

We Need All Hands On Deck to Vote in Our Board Elections

by Sylvia Gentry, Weavers Way Leadership Committee

WE ALL KNOW HOW IMPORTANT IT IS to vote in our local, state, and national elections, and have learned in recent years how important each vote can be. The Weavers Way Board elections are equally important. Voting began on April 1, and we need you to cast your ballot.

Did you know that our bylaws require 10% of our members to vote for the election to be valid? As our membership has grown over the past few years, the number of votes

needed for a valid election has also increased. Your vote matters!

Voting for the board has never been easier. Online voting is available on the Co-op's website, and most of our members vote electronically. You will receive email reminders to vote. Directions are easy to follow. Once you vote, you will no longer receive reminders.

In addition to electronic voting, you can still vote by paper ballot, either by using the

(Continued on Page 10)

2020 Election for Weavers Way Co-op BOARD OF DIRECTORS

VOTE

as if your Co-op depended on it.

April 1- May 2 online, in stores, by mail or at the GMM

(See Candidate's statements and Ballot on pages 12 & 13)



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The Shuttle

APRIL 2020

Since 1973 | The Newspaper of Weavers Way Co-op

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Employ the Three C's To Get Through The COVID-19 Crisis

by Dana Barron, Trudi Dixon, Dan Vidal and Wendy Romig, Weavers Way Wellness Team

IT IS HARD TO FIND WORDS WHEN ALL of us are speechless. But we have to stay in touch, share wisdom, cultivate community, and provide support.

When it comes to supporting wellness, it's good to start with the three C's: calm, connection, and compassion. Science has shown that these three qualities support mental health, boost immunity, and cultivate resilience. There are things we can do, for ourselves and others, as helpless as we may be feeling.

Creating Calm During Upheaval

We are all impacted by this crisis in different ways — our lives, our health, our networks, our livelihoods, our basic sense of safety. We are shaken and profoundly uncertain.

So we have to actively cultivate calm. Watch for signs of stress. Pause throughout the day to feel into your body. Set your phone to remind you once an hour or a couple times a day to check in. Are you tense? Are your shoulders up? Forehead furrowed? Jaw tight? Are you nauseous or lacking appetite? Short tempered? Distracted or scattered? Do you have a headache or other body aches?

(Continued on Page 12)

Maintaining Community From a Safe, Healthy Distance



photos by Karen Plourde, Annette Aloe and Jenna Swartz

(Top) Weavers Way Board Member David Woo and Mt. Airy floor clerk Liam Hernandez demonstrate the six-foot rule. (Below left) Shoppers wait patiently in line while Finance Manager Steven Gearhart monitors the number of customers in the Mt. Airy store.

We're Seeking Help This Season to Keep Our Orchard Fruitful

by Nina Berryman, Weavers Way Farm Manager



IN ADDITION TO OUR TWO BEAUTIFUL vegetable farms, Weavers Way also operates a 1.5 acre fruit, nut and berry orchard on the campus of Saul High School in Roxborough, across the street from our Henry Got Crops fields. With the help of 200 students at Saul, we planted about 200 saplings in the fall of 2012 behind the school's baseball diamond. We grow blackberries, cherries, Asian pears, plums, hazelnuts, kiwi berries, paw paws, raspberries and figs.

(Continued on Page 6)

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Editor's Note

by Karen Plourde, Editor,
Weavers Way Shuttle



THIS MONTH, WE TORE UP THE TEMPLATE for the Shuttle by design. Then life (specifically, COVID-19) intervened, and we tore up that template.

The “plan” for the April Shuttle, made months ago, was for it to be our “all-green” edition, in celebration of the 50th anniversary of Earth Day. Every article was supposed to have an environmental theme — even the Wellness Team columns. Among other things, we were going to tout the Co-op’s initiative to allow shoppers to bring reusable containers to the store to package their Prepared Foods items.

But once The Virus got to our shores, and to our state, plans had to change a whole lot. All of a sudden, it made no sense to introduce a new reusable container program. Beyond that, our society was forced to overhaul almost every part of how we live, and we needed to reflect that in the paper. So we made one big ol’ left turn, like everybody else. Our art director, Annette Aloe, even packaged it so that it was meant to look this way all along. (Did we fool you?)

I hope that we can get to producing that “green” issue in a few months. And despite the left turn, you’ll find a fair bit of environmentally-related content in this issue, because that’s how we roll in general. For folks who like to grow stuff, check out our new native plant column, “Liberate Your Lawn and Garden!” by member Sarah Endriss.

One of these days, hopefully soon, we’ll start to return to something approaching normal. I can get back to writing about the latest “It” drink that’s earned a spot in our cold drink cases. We’ll scoop our favorites from the bulk bins ourselves. And we’ll walk into our stores without checking to see if there’s a line outside the door.

To quote the Jerry Garcia/Robert Hunter song “Ripple”, “There is a road, no simple highway/Between the dawn and the dark of night.”

Stay on the road, y’all: six feet apart, for now.

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. 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, or call 215-843-2350, ext. 314, or email 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



A Hearty Meal Designed For the Days of Staying Put

by Bonnie Shuman, Weavers Way Executive Chef

DURING TIMES OF HUNKERING DOWN, SUCH AS what we’re living through now, there is nothing I like better than a slow-cooked, hands-off recipe, a prep-it-and-forget-about-it meal that starts on the stove and takes a few hours to finish in the oven. It makes the house smell delicious and homey, and allows you to sit down and work on that jigsaw puzzle your teenage kids have been begging you to do with them since the first cold days of winter (not), or more realistically, to start binge watching “Poldark” on Netflix (guilty). And if you are worried about watching too much TV, just put the subtitles on. That way, you can claim in all honesty that you’re doing a lot of reading!

I recommend cooking these short ribs a day ahead and chilling them in the refrigerator overnight, because they yield a lot of fat. Allowing them to sit overnight not only intensifies the flavor, but allows the fat to harden and be removed, creating a richer, more flavorful broth.

Short ribs also make wonderful leftovers for sandwiches on a crusty roll with horseradish sour cream, or one of my favorites, a short rib quesadilla with melted cheddar and scallions.

If you can, embrace this slowdown as an opportunity to reacquaint yourself with the way your mother or grandmother used to cook. I hope you’re finding joy in silver linings, and that this recipe is a chance to commune and mine some of your own.



Ingredients:

- 5 lbs. bone-in beef short ribs, cut into two-inch pieces
- 3 medium onions, 3 carrots, and 3 ribs of celery, all coarsely chopped
- 2 tbs. tomato paste
- 325 ml. (half bottle) dry red wine
- 10 sprigs fresh thyme
- 4 cloves garlic
- 5 cups beef broth
- 4 tbs. safflower or other neutral oil
- Salt and pepper

Preheat oven to 350°. Season the ribs with salt and pepper. Heat the oil in a large dutch oven over medium heat. Working in batches, brown the ribs on all sides.

Drain off most of the oil and add the ribs and all the other ingredients back into the pot. Bake until the ribs are tender, about 2 1/2 hours. Remove from oven

and allow the ribs to cool to room temperature. Chill overnight and remove the fat cap before reheating.

Reheat on stovetop over medium heat and serve with roasted carrots and broth. If you’re so inclined, enjoy with the other half of that bottle of red wine!

Roasted Carrots:

- 1 lb. carrots, peeled
- 3 tbs. good olive oil
- Salt and pepper to taste

1. Preheat oven to 400°.

2. If carrots are thick, cut in half lengthwise; if not, leave whole. If you’re not roasting them whole, cut them into two-inch pieces. Toss in a bowl with olive oil, salt and pepper. Transfer to a sheet pan and bake until slightly browned and tender. Serve with short ribs.



by Kieran McCourt, Weavers Way Ambler

Start with a mirepoix: onion (or other allium), carrot and celery. Anytime you’re prepping these veggies, consider saving and freezing the scraps in a resealable bag.

Most vegetable scraps can be saved too, including stems from cremini, button, portobello, and especially shiitake mushrooms, and stems from both soft and woody herbs. Avoid brassicas like broccoli, cauliflower, cabbage and the like.

Basic vegetable broth:

1. Fill your biggest pot halfway with frozen veggie scraps, cover with water, and simmer for about an hour. Feel free to add in flavor enhancers like bay leaves, peppercorns, and seaweed, like kombu, to amp up the umami or to tailor it to a specific cuisine or recipe.
2. Store in an airtight container in the fridge. You can freeze the broth in an ice cube tray for easy weeknight cooking as well, like steaming greens or cooking grains.

The ‘Stock’ Market



If you eat animal protein, consider keeping a separate bag in the freezer to collect bones from roast chicken, whole or in parts, or from bone-in pork or beef cuts. For a meat stock, the cook time needs to increase.

Tip for the dairy friendly: Freeze the rinds from hard cheeses like Parmesan, Pecorino, and Grana Padano. Add to soups or stocks for an extra boost.

Money Saver Tip: To preserve opened, unused boxed stock, freeze the unused portion in an ice cube tray.

What's in Store at Weavers Way



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

ALERT!

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.

Norman and Jeannine get real about viruses waking up amid climate change.

What would you stock up on if you couldn't leave your home for weeks?

N: Remember those cookies I made for the Vegan swap? They're indestructible and can last forever with no preservatives.

J: What's in them?

N: Oats, flour, sunflower seeds, coconut blossom syrup and hemp seed oil. What would you stock up on?

J: Bananas; I'd freeze them, along with other fruit. And can't forget about beans and rice.

N: What if you didn't have electricity?

J: I guess your basic peanut butter and jelly then.

N: Speaking of world crises, maybe surviving corona virus is good training for surviving climate change.

J: I'd say so. As the planet warms and the ice thaws, scientists warn that we could see a re-emergence of viruses, which have lain dormant in glaciers for thousands of years. These viruses could "wake up."

N: Does that make climate change scarier?

J: Certainly. I think it's a reason for people to wake up and face this

reality. The world as a whole needs to make drastic changes. Waking viruses is on a long list of things to watch out for in the future.

N: So global warming can bring us increased viruses, decreases in agricultural production, more pests. The future sounds bright and rosy! What's a poor vegan to do?

J: Spread the message of veganism and encourage others to jump on board to save themselves from the fiery depths of hell.

N: I just read Chinese state-backed food companies are seeking animal-free protein sources. They're interested in Just Egg and Impossible Foods. They already had protein shortages due to swine flu and African swine fever and Avian flu. If a lot of Chinese switch to eating Just Egg and Beyond Meat, that's a lot more mung beans and peas being planted, which I think is good for the climate. Both of them "fix" nitrogen, meaning that they convert nitrogen from the air to make it available for the plant.

Recommended products:

Norman and Jeannine recommend eating fresh fruit and vegetables during this time to boost your immune system and stay healthy!

Weavers Way Vegan Meet-Up Group

In light of the coronavirus's continued impact, the Weavers Way Vegan Meet-Ups have been postponed until further notice. We look forward to meeting again in the future.

Your Kitty (and the Earth) Will Pine For This Alternative Litter Box Filler

by Brenda Malinics, for the Shuttle

CAT LITTER. IT'S DUSTY, HEAVY (unused and especially, used) and not earth friendly. What's more, it's treated with chemicals (for scent and dust control) and it's expensive. Yet, it's a necessary part of cat ownership.

Litter disposal is especially challenging when you are running a cat rescue and have many, many cats using litter boxes throughout your house. My trash cans were so heavy that they often would not be collected on trash day, leaving me with no choice but to add my used litter to friends' garbage on a weekly basis. I was at my wit's end — until I discovered pine litter.

Pine pellets are all natural, have superior odor control over clay litter, and have no artificial fragrance. In addition, they are 100% biodegradable, chemical free, dust free, and are a recycled product that can keep on being recycled. Still not convinced? They're flushable, get lighter when used, and are cheaper than clay litters.

Cats' first preference for a litter surface is a sandy texture, but they will adjust to the texture of pellets. In my house, half my litter boxes are clay and half are pine pellets. I use pine pellets at our adoption center inside the PetSmart at the Metroplex in Plymouth Meeting, and the odor and dust control is unbelievable.

