas and combine salad ingredients the night before serving. Store separately in refrigerator, then combine right before serving.



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# 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.

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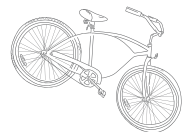
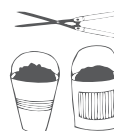
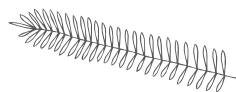
Go online at **Eventbrite** or RSVP via the Events Calendar, [www.weaversway.coop/events/workshops](http://www.weaversway.coop/events/workshops).

Or do it the old fashioned way: Contact **Programs**

**Coordinator Stephanie Bruneau** at [sbruneau@weaversway.coop](mailto:sbruneau@weaversway.coop) or 215-843-2350, ext. 152.

## WHY NOT GIVE A WORKSHOP YOURSELF?

Anyone can propose a topic, and members who lead a workshop gets three hours of work credit. It's a great way to maintain Working Member status.



## COMING UP

### Whole Grains/Healthy Grains: Kamut, Quinoa & More

Tuesday, May 8, 6-8:30 p.m.,  
Weavers Way Ambler

Whole grains can be an important part of a healthy diet. There are plenty of delicious and lesser-known grains that can be great additions when you get tired of the same old, same old. Neighborhood Nutrition Team member Nicole Schillinger has some suggestions. FREE.

### Moxie Tuesday: Fermentation & Probiotics

Tuesday, May 8, 6-7:30 p.m.,  
Weavers Way Chestnut Hill

Find out why we're crazy about pickles and kimchi and how you can

prepare them at home in this Neighborhood Nutrition Team workshop led by Dorothy Bauer. Takeaways and tastings included! \$5 requested donation supports Food Moxie programs.

### Cooking with Ancient Grains: Store Tour & Tastings

Friday, May 11, noon-2 p.m.,  
Weavers Way Ambler

Join us for an informal exploration of ancient grains and how to cook with them.

Members of the Weavers Way Neighborhood Nutrition Team will be on hand to talk about ancient grains, help you find them in our store, hand out recipes for using these lesser-known grains, and give out a few samples, too. FREE; no registration required.



### Gluten 101: Gluten Alternatives & Gluten-Free Recipes

Saturday, May 12, 11 a.m.-12:30 p.m.,  
Weavers Way Ambler

What actually IS gluten? Is it bad for you? Which grains contain gluten? So many questions! Weavers Way Neighborhood Nutrition Team Members Dorothy Bauer and Wendy Romig are here to help with info, recipes and tastings, all about gluten and grains. FREE.

### Compassionate De-Cluttering

Tuesday, May 15, 7-8:30 p.m.,  
542 Carpenter Lane, Mt. Airy

Let Weavers Way member Gari Weilbacher introduce you to the Declutter 2 Delight method. She'll discuss how to discern where to start, how your learning style affects your success, what to do with all your stuff and why this is so hard. FREE; please bring one piece or set of linens to be donated to help resettle new immigrants.

### Gluten-Free Products: Store Tour & Demo

Sunday, May 20, noon-2 p.m.,  
Weavers Way Ambler

It's common these days for a friend or colleague to report that they're staying away from gluten in their diet. Weavers Way Neighborhood Nutrition Team member Dorothy Bauer will talk about gluten and grains, help you find gluten-free products and hand out recipes and a few samples, too. FREE; no registration required.

### Rain Check: Managing Stormwater at Home

Wednesday, May 23, 7-8:30 p.m.,  
542 Carpenter Lane, Mt. Airy

Learn the basics and benefits

## WORKSHOPS ARE HELD:

- In Mt. Airy in the **Community Room**, 555 Carpenter Lane.
- In Chestnut Hill in **The Backyard**, 8482 Germantown Ave., and **Healing Arts Studio**, 15 W. Highland Ave., 2nd floor.
- In Ambler in **The Cafe** at the store, 217 E. Butler Ave., or the **Ambler Senior Center**, 45 Forest Ave.
- On our farms: **Henry Got Crops** at Saul High School, 7095 Henry Ave., and at **Awbury Arboretum**, 901 E. Washington Lane.
- Other locations as noted.

of residential storm-water management and become eligible to get a free rain barrel as well as reduced pricing on downspout planters, rain gardens, depaving plans and permeable pavers. FREE.

