

save the date



# GENERAL MEMBERSHIP MEETING

## SATURDAY, MAY 2, 10 AM-NOON

GERMANTOWN ACADEMY, 340 Morris Road, Fort Washington

**BREAKFAST MENU** **GUEST SPEAKER: JAMILA MEDLEY**  
Executive Director, Philadelphia Area Cooperative Alliance  
**ZERO WASTE AND 2020 BOARD ELECTION RESULTS, TOO**



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Open to Everyone

# The Shuttle

MARCH 2020

Since 1973 | The Newspaper of Weavers Way Co-op

Vol. 48 | No. 2

## Successful Fundraising Efforts Point to Better Days at KCFC

by Charlie McCurdy, for the Shuttle

**K**ENSINGTON FOOD CO-OP (KCFC) isn't out of the woods yet. But recent successful fundraising and other efforts are keeping the scrappy store on Coral Street near the intersection of Lehigh and Frankford avenues afloat, according to Mike Richards, KCFC general manager.

"People are volunteering their time and are committed to trying to make a difference," said Richards, a veteran of Whole Foods and a former manager of the now-shuttered Creekside Co-op in Elkins Park. "There's a solid community of folks trying to make this a neighborhood for their families. I'm pleased to be a part of that."

After 10 years of organizational and fundraising efforts totaling about \$2 million, the co-op opened in April of last year. But cost overruns, lower-than-ex-

(Continued on Page 6)



photos by Bob Raines

Everyone loves love cake during Member Appreciation week. More pictures on page 14.



Photo by Devon Watts, Mt. Airy Deli Staff

Longtime Mt. Airy Produce Manager Jean MacKenzie is enjoying a slower daily routine following her retirement in mid-January. Jean worked for the Co-op for 22 years, 15 as Department Manager.

## Special Needs Students Welcomed in Ambler

by Karen Plourde, Editor, Weavers Way Shuttle, and Susan Ciccantelli

**F**INDING A COMFORTABLE SPOT BEYOND YOUR OWN FOUR walls can be especially difficult for those with special needs. Staff and management at Weavers Way wanted the Ambler store to be a good fit for shoppers and employees of different abilities, in much the same way as the Northwest Philly locations have been. As part of that effort, the Co-op's Development Manager, Kathleen Casey, approached the Wissahickon School District last spring about reaching out to families with children on the autism spectrum who might want to participate in regular inclusive shopping nights at the store.

"We held a couple of meetings with Dr. Kelle Heim-McCloskey, director of student services, and instructors of special needs students," Casey said via email. "Out of those meetings, we broadened the partnership to include work study opportunities, field trips and more."

(Continued on Page 20)



Photo by Susan Ciccantelli

Wissahickon High post-senior Stefan (left), Job Coach Rosemary Doberstein, and senior Jake. Both students work in the Ambler store three days a week.

## RUN ★ RUN ★ RUN ★ RUN

### NOTICE of Election for Weavers Way Co-op Board of Directors

Members may vote online beginning on or about April 1, 2020, through May 2, the date of the Weavers Way Spring General Membership Meeting. (Voting will end 30 minutes after the meeting begins.)

**Board positions to be filled:** 4 At-Large Directors for 3-Year Terms

Candidate's application and instructions are available at [www.weaversway.coop/board-elections](http://www.weaversway.coop/board-elections)

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



# Editor's Note



by Karen Plourde, Editor, Weavers Way Shuttle

WHO'DA THUNK, 60-PLUS YEARS after the debut of the Keep America Beautiful campaign, that we'd still be talking about litter? March's column from Ruffian Tittmann, executive director of Friends of the Wissahickon (FOW), details their ongoing response to the problem in the park (page 11). This year, they've been designated a Leave No Trace hotspot from the Leave No Trace Center For Outdoor Ethics. Their efforts at encouraging visitors to Devil's Pool and other sites to take their trash with them when they leave put a big dent in the amount of trash they needed to remove last year.

Tittmann points out that this is about more than keeping the park looking good; it also has to do with protecting the watershed from which we get our drinking water. To quote Gill, the Moorish Idol Fish from "Finding Nemo:" "All drains lead to the ocean, kid." We should all keep that in mind even when we're going about our daily lives. The trash we see in far too many places is headed that way if it isn't picked up before the rain sends it down the nearest sewer intake.

Matthew George of West Germantown is doing just that. In September of last year, he launched "I Love Thy Hood," a nonprofit devoted to tackling the local littering epidemic. He set up a Go Fund Me page to raise money for additional trash cans in the neighborhood, and has purchased 12 so far; he empties and disposes of the bags himself in area dumpsters. In December, Matthew earned a Standing O Award from Omaze that earned him \$5,000 to continue his efforts. Check out his video at [youtube.com/watch?v=ZaIdR8YgrcM](https://www.youtube.com/watch?v=ZaIdR8YgrcM).

Energized? FOW has scheduled a Super Saturday Volunteer Service Day on March 28 from 9 a.m.-1 p.m. to pick up trash along Lincoln Drive. Can't wait until then? Take one of those ubiquitous plastic grocery bags with you on your next sojourn, and pick up trash as you go. Chances are you'll find plenty; I know I do.

Catch you in the pages next month.

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.

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. 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), or call 215-843-2350, ext. 314, or email [advertising@weaversway.coop](mailto:advertising@weaversway.coop). Advertised products or services may not be construed as endorsed by Weavers Way Co-op.

# What's in Store at Weavers Way



## Check It Out!

by Karen Plourde, Editor, Weavers Way Shuttle

### Garden Variety

**A new home for flowers in the Hill. And a new line of seeds in Ambler and Mt. Airy.**



Have you gotten to the checkout in Chestnut Hill lately and been perplexed about the lack of flowers there? Fear not: Floral options can now be found by the front door, in the produce department. The move was made to avoid the many instances of flower buckets full of water getting knocked into by shopping carts and dumping their contents. The new spot makes for a lovely welcome to the department and the store.

If you're more of a floral (or herb or veggie) grower than a buyer, you'll want to peruse the new selections from **Southern Exposure Seed Exchange** in Ambler and at Across the Way. They're based in Mineral, VA, and mainly offer seed varieties that perform well in the Mid-Atlantic and Southeast (\$1.99/ea).



### The Daily Deli

**Savory Vermont salamis and an eye-popping chevre from Down Under in Chestnut Hill.**

The cheese case in the Hill is now home to all five varieties of **Vermont Salumi** of Plainfield in the Green Mountain State. The four-ounce sticks are \$6.49 each, and feature flavors like clove and citrus, juniper, and red wine and garlic. All the pork they use is free of antibiotics.



On the shelf above the salamis, you'll find one of the prettiest cheeses out there — **Woodside Cheese Wrights' Monet**, a South Australian chevre pressed with herbs and edible organic flowers. A four-ounce block is \$13.99.

Looking for a sweet finish for your spread? Try **La Malva Rosa** walnuts in acacia honey (\$8.49 for a seven-ounce jar) from Borgo San Dalmazzo in Cueno, Italy. A spoonful on chevre or another soft, mild cheese should do the trick. Jars can be found next to the Hill's deli counter.

### All Wellness and Good

**New Acure shampoos in Mt. Airy. And a local entry to the CBD oil lineup.**

Family-owned **Acure Organics** products are no stranger to our wellness locations. But now their collection of shampoos and conditioners designed for color-

treated and/or stressed hair has been added to the hair product lineup at Across the Way. They include:

- Daily Workout (for oily, workout-heavy hair);
- Buildup Balancing with hemp and apple cider vinegar (for styled hair or locks that undergo harsh conditions, such as frequent swimming);
- Juice Cleanse with supergreens and adaptogens (for stressed hair);
- Detox Defy (for brown, autumn or dark-toned color-treated hair); and
- Unicorn Shimmer (for color-treated hair)

Eight-ounce tubes of the shampoos and conditioners are \$9.99. As with all Acure products, they're 100% vegan. They'll make their debut at Next Door in the near future.

On the shelves now at Next Door is the first local hemp oil extract to land in our stores. Wild Fox Provisions, an offshoot of Wild Fox Farm in Barto, Berks County, makes a full spectrum, flavorless version in two strengths (500 and 1,500 milligrams) and a

1,500-milligram tincture (Farmer's Batch) with a wild cherry strain that gives it an earthy, tobacco-like flavor. The 500 milligram tincture is \$39.99; the 1,500 is \$79.99.



## SLICE IT

## DICE IT

## SERVE IT

## Tofu

by Kieran McCourt, Weavers Way Ambler

- It's soybean curd, and can be found packed in water in vacuum-sealed packaging.
- It's famously known for its mild-to-bland flavor.
- It's a great plant-based source of protein as well as other nutrients, and is especially known for its low caloric content.

### Types of Tofu

- 1. Silken** — known for its smooth and silky texture. Won't hold up well when baked or stir fried. Great for making dips and spreads, like spinach and artichoke dip. Can be blended into smoothies or a pancake batter to add protein.
- 2. Regular** — the blocks found in the refrigerated sections. They're great baked, sauteed, fried and more. It's important to prepare firm blocks at home by pressing the tofu between paper or clean kitchen

towels, weighed down by your heaviest pots. (There are specialized tofu presses that can do the same.) Otherwise, water inside and on the surface will prevent a nice sear or fry for maximum flavor.

Firm and extra firm tofus can be marinated before cooking to bump up the flavor. Tossing your tofu after cooking in a flavorful sauce will help give it a bit more punch. Firmer varieties can also be sliced and breaded to make plant-based nuggets and cutlets; make sure to season your flour and breadcrumbs.

**Vegan breading tip:** the egg dip can be replaced with a plant-based milk thickened with mustard and/or a vegan mayo.

## What's in Store at Weavers Way



by Norman Weiss, Purchasing Manager, and Jeannine Kienzle, Weavers Way Programs Coordinator

Two vegans, one an old-timer (Norman) and another newer to the scene (Jeannine), exchange banter on all things vegan, from products to events to controversial topics to the shelf life of rutabaga fondue.

**This month, Norman and Jeannine get serious about scrapple and bacon cravings.**

**N:** Have you tried or heard of any new vegan products this month?

**J:** I happened to try the Sweet Lana's Vegan Express scrapple that we sell in Chestnut Hill and Ambler. I made some for you to taste. What did you think?

**N:** I never had scrapple before, so I can't compare it to anything. I liked it and it tasted good. How did you fry it?

**J:** I enjoyed it, too. Sweet Lana's is a local company from West Chester. I used a lot of oil on high heat and let it sit for a bit on each side before flipping it so that it formed an outer crust and was tender inside.

**N:** What does it go with?

**J:** Well, it's typically served as a side breakfast item that people eat with eggs. I would serve it as a

side dish to tofu scramble or put it on a breakfast sandwich. I dipped mine into maple syrup. It's not something I grew up eating either, but they did a fantastic job creating a vegan version.