It is important to clarify that when I say pellets, I am not including the ones made from paper. I think that those actually hold odor and do not compare to pine pellets.

Scooping pellets differs somewhat from how someone cleans a regular litter box. When cats urinate onto the pine pellets, the pellets "explode" into a powdery texture, unlike clay litter that becomes a concrete brick when wet. By placing



your scoop under the mound of "powder" (which no longer looks like a pellet), you can shift the mound which contains the cat's urine powder into a separate container.

I always first remove the solid waste before I begin shifting out the used pellets. When you first scoop up, the scoop will contain both the powder and the pellets in it when shifting begins. But the powder falls out of the scoop as you shift the used powder into a separate container. Only clean pellets remain in the scoop and they can be put back into the litter box.

You will have a container full of acidic powder (it really does not smell like cat urine), and you can use this as mulch around your acid-loving plants, or on pathways to keep weeds down. In the wintertime (remember that season?), I put the exploded/used pellets on my slippery driveway and on my sidewalk for better traction and ice-melting action.

Since I started using pine pellets, my cats are happy having clean, fresh-smelling litter and I am happy with the lack of dust, lower expense, ease of disposal and performance. Best of all, my back doesn't hurt, and my trash is collected each week.

Editor's Note: Eight-pound bags of Arm & Hammer Feline Pine Litter are available in our Across the Way store in Mt. Airy for \$11.15 each.

New Prepackaged Meals from our Prep Foods Folks



Mac & Cheese
Broccoli
BBQ Chicken



Korean BBQ Tofu
Peanut Sesame Noodles
Green Beans



Harissa Salmon
seasoned Rice
Green Beans



Our Prep Foods Department now offers freshly made meals in all our stores. Enjoy Harissa-Glazed Salmon (\$11.99), Barbecue Chicken (\$6.99), and Korean Barbecue Tofu (\$9.99). Each comes with a vegetable and a starch. Available every day while supplies last. Entrees will vary.



An offshoot of Weavers Way Co-op

608 Carpenter Lane
215-843-8289
foodmoxie.org

Executive Director

LISA MOSCA lisa@foodmoxie.org

Program Director

DORENE REGGIANI dorene@foodmoxie.org

Manager of Growing Spaces

BRANDON RITTER brandon@foodmoxie.org

Operations Manager

MICHELLE BURKE michelle@foodmoxie.org

FOOD MOXIE

We dig what we eat.

Thanks to Our Local Fresh Food Producers, Big and Small

by Lisa Mosca, Food Moxie Executive Director

SPRING IS UPON US. THIS IS THE TIME OF YEAR THAT FOOD producers and garden lovers begin to sow greenhouse seeds and plant spring transplants. Meanwhile, the lines at the grocery stores have been incredibly long, as people prepare for the COVID-19 virus to get worse. Within this context, I find it particularly important to recognize all the food producers in Northwest Philadelphia and Ambler who help build community food security for our region.

I want to start by acknowledging the Weavers Way Farm Team as they begin to prepare for the new planting season at Saul and Awbury. I am grateful that our Co-op has had the foresight to include direct food production locally as an Ends activity.

I also want to highlight the vast number of Northwest Philadelphia residents who otherwise support local food and farming efforts that help build community food security. W.B. Saul is the largest urban agriculture high school in the country, and one of the only such high schools. Hansberry Garden & Nature Center in Germantown spent years fundraising through flea markets to be able to purchase their garden space, and it continues to provide garden education and growing space to the nearby community.

Germantown Kitchen Garden offers a weekly farm market for the community, as does Grumblethorpe as part of their youth programming. East Mount Airy residents have been fundraising and planning a new community garden at Pleasant Playground that will increase growing space opportunities.

Awbury Community Garden and Penn and Greene Street gardens have been growing and donating thousands of pounds of food to neighbors in need for multiple decades while also mentoring new gardeners. There are numerous other pocket gar-

dens doing the same, including Werners and Gabbies in East Mt. Airy and Garden R.U.N. in Roxborough. The Schuylkill Center is home to an enormous community garden and a number of producer-owned businesses growing locally on their land. In Ambler, Pennypack Farm Education Center supports community food security, as does the Weavers Way Farm through sales at the Ambler store.

Food Moxie feels enormous gratitude in having these many producer sites and growing space resources to point to in the region as our learners navigate graduating from our programs and looking for additional healthy produce resources locally. As Spring gets underway and we begin our next program module with participants, we at Food Moxie wish everyone a safe, healthy growing season ahead. And we thank the people who help build community food security for Philadelphia and the region for their work.



GIVING TWOSDAY

APRIL 14

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*Source: The Skin Cancer Foundation

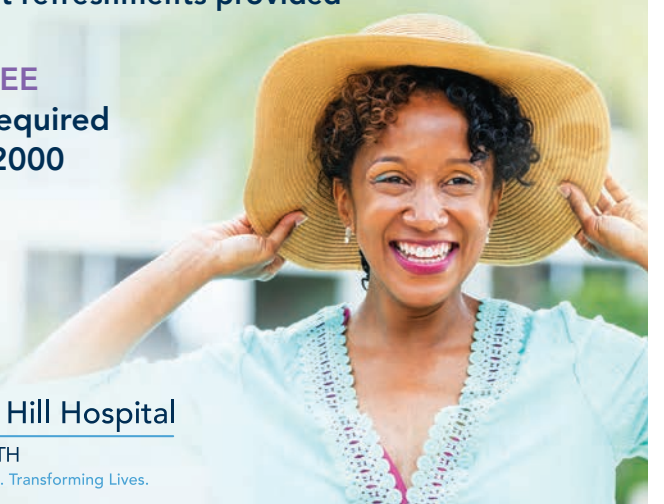
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Ryan Plesh and the Wharton Nonprofit Board Fellows Program

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The ongoing support from Weavers Way Cooperative staff and members



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Strawberry Festival



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- ✿ Flower Bouquet Making
- ✿ Community Garden Tour
- ✿ Strawberry Themed Food Tastings
- ✿ Face Painting

OUR STAFF ARE

SUPERHEROES



Micro-Loan Fundraiser Will Feature DIY House Numbers Workshop

by Lynne Brown, Weavers Way New Economy Incubator Committee

ATTENDEES TO THE CO-OP'S NEW ECONOMY INCUBATOR Committee fundraiser at Karen Singer Tileworks in Germantown on Thursday, May 14 will do more than mingle and munch—they'll have the opportunity to make a custom ceramic house number for their home. Proceeds will help raise funds for Germantown's Micro-Loan Fund, which makes small, no-interest loans to local businesses to benefit neighborhoods in Northwest Philly.

The workshop, which will take place from 5:30-8 p.m., will include hors d'oeuvres from the Co-op's Prepared Foods department, along with wine, dessert and coffee. Participants will be guided by Singer every step of the way, including cutting the numbers, creating texture and design and coloring and glazing the tiles. No prior experience or artistic skill is needed.

Singer has created tile murals for Morris Arboretum, the Pennsylvania School for the Deaf, Greene Street Friends School and Wesley Enhanced Living at Stapely in Germantown. Her client list extends to nonprofits, schools, universities, and other organizations around the country. In addition, she does custom ceramics pieces, offers individual ceramics coaching and conducts workshops and parties for children and adults.

The house numbers are part of a larger social project led by Singer to help better identify houses in Northwest Philly. Not many houses are marked in the area, which creates difficulty for firefighters and police. She hopes to get whole blocks together to make ceramic house numbers, with the idea of building neighborhood community and cohesion in the process.



Karen Singer Tileworks is located at 90 East Church Lane in Germantown. The cost of the workshop is \$125, a portion of which includes a tax-deductible contribution. To register <http://www.weaversway.coop/event/party-germantown-micro-loan-fund>

The Micro-Loan Fund is a joint venture of Weavers Way New Economy Incubator Committee, the Free Loan Association for Germantown, and Germantown United Community Development Cooperation.

We're Seeking Help This Season

(continued from page 1)

Why no apples? We are committed to organic practices, and apples (and many other common, popular fruits) are pest and disease-prone in this area. This makes it hard to grow big, blemish-free, "market worthy" apples that customers will buy. The selection of species and varieties in our orchard is tailored to those types that are more low maintenance and grow well in the hot, humid climate of southeastern Pennsylvania. In general, this is why finding organic, local fruit is so hard in this area. But it's not impossible!

As we do with our vegetable fields, we take a holistic approach to orchard management. We follow organic growing practices, but we also pay attention to the whole ecosystem—in particular the soil and the relationship between the plants and the insect world.

Given the small quantities we yield, most of what we sell at harvest in the orchard is sold on site at our Henry Got Crops farm market. Occasionally we have enough product to share with our 200-plus person CSA, like we did with our hazelnuts last year.

But our orchard is far from the epitome of perfect management. Given the high demands of vegetable growing, which is our primary focus, time in the orchard often takes second priority to our five acres of fussy, finicky annual vegetables. So in an effort to get more helping hands involved, this year we are instituting monthly volunteer days on the first Saturday of every month from April through October (except for July), from 9 a.m.-1 p.m. You can sign up for shifts on the work calendar in the Member Center, and bring a friend! Everyone is welcome to chip in regardless of experience.



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

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GM'S CORNER

The New Rule for Grocers: Make Your Store a Safe Place to Shop

by Jon Roesser, Weavers Way General Manager

FOR FIVE YEARS, I HAVE BEEN THE CO-OP'S general manager, and for five years, my colleagues have had to suffer while I incessantly hectored them about "the four fundamentals of great grocers" — great food, competitively priced, presented in a pleasant shopping environment, all delivered with outstanding customer service. It's a fireproof, four-part stratagem for success, guaranteed to earn you a spot in the Grocer's Hall of Fame.

And I was always right. Until I wasn't.

In the spring of 2020, there's only one fundamental that matters when it comes to selling groceries: Your store must be a safe place to shop.

During this COVID-19 crisis, it has been gratifying to hear us referred to as an "essential" business — Governor Wolf has gone so far as to describe us as "life sustaining" — but the burden has then fallen to us to figure out how to continue to operate in a way that's safe for customers and staff.

Some decisions were easy. Put hand sanitizers throughout the stores, step up cleaning regimes, shut down the hot and salad bars, pull the self-service scoops from the bulk department, etc.

Other decisions were harder to make, and more consequential. Open an hour later and close an hour earlier so that staff can restock and clean more effectively. Limit the number of customers allowed in the stores at any given time. Install Plexiglas guards at checkout.

Our single biggest operational change has been related to home delivery and curbside pickup. In a very short span of time, we went from fulfilling about a dozen home deliveries in a week to about 135 in a day. And despite this massive scaling up, we still haven't been able to meet demand.

We're working hard to increase our home delivery and curbside pickup capacity. It is much harder than it seems. The Co-op is set up as a retail operation, not a fulfillment center.

Having employees picking orders for home delivery customers while the stores are open for business further limits the number of customers who can shop in the store, thanks to our customer caps. Picking orders after hours is challenging, since that's when most of the stocking and cleaning gets done.



**For the time being,
nothing matters more
than for everyone to feel like
our stores are as safe as
they can possibly be**



Our intention is to find a way to make sure all members who need home delivery and curbside pickup are able to get one order fulfilled once a week.

Predictably, with each change we've made, there have been calls for us to do more. This is our dilemma. As grocery stores are one of the very few places where people are still able to come together, they are, let's be clear, inherently dangerous. So there is no limit to the number of controls that can be put into place.

The only truly safe grocery store is a closed one. Want to guarantee no one gets COVID-19 in your store? Shut it down.

And since we don't want to do that, our goal is to make the stores as safe as we possibly can while keeping them open. Fortunately, as member-owners,

you have been overwhelmingly supportive and understanding, and you've also shown your willingness to do your part.

For the time being, we continue to ask that you send just one member of your household to the Co-op one day a week for a full shop. While inside, maintain social distance (6 feet) and minimize conversations. Use the hand sanitizers and disinfecting wipes for basket handles and shopping carts. If at all possible, don't pay with cash.