### Eastern Medical Diagnosis & Treatment

Wednesday, May 30, 6-7:30 p.m.,  
Weavers Way Ambler

This interactive workshop will show attendees how Eastern medicine uses the face and tongue to diagnose the body. You'll also learn about different foods to eat to balance and heal the body. This program will be led by Weavers Way member Curran Latchford. FREE.

### Permaculture Mash-up & Potluck

Thursday, May 31, 6:30-8:30 p.m.,  
Summit Church, 6757 Greene St., Mt. Airy

Permaculture is a regenerative design system, rooted in indigenous knowledge and wisdom, for meeting basic human needs. Join us for an evening of sharing how our neighbors are practicing and implementing permaculture ethics and principles. Organized and facilitated by Weavers Way member Jeannie Gerth. FREE. Bring a dish to share.

### Intro to Weaving for Kids

Sunday, June 3, 1-3 p.m.,  
Weavers Way Ambler

Join the Philadelphia Guild of Handweavers for an introduction to the "knitter's loom," also known as a rigid heddle loom. Students will be able to weave a wall hanging. For ages 6-12 years. \$5-10 suggested donation. Space is limited.

# Suggestions

by Norman Weiss, Weavers Way  
Purchasing Manager

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

Interesting timing around our new Ambler location with major corporate players like Whole Foods and Amazon — Amazon acquires Whole Foods in August 2017, Weavers Way opens the new store in mid-October, Whole Foods completes relocation of its former North Wales store to Spring House, 2.5 miles from Weavers Way Ambler, in March 2018. The market study we did to measure the potential sales available to us in the Ambler store's trade area was updated in May 2016 to account for the Whole Foods moving closer, but it did not predict the Amazon takeover or the consequences thereof. So we went from jumping into a David-and-Goliath scenario to being in a David-and-Evil Empire scenario.

But is this really the right analogy? Is Amazon bad and if so, why? We've seen the reports about the poor working conditions in Amazon warehouses, and the company's contribution to the decline of brick-and-mortar stores and small business in general. For people who value citizen services, apparently Amazon has helped the U.S. Postal Service survive the demise of paper mail. For people who value sustainability, there's Amazon's packaging — virtually everything they sell is delivered in a cardboard box or paper or plastic envelope along with padding, often plastic. While corrugated cardboard still has recycling value, recycling plastic is in big trouble, with a combination of low prices for "virgin" plastic and difficulty keeping the recycled plastic stream uncontaminated enough to be usable. (Glass and paper are also in trouble.)

One of the interesting things about this is that because Whole Foods is a store where many people go for food, picking up Amazon orders there could lead to improvements in packaging sustainability,

(Continued on Next Page)

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(Continued on Next Page)

as items would no longer have to survive “the last mile” in a postal or other delivery truck. Amazon could even start to use reusable totes, like those you see piled high outside the CVS. However, picking up your Amazon order at Whole Foods could also mean less work for the Post Office, so in our topsy-turvy consumer world, part of the U.S. Postal Service’s significant competition could end up being Whole Foods.

**suggestions and responses:**

**s:** “Sun-dried tomato pesto: It is fine the way it is, but I think too dry and not blended as a pesto — it has changed, it is fine for some dishes but not in cream sauces, olive oil sauce for pasta, etc.”

**r:** (Dan MA) I believe the last few batches have been more pureed and appropriate for a pesto. Let me know next time you’re in.

**s:** “Green bananas. Hard as a rock, tried one for three days, one for five days. Both very hard.”

**r:** (Norman) Bananas are typically picked green and ripened in a controlled fashion (using a combo of temperature, humidity and ethylene gas) by shippers and wholesalers on the way to market. There are lots of opportunities for things to go wrong, including the fruit being picked too green to begin with, getting too cold sitting on a loading dock or the wrong temperatures — high or low — in the truck or shipping container. Placing green bananas in a paper bag for a few days sometimes helps. Also, occasionally bananas will ripen even though the peel stays green. Give them a gentle squeeze and if they feel like a ripe banana, peel and see. If it turns out you got some bananas that won’t ripen, you can always cook them like plantains. FYI, Weavers

Way stocks fair-trade bananas when we can get them (we sell “regular” organic if we can’t), because conventional bananas have a terrible track record of worker exploitation and environmental damage.