**N:** I bet it'd be good with fried onions, green peppers or mushrooms.

**J:** Speaking of other new vegan products, there's a new bacon patch on the market to help struggling vegans with their bacon cravings.

**N:** Sounds weird. Do you ever get food cravings?

**J:** Yes, practically every day. Yesterday, I was craving dumplings.

**N:** I'm not sure I get cravings. What does a food craving feel like?

**J:** It's a strong desire for a specific food item, like dumplings.

**N:** When I was a teenager, I think I got sugar cravings. I remember one night I was studying at home and I got a craving for Lemonheads, so I drove to the local 7-11 and got a box.

**J:** That about sums up cravings to me!

**N:** But I don't think I've had any food cravings in decades.

**J:** Not even for methyl cellulose? It's a common ingredient now found in certain plant-based products.

**N:** I read about Trader Joe's new vegan patty and when I looked at the ingredients I saw methyl cellulose. It has a diversity of uses — everything from a food ingredient to a laxative to sexual lubricant.

**J:** I read animal studies indicate that methyl cellulose may promote colorectal cancer at levels typically present in processed foods.

**N:** Speaking of processed foods, I also saw Just Egg came out with a foldable version.

**J:** I have no idea what that means.

**N:** It means they saw a market for vegan eggs that can fold. I'm craving foldable foods.

**J:** Like a dumpling! Did you happen to catch the Oscars?

**N:** Nope. I don't really watch the Oscars and I don't see a lot of movies.

**J:** I didn't watch it either, but I happened to catch a clip of the Best Actor acceptance speech by actor Joaquin Phoenix. He spoke about injustice in the world and mentioned the dairy industry and the poor treatment of mother cows just so we can have milk in our coffee and cereal. He's using his voice to bring attention to animal abuse, which I've never seen or heard at such a popular Hollywood event.

**N:** Did he use the term 'plant-based'?

**J:** No; neither plant based nor vegan. His main point was injustice for all sentient beings.

**N:** The Co-op has a Food Justice Committee. So far, the group focuses more about access to healthy food rather than animal welfare. I think the concept of food justice is a fairly recent phenomenon, which makes me wonder if in the past people were ignorant of it or it didn't have a name.

**J:** Maybe folks weren't craving food justice?

**N:** I guess some cravings take a while to surface.

**J:** Cravings manifest quicker if you consume processed foods containing additives and preservatives.

**N:** Apparently, we crave salt, sugar, and fat. Lots of the food industry is based on the cravings for these substances. I wonder if a vegan diet has more or fewer cravings or cravings similar to someone following a non-vegan diet.

**J:** Well, as a fellow vegan, I have cravings all the time; my biggest is typically salt. I read that processed plant-based meat is still a healthier alternative to animal meat. The source of fat matters.

**N:** I guess scrapple is a sustainable fat because there are meat parts that would otherwise be scrapped.

**J:** I wonder what they'll think of next...a scrapple patch to ward off those cravings?

**N:** A patch for every craving.

**J:** I think there's a market for it.

**Recommended products:**

- Sweet Lana's Vegan Express Scrapple
- Big Tree Amber Coconut Nectar
- Lightlife Tempeh

*We'd like your feedback on plant-based products.*

*Email [veganalert@weaversway.coop](mailto:veganalert@weaversway.coop) to share your experience.*

**Weavers Way Vegan Meet-Up Group  
Tuesday, March 10, from 6:30-8 p.m.**

at the Education Center Building at the Agricultural Village of Awbury Arboretum for a vegan comfort food meet-up! The group is open to all, from the veg to the veg-curious. All dishes must be 100% vegan — no meat, fish, dairy, eggs, or honey. Check out Jeannine's article on the origins of the group below.

## A Fresh Face in Ambler Floral



Photo by Karen Plourde

**Mira Kilpatrick**, the new floral buyer in Ambler, shows off some early spring arrivals at the store, along with new, six-inch succulent gardens from George Didden Greenhouses of Hatfield (\$19.99 each). Mira studied biology at Smith College in Northampton, MA, and has worked with a number of farms in the area, assembling and arranging floral bouquets. She plans to increase the variety of mixed bouquets and house plants available, and hopes to bring in native plants, air plants and dried flowers in the off-season.

## Vegan Meet-Up Group Offers an Outlet For Plant-Based Folk to Socialize Over Food

by Jeannine Kienzle, Weavers Way Programs Coordinator

**T**WO YEARS AGO, THE CO-OP HOSTED the first ThanksLiving at Mt. Airy Nexus, which was a great success. The following year, ThanksLiving doubled in size. As a result, we decided to roll the dice and establish a monthly veg-an meet-up group.

Our desire is to build community and awareness about veganism through sharing meals together while engaging our membership and having fun. In January, we hosted a soup swap at Summit Church in Mt. Airy and in February, we gathered at Kismet Cowork in Chestnut Hill for a cookie swap. On March 10, we're hosting a Make Your Favorite Comfort Food event, with a mocktails and hors d'ourves gathering set for April. Stay tuned for more details about a collaboration with Awbury Arboretum in May. In June, we'll hit the farm to focus on the local harvest.

The vegan meet-up group is open to everyone, from long-time vegans to vegetarians to curious omnivores and foodies alike. We want to encourage members



to learn how accessible, delicious, and easy it can be to adopt a plant-based diet and vegan lifestyle. Lean on this group for support if you're a newbie to veganism; you'll make new friends in your community.

Check out the eNews as well as the Co-op's Calendar of Events on the Weavers Way website for upcoming meetups. And consult Vegan Alert! in the Shuttle every month for new product suggestions, reviews and veg-related information.

## First Day of Spring Flower & Seed Sale

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An offshoot of Weavers Way Co-op

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**Gearing Up and Choosing for the Growing Season**

by Lisa Mosca, Food Moxie Executive Director

WINTER IS THE TIME TO PLAN FOR THE NEXT growing season. At Food Moxie, we have been pleased and fortunate to welcome two new PowerCorp-SPHL Fellows, Carla and Shaniya. They have been hard at work helping us organize and clean up our growing spaces and tools in preparation for this coming season, and in particular, for our spring programs.

Meanwhile in programs, Dorene and Brandon have continued to support Hope Kitchen scratch cooking classes and Garden Club snacks for our Homework Club.

At W.B. Saul High School, Food Moxie staff have been supporting students in deciding what to plant in their new growing spaces this spring. This past week, Food Moxie coordinated salad bar tastings with 75 Saul students to assess their favorite greens and help get consensus on what to plant next month for fresh salads in our spring programs. Spinach, lettuce and baby kale topped the list, and will be planted with students as soon as the weather breaks in March.

Finally, we have been facilitating producer visits to winter farming conferences to learn more about organic growing practices from others.

We hope you are as excited for the next growing season as we are. We are grateful for all the ongoing support we have received to continue to grow, cook and eat healthy foods.



Urban farmers interact with keynote culinary historian Michael Twitty (right) at the Pennsylvania Association for Sustainable Agriculture (PASA) Conference.



Students at WB Saul taste and assess salad greens before deciding on a spring crop plan.

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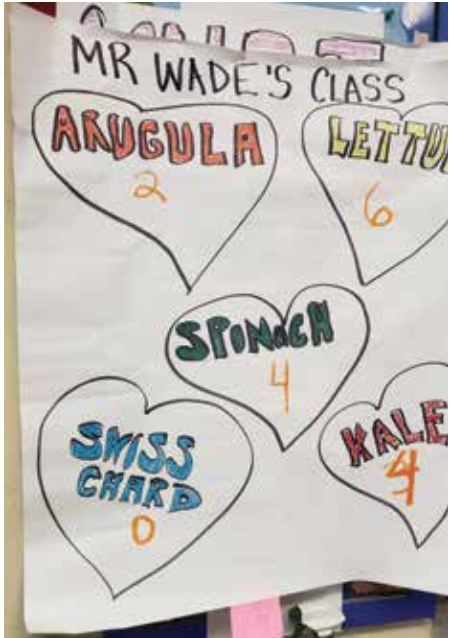
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## An offshoot of Weavers Way Co-op



Crop planning results with a Saul class



Hope Kitchen dish.




Saul student salad tasting with toppings.

**THANKS TO...**

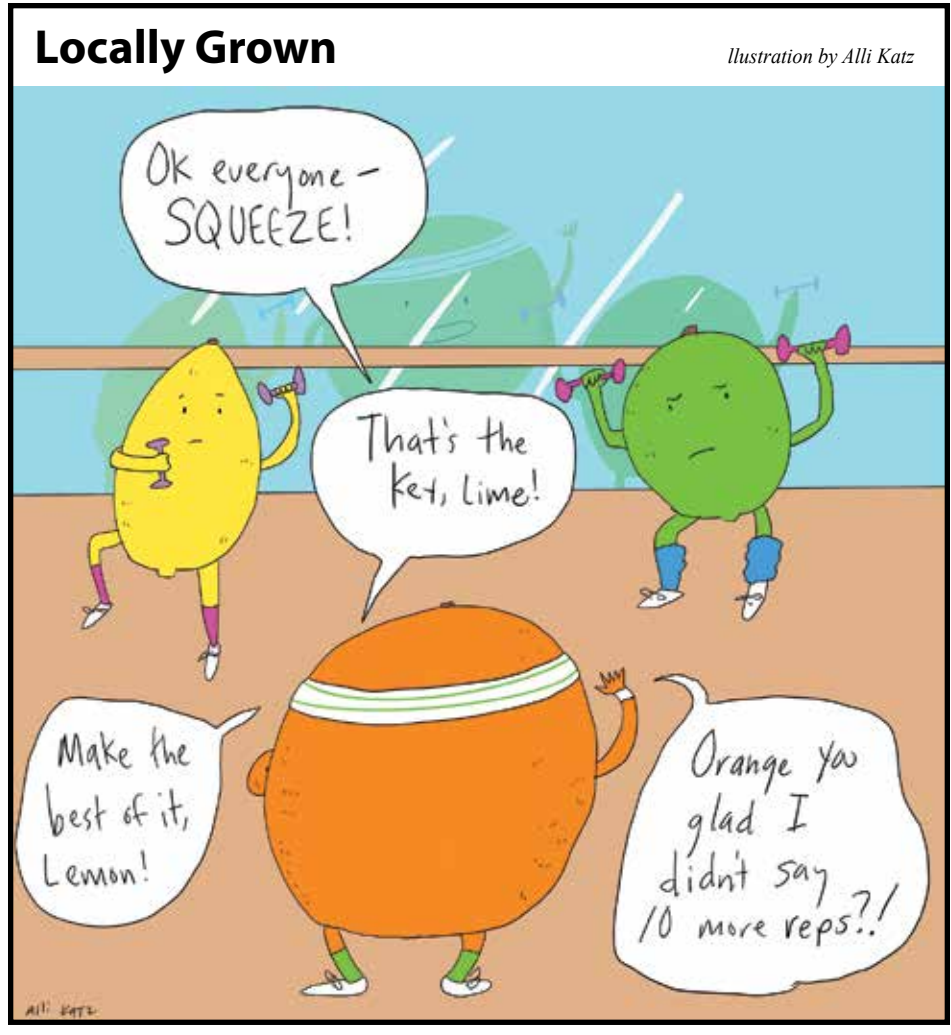
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**WHERE:** Center on the Hill  
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**INFO:** Light refreshments provided