None of this is easy, especially for us. We pride ourselves on being a community "Third Place," where we all come together for community connection. The idea of coming to the Co-op once a week with our heads down, treating grocery shopping as nothing more than a chore, cuts against our Co-op culture.

But for the time being, nothing matters more than for everyone to feel like our stores are as safe as they can possibly be.

Just a few short weeks ago, our business was incredibly predictable and, admittedly, not too terribly exciting. The hour of the day, the day of the week, and the month of the year told us just about everything we needed to know about customer demand.

Now, with so many people out of work and so few venturing out, nothing's predictable. There's no lunch crowd, and no after-work dinner rush. There's no Friday Night community dinner in Ambler, and for most folks, there's no longer a weekend.

All of this is rather unnerving, and it's hard to think much beyond how we'll get through the next few weeks. But rest assured, we're already working on our "Post COVID-19 Business Strategy." First thing's first: When this is finally over, we're going to throw one heck of a party. Everyone's invited.

See you around the Co-op.

WEAVERS WAY WORKSHOPS



All Weavers Way Workshops and Events are cancelled or postponed until further notice. Keep checking our website for updates: www.weaversway.coop/events

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Pennsylvania Moves to Cut Carbon Emissions and Join RGGI

by Georgia Mae Lively and Meryl Sands, The Energy Co-op

IN A MOVE TOWARD DECREASING CARBON EMISSIONS in the Commonwealth, Pennsylvania may become the next state to join the Regional Greenhouse Gas Initiative (RGGI, pronounced “Reggie”). Under an executive order from Governor Tom Wolf, the Pennsylvania Department of Environmental Protection (DEP) will begin drafting regulations on carbon pollution that would qualify the Commonwealth to join RGGI.

RGGI currently consists of nine Mid-Atlantic states, with New Jersey (a former member) rejoining in 2020 and Virginia slated to join in 2021. RGGI is designed to slow the effects of climate change by cutting carbon emissions and driving investment in clean energy.

But what does it mean to join RGGI?

In operation since 2008, RGGI is an initiative for states in New England and the Mid-Atlantic region to engage in a cap-and-invest program that has limited, and will continue to limit, carbon emissions resulting from power generation. To qualify, participating states must not exceed the established limit on carbon dioxide emissions for that year. In 2019, that cap was 80.2 million tons, which is 1.8 million tons lower than what Pennsylvania’s power sector emitted in 2018. Hence, the Pennsylvania DEP must draft regulations that would lower those emissions to the RGGI’s established standard.

The investment portion of RGGI requires power producers burning fossil fuels to purchase one “allowance” per ton of carbon dioxide they emit. Allowances are environmental attributes that are offered and sold to

power producers and other investors at periodic auctions conducted by the organization that administers RGGI. Essentially, each allowance permits a power producer to emit one ton of carbon dioxide in generating electricity. The proceeds from the sale of these allowances are then given back to states to be invested in energy efficiency, renewable energy, and bill rebates for consumers. Any failure by power producers to purchase the required amount of RGGI allowances results in penalties.

Because Pennsylvania is such a significant player in the fossil fuel industry — as the fourth largest carbon emitter, third largest coal producer, and second largest natural gas producer in the country — it is not unreasonable to consider RGGI’s potential impact on the Pennsylvania economy. Existing RGGI states have seen significant positive impacts to both their environments and their economies. Carbon emissions from powerplants in RGGI states have fallen 47% since the program’s establishment, which is a 90% greater decrease than the rest of the country. At the same time, economic growth in RGGI states was 31% higher than the rest of the country, which includes a net benefit in economic activity of \$4.7 billion, as well as thousands of jobs.

RGGI’s focus on reducing carbon emissions is a great step forward for Pennsylvania. As individuals, we can also take action to cut our own carbon emissions right now. Since 1998, The Energy Co-op, which was founded by Weavers Way, has been doing its part to spur investment in renewable energy, as the first supplier of renewable electricity in Southeastern Pennsylvania. Members



of The Energy Co-op can also opt to source their renewable electricity from 100% Pennsylvania wind and solar power, further supporting local investment and jobs in clean energy.

RGGI and The Energy Co-op are different mechanisms with a common goal: leading the sustainable energy evolution. To further this goal, The Energy Co-op is offering Weavers Way members \$25 in their EasyPay account* when they sign up for Renewable Electricity with The Energy Co-op now through May 31. You can sign up online at www.theenergy.coop, call 215-413-2122 or email info@theenergy.coop. Whichever way you decide to enroll, be sure to enter or mention the promo code **WWEARTH2020**.

This Earth Month, let’s all take steps towards reducing carbon emissions, whether by riding a bike, supporting environmental legislation, or joining The Energy Co-op. In fact, why not do all three!

**Terms apply. Promotion not open to current members of The Energy Co-op’s Renewable Electricity Program. New members will receive \$25 in their Weavers Way EasyPay account 60 days after service start date.*

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Combat Climate Change By Going Native With Your Plants

by Mike Weilbacher, Executive Director, Schuylkill Center for Environmental Education

WITH CLIMATE CHANGE BARRELING DOWN ON US and April's celebrations of the 50th anniversary of Earth Day reminding us of the importance of individual and collective action, there's one hugely powerful way folks in yards across the region can cool the climate and protect the planet's biological diversity: we can plant native.

Native plants evolved over millennia to live in this time and this place. They're the ones you see while walking the Wissahickon and along the Schuylkill Center.

Trees, as you likely know, absorb carbon dioxide like sponges and turn that carbon into wood that stays in the tree for the next century. Planting trees cools the climate and cools your home.

Climate change is supercharging our storms, pouring more stormwater into our city, compromising our combined sewer systems and eroding our green spaces. Mature trees are massive umbrellas over the land that trap rainfall. It takes a long time for rain to work its way down through a network of millions of leaves, and its roots absorb that water like a massive underground sponge. Planting trees also mitigates excessive stormwater.

A native white or red oak supports thousands of species of insects, including hundreds of caterpillars of different moths and butterflies. Same with the wild black cherry tree, a flowering tree with leaves that caterpillars devour and flowers that offer nectar for butterflies. Those flowers mature into fruit that birds crave. Plant one cher-



ry alongside one oak, and you are feeding 1,000 species of butterflies and moths.

Butterfly and moth caterpillars become crucial food that robins and wrens need to feed the babies they are raising in their nests atop those trees. Even seed-eating birds like sparrows feed bugs to their nestlings to get them the protein they need. Want birds in your yard? You need native plants.

Since they evolved here, native plants normally require far less water than Home Depot-purchased, tropically-adapted begonias and impatiens. With natives, you are less likely — until that drought or heat wave comes — to be standing out in the evening watering them.

Also, begonias are annuals, and not adapted for surviving our winters. Native plants are typically perennial, coming back stronger and larger the next year, thus saving you money. You may even need to thin them and transplant portions elsewhere in your garden, saving you more money.

In summary, native plants combat climate change, cool your home, stop stormwater, protect biological diversity, feed baby birds, save you money, and grow back stronger every year. Good deal, no?

So get impatient with impatiens; begonias, be gone! To honor the 50th anniversary of Earth Day, commit to planting a native tree and surrounding it with wildflowers.

From April 25 through May 2, the Schuylkill Center conducts our Spring Native Plant Sale, offering thousands of stunning plants — everything from gorgeous spring ephemeral wildflowers like trout lily and trillium to the cherries and oaks we noted earlier. We've got special workshops and speakers throughout the week as well, so check out our website (schuylkillcenter.org) to find out what's happening.

I'm leading a Wildflower Walk on the second Saturday of the plant sale, May 2, at 10 a.m. So come for a walk with me to meet these beauties in person and hear their extraordinary stories.

Mike Weilbacher can be reached at mike@schuylkillcenter.org, and tweets @SCEEMike.

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Weavers Way Wellness Team

Re-Connecting to Our Environment As a First Step to Action

by Jodi Schwartz-Levy and Esther Wyss-Flamm,
Weavers Way Wellness Team

ASHLEE CUNSOLO AND NEVILLE ELLIS, in a Conversation magazine article from last month, defined ecological grief as “The grief felt in relation to experienced or anticipated ecological losses, including the loss of species, ecosystems, and meaningful landscapes due to acute or chronic environmental change.” The layers of grief and stress run deep, and we would like to offer our community some resources for not only decreasing grief, but finding hope and motivation for action.

Esther recently attended a talk on climate justice at West Chester University by Mary Robinson, former president of Ireland and a United Nations High Commissioner for Human Rights. During her presentation, Robinson said that climate change is a man-made disaster calling for a feminist response. She went on to clarify that this is not about lifting up gender difference. Rather, we all live in a time when we need to dig deep within ourselves to find responses that innately align our human activity with the environment, instead of relying on the potential of technological innovation.

As the two of us discussed our own ecological grief, we were struck by the vital importance of cultivating an embodied connection with the environment. By this, we mean re-learning our connection to the many elements of nature (of which we are also a part). Rather than sinking into helplessness and fear, which can often leave us more disconnected, the call now is to feel our way fully into this connection.

When we are able to quiet the thinking mind, and start to feel our bodies, we can recognize that we are a part of the whole. It doesn't mean we need to save our planet as something separate from ourselves, but rather focus on protecting

our immediate environment, our home and all that we drink and eat for survival.

Our culture has taught us to feel less and think more, creating a greater divide between humans and the natural world. The intention to differentiate humans from our mammalian nature might have been to dominate animals and the environment for resources. We see the trouble that has caused, so we now ask, “As humans who are part of the natural world, how can we take better care of our home and all that we put into our bodies, so she will continue to take care of us in return?” It is a relationship of equality, not dominance.

We do this through our bodies — the senses that awaken within as we take in the green sprouting all around us, the touch of bark on a favorite tree, or the sweet song of a bird. With our breath, we relish the smell of spring and the connection of our inhaling and exhaling to other beings. We listen for the rhythms of the earth that guide us — the rhythm of day and night, the seasons, the moon cycle, and life cycles of our own and other species.

A walk in the Wissahickon could be your practice in embodied connection. More connection to the natural world opens up a path for actions that nurture Mother Nature.

Jodi Schwartz-Levy, PhD, LPC, is a somatic psychologist and founder of Healing Arts Studio. She has been teaching dance and movement for emotional healing for over 20 years.

Esther Wyss-Flamm, PhD, E-RYT, is a mindfulness coach, yoga instructor, and member of the practitioner collective at the Healing Arts Studio in Chestnut Hill. She serves on the Weavers Way Board of Directors.

Employ the Three C's To Get Through The COVID-19 Crisis

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These are signs your body is in fight/flight mode, your system flooded with cortisol and adrenaline. In this state, the body cannot heal, fight infection, or absorb nutrients. Your hormones become dysregulated. Your mind can't reason well.

Here are some suggestions for cultivating calm:

- Curate your news and social media. We all want to stay informed, but if that's triggering stress, turn it off and/or unfollow.
- Take three-minute breathing breaks: Sit, close your eyes, and set a timer for three minutes (or more). Deepen your breath and focus on it. Expand the belly on the inhale, then make a long exhale. This is basic diaphragmatic breathing. If your mind wanders, come back.
- Go outside.
- Move your body any which way. Put on music and dance.
- Start meditating; now's a perfect time. Use an app such as Insight Timer, Calm, Headspace, or Ten Percent Happier. For guided meditation, check out Tara Brach's podcast (www.tarabrach.com) or wherever you get podcasts. Also, Springboard Meditation Studio in Mt. Airy has moved many of its programs to Zoom (www.springboardstudio.net). Check their events and news and sign up for the mailing list.
- Watch comedy or silly animal videos, make jokes, look up funny memes. Laughter is a potent balm to your nervous system. Try laughter yoga (search YouTube).
- Wellness Team members are offering online yoga and pilates, including Esther Wyss-Flamm (whiteflameyoga.com), Michelle Stortz (michellestortz.com) and Diane McKallip (dianemckallip.com). Contact them for details.