**s:** “What’s with the new soup lids? Are they compostable? Recyclable?”

**r:** (Norman) Short answer is not really and no. Here’s the long answer. Some of our packaging is sourced through our co-op trade group, National Co-op Grocers. NCG recently decided to switch to containers lined with polylactic acid, as well as lids made from PLA. NCG maintains PLA is a better choice than petroleum-based plastic-lined cups and lids because PLA is made from a renewable resource, typically corn. While PLA has its issues (corn is GMO and PLA is not recyclable like petroleum-based plastics), NCG believes it also has possibilities because it can be composted, but only in giant, high-volume, high-temperature commercial composting factories that are currently pretty rare. In my opinion, the reality is there is no such thing as manufactured sustainable single-use packaging.

*(Editor’s note: Weavers Way Composting Tsar Scott Blunk says he doubts PLA actually decomposes; it just breaks down into microscopic pieces: “If it has ‘poly’ in the name, it doesn’t matter if it’s made from corn.”)*

**Some of our packaging is sourced through our co-op trade group, National Co-op Grocers. NCG recently decided to switch to containers lined with polylactic acid. NCG maintains PLA is a better choice than petroleum-based plastic-lined cups and lids because PLA is made from a renewable resource, typically corn. While PLA has its issues (corn is GMO and PLA is not recyclable), NCG believes it also has possibilities.**



**s:** “Cascadian Farms or some other french fry besides Alexia. Alexia’s quality assurance is bad and their customer service is worse. Alexia takes up six shelf spaces and Cascadian takes up two, so please don’t tell me ‘no room.’”

**r:** (Matt MA) I’ll look into other Cascadian offerings. Thanks for the suggestion! (Norman) Frozen organic potato products are big business. Cascadian is owned by General Mills and Alexia is owned by Conagra.

**s:** “Metropolitan Bakery makes a fantastic breakfast bread, I think it’s a date-walnut loaf or something like that. I never see it here, so wondering if we could add a few to the Metropolitan order, or get more if you already do.”

**r:** (Matt MA) We carry a Metropolitan raisin-nut loaf. Because it’s a specialty loaf, we don’t get many of them in, but we’d be happy to set one aside or special-order it for you. Contact me at ext. 140 or matt@weaversway.coop.

**s:** “Please stock more variety of frozen Amy’s. You are very heavy on enchiladas & pot pies. There are many other things & we depend on this for lunches!”

**r:** (Matt MA) Thanks for the suggestion. I’ll look into what else they have to offer. Please let us know if there’s anything specific you’d like to see.

**s:** “Canned jackfruit? (Fresh ones are too huge for a single person.) Thx.”

**r:** (Norman) We do stock canned Edward & Son brand at our Ambler store, and a few prepared varieties at our Mt. Airy and Chestnut Hill stores — ask a grocery staffer to help you find it. In the interest of balance, for every jackfruit variety we stock, we also stock a corresponding jillfruit.

**s:** “I’ve heard of Uber Eats but I think that is not a sustainable practice as it is basically adding more transportation to food, which means getting the food consumes more energy, which must be supplied from somewhere, be it fossil fuels or electric power or whatever. Is there a more sustainable alternative for getting our Prep Food to us without us coming to stores to pick it up?”

**r:** (Norman) We’re exploring a partnership with SEPTA that will install a designated rider on each bus that passes one of our stores. We’ll have an app where you tell that rider what you want, and they will hop off bus, pick up your order, hop back on and deliver it to a bus stop near you. Practiced users have perfected the handoff via the middle exit door so the rider can stay on the bus. Future plans include being able to have the designated rider also bring you your Amazon order. The ultimate goal is for consumers to be able to purchase all consumer needs without ever leaving the house. SEPTA, like the U.S. Postal Service, seems uniquely configured to accomplish this without high investment in new infrastructure, like drones or teleportation stations, both of which are expensive, noisy, have high overhead and are resource intensive.

**s:** “Why is the bulk price of Mu Mu Muesli \$6.99/lb. when you also carry a 20oz. package of the same product on the shelf for \$7.35? The per pound price of the packaged muesli is \$5.88/lb. Who would pay extra to buy it in bulk? I thought the bulk bins were supposed to offer savings as well as reduced packaging.”