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**Friday, April 17, 8:00**  
Presbyterian Church of Chestnut Hill

**Saturday, April 18, 8:00**  
Arch Street Meeting House

**Sunday, April 19, 3:00**  
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## Artist Recital Series:

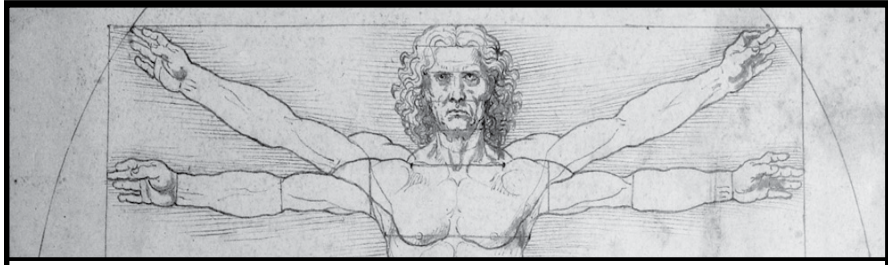
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**MEDICAL BILLING**

### Better Days at KCFC

(continued from page 1)  
pected sales, the lack of cash to restock and other issues put KCFC in crisis mode at the end of last year.

“When we opened there was a lot of excitement, but, like any store, it drops off after a while,” Richards said. “We were struggling to put groceries on the shelves and it had a significant impact on sales. We reached out to the founders and, in December, they laid out a goal of raising \$20,000 in December and again in January. We hit the [targets] so we have a little breathing room.”

On Feb. 10, KCFC sent out a “WE DID IT” email announcing that a new member contributed a \$5,000 member loan, which put them over their January target.

“We have officially closed the gap,” the announcement said. “Moving forward, you’ll notice we won’t be talking much about fundraising. We will be shifting our strategy to ‘growing our way’ into a better financial position.”

KCFC board members and supporters had reached out via social media to existing and potential members, including a Jan. 13 livestream on Facebook. In the end they raised \$22,246 in January, including:

- \$6,748 deposited into Co-op Ca\$h, or household debit accounts;
- \$1,260 in equity;
- \$4,238 in cash donations, and
- \$10,000 committed in member loans

Board members explained that the funds raised would be used to cover remaining construction and equipment debts and help return KCFC to a more secure long-term financial position.

### KCFC's Five-point Plan for Renewal

1. Strengthen the co-op's financial position through increased capitalization and operational efficiencies, and increasing sales by improving the shopping experience.
2. Enhance marketing execution and commit more resources to drive new and repeat traffic to the store, educate shoppers, and promote utilization of co-op friendly programs.
3. Expand customer reach in untapped communities near the co-op through programming and outreach.
4. Improve product mix and pricing, focusing on offering more affordable choices across the store.
5. Deepen member engagement as invested stakeholders in the business.

Activities advertised on the co-op's walls and tables provide tangible examples of KCFC's efforts to reach customers and engage members. They include First Friday events with artists, Happy Hours, a plant swap, Saturday story hours and festivals in the store's parking lot.

Richards mentioned more foot traffic, increasing sales and growing membership as positive developments on the business end.

“We're still playing catch-up, but things are moving in the right direction,” he said.

#### SHUTTLE LETTERS POLICY

The Shuttle welcomes letters of interest to the Weavers Way community. Send to [editor@weaversway.coop](mailto:editor@weaversway.coop). The deadline is the 10th of the month prior to publication. Include a name and email address or phone number for verification; no anonymous letters will be published. Letters should be 200 words or fewer and may be edited. The Shuttle reserves the right to decline to publish any letter.

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## Coronavirus Could Affect the Co-op, But We're Ready For It

by Jon Roesser, Weavers Way General Manager

AS THE SHUTTLE GOES TO PRINT, THE MEDIA IS feeding us a steady, almost certainly unhealthy diet of coronavirus news, which changes seemingly by the hour. And while the man who is currently president of the United States says the virus may just “go away,” more serious people are developing contingency plans.

Fortunately, here at Weavers Way, we're pretty good at this sort of thing. Hard experience has made us experts in crisis management. Whether it's operating a store for weeks on backup power, or recovering from our CFO's credit card fraud, we're not easily spooked. Smart planning coupled with agility and a knack for improvisation are hallmarks of the Co-op's work culture.

Based on current information, it seems this coronavirus — COVID-19 — will be quite disruptive, though perhaps no more than a severe outbreak of the seasonal flu. If that's the case, Co-op operations should be minimally affected. But the possibility exists for things to be worse, with scenarios ranging from widespread product shortages to large numbers of people unable to leave their homes. And food being a necessity, all elements of our food system — from growers to retailers — need to figure out how to get food into the hands of consumers, regardless of the circumstances.

Two factors make contingency planning particularly challenging for us as a food retailer.

The first is that we are extremely dependent on a complex supply chain involving food growers, producers, wholesalers, and transporters. This supply chain is remarkable, but pace is critical, and it wouldn't take much to throw things out of whack.

Take bananas, for example. Bananas on grocery store shelves today were harvested in South America about four weeks ago. Green, unripe bananas that are being picked today will be on store shelves sometime in early April. Containers filled with bananas are currently working their way through the chain on

trucks, trains, and ships to ensure that on any given day, customers, whether they are shopping at Walmart or Weavers Way, never need worry about supply. Bananas are forever available “on demand.”

A similarly complex logistical system exists for just about every product we sell, from chicken breasts to chocolate bars. If there were to be widespread travel bans or general quarantines — even quarantines hun-

“**Smart planning coupled with agility and a knack for improvisation are hallmarks of the Co-op's work culture.**”

dreds or thousands of miles away from Philadelphia — it could easily disrupt these delicate systems.

The second factor that makes contingency planning challenging is that ours is an extremely labor-intensive operation. A Rite Aid or an Aldi can maintain normal operations with two or three people in the building. At the Co-op, our full-service business model relies on cooks, butchers, deli counter staff, cashiers, and a host of “mongers,” our professionals working in cheese, bread, fish, produce, and wellness.

If, say, 20 or 30 percent of our staff couldn't get to work, it would seriously challenge our ability to maintain normal operations. Of course, if that many of our employees couldn't get to work, presumably a proportionate number of our members wouldn't be able to shop either.

This is a reminder that we aren't a traditional gro-

cery store. We're a cooperative, and as such, we exist not to make profit but to meet the needs of our member-owners. In normal circumstances, we best meet our members' needs by operating fully stocked, clean, friendly, and efficient grocery stores.

But what if circumstances aren't normal? In a pandemic, meeting members' needs could mean shifting our business model.

For one thing, we might see a significant uptick in requests for home delivery. It's a little-known fact that we offer home delivery out of all three of our stores. We have a partnership with Instacart, the online grocery delivery service provider, so our customers (members and non-members alike) can shop at any hour and get groceries delivered same day or next.

We also offer our own in-house delivery service. This service is a member-only benefit and is primarily for members experiencing a hardship, permanently or otherwise, that makes it hard to get out of the house (chronic illness, recovery from surgery, new moms, etc.).

It's possible that COVID-19 will mean many of our members will either be unable or unwilling to venture out of their homes, and even more might be skittish about spending time in a crowded public space like a grocery store. We're currently developing plans to significantly increase our home-delivery capabilities.

Our in-house home delivery can be set up to be free of direct human contact. Groceries can be boxed up and left on a member's front step.

We would expect any increase in home delivery services to be temporary. We all know that one of the things that makes the Co-op's stores the special places they are is the sense of community we feel when shopping in the stores we all own together. Social interaction is fundamentally vital to our culture. No disease can overpower our need for human interaction.

See you around the Co-op.

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## *How I Overcame Doubt and Self-Criticism*

My mother is a great woman, but was not a great mother, although she tried her best.

She was a child survivor, hidden in plain view, in the south of France.

I was born ten years after she came to America. She was carrying within her pain and unresolved attachments. She could not be a good listener.

Her lack of attunement made me feel inadequate, unsure of myself, and self-critical.

It took years of therapy for those negative thoughts to subside and for my confident, clear-headed and happy self to emerge.

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For more information: [www.ClaudiaListens.com](http://www.ClaudiaListens.com)

# Awbury Tours Put New Members' Boots on Ag Village Grounds

by Jeannie Gerth, for the Shuttle

PERHAPS YOU WERE ONE OF THE 60 OR SO NEW members who joined me on one of four Saturdays this past growing season for an orientation tour of Awbury Arboretum and an introduction to the Weavers Way partners and farm there. Many members on the tours had not been to Awbury before. It's a busy place on Saturday mornings, spring through fall, when the weather is fair.

We'd meet at the Ardleigh Street entrance to the Agricultural Village on the northwest side of Washington Lane. To the left, we'd pass the spot where the Awbury Community Garden Club grows fruits, vegetables, and flowers. Fifty feet up the path, in a clearing in front of the farm kitchen and classroom building, Petra would welcome us with Awbury information and event flyers, and introduce us to Awbury's brood of hens. The farm kitchen and classroom building are where the Talking Stick Learning Center for Homeschool Youth meet, where Awbury's Teen Leadership Corps gathers to make and package home-grown products from their gardens on the property, and where educational events and workshops take place. We'd pass the apiary, dye garden, pollinator garden and greenhouses, and stop up the path to meet the goats and learn about the food forest.

One Saturday, Karen Krivit of the Philly Goat Project introduced us to the work they are doing with the help of many volunteers and Co-op working members. Across

from the goat yard, Michael from the Philadelphia Orchard Project and Jean, one of the Awbury Food Forest stewards, talked with us about the layers and ecological functions of a food forest and the many edible and medicinal flora to be found there. Stewards and working members busied themselves with weeding, thinning, transplanting, mulching, marking, and harvesting herbs and ripe fruit to take home. Manager Alessandro Ascherio showed us around the Mort Brooks Memorial Farm and talked about what was growing in the fields, recent projects and experiments. In one small patch, he had grown and harvested hundreds of pounds of watermelons planted with pole beans that he left behind to feed the soil. Marigolds were planted for protection from insect damage.