- Vocalize! Sing, hum, talk, laugh — even gargle.
- Cool down: Apply a cold compress to the back of your neck, splash your face with cool water, or consume cold foods and beverages.

Feeding the Craving for Connection

Research has shown that social isolation is as dangerous to health as smoking. Thankfully, we have technology!

Here are some ways to keep connected while respecting social distancing:

- Video chat with friends and family. Plan group gatherings online; it really is better than the phone. Try Zoom, Skype, Google Hangouts or FaceTime. Dana's daughter lives in New York, but joins the family for dinner via FaceTime.
- Create group email lists and texts among friend and family groups. Seventeen of Dana's family members — three generations — are in a group text. Normally, they see each other once a year if they're lucky. Now they are in touch constantly. “Every time my phone pings, it lifts my heart,” she wrote.
- Check in with neighbors. Create block-based phone and email lists. Use Google Groups.
- Use social media in the way it works best. Don't spread negativity, divisiveness, or fear. Create sub-groups. Reach out to someone you've been meaning to connect with for years. Share positivity, humor, and health tips.
- Dana is offering free gatherings on Zoom for the online community to cultivate peace together. Get more info at www.danabaronphd.com/community.

Team member Wendy Romig, owner of Sage Integrative Health in Mt. Airy,

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Weavers Way Wellness Team

(Continued from preceding page)

believes crises like the one we're experiencing can be an opportunity to explore new ways of being that can create positive change.

"We are cut off in many ways," she wrote. "Yet, we can come together with loved ones. We can pause, rest, reflect — shake off the busy-ness of our everyday lives. We can nourish new habits that will last beyond the emergency."

Fostering Compassion in Your World

Demonstrating compassion for self and others has been proven through a number of studies to improve overall health. Who is hurting? Who needs help, resources, a call, text, or video chat? Who can you forgive, to lighten your own heart? When anger arises, ask yourself what pain that person may be feeling. Anger causes stress; compassion relaxes and releases.

Dana's favorite resource for self-compassion is Kristen Neff at www.self-compassion.org. Explore her guided meditations, self-compassion practices and more. She also recommends Tara Brach's guided meditation "The Rain of Self-Compassion" at www.tarabrach.com.

We have a choice now, in every single moment. We can be reactive, defensive, individualistic — or we can be calm, kind, compassionate, and communitarian.

These are the moments that define generations. Crises bring out our best and our worst. What would it mean for you to do your best — for yourself, your loved ones, and the entire world?

A Guide to Detoxing Your Household For Spring and Beyond

by Wendy Romig, Weavers Way Wellness Team

AS WE LAUNCH INTO SPRING FROM A gentle winter, you may find yourself cleaning out closets, clearing gardens and removing the old and unwanted from your life to open space for the new and rejuvenating. Spring invites awareness to our bodies and to the earth, along with an increased focus on health and wellness. Some may use this time of year to detox their bodies in preparation for the seasons ahead.

In today's modern world, toxins are abundant. On average, we are exposed to hundreds of toxins each day, creating strain on our internal systems. This can promote inflammation, hormonal imbalances and disease — not to mention the effects on wildlife and our water systems.

Here's a quick guide to some of the most common chemicals we come in contact with, based on research from the Environmental Working Group (www.ewg.org).

Toxins found in common personal care products:

- Oxybenzone is found in sunscreens, personal care products, aftershave and makeup. It has been shown in studies to increase oxidative stress, putting added strain on organs, as well as increasing the risk of allergies, cardiovascular disease and imbalances in the endocrine system.
- Parabens are also found in sunscreens and personal care products. Evidence suggests that these compounds may disrupt hormone production and lead to allergic responses in the body.
- Phenylendiamine (along with aminophenol and diaminobenzene) are found in hair dyes. These chemicals have been associated with increased risk of liver toxicity, respiratory illness and eye irritation.
- Phthalates are found in nail polishes,

cosmetics, scented products and aftershaves. They have been found to disturb reproductive function, particularly in males.

- Retinyl palmitate is an ingredient found in many personal care products, including shaving cream, moisturizers, sunscreen and makeup. Research shows that this chemical may contribute to reproductive disruptions and increased oxidative stress in the body.
- Triclosan is found most in toothpaste and facial cleansers. Data suggests that exposure to it may increase the risk of endocrine system imbalances, allergic responses and organ toxicity. This product has been restricted for cosmetic use in Canada and Japan.

Toxins found in common cleaning products:

- Ammonium hydroxide is used in common household cleaning products, and can contribute to respiratory distress, organ damage, allergies, skin irritations and vision issues.
- Oxalic acid is also used in many cleaning products. Evidence suggests this compound contributes to disruption of the endocrine system, and may cause convulsions, vision issues or kidney damage.
- Sodium hypochlorite is one of the main ingredients in bleach products, which may lead to respiratory inflammation, allergies, skin irritation, hormonal imbalances and digestive disturbances.

While this list is far from exhaustive, it contains a few of the more aggressive toxins found in everyday products. As you consider ways to detoxify your life, you may want to research safer alternatives to some of these products found through the Environmental Working Group website. Many of these products can be found at Weavers Way. You also may choose to



Super Stressed? Why Not Try Self-Massage?

1. Lie on your back, placing your fingertips just above your collarbone; tap gently along its length.
2. Lay your fingers along both sides of your neck near the base and gently drag and lift the skin in small circles.
3. Work your way up to your ears and back.

This is a great way to clear the lymphatic vessels in your neck, ease some stress, and give your immune system a hug!

—Dan Vidal,
Weavers Way Wellness Team

All Workshops and Wellness Team Open Hours are canceled until further notice.

investigate DIY options like vinegar, water and essential oils for cleaning, and other recipes for skin care which are natural, safe and often more economical.

Wendy Romig, DCN, is a doctor of clinical nutrition and owner of Sage Integrative Health Center in Mt. Airy. She sees patients with a wide range of chronic illnesses, and employs functional medicine, nutrition and herbal remedies.

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ELECTION FOR WEAVERS WAY CO-OP BOARD OF DIRECTORS



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

1. What is your current Weavers Way shopping frequency? Describe your involvement in Weavers Way committees, projects, and activities.
2. Describe your experience with financial oversight, particularly of a business or organization's budget and financial performance.
3. What do you perceive to be the long- and short-term challenges facing Weavers Way, and how should we address them?
4. What volunteer or professional experiences have you had with other cooperatives or organizations that will help you strengthen the Weavers Way Board?

Danielle Duckett

1. I shop at the Ambler location five days a week. I generally visit the Chestnut Hill location three to four times a week for lunch. I have supported many of the Co-op's efforts, including Food For All, postcard writing, and the \$4 Friday dinners in Ambler.



2. I have both macro and micro experience overseeing government agencies and those who contract with them. As regional licensing administrator for Southeastern Pennsylvania, I was tasked with the oversight of budgets for over 200 provider organizations contracted to provide services for individuals with intellectual disabilities. Additionally, through my quality management role in the Montgomery County Office of Behavioral Health and Developmental Disabilities, I worked to ensure fiscal responsibility for every individual receiving services.

3. Education and internal and external stakeholder engagement should be a continuing area of emphasis and focus. Short-term challenges: Weavers Way, in concert with the board, will need to ensure that the Co-op remains true to its principles and fiscally strong as it seeks to expand and engage members of its various communities. Long-term challenges: Weavers Way should ensure that the Co-op continues to be mission driven, value oriented, and financially strong despite competition in the marketplace.

4. I was the past president of Montgomery County Head Start (Ambler Campus). I also served as a catechist at my parish for over 15 years. I am currently the vice-president of the Lower Gwynedd Township Board of Supervisors. Additionally, I am the policy director for State Representative Chris Rabb.

Jason Henschen

1. Two to three times a week at the Chestnut Hill and Mt. Airy stores and occasionally to Ambler, especially for their Friday evening dinners! We make a weekly trip to the Henry Got Crops Farm Market when open. I sat on the Environmental Committee for four years.



2. I sat on the advisory board of High Point Wholesale for multiple years. On this board, we reviewed the financial status of the organization as well as long- and short-term financial projections brought to us by the financial advisory team.

3. The communities that surround our three locations are beautifully unique. Our greatest long-term challenge is cultivating a similar business model that can allow this unique operation to be replicated in other diverse neighborhoods. In the short term, broadening our accessibility and approach to a more diverse socioeconomic population in Philadelphia is our greatest challenge. Discount memberships for SNAP benefit holders and strong community and citywide partnerships are great first steps, but working with members of this population to address their immediate challenges with affordable food is vital.

4. My experience working for High Point Cafe and then its wholesale division from 2005-11 and then 2014-19 meant that I cultivated relationships in the Northwest community as well as the greater Philadelphia region. This experience will be an asset to me as a board member. I also volunteered for years as a food stamp screener for the Greater Philadelphia Coalition Against Hunger, where I learned more about the difficulties of accessing fresh, local food in underserved communities.

Michael Hogan

1. We do 90% of our household grocery shopping at Weavers Way and shop there almost daily. I currently serve on the board's audit committee and previously served on the finance committee. I made member loans for the Chestnut Hill and Ambler stores and am a sustaining member of Food Moxie. I attend our fundraising dinners and neighborhood events. As a working member for 40 years, I have packed dried fruits, restocked shelves and refrigerators, picked our farm vegetables, and cleaned up after closing.



2. I worked for the Philadelphia Water Department for 34 years before retiring. I prepared, analyzed, and monitored the department's \$122 million operating budget, participated in the rate-setting process, prepared long-range plans and forecasts of revenues and expenses, and conducted internal audits.

3. The Co-op faces the challenge of matching its Ends with pricing, so that members and shoppers will continue to buy here even though we may not have the lowest price in town. There are several supermarket chains in the region that draw from our customer base. We must increase sales and membership so that we can pay down debt, increase cash, and be able to maximize opportunities in the future.

4. My experience includes 10 years with the board of Lutheran Settlement House, including stints as vice president, treasurer, and chair of the finance committee and building committee. For three years, I served as assistant treasurer of the board of Reading Terminal Market Corporation, and I served on the Board of the Market's Preservation Fund for five years. Lastly, I worked in a variety of capacities for the Eastern Meter Management Association, including president, vice-president, treasurer, and secretary, for a total of 13 years.

Whitney Lingle

1. I've been a member of Weavers Way for two years, and the way it creates community among members, residents, and organizations strengthens our bonds. I shop there at least once per week, but often end up popping in for odds and ends as well. I've written an article for the Shuttle and followed the Food Justice Committee and hope to begin attending meetings. I also attended numerous community building events the Co-op sponsored last year.



2. I am a nonprofit executive director and manage the budget and fundraising. I closely monitor our financial performance and work with the finance committee of Montco SAAC's Board of Directors to maintain financial stability.

3. The greatest short-term challenge is actual and perceived equitable access. It's critical that everyone be able to procure and prepare healthy food. Reviewing current food assistance programs and communicating with members and the larger community are both important to address issues of access. Long term, the greatest challenge is the ecological and economic sustainability of our food system. I would address that issue by continuing the review process the current Weavers Way staff and board have established and reviewing member feedback to correct issues within the Co-op, so that we have a positive effect on the community food system.

4. My entire career has been devoted to improving food access at the community level. I have taught nutrition classes with The Food Trust, instructed undergraduate food management students, and improved food security for seniors at Montco SAAC for nearly five years.

Vote in Our Board Elections

(continued from page 1)

ballot in the Shuttle, or paper ballots, which are available in each store. Once the paper ballot is used, it can be deposited in the locked box in each store or mailed to the Leadership Committee at 559 Carpenter Lane, Philadelphia, PA 19119.

If you want to know more about the members running for Board positions, there is information about the candidates on this page and online. Each candidate is asked to provide a photo and answer questions, which will allow you to make an informed decision about their qualifications. In addition, the Co-op's website (www.weaversway.coop/VOTE-2020) posts videos of each candidate answering questions about their qualifications for becoming a Board member.

As part of your pre-voting research, you can ask your friends and neighbors if they know any of the candidates. Just as you would in a city, state or national election, you can gather information from people you know and trust to help make your decision.