**r:** (Norman) Thank you for bringing this to our attention. In general, bulk is less expensive. However, since our markup for bulk is higher than our markup for packaged grocery, sometimes the lower cost of bulk is not enough to span the difference, so we have to adjust the pricing to make the bulk less expensive. We missed this item, now corrected.

normanb@weaversway.coop

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**For Their Support!**

**Dear Food Moxie supporter,**

Food Moxie's mighty team of growers, educators and cooks began 2018 ready to go! We're not only talking about our staff members — the young people and adults at Stenton Family Manor shelter in Germantown, the students at Martin Luther King High School in Germantown and Saul High School in Roxborough and our amazing volunteers are also ready to dig in and get their hands dirty.

While our growing spaces lay dormant for the winter, our talented team of program managers continued to deliver experiential lessons focused on healthy cooking and eating. They also began preparations for the 2018 growing season by engaging program participants and our site partners in the decision-making. What we grow and what we cook is fully informed by the community we serve.

Before the first seed of the season is planted, more than 700 hours of skilled labor and leadership are required, in addition to over \$12,000 for equipment, supplies, tools and repairs, for our four growing sites at Stenton Family Manor, MLK, Saul and Awbury Arboretum in Germantown.

Our commitment, as always, is to provide innovative, high-quality programming that puts the diverse needs and safety of our program participants at the forefront.

Can we count on your support to ensure that our growing sites are well-equipped and well-maintained for the people we serve?

Your gift, from \$50 to \$5,000 and everything in between, supports our farms and our staff, program participants and volunteers. Here are some ways your generous donation goes toward our purchase of necessary items:

- \$25 for farmstand supplies such as berry boxes and produce bags.
- \$50 toward the cost of hand tools and harvest bins.
- \$100 for a power drill and supplies to repair raised beds and fence posts.
- \$250 toward compost and other soil amendments.



- \$600 to repair the greenhouse thermostat and fans.
- \$1,000 for a shade cloth to protect greenhouse seedlings.
- \$2,000 for insect netting and row cover.

Your investment not only makes it possible for our farms to produce nutritious, local food for those who are most in need, but also demonstrates your commitment to one of our core shared values: We all deserve access to beautiful green spaces that are safe and welcoming.

Food Moxie works with some of the most vulnerable populations in Philadelphia — people who struggle daily with broken systems that have failed them. Please help us welcome children, families and students into growing spaces that reflect the abundance of our community and the beauty and abundance we ALL deserve.

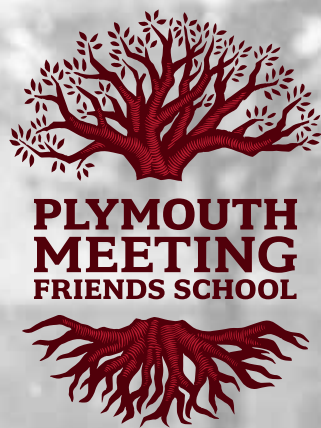
I've written this before, but it's as true now as it has ever been: Food Moxie could not do this important work without you and your support. For more information and to donate, please visit [www.foodmoxie.org](http://www.foodmoxie.org).

On behalf of the hundreds of individuals we'll serve in 2018, thank you in advance for your generosity.