Across Washington Lane, we'd enter the historic landscape side of the arboretum. We passed the wetland, meadow, and some of the heritage trees up to the Francis Cope House, which was built in 1854. My favorite and last stop on the tours was the Secret Garden/Adventure Woods, an enchanting walled garden with natural materials play spaces. Along the way, we picked, tasted, and talked about wild edible and medicinal plants.

Co-op member orientation tours will resume in the spring. Until then, enjoy all the wonders of winter!



# Farm Team Shares Info on Natural Agriculture at Annual PASA Conference in Lancaster

by Nina Berryman, Weavers Way Farm Manager

EVERY FEBRUARY, PART OF THE FARM TEAM ATTENDS the Pennsylvania Association for Sustainable Agriculture (PASA) Conference, which relocated from State College to Lancaster last year. This year we didn't just attend, we presented!

Our workshop, "Experiments in Natural Agriculture for Small-Scale Mixed Vegetable Farms" had us co-presenting with Sankofa Community Farm Co-Director Chris Bolden-Newsome from Bartram's Garden in Southwest Philly. Together we spoke about growing food for our communities in sustainable and ecological ways. We shared our respective experiences reducing carbon-based labor on our farms through the use of no-till farming techniques. Our presentation included details of our growing practices and some of the obstacles and successes we've encountered.

We detailed our transition from using the tractor to

prepare our beds to using tarps; from using one-time use plastic mulch to using leaf mulch; and from physically removing entire plants (after a crop is finished) to leaving the roots in the ground to feed the soil ecosystem. We were delighted that around 50 people attended the workshop.

This is the first year that Weavers Way has presented at this conference, which boasted over 2,000 attendees this year and over 130 workshops, all focused on the many different facets of sustainable agriculture.

Prior to our workshop, which took place the last day of the conference, we listened to other presenters and gained knowledge and inspiration on a wide range of topics, including soil microbiology, farm budgeting, farm design and racism in the food system. We were grateful for the opportunity to share our farming experiences with other attendees and learn from others in return.



photo by Lauren Todd

Weavers Way farmer Alessandro Ascherio presenting in a breakout group at PASA.

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# SNAP Program Recipients Face Cuts; Here's What You Can Do to Preserve Your Benefits

by Megan McCrea, Weavers Way Food Justice Committee

**B**EGINNING APRIL 1, FEDERAL SNAP BENEFITS FOR ABLE-BODIED ADULTS WITHOUT dependents (ABAWDs) will be cut to three months during a three-year fixed period unless the individual qualifies for an exemption or satisfies their work requirement.

The rules define an able-bodied adult without dependents as an individual (1) receiving SNAP benefits who is (2) between 18 and 49 years old; (3) without children under age 18 in the SNAP household; and (4) is able to work.

These rules affect an estimated 34,000 Philadelphians; therefore, it's likely that some of our community members, including Food for All participants, are at risk of having their SNAP benefits cut as early as July 1.

It's imperative that people subject to the time limit take action to establish an exemption or to otherwise demonstrate compliance before losing their SNAP benefits. People classified as ABAWDs under the new rules can preserve their full SNAP benefits by establishing that they qualify for an exemption or by demonstrating that they satisfy the work requirement.

### ABAWDs may qualify for an exemption if they:

1. Receive temporary or permanent disability benefits;
2. Are physically or mentally unable to work 20 hours per week;
3. Are in a substance abuse treatment program;
4. Are pregnant;
5. Are living with a child under age 18 who is part of their SNAP household;
6. Are receiving unemployment compensation (or have an application pending);
7. Are needed in the home to care for someone who is disabled or incapacitated;
8. Are homeless; or
9. Are experiencing domestic violence (may require completion of PA 1747 Domestic Violence Verification Form).

A PA 1921 Medical Exemption Form completed and signed by the individual's doctor, nurse practitioner, psychologist, social worker, mental health counselor, or any other medical provider whose services would be covered by Medical Assistance, is required to document physical or mental disability, pregnancy, or participation in a substance abuse program. The form can be found on the DHS website ([www.dhs.pa.gov](http://www.dhs.pa.gov)) on Community Legal Services' website at [www.clsphila.org/abawds](http://www.clsphila.org/abawds).



For those exemptions that do not require the medical exemption form, other proof may be required to establish eligibility. We recommend calling the Customer Service Center at 1-877-395-8930 (or 215-560-7226 in Philadelphia) to determine what proof is required to establish that an exemption applies and to provide this information as soon as possible.

### ABAWDs can also maintain full SNAP benefits by demonstrating that they satisfy the work requirement. The criteria include:

1. Working at least 20 hours per week on average, documented with pay stubs or other verification from employers;
2. Participating in an eligible work training program at least 20 hours per week on average (proof of participation required);
3. Enrolling in an educational or training program at least half time, as defined by the program; or
4. Volunteering or performing community service for approximately 26 hours per month. Completion of the Community Service /Volunteer Participation Form (including staff signature) is required. If an ABAWD needs help finding a volunteer site, the County Assistance Office may be able to help locate one. The Community Service Participation form can be found at [www.clsphila.org/abawds](http://www.clsphila.org/abawds).

If an individual loses their SNAP benefits, they can reapply and have them restored if they are able to demonstrate that they are subject to an exemption or meet the work requirement. If DHS denies or cuts off SNAP benefits for an alleged failure to meet an exemption or the work requirement, the individual has the right to ask for a fair hearing. If the appeal is filed within 12-15 days of the notice of cutoff, SNAP benefits should continue while the ABAWD waits for their hearing date.

As of now, we don't know how recipients will be notified of the new rules or how they will be applied. The Food Justice Committee is especially interested in locating resources for those whose benefits terminate because they neither qualify for an exemption nor satisfy the work requirement. We are monitoring this situation and will publish updates as the rules take effect and more information becomes available.

Many thanks to Louise Hayes, Esq., supervising attorney at Community Legal Services and a Co-op member, for her contributions to this article.



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# ELECTRONICS RECYCLING

## WIRED WASTE DAY

**Saturday, March 21**

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### ENVIRONMENTALLY RESPONSIBLE RECYCLING



Donations support Weavers Way Environment Committee's Environmental Grants program. Recycling services provided by PAR-RecycleWorks. For more information go to: [www.PAR-RecycleWorks.org](http://www.PAR-RecycleWorks.org)

# Our Strategy for Building Resilient Natural Landscapes in a Changing Climate

by Margaret Rohde, Conservation Manager, Wissahickon Valley Watershed Association (WVWA)

A LITTLE OVER A YEAR AGO, AFTER SHARING some information on native gardening on our Facebook page, WVWA received the first of many questions asking us what we're doing about climate change, and how a changing environment factors into our habitat restoration and management decisions. One commenter wondered, "Is it worth making a plan so far in advance of when climate change settles down?" We believe it is. I'd like to provide a little insight into what climate change means for us, and how we are trying to build resilient natural landscapes that will survive over time.



evolves in a particular climate, and every plant has its limits — a minimum and maximum temperature at which it can survive. This determines where it can survive. Philadelphia is the 17th fastest-warming city in the United States, and it's predicted that by 2050, parts of the state will have the same average temperatures as areas of Virginia do now. Using projections like this, and the known temperature limits of tree and shrubs species common to the Philadelphia area, the USDA Forest Service created models that inform us of the likelihood of local species to be resilient, adaptable and likely to survive (and even thrive in) a changing climate.

Our forests are essential to the health of the Wissahickon watershed in so many ways. They provide and purify the air we breathe, are home to the wildlife we love, and help keep clean the water we drink. Over the next few decades, the forest as we know it will change and our local ecosystems will face new challenges. Milder winters, longer summer heat waves, frequent and severe storms that drop more water over shorter periods of time than ever before, flooding, and periods of drought are the changes already playing out, and will continue to be a part of our everyday lives. As the keepers of much of our community's forests, wetlands, meadows, and floodplains, WVWA is obligated to recognize the impact climate change will have on the natural places we care for, and to do our best to help them thrive — now and long after we're gone. When we do habitat improvement projects, we need to be sure that we are planting species that have the greatest chance of surviving in more challenging environmental conditions.

Planning habitat restoration with climate change in mind is still a relatively new issue in the field of conservation, and there is a lot we still don't know. The frequency of both flooding and drought will increase, but exactly how rainfall will vary across regions is more difficult to say. Temperature changes and their effects on local forest species are far more reliably predicted, however, and those predictions provide useful guidance in how we manage our lands.

What makes certain trees and shrubs do well in one place, and struggle in another? This is what matters most in building resilient landscapes, and it's where we begin. Every plant

As we write 10-year management plans for our 12 nature preserves and plan our tree plantings each year, we'll always begin by creating a list of the plants that are the most beneficial to the wildlife we want to conserve — the birds, bats, salamanders, turtles and butterflies defined in the Pennsylvania State Wildlife Action Plan as species of greatest conservation need. But based on what we know about how well particular species will do in future environmental conditions, we choose a little differently than we might have in the past. It doesn't necessarily mean that we will stop planting certain trees and shrubs — after all, what we are using are only models, and nothing is guaranteed. But it means we will plant more of what has the best chance to survive different, more challenging conditions, and less of what may not.

WVWA's goal in caring for our protected lands is to help nature thrive so that we continue to have clean air and clean water, a place for the wildlife we love, and green spaces to go where we can connect to the earth. In the next few decades, those green places will need us, and we'll need them. Planning for climate change means we are doing our best to ensure that the work we do to create thriving natural landscapes has value not only now, but well into the future.

If you are a property owner and want to learn more about what species have the greatest likelihood of adapting to climate change and might be suitable for your own backyard, contact me at [margaret@wvwa.org](mailto:margaret@wvwa.org) for resources.



photo by Margaret Rohde

Plantings at Willow Lake Preserve in Ambler



photo by Margaret Rohde

Mayapple plants at Crossways Preserve in Blue Bell.



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# Want Clean Water? Take Your Trash From the Wissahickon With You

by Ruffian Tittmann, Executive Director, Friends of the Wissahickon

Friends of the Wissahickon is always striving toward a cleaner and litter-free Wissahickon. Such efforts make the park more attractive and improve the visitor experience, but they also protect the water quality of the Wissahickon Creek and the entire watershed. That's important, because the creek is a source of drinking water for one in three Philadelphians and the habitat for hundreds of species of wildlife that live in the park. But the impact of trash in the Wissahickon, particularly plastic, goes deeper than that — literally. Single-use plastic water bottles, bags, straws and Styrofoam food containers tossed into the streams that flow throughout the Wissahickon Watershed downhill to the creek ultimately make their way into the ocean.