Board member terms are three years, and each candidate can only serve for two consecutive terms. Therefore, there are no members who remain on the Board indefinitely.

While incumbents may have an advantage, none of the members have served so long that their election is inevitable. And this year, there are no incumbents running.

The election is your opportunity to contribute to the Co-op. By casting your vote, you can make this year's election a meaningful experience, and elect a Board that represents your values and interests.

★★★★ **TO VOTE ONLINE** ★★★★

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



Frank Torrisi

1. I shop at a Weavers Way store several times a week. I know many of the staff and enjoy seeing them regularly. I have participated in activities such as electronics recycling and outdoor neighborhood events in Chestnut Hill and Mt. Airy. I also shop at Henry Got Crops Farm Market during the season.



2. I work as Dental Director of FPCN in Philadelphia (a program of Resources for Human Development). FPCN is a community health network that provides health care in medically underserved communities. I have 40 years of experience leading and running successful nonprofit health clinics. I have always done financial reporting, business plan decision making, budgeting, strategic planning, grant writing, and program sustainability maintenance. I earned an MBA in healthcare administration early in my career.

- 3.** Short-term challenges:
- a. Maintaining a strong bottom line, with continued sales growth
 - b. Reducing waste in all forms as well as the carbon footprint of products we sell; making the health and habitability of the planet a top priority
- Long-term challenges:
- c. Continuing to address food insecurities through Philadelphia Food for All, Food Moxie, and Senior Discount Tuesdays
 - d. Continuing to select ethical, sustainable, and healthy products
 - e. Maintaining strong connections with local partners who have similar goals

4. I've volunteered with Hosts for Hospitals, St. Vincent's Germantown Dining Room, and at various health fairs. I've also served on peer counseling and youth groups and Big Brothers, as well as the board of The Lincoln Center for Family and Youth based at Eagleville.

For their video statements, candidates were asked:

- 1.** Why do you want to be on the Weavers Way Board?
- 2.** What skills, knowledge, and experience do you have that would be an asset to the Board?
- 3.** What could Weavers Way look like in five years?
- 4.** Is there anything you want to say about yourself that would help members vote?



To view the candidates' video statements, visit www.weaversway.coop/VOTE-2020



✂

2020 OFFICIAL BALLOT

Election for Weavers Way Co-op Board of Directors

Voting ends at 10:30 a.m.
Saturday, May 2

To vote online: See the instructions in the Online Member Center at members.weaversway.coop (login required) or follow the directions in your election reminder email. Note that the order of the candidates in the online ballot is randomized, rather than alphabetical, as in the paper ballot.

To vote by mail: Ballots will be accepted by mail if received by Friday, May 1, 2020, at the Leadership Committee mailbox. Mail to: Leadership Committee, Weavers Way Co-op, 559 Carpenter Lane, Philadelphia, PA 19119.

To vote in stores: Place ballots in the ballot box at the Ambler store, 217 E. Butler Ave., the Chestnut Hill store, 8424 Germantown Ave., or the Mt. Airy store, 559 Carpenter Lane, by 8 a.m. Saturday, May 2, 2020.

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

AT-LARGE DIRECTORS

Vote for no more than four (4). The top four vote-getters will get three-year terms and will be announced in an email to all members Saturday, May 2, as soon as the count is completed.

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

<input type="checkbox"/> Danielle Duckett	Write In _____
<input type="checkbox"/> Jason Henschen	Write In _____
<input type="checkbox"/> Michael Hogan	Write In _____
<input type="checkbox"/> Whitney Lingle	Write In _____
<input type="checkbox"/> Frank Torrisi	
<input type="checkbox"/> Abstain	

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

Date _____ Member # _____

Print name _____

Signature _____

New Name, Same Mission: Preserving Land, Protecting the Watershed

by Gail Farmer, Wissahickon Trails Executive Director

ALTHOUGH SO MUCH OF OUR WORK is evolving in response to COVID-19, we are still planning to move forward with a big change. After more than a year of careful consideration, Wissahickon Valley Watershed has started doing business as Wissahickon Trails.

Please know that our staff, mission, and core values stay the same. What's changing is how we present ourselves to the public.

We chose "Wissahickon Trails" because trails are the gateway for people to experience every aspect of our work — from land preservation to protecting the Wissahickon Creek, to learning about the natural world. We know our mission is about so much more than trails. But trails are what connect land, water, and people.

As I write this, we are under a stay-at-home order to reduce the spread of COVID-19. Under the Governor's order, outdoor activities are still permitted, and so our trails remain open. We couldn't be happier to share our trails with you — especially now when you need them most. Allowing for public exercise and activity in nature is important, and our priority is to protect the health and safety of users and staff. When using the trails, follow all CDC guidelines to reduce the spread of COVID-19.

These guidelines include, but are not limited to, the following:

- Maintain social distancing — stay six feet apart from other users. If you can't, due to crowds, please leave the trail.
- Visit on your own or with people with whom you live.
- If the parking lot is full, so is the trail. Please come back at another time or visit another preserve.
- Bring and use hand sanitizer frequently; soap and water are not available on the trails.
- If you think you may be sick, stay at home.
- Be kind to your fellow trail users. Keep your dog on its leash and clean up and remove its waste. Take note of our signs outlining our other trail rules.

We aim to keep our trails open so long as it remains safe for trail users and our staff. One challenge we are facing is crowding. Our trails are being used by significantly more people than usual, especially on weekends and in good weather. Crowded trails make it difficult to maintain social distance, making trail use an unsafe activity. Please help us ensure that we can keep our trails open by not crowding the trails (see guidelines above).



We have 12 nature preserves and 24 miles of trails for you to explore.

Several of them are typically less busy and have plenty of parking. Consider visiting one of the preserves below:



Piszek Preserve, 700 E. Pennsylvania Ave., Oreland

This preserve is located along Sandy Run and boasts woodlands, wetlands and meadows. A paved 0.6-mile path makes it stroller friendly. Parking is in the small gravel parking lot shared with the community garden at Christ's Lutheran Church — Oreland.



As you walk this 2.4-mile natural trail, pastures turn into forest and woodland habitats. This trail lies adjacent to an active farm, so you might have a chance to see horses during your hike! Please remember to stay on the trail during your visit and be mindful of private property. Parking and the trailhead are located in the back of the parking lot behind the CVS.



Dodsworth Run Preserve, 512 Dickerson Rd., North Wales

This small but mighty preserve is a great place for families. Visitors can enjoy a raised hawk's nest observation deck, a chimney swift tower, and benches. The vernal pond is a favorite spot for birds. The 0.43-mile trail is paved and stroller friendly. There is a paved parking lot off of Dickerson Road.



Briar Hill Preserve, 205 W Skippack Pike, Ambler

Briar Hill Preserve — and the adjacent Cheston Family Preserve at Briar Hill — is located next to Whitpain Township's Prophecy Creek Park. This preserve begins just past the manor house at Prophecy Creek. The 0.75-mile natural trail is rich with wildlife and protects Prophecy Creek, the healthiest creek in the Wissahickon watershed. Parking is in the Prophecy Creek Park lot.

Willow Lake Farm, 7300 Butler Pike, Ambler

Visit our new website, WissahickonTrails.org, and use the interactive map tool to find the right trail for you. And if our trails have helped you during this difficult time, please consider making a donation to support their care and maintenance.



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Liberate Your Lawn & Garden

Act Now to Replace Any of Virus-like Invasive Plants

by Sarah Endress, for the Shuttle

IT'S MID-MARCH AND THE WHOLE FAMILY IS UNEXPECTEDLY HOME! In this time of social distancing, I'm grateful for the Wissahickon and a new opportunity to experience the incredible transformation of spring.

As Mother Earth begins to wake, unfold and stretch, it's also a great time of year to identify plants. The early risers are early indeed this year. Look up and you can see a flush of red in the treetops, as the flowers of red maple (*Acer rubrum*) open. We also can easily identify the swelling globular yellow flower buds of Spicebush (*Lindera benzoin*), an understory shrub that gets its name from its fragrant twigs, leaves and flowers.

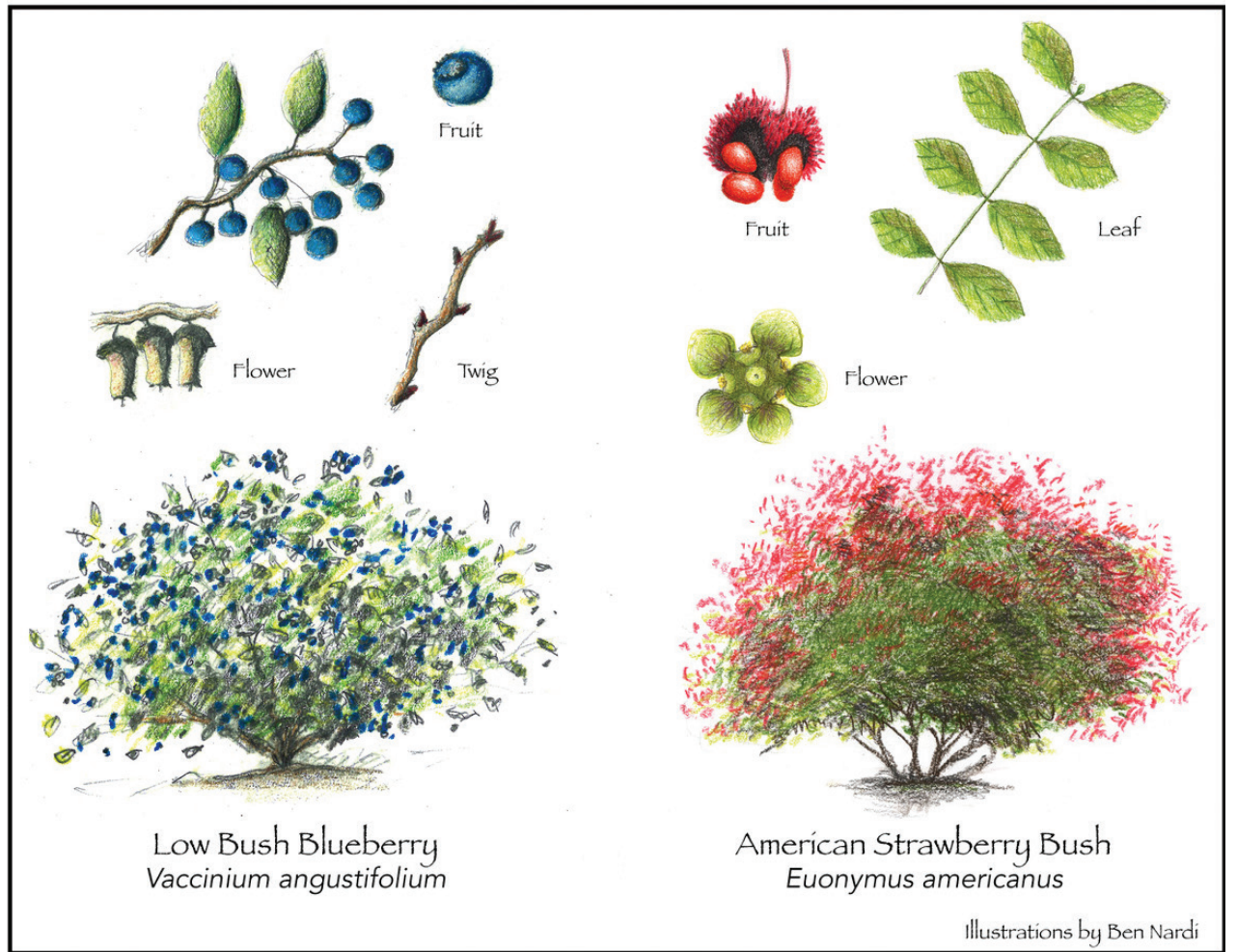
While this makes me smile, it's also easy to identify some of the most invasive species impacting the Wissahickon. The green and yellow carpet of lesser celandine (*Ranunculus ficaria*), and the chartreuse emerging leaves of winged euonymus or burning bush (*Euonymus alatus*) are beautiful but deceiving. Like a virus, these species spread with gusto and negatively impact the health and ecology of the park.