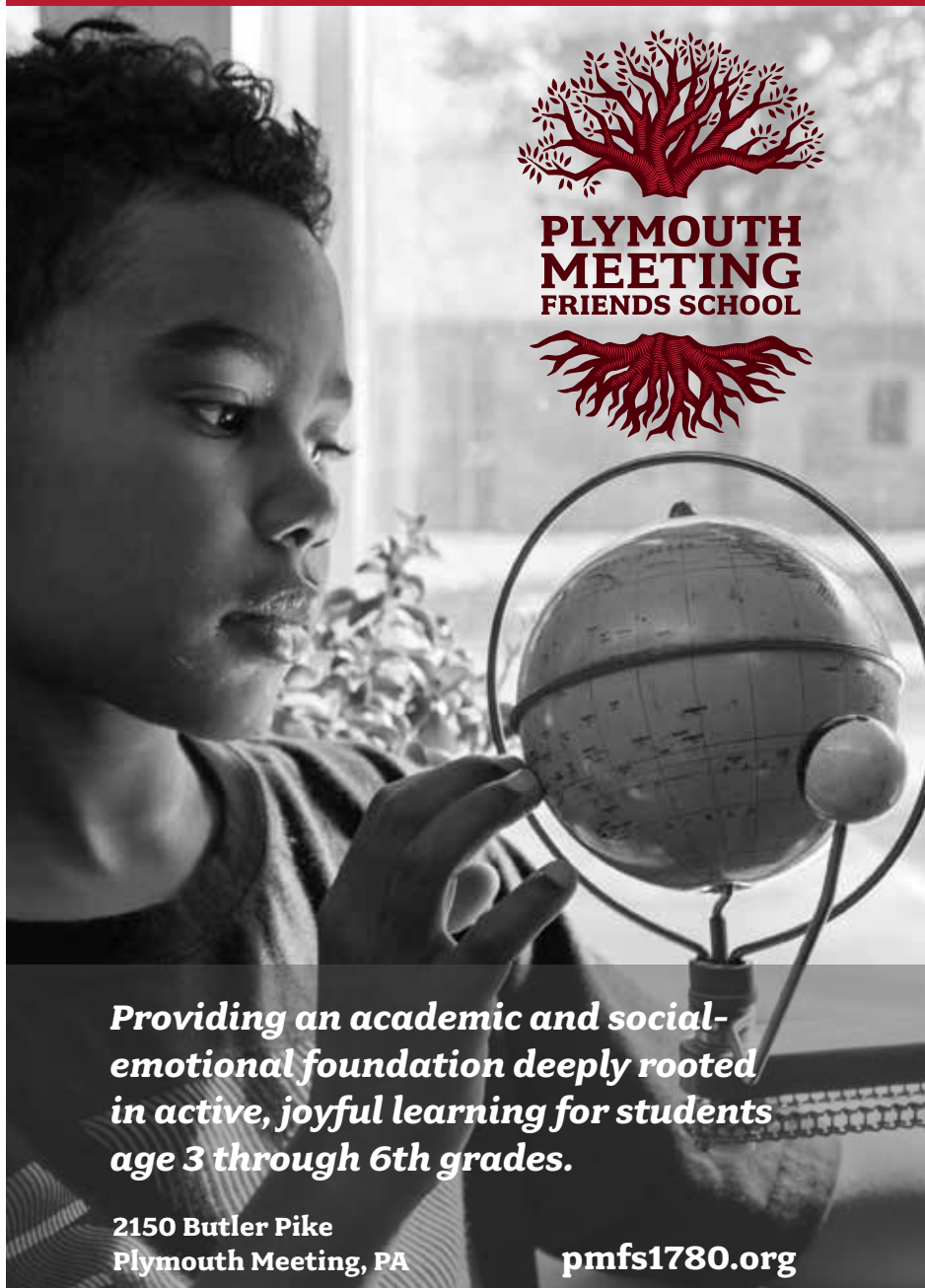
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- 1 cup Greek yogurt or sour cream
- A few slices pickled jalapenos
- 2 limes
- 1 bunch cilantro
- 1/2 tsp. salt
- 2 cloves garlic

Remove the cilantro leaves from the stems and place them into a bowl. Cut the limes in half. Put the garlic in a blender and pulse until it is all chopped up. Squeeze the lime juice into the blender, then add all the other ingredients. Blend until smooth, then pour over a salad as a dressing, or into a bowl as a dip!



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# SPRING GENERAL MEMBERSHIP MEETING 2018

Continued from Page 1)

Those non-recurring costs included initial inventory, new hiring, and marketing and advertising to tout the third store location. “So we knew that we were going to be losing money in the first six months of the fiscal year, and that’s reflected there.”

But there were additional costs that were not expected. “We had some construction cost overruns that were a little bit higher than we planned for. And it is true that our Ambler store sales did not meet our expectations. They’re good; they’re not great.”

Roesser cited a couple of reasons for less-than-optimum sales in Ambler. For one, some new customers are apparently put off by prices. “There are price perception issues that we’ve had to confront in Ambler, just like we’ve had to confront in Mt. Airy and Chestnut Hill,” he said.

Another factor is competition, especially in the form of a new Whole Foods that opened in nearby Spring House, about 2.5 miles from the Ambler store. Weavers Way Ambler averaged \$132,000 in weekly sales in the six-week period following Whole Food’s opening in March, compared to a weekly average of \$137,000 prior to the opening.

Neither sales rate is sufficient. “We really do want to get to a point where our weekly sales in Ambler are about \$150,000. That’s where we need to be for long-term sustainability.”