The key to making an impact on a larger scale is tackling the issue at the local level. Last year, as a step toward encouraging more park users to adopt a “carry-in, carry-out” philosophy, we removed the unsightly and often inaccessible trash cans at Devil’s Pool and put up more signage asking visitors to carry out their trash with them. Believe it or not, FOW staff and our mighty volunteer corps removed 10 tons of trash from the entire Wissahickon on this campaign, which helped decrease the overall trash removed from the Devil’s Pool area. We’re looking ahead to another busy spring and summer in the park, and community engagement and education will continue to be our best defense against our ongoing battle with trash.



In preparation for the 2020-21 seasons, a number of initiatives are already in progress with new and existing partners, including Wissahickon Valley Park’s selection as a Leave No Trace Hotspot for 2020 from the Leave No Trace Center for Outdoor Ethics. The center provides grassroots education tools and organizes public engagement service projects on sustainable practices, so that everyone who enjoys the outdoors can help do so responsibly. With this prestigious designation, the Wissahickon joins some of the country’s most significant parks, including Bridger-Teton National Forest in Wyoming and Joshua Tree National Park in California.

The city’s ban on stores, restaurants, and delivery services packing items in single-use plastic bags, which, begins on July 2, will also go a long way toward supporting our efforts. Along with continued outreach and messaging on our “carry-out” philosophy and Leave No Trace principles, FOW will be running weekly cleanups and special volunteer service days throughout the park. Help keep our treasured park even more beautiful and make a difference in reducing the damage of pollution at every level.

If you’d like to get involved in the conservation of Wissahickon Valley Park, stay tuned for Leave No Trace events and information sessions. In the meantime, check out our upcoming Volunteer Service Days page at <http://fow.org/volunteering/workinthepark/>

**FRIENDS OF THE WISSAHICKON**

**Super Saturday Volunteer Service Day**  
**Saturday, March 28**  
**9 a.m. – 1 p.m.**

Join FOW for our first-ever cleanup on Lincoln Drive! The road will be closed for our work from Ridge to Wissahickon Ave. and along that side of Wissahickon Creek. We'll provide coffee, snacks, gloves, bags, and trash grabbers.

Visit <http://fow.org/volunteering/workinthepark/> for meet-up spots and other details.



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## Weavers Way Wellness Team

# Seeds As a Model of Persistence and Potential For Growth

by Trudi Dixon, Weavers Way Wellness Team

WITH THE APPROACH OF SPRING, I've noticed how a seed is a lovely metaphor for human potential. Just as a seed contains everything it needs to become a plant, each person contains everything necessary to grow into an easeful life. If a seed is tended in the optimal way, nothing will stop its progress. We all have the same potential to become our best selves.

Unlike a seed, which will push through its outer layer no matter how hard it has to struggle, humans create stories to keep ourselves contained. These stories tell us we're safer where we are and that breaking out isn't worth the risk. We pull that outer layer close, keeping our possibilities hidden and restricting our movement. Imagine if a seed "thought" the same thing. It would rot wherever it fell, never growing into what it was meant to be.

Consider a few of the sayings that reinforce our outer layers: "Failure is not an option," "Curiosity killed the cat," and "Children should be seen and not heard." When you read those words, do they strike you as untrue? Or have you integrated them into your life unintentionally? Unless we are mindful, we repeat phrases to ourselves and disburse

them into our community without questioning whether they are true.

One of the stories I learned as a child was "dumb should hurt." The implication behind it was that if you do something stupid, there are painful consequences. Through my somatic therapy, I discovered that particular phrase had taken up residence in my sacroiliac joint (where the hip bones meet the spine). It created an inflexibility and discomfort that no amount of massage therapy, chiropractic work, or acupuncture could budge more than briefly.

Without realizing it consciously, I had equated not knowing things with being "dumb," which also meant the possibility of experiencing pain. Ironically, the belief itself was actually holding me back. With support, I also uncovered an ability to be kind with myself when I'm learning new things. I don't need to be perfect (or "smart") all the time. Once I reframed that old belief, my flexibility returned and the discomfort disappeared. Along with the increased flexibility in my body, I found myself more willing to try new things. I discovered how to be gracious with myself when I stumble.

Even when a seed lands in a place

that is less than ideal, nature will carry the seed to where it can grow and bloom. We are capable of seeking out that type of assistance or carrying ourselves to where we will best flourish. We are able to stay curious about the stories we tell and explore the ways in which those stories could be holding us back.

Our bodies can show us how we talk to ourselves and reveal our inner strength. With patience and persistence, we can find our seed of potential, rewrite the stories that contain it, and give our best life the space to grow.

*Trudi Dixon, LMT, CST through her practice, Living Inspired Wellness, offers therapeutic massage, Reiki and somatic therapy to help relieve stress, improve self-awareness and transform ingrained patterns.*



### Latch on to the Promise of a New Season

With the arrival of the vernal equinox, the Weavers Way Wellness Team celebrates the new season with themes of rebirth and regrowth. Take a class with Dr. Wendy Romig, where she'll discuss the benefits of seeds and other hormone-supporting foods and herbs for women's health. Learn the simple steps and health benefits of soaking and sprouting nuts and seeds in Dorothy Bauer's workshop. Spring is in bloom at the Co-op!

#### Wellness Team Open Hours at Weavers Way locations:

- Tues., March 10, 4-6 p.m. - Ambler
- Tues., March 17, 4-6 p.m. - Chestnut Hill
- Tues., March 31, 4-6 p.m. - Ambler

# Added Nutrition Makes Sprouting Seeds and Grains Worth the Work

by Dorothy Bauer, Weavers Way Wellness Team

WE HAVE LOST TOUCH WITH OUR ANCESTRAL heritage of food preparation. Most traditional cultures naturally soaked and sprouted seeds, nuts, grains and legumes, but this step is rarely taken in large-scale food production, since it is time consuming and affects the bottom line. But it is inexpensive to do at home, and will greatly increase the nutrient content of the seeds, nuts, legumes and grains you consume.

Soaking raw nuts, seeds, legumes and grains (in filtered water overnight, or for at least four hours) releases lectins and enzyme inhibitors, waking them up, releasing vitamins and making grains, beans, nuts and seeds more digestible. All nuts, seeds, legumes and grains have enzyme inhibitors, which are the plant's natural preservative and self-defense system. These get released when soaked and when the sprouting begins. Soaking and sprouting dramatically reduces, if not completely eradicates, the anti-nutrient content that can impede optimal absorption of vitamins and minerals, especially vitamin B. It also removes phytic acid and reduces tannins.

I like to have pantry-ready staples, so I soak and dehydrate my sproutables as soon as I bring them home. After soaking, I rinse the items thoroughly in a colander. The wet components can be used to make a paté or sprouts, or to preserve the nuts, grains or seeds by dehydrating.



Spread what has been soaked in a thin layer on a baking sheet or on a dehydrator tray lined with a water barrier to dry.

Keep in mind that enzymes lose viability at 118°, so dry your items in a dehydrator if possible, or at the lowest temperature your oven will allow, propping the door open. Many newer models of ranges have a dehydrating setting. The drying step is important to remove the moisture and avoid mold.

Sprouts exceed the nutrient profile present in the mature plant. Vitamin E (which boosts your immune system and protects cells from free radical damage) can be

as high as 7.5 milligrams in a cup of broccoli sprouts, compared to 1.5 milligrams in the same amount of raw or cooked broccoli! Sprouts are an excellent source of fiber, manganese, riboflavin and copper, along with smaller amounts of protein, thiamin, niacin, Vitamin B6, pantothenic acid, iron, magnesium, phosphorous and potassium.

There are a variety of accoutrements available to facilitate sprouting, including mason jars fitted with screens, stacking trays with screens, or colanders fitted over a bowl. The most important step is frequent rinsing (at least twice a day), which will manage the growth of bacteria. Allow the sprouts to grow one-eighth to one-quarter inch tails or whatever you like, enjoy them at their enzymatic peak, and let their life force become you.

The Co-op stocks a lovely selection of microgreens, my young greens of choice. Treat yourself to a pack every week and let you and the rest of your household benefit from these 100% bioavailable, life-promoting superfoods. That's a lot of nutritional bang for your buck! I'm in. You too?

*Dorothy Bauer mentored with renowned raw food chef and author Elaina Love. Healthy food and lifestyle are her passions. She focuses in particular on a gluten- and dairy-free, low glycemic diet.*



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# Weavers Words

## A SIGN

“Hate Has No Home Here” in my brain?  
 Perhaps it does. Let me explain:  
 Do I love a Trump supporter?  
 Can I adore a fenced-in border?  
 When I’m insulted, I don’t linger:  
 I gently raise my middle finger.  
 As you can tell from these few vents  
 “Hate Has No Home Here,” but it rents.

— Bill Dingfelder

## DECEMBER

Rain raps hard against the concrete  
 The bitter beat  
 The dimly lit street  
 Philadelphia December  
 I’d almost forgotten you

— Robert Calandra

## SPECIALIZATION

Pain in my index finger  
 Sorry, you will need a specialist  
 I am a thumb doctor

— Connie Swartzman

*Editor’s Note: Connie Swartzman is co-founder of West Mt. Airy’s Poetry Aloud and Alive, a neighborhood poetry gathering based at Big Blue Marble bookstore.*

### Feeling Inspired? Here Are Our Guidelines:

1. Poems must be written by you and can contain no more than eight lines.
2. The Shuttle editor has the final say as to whether a poem is suitable for publication.
3. The number of poems in an issue is determined by the amount of space available.
4. Members and nonmembers are welcome to submit.
5. Email your submissions to editor@weaversway.coop and put “Poetry submission for Shuttle” in the subject line.
6. Preference for publishing will be given to those whose work has yet to appear in the paper.

Thanks. We’re looking forward to your creation!



## CONNECT TO FOOD FOR LIFE

### Discover the link between nutrition and disease.

Get back to the basics of a healthy diet at our **FREE Nutrition for Life seminar**. Clinical nutritionists **Carlie Kamnik, RD**, and **Emily Thomas, RD**, will explain how the right foods can give you the vitamins and nutrients you need to live an active lifestyle, achieve weight management success, and prevent disease. Learn how to eat for a healthier life!

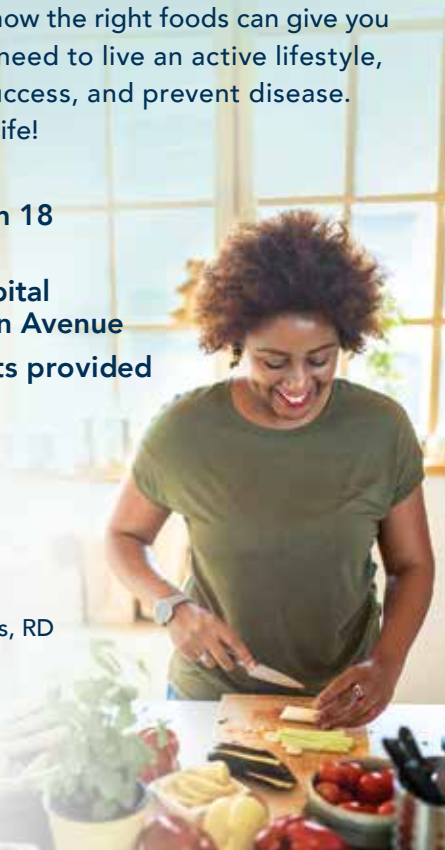
**WHEN:** Wednesday, March 18  
6 to 7 p.m.