Lesser celandine and burning bush are both listed as invasives by the Pennsylvania Department of Conservation and Natural Resources. They are early risers with little to no natural predator or disease control. Both are bullies that form dense plant colonies and shade that effectively blocks out native ephemerals such as bloodroot (*Sanguinaria canadensis*), wild ginger (*Asarum canadense*), spring beauty (*Claytonia virginica*), twinleaf (*Jeffersonia diphylla*), squirrel-corn (*Dicentra canadensis*), trout lily (*Erythronium umbilicatum*), trilliums (*Trillium spp.*) and Virginia bluebells (*Mertensia virginica*).

These are all beautiful woodland ground covers that provide critical early nectar and pollen for native bees and seeds and fruit for wildlife. Sadly, lesser celandine is finding its way into our gardens uninvited, while burning bush, a nursery industry top seller, continues to fly off the shelves.

What should you do to control the spread? First, don't buy them. Second, remove them. The best way to control lesser celandine is to pull it out now before it goes to seed. Be sure to get the root tubers, because if left in the ground, It. Will. Come. Back. Also, be sure to discard it, not compost it.

If your neighborhood is like mine, you may have a 30



to 40, year-old burning bush shrub that arches over your entryway or decorates your foundation. Cut them down, and plant American strawberry bush (*E.americanus*) or low bush blueberry (*v.augustifolium*), both stunning local native alternatives. If you like to hike around Tolerant Statue, you have walked by both.

Low bush blueberry grows 12-24 inches tall on moist, well-drained slopes. Too much water and the roots will rot. It grows in both sun and shade; however, in shade the blue edible fruits my family likes to hunt for and eat are limited. American strawberry bush is a taller understory suckering shrub (4-6 feet high) that thrives in moist, organically rich soil in woodland shade. Its red, strawberry-like fruit opens in fall, revealing beauti-

ful reddish orange seeds that provide food for birds and wildlife. Its foliage may not be as brilliant as the bush blueberry, but the bright green stems of American strawberry provide winter and spring seasonal interest.

As we take precautions to protect our health and wellness, I encourage you also to look at how you can help protect our local forest in your garden. Please consider any or all of the native alternatives listed above.

Sarah Endress is the owner of Asarum LandDesign Group, a woman-owned firm specializing in ecological planning and landscape design.

Illustrations by Ben Nardi

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U.S. Military is a World Leader in Pollution and Wasteful Use of Fossil Fuels

by Sandra Folzer, Weavers Way Environment Committee

WHO IS THE WORLD'S GREATEST polluter? I asked my partner, who responded, "Cattle?" "Airlines?" "Agriculture?" They're all good answers, but the correct one is the U.S. military.

We do not hear about the Armed Forces' record as a polluter because they make getting data difficult. As part of the 1997 Kyoto Protocol, the United States insisted on an exemption for reporting military emissions. But according to the global business news website Quartz, if our military were a country, its fuel usage alone would make it the 47th largest emitter of greenhouse gases in the world.

As the world's biggest polluter, our armed forces create 750,000 tons of toxic waste every year in the form of depleted uranium, oil, jet fuels, pesticides, defoliants, lead and other chemicals, according to MintPress News. MPN reports that almost 900 of the 1,200 Superfund sites in this country are abandoned military sites.

Our military uses almost 21 billion liters of fuel every year, more than the carbon emissions of Denmark, according to grist.org. According to Newsweek, in 2017 the military emitted more than 25,000 kilotons of carbon dioxide by burning fuels.

In 2014, Former United Nations Secretary General Ban Ki-Moon was quoted as saying, "The environment has long been a silent casualty of war and armed conflict. From the contamination of land and the destruction of forest to the plunder of natural resources and the collapse of management systems, the environmental consequences of war are often widespread and devastating."

Damage from the military is alarming. Last year, the city of Tucson, AZ sued 3M, claiming the Air Force contractor had been dumping industrial solvent trichloroethylene (TCE) into the water table for 29 years. Its actions caused over 1,350 residents to suffer from cancer and other illnesses.

In May 2017, U.S. Naval Air Station Oceana in Norfolk, Va. spilled 84,000 gallons of jet fuel into the waterway. Nine military personnel were disciplined as a result.

From 1953 to 1987, Marine Corps Base Camp Lejeune in North Carolina contaminated the groundwater with harmful chemicals at concentrations far above those permitted by safety standards. As a result, an undetermined number of servicemen contracted cancer and other ailments.



In Colfax, LA, the military burns explosives and munitions waste several times a day with no environmental emissions control and has been doing so for decades. The military had previously burned explosives in Minden, LA, but the residents complained, so the burning was moved to Colfax.

The military tries to decrease its carbon footprint by increasing renewable electric generators on the bases. Long before climate change became a popular topic, they were considering the effects of climate change. The U.S. Navy Task Force Climate Change initiative was working to prepare for global shifts in sea levels and warming ocean temperatures, but was quietly shut down last year.

We need to reduce the Pentagon's budget in order to reduce their pollution and flagrant use of fossil fuels. When politicians talk of increasing the military budget to "keep America safe," they are actually making our country less safe. And the military's pollution and waste of resources affects climate change.

eco tip

The Upside of Coronavirus — Less Pollution in the Atmosphere

by Marsha Low, Weavers Way Environment Committee

"Always look for the silver lining," goes the old standard, "and try to find the sunny side of life." It's always good advice, but particularly so in light of the coronavirus pandemic.

One big silver lining of the pandemic is environmental. Since the outbreak, there have been large reductions in air pollution and carbon emissions. The lockdown in China, for example, wiped out 25% of China's carbon emissions in its first month, the equivalent of 200 megatons of CO₂, by reducing coal consumption, oil refining, airline traffic and other sources. Satellite images of cities in China before and after the outbreak have shown a marked reduction in air pollution, and other images from pollution-monitoring satellites show that there has been a huge decrease in nitrogen dioxide, a poisonous gas emitted by burning fossil fuels in power plants and car engines, over the outbreak area.

Already, a study has concluded that as many as 77,000 lives have been saved in China by the lessening of air pollution during the lockdown. And that's just in China. Also, with thousands of flights canceled worldwide, the amount of carbon being dumped into the atmosphere by air travel has been reduced. Add to that the countless car trips not being taken by people sheltering in place.

This is not to downplay the terrible suffering wrought by COVID-19. Rather, by hitting the pause button on our normal way of life, we see the environmental benefits that may indicate to us a way forward in how to reorganize our lives. (For example, more virtual meetings!) By doing so, we can lessen our impact upon the earth — its systems, wildlife and ourselves. Stay safe and well, everyone!

ANNUAL COMMITTEE GRANTS AWARDED FOR GREENING PROJECTS

THANK YOU TO EVERYONE WHO DONATED MONEY DURING our Electronics Recycling events. Your donations enable Weavers Way Environment Committee to give grants to community groups.

This year we encouraged groups to support initiatives which would mitigate climate change. Our recipients were:

- The Wissahickon Sustainability Council, which plans to transform a cement lot into a yard with native trees and plants. We are just one of many groups supporting this project.
- Philadelphia Orchard Project, which transforms neglected spaces across the city into community-owned organic orchards filled with edible plants. The grant will pay for gardening tools and plant materials for the site in Awbury Arboretum.

- Blue Bell Elementary Garden Club, to buy seeds, garden tools, lesson supplies and fruits and vegetables for its garden and educational project to encourage children to develop healthy eating habits.

- Philadelphia Roller Derby, to plant trees, shrubs and plants on the unused green space around its facility on Belfield Avenue, thus enhancing the neighborhood.

Lastly, a grant was given to defray the cost of the new electric vehicle charging station at the Co-op's Ambler store. This charging station, which is free to all, encourages the use of electric cars, which do not emit greenhouse gases.

Fewer community groups applied for grants this year despite the fact that we advertised in the Shuttle and other publications and online. We are hoping more community groups apply next year to enhance our neighborhoods while reducing climate change.



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Suggestions

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.

I'm writing this in the midst of coronavirus shopping days — some of the busiest days our stores have ever had. Lots of things come up in a crisis, one of which is priorities. While we kind of understood the importance of Weavers Way and grocery stores in general before this, it's interesting to see us officially classified as an "Essential Business."

The food supply, while seeming to have adequate overall supplies right now (recovering from a recent "panic buying" period), is also vulnerable to COVID-19. Even though all the soybean, corn, produce, chicken and many other commodities are still being produced, and even though there is a lot of mechanization in the supply chain, it's still dependent on humans. Humans still help plant, pick, process, package and transport food before it gets to the consumer.

The supply chain is not really set up for disruptions like this, especially some of the support industries. That "global supply chain" and "just-in-time ordering" you may have read about in business publications works when things are normal, but when a pallet jack or truck part is needed and repair companies are used to only having a few parts available based on history, but suddenly parts from China and Mexico are months away instead of weeks, you can see the potential ripple ef-



fect. Most food products depend on both people and machinery somewhere along the line, so any disruption to either can affect supply. So far so good, though; as of the end of March, our suppliers are not telling us they are predicting long-term shortages.

When the restrictions first hit, I got to wondering, "What would I do if I couldn't get food?" Eat grass? (Not so much.) Pine bark? (Certain parts, yes.) Forage the neighborhood like a squirrel? It occurred to me I could buy things such as mung beans, lentils, and alfalfa seeds, sprout them, and have some indoor kitchen-grown fresh food in about a week. Then I got curious about what else grows fast and read that radishes, scallions, and lettuce can grow in about a month. Spinach, turnips, beets, zucchini, broccoli, baby carrots, and cucumbers are in the 30-60-day range. Of course, this assumes good growing conditions. If you kept chickens and could keep them fed, you'd have eggs. Could you leave some old food out to attract flies and eat maggots? Turns out that's not a good choice.

(Continued on Next Page)

"Put your suggestions right here."



Norman Says:

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Read SUGGESTIONS by Purchasing Manager Norman Weiss every month in the Shuttle.

Suggestions?



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(Continued from Preceding Page)

Time for some survivalist thinking? Joining the “preppers”? Maybe we should all consider some more self-sufficient practices and homesteading when it comes to food, such as the Victory Gardens of the past, when food got short.

suggestions and responses:

s: “I eat gluten free. I have tried the Amaranth Bakery GF products and dislike them intensely! They have a very peculiar aftertaste. Might you consider doing business with Taffets? Or another company? Thank you!”

r: (Jenna MA) Sorry to hear you were dissatisfied with Amaranth products. We currently get deliveries from Taffets every Saturday. We offer their biscotti, cookies, and bread. You can always place a pre-order if you want us to put a specific product aside for you before it hits the shelf. I am also currently hunting for another gluten-free bakery to bring in, so stay tuned...

s: “Can we get Tricking Springs milk in glass back?”

r: (Norman) Nope, Tricking Springs has gone out of business, and it’s a bit of a wild story, with the local press reporting the owners being accused of defrauding investors of more than \$7 million.

s: “Can we stock ‘Normal Salt’?”

r: (Matt MA) Unfortunately, salt, like people, immediately becomes abnormal in Mt. Airy, so there is no way to have “normal” anything.

s: “To allow the Co-op to make more deliveries without increasing staffing, has the Co-op considered futuristic technologies like time travel, teleporting, warping space, or just freeze-drying everything to be rehydrated after delivery?”

r: (Norman) We looked into the first three, but it turns out Amazon already had patents. That leaves freeze-drying as the most viable option, which we are

“
**Most food products
 depend on both
 people and machinery
 somewhere along
 the line, so any
 disruption to either
 can affect supply.**
 ”

testing on some popular and heavy and voluminous items, like seltzer.

s: “With schools closed, can the MA and CH stores now sell beer?”

r: (Norman) No, as all alcohol production is now geared toward producing hand sanitizer. This virus will be a sobering experience.

s: “I’ve been practicing social distancing but am feeling sad with the lack of close human interaction, especially hugs.”

r: (Norman) Our government forgot to include the corollary distancing that should have accompanied social distancing to maintain psychological health: emotional distancing. Traditionally and stereotypically, many men are naturally good at this, so just model them as a form of emotional distance training.