“I must admit to being a little personally disappointed, because I thought we were just going to kill it.”

Looking beyond the ledger, Roesser candidly admitted that the opening of Weavers Way Ambler has brought a series of non-financial challenges that continue to test him, his staff and the membership as a whole. For example, he said, there’s the pure administrative challenge of a membership base that seems to be headed toward an astounding 10,000 households after floating around 5,400 for a number of years.

Then there’s the challenge of educating the Ambler area about the nature of a co-op. “The community has, generally speaking, embraced the store,” he said. “But one of the issues we’ve run into is that a lot of people are unfamiliar with what co-ops are. So that big banner that we have up that says ‘Grocery Store’ is essentially to try to get the word out that this is what we do — we sell groceries. It’s a work in progress, but I think we are making progress.”

Perhaps the greatest non-financial challenge generated by the Ambler opening is the Co-op’s ability — amid rising membership — to give members opportunities to participate, and to maintain its core goals and identity.

“Culturally speaking, we have to be careful about having thousands and thousands of members who perhaps don’t feel engaged at the Co-op,” Roesser said. “This is a challenge of ours: As we grow, how do we make sure that all of our members feel as engaged as the people in this room?”

“So I think this is something that Weavers Way needs to figure out.”

## In Other GMM News:

- Laura Siena and Kathleen Casey gave an update on Phase II of the Co-op’s Member Loan program, which kicks off May 4 with the goal of raising \$400,000 in capital. “The last loan campaign was specifically to build the Ambler store,” Siena said. “But now we really do want to strengthen our financial situation. We’d frankly rather owe money to our members than to banks.” The funds will be used to pay down existing commercial debt and provide flexibility for further growth.

Under Phase II, members can loan \$1,000 or more and receive 4% simple interest after six years. Siena hopes this campaign, which cuts off June 21, is as successful as the first, which had a goal of \$800,000 but took in \$1.5 million. “This is maybe not as sexy and as exciting as opening a new store. But it is about the very fundamental financial strength of our Co-op. And that’s why we feel so keenly about moving forward with this phase.”

- Roesser announced that the Co-op’s next major capital expense will involve upgrades to the Chestnut Hill store, which opened in 2010. “If you’ve been in our Chestnut Hill store lately, you might have noticed it looks a little banged up,” he said. “When you do \$12.5 million in annual sales in a building that small, it gets banged up. So we really do want to start preparing for the capital expenses associated with an upgrade of the Chestnut Hill store.”

- Sales at Mt. Airy Weavers Way were up nearly 1% since Jan. 1, but sales at the Chestnut Hill store were down 2%, a decline Roesser attributed to the migration of suburban shoppers from Chestnut Hill to Ambler.

- In response to a question about the difficulty in locating staples like bread and meat at the Ambler store, Roesser explained the philosophy of the store’s layout. “We were sold on the concept of what’s called a ‘power alley.’ This is a grocery-store concept where you walk in, and you are immediately presented with the most exciting parts of the store,” such as produce, deli and prepared foods.” But Roesser admitted the design creates a choke point that leaves it difficult to find the bread and meat departments. “We haven’t discussed changing the layout of the store, but perhaps at some point we will.”

- Asked about the success of the new policy that gives new members ‘working’ status — and thus the 5% discount — for their first four months, even before they have worked their cooperator hours, Roesser said it was too soon to say. “I would say that maybe by the fall we’ll have some good data to show the fall-off rate — how many [new members] decided not to do the working member hours and lose that discount after four months.”

- A member asked Roesser about talk of concern among some staffers about job security and resulting departures



**GMM photos by Weavers Way member Ellie Seif**

Kathleen Casey and Laura Siena, pictured left and right, make the case for second phase of the Together We Grow member loan program.

Below left, cooperator Hal Krieger and staffer Kentu Malik keep salad fans at bay; at right, Programs Coordinator Stephanie Bruneau helps Environment Committee member Ellen Nulf at the place-setting-rental station.



Above, members in attendance signal their satisfaction with the fare; at left, GM Jon Roesser visits with Frank Schaller and “Aunt Mary” Gable before the program.



of staffers. “Our turnover is generally speaking pretty good when you compare us to other retailers,” he said. “Any colleagues who have concerns about the stability of their employment, I would encourage them to talk to me. I don’t see reason why any staff member today should feel anxious about their job security.”