**WHERE:** Chestnut Hill Hospital  
8835 Germantown Avenue

**INFO:** Light refreshments provided

Program is **FREE**  
 Registration required  
 Call 215.248.8520

**Presenters:**  
 Carlie Kamnik, RD, and Emily Thomas, RD  
 Clinical Nutritionists



## Tips for Buying Bulk at the Co-op:

1. Bring your own bags and containers.
2. Use the scales at the stores to measure the tare weight of your container (the weight of it empty) and write it on the container.
3. Write the PLU number of the product you’re buying on the container.
4. If you forget your own container, feel free to borrow one from the jar library (available at the Ambler and Mt. Airy store).
5. At home, store your bulk items in airtight jars and containers. (Pro tip: granola left in a cotton bag gets stale quickly!)

**Happy bulk shopping!**



### Upcoming Lectures

*Defy the Impacts of Aging* — Thursday, April 2  
*Could It Be a Thyroid Issue?* — Wednesday, April 8  
*Skin Care: What’s that Spot?* — Tuesday, April 21  
 Visit [TowerHealth.org/Wellness](http://TowerHealth.org/Wellness) for details.

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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.

## RSVP on EVENTBRITE

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

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: Email [outreach@weaversway.coop](mailto:outreach@weaversway.coop) or call **215-843-2350, ext. 118**.

## GIVE ONE YOURSELF

Anyone can propose a topic, and members who lead workshops get three hours of work credit.



## WORKSHOPS ARE HELD:

- In Mt. Airy in the **Community Room**, 555 Carpenter Lane.
- In Chestnut Hill in **The Backyard**, 8424 Germantown Ave., and the **Healing Arts Studio**, 15 W. Highland Ave., 2nd floor.
- On our farms: **Henry Got Crops**, Saul High School, 7095 Henry Ave.; **Awbury Arboretum**, 901 E. Washington Lane.
- In Ambler, in **The Café** at the store, 217 E. Butler Ave., or the **Ambler Senior Center**, 45 Forest Ave.
- Other locations as noted.

## HERE'S WHAT'S COMING UP



### DIY No Sew T-shirt Bag

Friday, March 6, 3:30-5 p.m.

The Community Room at Weavers Way Mt. Airy

Get crafty! In this fun, hands-on workshop, we'll make reusable bags from your favorite old T-shirts. This no-sew bag can be made in just ten minutes. It's perfect as a DIY tote or for storing your produce without using any plastic. Bring your own shirt or choose from the already donated shirts. Kid friendly workshop! Free.

### Wellness Team Workshop: To Sprout or Not To Sprout

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

Mt. Airy Nexus, 520 Carpenter Lane

Learn the simple steps and health benefits of soaking and sprouting nuts and seeds.

It might seem like yet another thing to add to your already full to-do list, but trust us on this: Your body will return its thanks with continued good health! This workshop is led by Weavers Way Wellness Team member **Dorothy Bauer**. Free.

### "Nutrition in Older Adults" with Stella Volpe

Thursday, April 2, 11 a.m.-noon  
Lovett Memorial Library, 6945 Germantown Ave., Mt. Airy

How does your diet impact how you feel? In this workshop, **Stella L. Volpe**, Professor and Chair of the Department of Nutrition Sciences at Drexel University College of Nursing, will explore how good nutrition can help us feel much better as we age. This FREE public event is



brought to you by The Ralston Center, with support from the Philadelphia Corporation for Aging and Weavers Way. The program includes a free boxed lunch from the Co-op for each attendee who registers. To sign up, email [contact@ralstoncenter.org](mailto:contact@ralstoncenter.org) or call 215-386-2984.

### Wellness Team Workshop: DIY Zero-Waste Stock

Thursday, April 2, 6-7:30 p.m.

The Education Center Building at Awbury Arboretum, 6336 Ardleigh St., Germantown

In the spirit of zero waste, join Weavers Way Wellness Team member and Registered Dietitian **Beth Chiodo** and learn to make a vegetarian soup stock using only kitchen scraps. Save items you would normally get rid of and end up with this healthier, tastier, additive- and preservative-free soup stock to use as a base in any recipe. You'll also learn about the health benefits and environmental benefits of cooking this way. Tasting and recipes included! Free.



MORE INFO & TO RSVP: [www.weaversway.coop/events](http://www.weaversway.coop/events) or email [outreach@weaversway.coop](mailto:outreach@weaversway.coop)

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# Former Cubicle Jockey Makes His Mark in Mt. Airy's Tight Aisles

by Eric Richter, for the Shuttle

**A**FTER 13 YEARS OF WORKING IN A CUBICLE, I WAS hired to work in produce and on the floor at Weavers Way Mt. Airy last November. I used to get in trouble for being everywhere at once, but that now makes me perfect for this job.

## Antsy From the Get-Go

My difficulty with sitting still started in childhood. School was a serious challenge — all those desks and seats in straight rows, with the expectation I would stay in mine. I was given “Curious George” books, which were no help. George was curious; so was I. George could act on his curiosity; I could not. This led to phone calls to my parents:

Teacher: “Mrs. Richter, Eric has a problem staying in his seat; he seems to prefer wandering the halls.”

My mother: [Sigh] “I’ll talk with him. All he needs is another Curious George book.”

I somehow endured school and went out into the world doing active jobs, from working as a pipefitter’s apprentice at the Tampa Shipyard to onboard services for Amtrak. For 11 years, I owned an antique store. I thrived in these environments. At the height of the recession in 2009, I found myself working for the Pennsylvania Department of Labor as a claims examiner. Oddly, it was like school all over again — all those cubicles in straight rows.

Supervisor: “Why are you away from your desk? What were you doing over there?”

Me: “I’m taking this document over to the Monetary department.”

Supervisor: “Email it to them. Now, get back to your seat or I’ll write you up.”

I actually did enjoy the work; helping my fellow humans in need of unemployment funds was both psychologically and emotionally rewarding. It’s a good thing it wasn’t exactly like school. I can only imagine the supervisor picking up the phone:



photo by Ashley Hammock

Supervisor: “Mrs. Richter, Eric’s away from his desk again.”

My mother: [Sigh] “I tried; I really did. Why don’t you give him a Curious George book?”

The physical attributes of cubicle life aren’t good. In fact, it causes a literal pain in the neck. No matter how adjustable my office chair, the ratio of chair height to screen height never seemed to jibe, resulting in scrunched neck vertebrae. A few years later, I was promoted to director of the Incredible Agony of Slipped Discs and Sciatica department. I found it ironic that this sedentary job gave me the most health coverage benefits, yet it was the main reason I needed the coverage. I also realized you can spend years telling yourself you’re semi-content, when in fact you’re actually quite unhappy.

I was living in Lancaster and visiting my brother in Philly last year when we stopped at the Chestnut Hill store. I was immediately impressed with this community-owned, fair trade, local and sustainable market. I had

been wanting to move closer to my family. I also wanted to be a part of something progressive, working a job I could feel good about.

## Tricks of the Trade

This job is pure hustle, and you have to be fast and accurate. Every day, the delivery truck lands pallets of produce to be carried in, stored and sold. There’s easily a ton of produce to move daily.

Stocking the floor is a complex dance in this tight environment, with shoppers also vying for the same space. You not only have to see the next stocking move, but five moves after that. I can manage that, and I also feel great. In the two months I’ve been here, I went from 175 pounds to a lean, trim 160. Like old friends, I found abs I haven’t seen in 20 years. I’ve punched not one, but a second new hole in my belt.

So I’m down to fighting weight, but there’s no adversary. Well, there is one; celery. Many of our items come in 50-pound boxes, but 50 pounds of celery is heavier than 50 pounds of anything else. I’ve never cared for celery, but like any worthy adversary, I have respect for it. It seems to have its own density that defies physical laws.

Co-worker 1: “Where’s Richter?”

Co-worker 2: “Did you see that blur that just went by?”

Co-worker 1: “Yeah.”

Co-worker 2: “That’s him, he’s just had some coffee and he’s stocking potatoes.”

Co-worker 1: “Wait, now I can see him clearly. He’s slowed down.”

Co-worker 2: “Oh, now he’s stocking celery. That’s his kryptonite.”

So lay out the leafy greens and pile high the potatoes! This is like school recess; this is fun.

(Just don’t tell my boss.)

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# New Strategies to Battle Climate Change

by Sandra Folzer, Weavers Way Environment Committee

**W**E NEED TO THINK OUTSIDE THE box when it comes to climate change. Recycling, once considered the hallmark of an environmentalist, is practically obsolete. And given the escalation of climate change, it's clear that individual action is not enough.

The following areas should be addressed by individuals, governments and our representatives to respond to the new realities we face.

## City & Local Government Policies

Since we can't count on our federal government to slow climate change, states and cities need to fill the void. About 40 percent of global gas emissions come from buildings, according to architecture2030.org, but some cities and states are taking positive steps to limit gas emissions, including Berkeley, CA, Brookline, MA, Los Angeles, San Francisco and Seattle. In fact, Seattle is now considering rewarding builders who go all-electric.

Cities account for 70% of greenhouse gas emissions and hold half the world's population, so they are integral to climate change, according to architecture2030.org. They also exchange information, particularly about funding, which can be the major hurdle for green projects. The University of Pennsylvania initiated the City Climate-resilient Infrastructure Financing Initiative last December to match city-initiated projects with funding sources. The initiative, a joint effort by Penn's Perry World House and the Institute for Urban Research, will begin operations this year.

One of the initiative's founders, Maurice Rodas, is the former mayor of Quito, Ecuador. At a conference in Madrid last year, at which the C2IFI initiative was announced, he described his

efforts to reduce emissions in Quito, including constructing the city's first subway system and attempting to electrify the bus system.

## The Insurance and Mortgage Industries

To reduce climate change, we need to understand capital flow. Global insurance companies have trillions of dollars in assets and investment strategies, and have an enormous impact on our environment. They could make a simple, positive shift by investing in sustainable energy projects in lieu of fossil fuels.

Consumers should demand transparency from their insurance companies. I called my insurer, State Farm, and spoke to five people before reaching one who told me their investment information is "proprietary." I'll keep trying.

On the liability side, insurance companies could charge policyholders more for insurance if they live on the coast or in flood-prone areas. This might discourage building in those areas.