Montco SAAC Seeking Donations To Keep Meal Program Well Fed

by Melissa Buckmeister, Director of Marketing, Montco SAAC

WHEN THE SENIOR ADULT Activities Center of Montgomery County was closed by Gov. Tom Wolf as a result of his declaration that schools, gyms and community centers would be shut for the month of March due to the spread of the COVID-19 virus, it was determined that although our senior centers based in Ambler and Norristown were going to close during the pandemic, the Meals on Wheels programs, which are deemed an essential service, would remain operational.

After a call for volunteers made by local community leaders resulted in 150 new helpers, our volunteer base is now strong. But we’re still in need of funds to ensure services continue, especially after facing the setback of a broken boiler at the Norristown center in February.

Our organization has been adapting to continue to serve Montgomery County’s most vulnerable populations during the outbreak of COVID-19 through the following actions:

- Enrolling isolated seniors on an emergency basis to make sure they have the basics and can stay safe;
- Offering drive-thru frozen meals to seniors who rely on hot meals at the centers to bridge the gap;
- Reaching out individually via phone and email from staff members;
- Continuing to pay staff during this closure even if they are immunocompromised and must stay home. The organization’s budget will continue to absorb the cost of paying staff despite the reduction in services.

We are seeking monetary donations from anyone able to help. Donations can be made at www.montcosaac.com/donate.htm, or sent to Montco SAAC at 536 George St, Norristown PA 19401. To learn more about our centers, intergenerational art center, or the Meals on Wheels program, call 610-275-1960 or e-mail info@montcosaac.com.

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WEAVERS WAY ENDS

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

AS A RESULT OF ALL WE DO:

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

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

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

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

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

END 6 The local environment will be protected and restored.

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

MALT Spring Classes Go Online To Keep Community Connected

by Stephanie Bruneau, Executive Director, Mt. Airy Learning Tree



FOR THE PAST FOUR DECADES, MT. Airy Learning Tree has organized small classes in which neighbors can teach, learn, and share experiences with each other. In early March, as the COVID-19 pandemic was dawning, our staff and board got together to ask how we could work to fulfill our mission when physical gathering is prohibited.

Like so many educational institutions worldwide, our learning curve has been steep, but we've been able to adapt at least part of our course listings to an online platform. Language classes like French and Irish easily moved online. Watercolor, Pilates, and '80s Aerobics were more of a challenge for our instructors, but students loved being able to continue learning and connecting with their classmates from home. In this moment of extreme social isolation, our mission feels more important than ever. We are working hard to find new ways to facilitate connection between community members, even during quarantine.

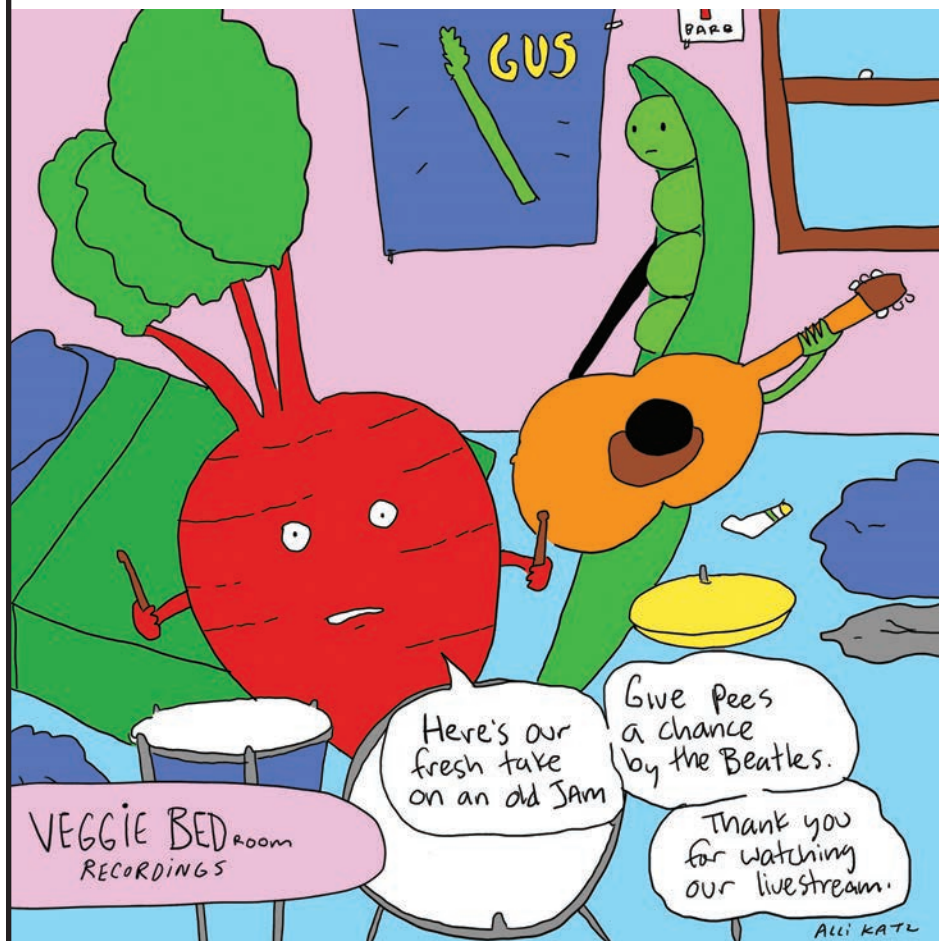
It became clear early on in this crisis that our organization — like so many small and lean businesses in our community — would be hit hard. But with support from the community and an undying commitment to fulfill our mission in new ways, we will persevere.

What would you like to learn this spring from your neighbors — all from the comfort of your own home? Check out www.mtairylearningtree.org for a growing list of online offerings, from cooking classes to computer literacy to painting and drawing and more. And, of course, we'd love your financial support; a donation of any size will help us keep our doors open after this global health crisis lifts.

We hope to see you online! And we wish you and your families health, comfort, and moments of joy and peace.

Locally Grown

Illustration by Alli Katz



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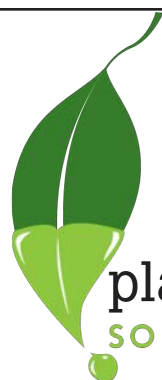
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Weavers Words

SEE THE GIFTS

See the gifts one at a time
A poem, a laugh, a simple rhyme

The gift of breath, the gift of sight
The gift of sleeping through the night

The gift of limbs, the gift of mind
The gift of learning to be kind.

The gift of you, the gift of me
The gift as simple as a tree.

— Shelley Barchanowitz Goldberg

SPRING

Spring: when warm air
Blows through my hair

Spring: when buds sprout
And joyously shout

Spring: when flowers are colorful
And life is wonderful

— Kenza Blankenbeckler, age 8

WHERE I ONCE SAT

I sit
and sink
into soft earth, green leaves,
a sweep of wind, a blur of bees.
I breathe it in;
it exhales me,
this place
where I once sat.

— Charlie McCurdy

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.

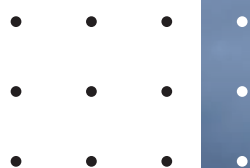
Thanks. We're looking forward to your creation!



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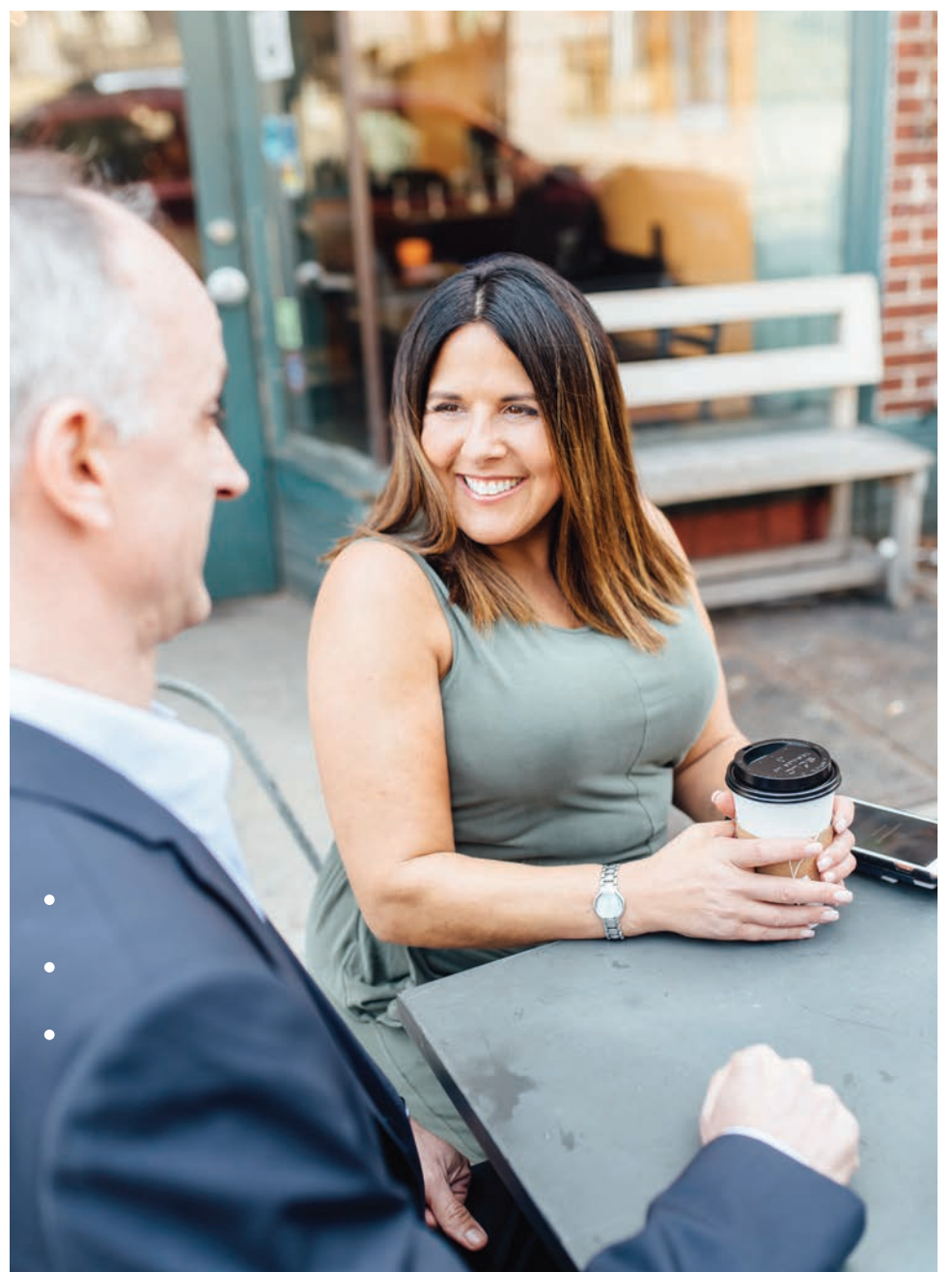
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Plant-Based Food: Good for the Planet and Good for Your Brain

by Betsy Teutsch, for the Shuttle

LIKE EVERY CHILD WHOSE AGING PARENT SUFFERED from dementia, I fear the same fate. While never a vegetarian, a typical meal was pasta with red sauce and gobs of cheeses — quick and delicious.

My recent gravitation to a plant-based diet was inspired by following “Happy Healthy Long Life,” a lively Facebook page. The Healthy Librarian, a/k/a Debby Kastner, is a medical librarian at Cleveland Clinic. She shares vetted medical info as well as wonderful recipes culled from a wide variety of chef-bloggers. If she can do it, I can do it.

Her basic message for brain and heart health: Eat a plant-based diet. You can’t change your genetics, but you can eat differently. Plus, the environmental benefits of a plant-based diet are compelling.