- Roesser also fielded questions about Weavers Way Mercantile, at 542 Carpenter Lane in Mt. Airy, which closed after New Year’s. The GM said it was a less-than-profitable venture. “Other than the period from Thanksgiving through the end of the year, it didn’t make a whole lot of

revenue.” And he sounded doubtful that the Mercantile would return. “Anyone who’s been in there I think would agree it is an awfully cool space. But it is also very problematic.” Problems with the building, a former auto repair shop, include lack of a second exit, no HVAC, a toilet but no sink, and — underground — old storage tanks with contaminated soil that would have to be removed. “So to do anything with the building on our own would require a tremendous amount of investment that we’re simply going to be able to do anytime in the near future.”

*Ted Barbuto is a Weavers Way Working Member.*



## STAFF CELEBRITY SPOTLIGHT

### Caitlyn Ashton

**Job:** Mt. Airy assistant bulk buyer  
**Since When:** She joined the grocery staff in February 2016, and moved to bulk in January 2017.  
**Age:** 25  
**Where She's From:** Bensalem, PA  
**Where She Lives Now:** Mt. Airy, with her boyfriend, Alex, and their three guinea pigs, Tuna, Barry and Moose.  
**How She Got to the Co-op:** She was working the Harry Potter Festival, doing surveys for a marketing company. A huge Harry Potter fan, she'd never been to Chestnut Hill before. "I was like, I don't know where I am, but I do know that this is where I need to be." She sent her resume to various businesses in the area, but "everyone I talked to was like, 'Oh no, you belong in Mt. Airy.'" And as it turned out, the Co-op only had an opening in Mt. Airy.  
**Other Background:** She graduated from Bensalem High in 2011, and got halfway through the elementary education program at Temple before she changed her mind about becoming a teacher. She's now back at Temple, this time majoring in community development with a focus on sustainable food systems.  
**On-the-Job Self-Training:** "I think you have to have an extensive knowledge of all of the items that we offer. Our shoppers ask



a lot of questions, so you have to know where [the item] is coming from and how to prepare it. . . . I found that having some foresight as to how popular trends are panning out has also been very helpful — you know, what's the new kale?"  
**What She Likes About the Job:** "There's something new and exciting happening every day. There are new vendors to talk to, there are new products coming out, and I'm learning a heck of a lot. . . . One thing: I've learned a lot about coffee."  
**Semi-Outside Pursuit:** She recently joined the Co-op's Food Justice Committee. "We're learning a whole lot — just about how diverse our neighborhood is, and what we can do to bridge the gap between our community at the Co-op and the surrounding neighborhoods that maybe still don't realize that they can shop here, or that they have this plethora of options available to them."  
**Favorite Co-op Products:** Weavers Way farm produce (she's a CSA member), sushi, Prep Foods' mango curry chicken salad.  
**A Little Co-op Love:** "I just like the community aspect. One thing that sticks in my mind is after the [2016 presidential] election, people came to the Co-op just to be around each other, and I thought that was incredible."  
 — Karen Plourde

## COOPERATORS OF THE MONTH

### Tim & Alisa O'Bine

**Joined Weavers Way:** They were members of the Ambler Food Co-op prior to AFC's becoming part of Weavers Way just over a year ago.  
**Live In:** Ambler, with Pixie, their 10-year old rescue beagle mix.  
**Current Jobs:** Alisa is a behavioral analyst with EdBeCo, an education and behavior consulting firm based in Blue Bell. Tim is a carpenter and project manager for Dennis Meyer Inc. of Glenside, and works primarily in Chestnut Hill.  
**Why They Joined:** Tim: "The community feel of Ambler is really what we were embracing, and obviously the Co-op is part of that." Alisa: "We care about where our food comes from." (They moved here in 2015 from Ithaca, NY, where they shopped at GreenStar food co-op.)  
**Why They're Working Members:** Alisa: "The discount is definitely a big part, but we want to be more involved in the organization as well, particularly the farm."  
**Favorite Co-op Products:** Local apples, Swiss Villa eggs (Alisa: "They have the brightest orange yolks I've ever seen"), kale caesar salad, treats for Pixie. They've also gotten hooked on shopping in bulk. They do about 90 percent of their shopping at Weavers Way.  
**A Little Co-op Love:** Alisa: "I actually think the Co-op saves us money, because we cook every day now. If I forget an ingredient, he can run down and get it. . . . I trust everything in that store. I trust that the buyers or whoever is picking out the food are picking out good things for me. I don't have to do that guesswork anymore."  
 — 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 next Board meeting will be held at 7 p.m. Tuesday, June 5, location to be announced.