Similarly, mortgage companies could price differently for structures in vulnerable areas. Prices should reflect risk. Higher mortgage rates might discourage people from buying on the coast and in flood-prone areas. On the flip side, those who build durable and sustainable structures could be offered discount rates.

## Federal Tax Policy

For companies that "offshore" manufacturing, there should be a "border adjustment" to level the playing field. Companies manufacturing products outside the United States, possibly with fewer environmental regulations and therefore at a lower cost, should pay a tax. This would balance the scales, so consumers could purchase products made sustain-



ably at the same price (no matter where they're produced) and sustainable industries would not be penalized for doing the right thing.

## Strengthening the Takings Doctrine

The Fifth Amendment of the U.S. Constitution has a Takings Clause, which states that private property "shall not be taken for public use without just compensation" except in national emergencies. The state of South Carolina tested this and lost in *Lucas v South Carolina Coastal Council* (1992).

The U.S. Supreme Court found that South Carolina's Supreme Court erred in holding that the state's Beachfront Management Act was a valid exercise of their police power and did not constitute a taking. If Congress were to declare climate change a national emergency, states would be exempt from the Takings Clause and able to better mitigate the impact of climate change.

So, where does all this leave us? We need to get involved in municipal efforts and write our congresspeople, and we should find out where our insurance and mortgage companies invest their money. If enough of us ask questions, they might feel pressure to become more responsible. I'll keep asking; I invite you to do the same.

## eco tip

### Beneficial Bugs Will Thank You For Delaying Your Spring Cleanup

by Marsha Low, Weavers Way Environment Committee

In recent years, eco-savvy gardeners have started cutting back on doing fall cleanup. Instead of raking up leaves in their beds and removing dead plant stems, they leave everything as is, in order to help overwintering beneficial insects. Lots of beneficial insects, including pollinators such as tiny native bees and pest-eating predators, spend the winter in hollow plant stems either as adults or pupae. Others, like ladybugs and damsel bugs, hunker down under leaf litter.

If you are one such gardener, you may be wondering when it's okay to start your spring cleanup. You want to be sure not to remove leaves and dead plant stems too early. In early spring, many insects are still in a physiological state akin to hibernation, so doing your cleanup then will disturb them before they have a chance to emerge.

If at all possible, wait until daytime temperatures consistently reach the 50s before removing leaf litter and dead plant stems. If you want to remove dead plant stems earlier, before new growth starts, consider taking the cut stems and gathering them into small bundles of a few dozen each. Tie the bundles together and hang them on a fence or lean them against a tree. The insects sheltering inside them will emerge when they're ready.

One more tip: Since some beneficial insects overwinter in soil burrows, make sure not to mulch too early in the spring, as doing so may block their emergence. May your garden be filled with sounds of beneficial insects a-hummin' and a-buzzin' this season!

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| <b>3</b> Member-Owner Economic Participation | <b>6</b> Cooperation Among Cooperatives      |
|  | <b>7</b> Concern for Community               |

## Suggestions

by Norman Weiss, Weavers Way Purchasing Manager

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

Recently, I was approached by a company selling paleo diet items for Weavers Way to consider. I got to wondering about the paleo diet, which is based on what humans ate in the paleolithic period. From the Mayo Clinic website: "The aim of a paleo diet is to return to a way of eating that's more like what early humans ate. The diet's reasoning is that the human body is genetically mismatched to the modern diet that emerged with farming practices. Farming changed what people ate and established dairy, grains and legumes as additional staples in the human diet. This relatively late and rapid change in diet outpaced the body's ability to adapt. This mismatch is believed to be a contributing factor to the prevalence of obesity, diabetes and heart disease today."

I got to wondering about this theory and thought why stop with food? What about other paleo era lifestyles; would they be healthier, too? Paleo transportation — walking, maybe an occasional raft — would certainly be healthier for people and the planet. Paleo communication: grunts and gestures, cave painting, eventually some language. No texting, as texting via tablet was time consuming.



(I wonder how people argued without much language). Paleo medicine: medicinal herbs, clay, Shamans, and magic. No Obamacare arguments, no managed care. Paleo money: Trade the fish you caught for a basket of berries — no currency manipulation or ATM cards. Paleo technology: tools made of stone, wood, and bone, mastery of fire. No patents to file, no app store. Paleo politics: Could paleos vote? How did they communicate the issues? Probably more of a "might makes right" system.

In the United States, one of the main suppliers of paleo and other "natural" and organic foods to us and most stores is a large company known as UNFI, now worth \$21 billion. (Funny to think we were an important early account of one of UNFI's ancestors, Earthly Organics).

UNFI now claims to nationally distribute 250,000 products.

Since paleo era food was mostly a hunter-gatherer type operation, and the number of foods available was probably not in the thousands, maybe the paleo food system was the part of the paleo

(Continued on Next Page)

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(Continued from preceding page)

diet that was the healthy part. It had so many attributes we look for now — all natural and organic, no packaging, all local, sustainably produced, unprocessed, no marketing or ridiculous claims, no giant companies dominating the landscape. Maybe there’s something to be said for paleo food.

**suggestions and responses:**

**s:** “Can we get avocado milk?”

**r:** (Norman) Not yet. Avocado milk was just recently invented, and none of our distributors have picked it up yet. What’s next, lemon milk? Since when is food “invented”?

**s:** “Bird friendly coffee?”

**r:** (Norman) Thanks for your concern. We do have a few certified shade-grown packaged and bulk coffees in our stores — Golden Valley Farms, Brewing Good’s Take Flight, Equal Exchange Bird of Paradise and Backyard Beans’ Punch In The Face. Ask a Bulk staffer to show you where they’re located. In addition, our info is that most Fair Trade coffee is also shade grown: [equalexchange.coop/products/coffee/faqs/your-coffee-shade-grown](http://equalexchange.coop/products/coffee/faqs/your-coffee-shade-grown), and [www.coffeehabitat.com/2006/02/shade\\_grown\\_org/](http://www.coffeehabitat.com/2006/02/shade_grown_org/). Hope this helps!

**s:** “Can we get pretzels in bulk?”

**r:** (Norman) Good question; we’ll ask Uncle Jerry.

**s:** “So glad to see Thai Tuna Salad back.”

**r:** (Norman) Yep, it was brought back by Bonnie Shuman, our executive chef.

**s:** “Sympathy cards are usually tacky, but the ones at Across The Way are really nice. Thanks!”

**r:** (Norman) Nice to hear. Thanks for the feedback.

**s:** “What’s with the compostable produce bags? Do they really compost?”

**r:** (Norman) Maybe. They are made from material that comes from plant substances such as non-GMO modified

“  
**What about other  
paleo era lifestyles;  
would they be  
healthier, too?**  
”

corn starch, cellulose, vegetable oils, etc.. They’re trademarked as MATER-BI, and claim to be biodegradable and compostable. This is the first bioplastic bag we’ve seen that claims to compost in a home compost pile (as opposed to a commercial composter). We haven’t heard how successful this is yet and may have to wait for warmer weather to bring their own bags, but if you need a bag, these are supposedly the most environmentally friendly ones in the market right now.

**s:** Can I compost my old laptop at our farm’s compost operation?

**r:** (Norman) No, but if you wait a few eons your laptop will be naturally recycled when the Earth is absorbed by the sun in about 7.5 billion years.

**s:** “I would like the Prep Foods department to use a healthier mayo than Hellman’s. They use mayo in a lot of dishes, and it would be great if it was a healthier, chemical-free version.”

**r:** (Norman) Passing this on to our culinary staff. I’ll publish their response.

**s:** “Better soups that are gluten-free, vegan, and have some paleo options. Same for quick sandwiches.”

**r:** (Norman) Passing this on to Bonnie, our executive chef.

**s:** “In a recent Shuttle, you claimed 40%

of a roasted turkey was edible, usable meat, while the rest was inedible skin and bones that create a waste problem. (I know that that writer warns that his musings are not to be taken seriously, but there has to be a baseline for facts & statistics). If there is anyone, anyone on staff or on the board who wants to make a \$100 bet defending these outrageous claims, I will be more than happy to purchase a turkey at a reasonably priced grocery store (Acme, Fresh Grocer, Shop Rite) and bake it at the Chestnut Hill Weavers Way, have your butchers separate meat from bones and weigh the results on your certified scales. Please step up and put your money where your mouth is — or reconsider spreading such fake news and fake statistics in this day and age. Will wager 100-\$150.”

**r:** (Norman) Wow, such passion for accuracy! In that spirit, here is what I wrote in the December 2019 Shuttle: “Assuming 40% of a whole bird is edible, that’s about 6,800 pounds of turkey meat being eaten by Weavers Way households this week.” Note the words “assuming” and “whole bird.” In general, my practice when writing about things that are quantifiable is to do a few internet searches to see what’s out there data-wise. Depending on the topic and source, and what our editor thinks, I may or may not cite the source of data. After all, this is writing for an organization’s newsletter column, not a scientific journal (which I also write for, but that’s another story).

While I don’t remember where I saw the 40% cited, it seemed a common enough number to cite (I think I saw ranges of 30%-50%), and, just in case it wasn’t, I qualified it with the word “assuming.” Also, the test you proposed does not include parts of a whole bird that are not eaten by people before it’s packaged for consumers — the head, feet, organs, etc. We also don’t know how much turkey is wasted after it’s cooked and never eaten, discarded in

people’s homes and restaurants.

Part of the point of this column is giving readers a glimpse into the food system from the position I occupy. I get to see parts of the food system starting with where food is created to where it ends up, and many of the steps in between. Food waste is a major issue these days, and it seems fitting for a staffer of a food co-op to call attention to it.

**s:** “The Co-op sells metal enviro containers at Next Door and Across The Way. In Chestnut Hill, these containers could also be featured for sale on top of the Prepared Foods counter and hot bar. Furthermore, there could be an additional discount on prepared foods to members who bring their own container for the purchase of prepared foods.”

**r:** (Norman) Good point; we can look into this. In addition, we are looking into a reusable container system for some of our pre-packaged items like chicken salad. FYI, it is against the local health department food safety code for a consumer to bring their own container and fill it from a salad or hot bar due to risk of contamination and foodborne illness (this is not true for bulk department items). Containers must first go through one of our dishwashers before being made available for re-filling, so we’ve been working on such a process. Hopefully, we’ll be ready to launch that in April.

**s:** “Why not a Co-op dating site? Lots of singles out there looking for boyfriends and/or girlfriends.”

**r:** (Norman) All three of our stores are dating “sites;” lots of singles to see. What’s unique about Weavers Way sites for dating is that, with a mere glance, you can see what people are eating, which is the best measure of potential compatibility. No registration, no fees, and no pics to upload or scroll through.



# 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.

## Special Needs Students Welcomed in Ambler

(continued from page 1)

Starting last fall, the store took on two Wissahickon High School students for the work study program three days a week for two-hour shifts. A month later, the twice-a-month inclusive shopping nights debuted.