For more information about board governance and policies, visit [www.weaversway.coop/board](http://www.weaversway.coop/board). Board members' email addresses are at [www.weaversway.coop/board-directors](http://www.weaversway.coop/board-directors), or contact the Board administrator at [boardadmin@weaversway.coop](mailto: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

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### 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**

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### Become a Member

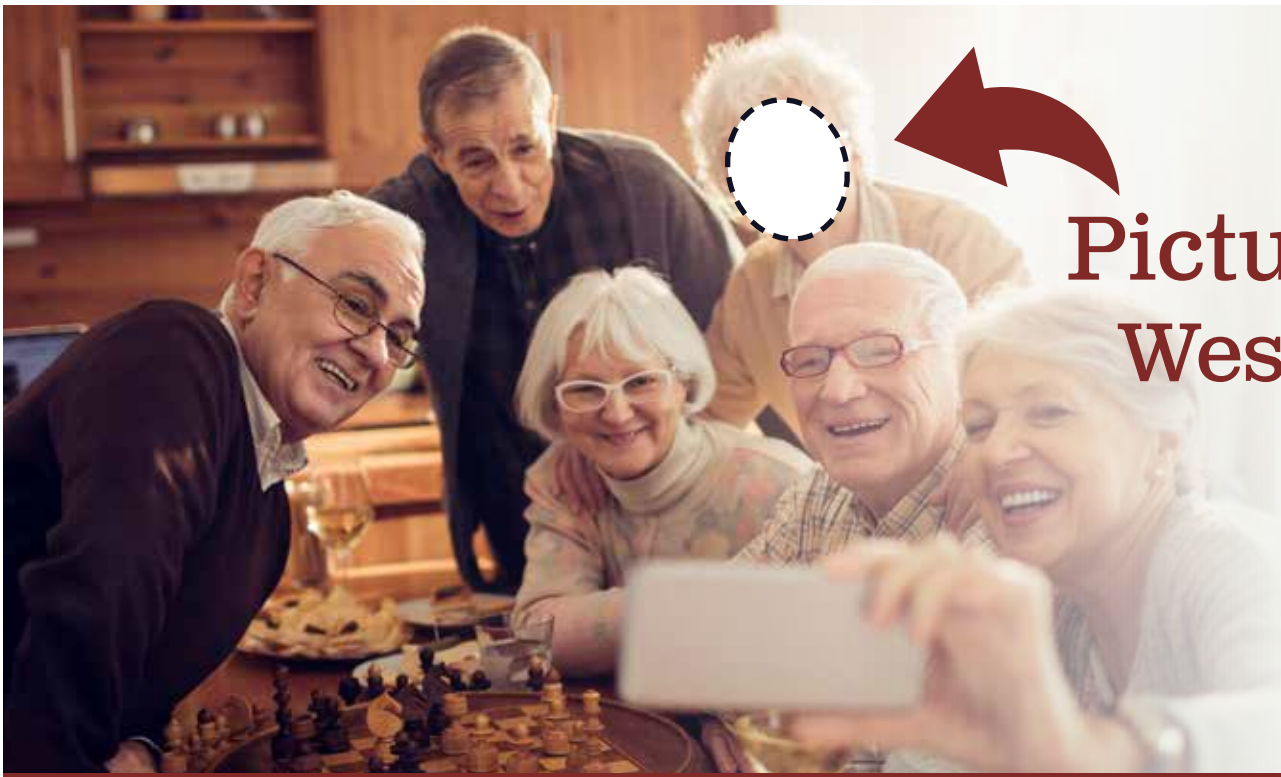
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### Upcoming Orientations

**Thursday, May 17, 6:30-8 p.m.**  
**Ambler Senior Center, 45 Forest Ave.**

**Wednesday, June 6, 6:30-8 p.m.**  
**Germantown Jewish Centre Maslow Auditorium**  
**400 W. Ellet St., Mt. Airy**

Check [www.weaversway.coop/events](http://www.weaversway.coop/events) for additional dates. To RSVP or for more info, email [outreach@weaversway.coop](mailto:outreach@weaversway.coop)



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