In its current form, the Ambler inclusive nights, which take place on Wednesdays, feature special signage and no PA system or music. Staff keep on the lookout for shoppers who may need special directions or information.

Rosemary Doberstein, job coach for Jake, a senior at Wissahickon High, and Stefan, a post-senior, said the work-study program is designed to help special needs students from the district who are 21 or younger learn skills that can lead to jobs once they've completed the program.

"We work on lots of different things," she said. "Advocacy is one of them — getting them to ask questions . . . we're

trying to get them to start thinking a little bit further down . . . what questions do you need to ask before you can do the job?"

Casey is especially happy that the program includes students who live in Ambler. "We are part of their community; some of the students can walk to the store," she said. "The more familiar we are with these individual students, the better we can serve them."

"Our staff have also proven to be real collaborators, and have welcomed the students, school staff and families with enthusiasm," she added. "So having all the pieces come together relatively easily shows how we're built."

For their part, Jake and Stefan enjoy their shifts at the Co-op. "I love it," said Jake as he restocked onions in produce one Friday afternoon. "It feels natural here; it feels like I'm home."

## Shepard's 'Buried Child' Takes Its Turn at Old Academy in East Falls

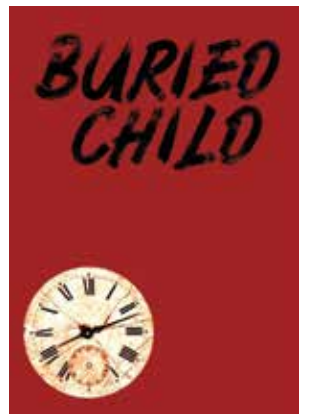
SAM SHEPARD'S DRAMA "BURIED CHILD" CONTINUES its run through Sunday, March 15 at the historic Old Academy Players theater in East Falls.

The play is directed by Nancy Ridgeway and produced by Rob Rosiello, with set design by T. Mark Cole. Show dates are Friday and Saturday evenings, March 6, 7, 13 and 14 at 8 p.m. In addition, matinee performances will take place on two Sundays, March 8 and 15, at 2 p.m.

"Buried Child" takes a searing look at the American family in all its dysfunction. Over the course of one day on an isolated Illinois farm, a family is shown to be lost in its secrets and unable to rise above its past. When the family's prodigal grandson returns unannounced with his spirited girlfriend, the past and present suddenly collide, taking what we thought we knew about love and family and turning it inside out.

Old Academy's cast includes Charles Hoffmann as Father Dewis, Eric Rupp as Bradley, Kelsey Hébert as Shelly, Lee Stover as Vincent, Lorraine Barrett as Halie, Rob Rosiello as Tilden and Tim Andersson as Dodge.

Parking for all performances is free. Ticket prices are \$20 per adult and \$10 per student with valid ID. Tickets can be purchased online at [www.oldacademy-players.org](http://www.oldacademy-players.org). Discounts are available for groups of 15 or more; call 215-843-1109 for more information.



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# Upcoming Forum To Focus on New Plastic Reduction Measures

by Mike Tannenbaum, for the Shuttle

**L**AST YEAR, OUR COMMUNITY MEMBERS CAME together to talk about one of the most pressing issues of our time: the problem of plastic.

At the first public forum of the Co-op's Plastic Reduction Task Force, you made your voices heard. Through much discussion and community participation, we walked away with a laundry list of changes you wanted to see in the service of Weavers Way reducing its reliance on plastic. Along with a list, we also had momentum.

In advance of our second annual forum coming up on Wednesday, March 25, from 6-8 p.m. at the Chestnut Hill Library, 8711 Germantown Ave., we want to revisit what came out of our first forum while sharing what we've been working on over the past year.

**These items were suggested at last year's forum:**

- Strengthening our "bring your own bag" culture
- Wrapping deli meats and cheeses in paper instead of plastic
- Developing a system for discounting bulk food purchases (and educating the community on bulk



shopping in the process)

Since then, the PRTF has come together every month to build on this momentum and work with Co-op leadership to bring these initiatives to life. While our group is small and mighty, there is a lot of work to be done to move us closer to zero waste. Much of that labor involves reducing our reliance on plastic.

**Here's what you can expect from this year's event:**

- Updates on the progress and impact of PRTF initiatives in the past year
- Goals for this year (Sneak peek: a prepared food deposit system, fewer clamshell containers, and more)
- Actionable ways to get involved with our plastic reduction efforts

Please come join us and become a part of our efforts. We're taking action; are you?



"OH, NO, I FORGOT TO SAVE THE EARTH!"  
BYO BAG WHEN YOU SHOP THE CO-OP.





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- |                     |                    |
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# Go Mt. Airy Business Expo to Return with Resources for Entrepreneurs

by Brad Maule, Communications Manager, Mt. Airy CDC

**M**T. AIRY COMMUNITY DEVELOPMENT CORPORATION plans to build on the success of last year's inaugural event when the Go Mt. Airy Business Expo returns to New Covenant Church of Philadelphia on Saturday, March 28.

The corporation managers with the Go Mt. Airy Business Association and partnered with SCORE Philadelphia and the Community College of Philadelphia. They've designed the Expo as a platform for Northwest Philadelphia businesses to convene, converse and learn.

A number of local businesses will be on hand to offer their services. Herb Scott Catering will provide Continental breakfast and lunch. Wanda Thomas Photography will have a booth set up for participants' head shots; Green District Media will be available for video production consultations, and Design With Artisan will be on hand for web design consultations.

Univest is the lead sponsor for the Expo, and Adina Silberstein, CEO of Queenie's Pets, will deliver

the keynote address. She recently won the Excellence Award for Customer Service from the Greater Philadelphia Chamber of Commerce.

Two workshops will include both morning and afternoon offerings so that participants may attend both. David Simons, CEO of Kingdom Social Media, will lead one on key social media strategies, with an angle toward Facebook. The other, led by Grow With Google speaker Randi Penfil, will guide businesses through Google's various platforms.

The day's events will open at 8 a.m. with continental breakfast and networking. Workshops will begin at 9:30 a.m., followed by the keynote at 11 a.m. and power lunch at 11:30. Workshops will resume at 1 p.m. The expo concludes at 3:30 p.m.

For full Expo details, visit [www.mtairycdc.org/bizexpo](http://www.mtairycdc.org/bizexpo). Follow @GoMtAiry on social media for the latest updates.



## Our Winning Duo Does It Again!

Once again, **Lauren Todd**, farm market manager, assisted by **Chris Mallam**, Weavers Way Next Door manager, did the Co-op proud with their display for the PHS Bloom Philly window contest, reflecting the theme of the Philadelphia Flower Show, which is "Riviera Holiday" this year. Lauren and Chris' efforts earned them the "Best Restaurant/Market" category award; their entry came in second in the "Fan Favorite" category.



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## STAFF CELEBRITY SPOTLIGHT

### Sarah Risinger

**Job:** Wellness manager, Across the Way

**Since when:** April, 2019

**Age:** 28

**Where she's from and lives now:** She lived in Atlanta, Texas and Wisconsin before moving to Bucks County and finishing high school at Council Rock North in 2009. She now lives in East Falls.

**How she got to the Co-op:** She started working in wellness at the now-closed Big Bear Natural Foods in Morrisville. She moved on to Organnons Natural Market in Newtown, where she was their wellness manager. After she moved to East Falls with her then-boyfriend in April of last year, she got tired of the hour-long commute and applied for the opening at ATW.

**Academic endeavors:** She has three online classes left through Penn State before she graduates with her bachelor's in neuropsychology. She hopes to join the Peace Corps at some point and then continue her schooling, possibly including med school.

**Future plans:** She hopes to join the Peace Corps at some point and then continue her schooling, possibly including med school.

**Favorite Co-op products:** Host Defense mushrooms, especially the My Community complex. She also loves Miyoko's Creamery vegan butter and two Prep Foods specialties: kalamata olive hummus and their vegan BLT (with lettuce, not arugula).

**Thoughts on the job:** "I really like it. I'm very appreciative that I can still be on the floor and talk to customers because that's one of my favorite things — helping people."

**Thoughts on the Co-op:** "I love it...I have one member who's coming in and bringing me their homemade fire cider tonic because...they heard that I'm sick...that doesn't happen elsewhere. It's such a family."

—Karen Plourde



## IN REMEMBRANCE

### Catherine Frompovich 1938-2020

Weavers Way Member Catherine Frompovich, an Ambler resident, author, activist and researcher who focused on the dangers of vaccines, smart meters, 5G technology and GMO foods, died on Feb. 14 after a long illness. She was 81.

A native of Pottsville, Catherine earned a Ph.D. in holistic medicine and nutrition and operated her own homeopathic health practice. In the 1980s, as a registered lobbyist, she spearheaded a group that stopped Congress' move to ban homeopathic practices. She was often called on over the years to give expert testimony to her local community and politicians in her capacity as a naturopath.

She was the heart and soul of Pennsylvania Smart Meter Awareness, writing 42 press releases in less than two years, and battling with the Pennsylvania Public Utilities Commission. She was a frequent contributor to alternative online news sites like Activist Post and Natural Blaze, and authored a number of books on topics ranging from nutrition to vaccines to overcoming the loss of a loved one.

She is survived by her brother Joseph, her sister Faith Balsama, and a niece, Brittany Frompovich. Her funeral took place at St. Anthony of Padua Church in Ambler on Feb. 20.



## 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 Board's regular monthly meeting is held on the first Tuesday of the month. The next meeting is scheduled for **Tuesday, April 7, 7 p.m.**, upstairs at the Chestnut Hill Community Center, 8419 Germantown Ave.

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.

#### 2019-2020 Weavers Way Board

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**Vice President:** Lisa Hogan

**Treasurer:** Olga Corrias Hancock

**Secretary:** Toni Jelinek

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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. 6**

### Weavers Way Chestnut Hill

8424 Germantown Ave.

**Monday-Saturday, 7 a.m.-9 p.m.**

**Sunday, 8 a.m.-9 p.m.**

**215-866-9150**

### Weavers Way Ambler

217 E. Butler Ave.

**8 a.m.-8 p.m. daily**

**215-302-5550**

### Weavers Way Next Door

8426 Germantown Ave.

**9 a.m.-8 p.m. daily**

**215-866-9150, ext. 221/222**

## HOW TO REACH US



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### Upcoming Orientations

**The Chestnut Hill Library**

8711 Germantown Ave.

Wednesday, March 18, 6:30-8:30 p.m.

Check [www.weaversway.coop/events](http://www.weaversway.coop/events) for information on upcoming member orientation meetings. To RSVP or for more info, email [outreach@weaversway.coop](mailto:outreach@weaversway.coop).

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

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