The Healthy Librarian also posts book reviews. Two books she shared, in particular, have sold me on eating more plants and less fish, dairy, sugar and processed foods: “The End of Alzheimers: The First Program to Prevent and Reverse Cognitive Decline” by Drs. Dean and Ayesha Sherzai, and “The Blue Zones” by Dan Buettner.

The Sherzais are a husband-wife neurology team based at California’s Loma Linda University. Loma Lindans are primarily Seventh Day Adventists who adhere to a plant-based diet, and the couple treats many of them. In their experience, the neurologists have diagnosed few cases of dementia despite these residents living to advanced ages. They also treat patients from nearby San Bernardino, a low-income community with a typically high-fat, highly processed diet. In San Bernardino, cognitive impairment is common.



In addition to their plant-based diets, Seventh Day Adventists are physically active and spiritually and communally engaged. It’s hard to isolate how much impact their dietary habits have on brain health, but the Sherzais whole case is persuasive.

Buettner produced a National Geographic documentary in which he visited the five zones that he circled in blue where global citizens live the longest — hence, the inspiration for “Blue Zones.” Populations in these places eat plant-based diets with little or no animal protein, live to advanced ages, and are largely free of cognitive impairment. Loma Linda is one of the Blue Zones.

Acquiring new eating and preparation habits is a gradual process. I have upgraded my cooking tools with several new large cutting boards, because preparing plant-based foods always means

a lot of chopping. A Ninja Foodi has replaced our old blender for smoothies and cold soups. I use a microplane to grate lemon zest and ginger. Since I now make larger quantities of food, we’ve stocked up on Pyrex freezer containers. Nothing beats grabbing a healthy meal out of the freezer.

We buy a lot more chickpeas, sweet potatoes, canned diced tomatoes, greens, beans and fruits. If you make the switch, expect a surge in cumin and turmeric consumption!

The accompanying chili recipe, courtesy of Zach Teutsch and Becca Rosen, is now in our rotation; it is originally from Cooks Illustrated. I like it over baked potatoes. Plus, it doesn’t require a lot of chopping and is easily doubled.

Plant-Based Chili

A double batch fits in a 6-quart pot.

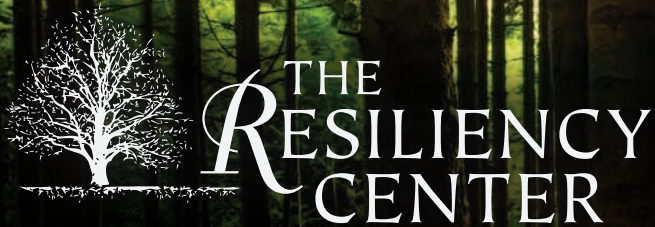
Ingredients:

- 28-ounce can diced tomatoes
- (2) 15 oz. cans beans (pinto, black, kidney, or mixed), rinsed
- 2-3 tsps. minced chipotle chilies in adobo sauce (there will be a lot left)
- 2 tsps. sugar
- 2 tbs. vegetable oil
- 1 onion, chopped
- 3 tbs. chili powder (Yes! That much)
- 2 tsps. cumin
- Salt and pepper to taste
- 3 cloves minced garlic
- 1 ½ cups frozen corn
- Optional: ½ bag vegan ground beef (like Beyond Meat crumbles)
- 2 tbs. minced fresh cilantro

Directions:

1. Pulse tomatoes and their juice in a food processor until slightly chunky, about five pulses.
2. In a large saucepan, cover and bring to a boil the tomatoes, beans, chipotle chilies, sugar, and 1/2 teaspoon salt. Reduce to a simmer and continue to cook until needed in step 4.
3. Heat oil in a larger pot over medium heat until shimmering. Add the onion, chili powder, cumin, and ¼ teaspoon salt and cook until softened, about 5 minutes. Stir in garlic and cook until fragrant, about 30 seconds.
4. Stir in tomato-bean mixture, scraping up any browned bits. Bring to a simmer and cook until slightly thickened, about 15 minutes.
5. Stir in corn and cilantro (and vegan ground beef if desired), and return to a brief simmer. Season with salt and pepper to taste.

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STAFF CELEBRITY SPOTLIGHT

John Adams

Job: Manager, Chestnut Hill Prepared Foods

Since when: July 2017

Age: 35

Where he's from/where he lives now: He was born outside Columbus, OH, but mostly grew up in Springfield, Delaware County. He now lives in Ridley Township with his wife, Melissa, son Brayden (10), and daughter Rosie (2).

How he got to Weavers Way: He has roots in the grocery store business, having spent a lot of time as a child in his grandfather's store in Ohio. In high school, he worked as a sandwich maker at a small market specializing in prepared foods in Delco. He rose up the ranks there, eventually becoming head chef and opening second and third locations for them. After 10 years there, he moved on to the prepared foods department at Swarthmore Co-op and landed here less than a year later.

Culinary training: He has an associate's degree from the Restaurant School at Walnut Hill College in West Philly.

Thoughts on the job: "We're very community oriented, and there are a lot of voices that have opinions. Which is good, because we want to provide everybody what they want as well as we can. But at the same time, it does get stressful, because everybody has an opinion."

Favorite Co-op products: "I like our hot bar, because it gives us a chance to be creative. It gives us the opportunity to showcase things differently — different cuisines, different flavors." He's also a fan of Guayaki Organic Yerba Mate iced tea and Prep Foods' mango chicken salad.

Thoughts on the Co-op: "Coming here, it was definitely a big learning curve with the way co-ops are run, and the different way co-op policies are interpreted...At the end of the day, the nuts and bolts are the same, but maybe the way you're screwing them in is different."

—Karen Plourde



COOPERATOR OF THE MONTH

Elisabeth Bass

Joined Weavers Way: Over 30 years ago

Lives in: Mt. Airy, with her husband, Stuart. They have two grown children and two grandchildren.

Current job: She's an English professor at Camden County College.

Previous co-op experience: As a student at Clark University in Worcester, MA in the 1970s, she and a few classmates started a co-op called "The Community Stomach" to stretch their food budget. "And we ended up eating healthy because...it was all vegetarian and whole grains."

Why she joined: Based on her college experience, when they moved to Germantown and heard about Weavers Way, she wanted to join. Later, they moved to Mt. Airy and shopped at the Co-op often when their kids attended C.W. Henry School.

Working member job history: She enjoys representing the Co-op at events at Awbury Arboretum or those associated with Friends of the Wissahickon. "Over the 30-plus years, I've done pretty much everything."

Why she's a working member: "I love cooperating. I like the idea that it's the heart of the community."

Favorite Co-op products: Produce, cheeses, gluten-free selections. She shops here a couple times a week, and does 90% of her shopping here.

A lot of Co-op love: "It's a third space; it's a place where you can stand in line and go 'What can I cook with this?' and someone will tell you. Or you can go up to one of the people who work here and use the word 'Do we have?'; as in 'This is our space.'"

—Karen Plourde



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

Weavers Way Board

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

The Board's regular monthly meeting is held on the first Tuesday of the month. Meetings are postponed during the COVID-19 crisis. Check the Co-op's Calendar of Events for the date of the next meeting.

For more information about Board governance and policies, visit www.weaversway.coop/board. Board members' email addresses are at www.weaversway.coop/board-directors, or contact the Board Administrator at boardadmin@weaversway.coop or 215-843-2350, ext. 118.

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The Shuttle

Editor: Karen Plourde

editor@weaversway.coop, 215-843-2350, ext. 135

Assistant Editor: Paul Weinstein

pweinstein@weaversway.coop

Art Director: Annette Aloe

annette@weaversway.coop, 215-843-2350, ext. 130

Advertising Coordinator: Karen Plourde

advertising@weaversway.coop, 215-843-2350, ext. 314

Proofreaders this issue: Robin Eisenberg, Helene Huffer, Mike Barbato-Dunn, Jenny French

Contributors this issue: Sylvia Gentry, Dana Barron, Trudi Dixon, Dan Vidal, Wendy Romig, Jenna Swartz, Nina Berryman, Bonnie Shuman, Kieran McCourt, Norman Weiss, Jeannine Kienzle, Brenda Malinics, Lisa Mosca, Lynne Brown, Devon Watts, Jon Roesser, Georgia Mae Lively, Mike Weilbacher, Jodi Schwartz-Levy, Esther Wyss-Flamm, Gail Farmer, Sarah Endriss, Sandy Folzer, Marsha Low, Melissa Buckmeister, Stephanie Bruneau

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215-843-2350

Weavers Way Chestnut Hill

8424 Germantown Ave.

8 a.m.-7 p.m. (temporary)
215-866-9150

Weavers Way Ambler

217 E. Butler Ave.

8 a.m.-7 p.m. (temporary)
215-302-5550

Weavers Way Across the Way

610 Carpenter Lane

8 a.m.-7 p.m. (temporary)
215-843-2350, ext. 6

Weavers Way Next Door

8426 Germantown Ave.

8 a.m.-7 p.m. (temporary)
215-866-9150, ext. 221/222

HOW TO REACH US



www.weaversway.coop



contact@weaversway.coop

General Manager

Jon Roesser, ext. 131
jroesser@weaversway.coop

Finance Manager

Susan Beetle, ext. 110
sbeetle@weaversway.coop

Purchasing Manager

Norman Weiss, ext. 133
normanb@weaversway.coop

HR Manager

Janet Potts, ext. 132
hr@weaversway.coop

Membership Manager

Kirsten Bernal, ext. 119
member@weaversway.coop

Outreach Coordinator

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

Executive Chef

Bonnie Shuman, ext. 218
bonnie@weaversway.coop

Farm Manager

Nina Berryman, ext. 325
nberryman@weaversway.coop

Floral Buyer

Ginger Arthur, ext. 317
floral@weaversway.coop

Ambler

Store Manager
Heather Carb, ext. 300
hcarb@weaversway.coop

Grocery

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

Produce

Erik Fagerstrom, ext. 377
efagerstrom@weaversway.coop

Prepared Food

Alisa Consorto, ext. 374
aconsorto@weaversway.coop

Deli

Mike Kim, ext. 359
mkim@weaversway.coop

Meat, Poultry and Seafood

Drew Hay, ext. 361
ahay@weaversway.coop

Bulk

Ken Kolasinski, ext. 379
kkolasinski@weaversway.coop

Bakery

Deb Evans-Hunger, ext. 376
devanshunger@weaversway.coop

Wellness

Andrea Houlihan, ext. 378
ahoulihan@weaversway.coop

Chestnut Hill

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

Grocery

James Mitchell, ext. 217
jmitchell@weaversway.coop

Produce

Josh Magnitzky, ext. 211
jmagnitzky@weaversway.coop

Deli

Ann Marie Arment, ext. 208
arment@weaversway.coop

Prepared Food

John Adams, ext. 218
jadams@weaversway.coop

Meat, Poultry and Seafood

Ron Moore, ext. 205
rmoore@weaversway.coop

Bulk

Len Mears, ext. 214
lmears@weaversway.coop

Bakery

Kris Walker, ext. 217
kwalker@weaversway.coop

Next Door

Wellness Manager
Chris Mallam, ext. 221
cmallam@weaversway.coop

Mt. Airy

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

Grocery

Matt Hart, ext. 140
matt@weaversway.coop

Produce

Seth Murley, ext. 107
smurley@weaversway.coop

Deli

Shawn O'Connell, ext. 134
soconnell@weaversway.coop

Prepared Food

John McAliley, ext. 102
jmcaliley@weaversway.coop

Meat, Poultry and Seafood

Dale Kinley, ext. 104
dale@weaversway.coop

Bulk

Mike Rawls, ext. 142
mrawls@weaversway.coop

Bakery

Jeanna Swartz, ext. 305
jswartz@weaversway.coop

Across the Way

Wellness Manager
Sarah Risinger, ext. 114
srisinger@weaversway.coop

Pet Department Manager
Anton Goldschneider, ext. 276
petstore@weaversway.coop

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New Member Orientations

are postponed

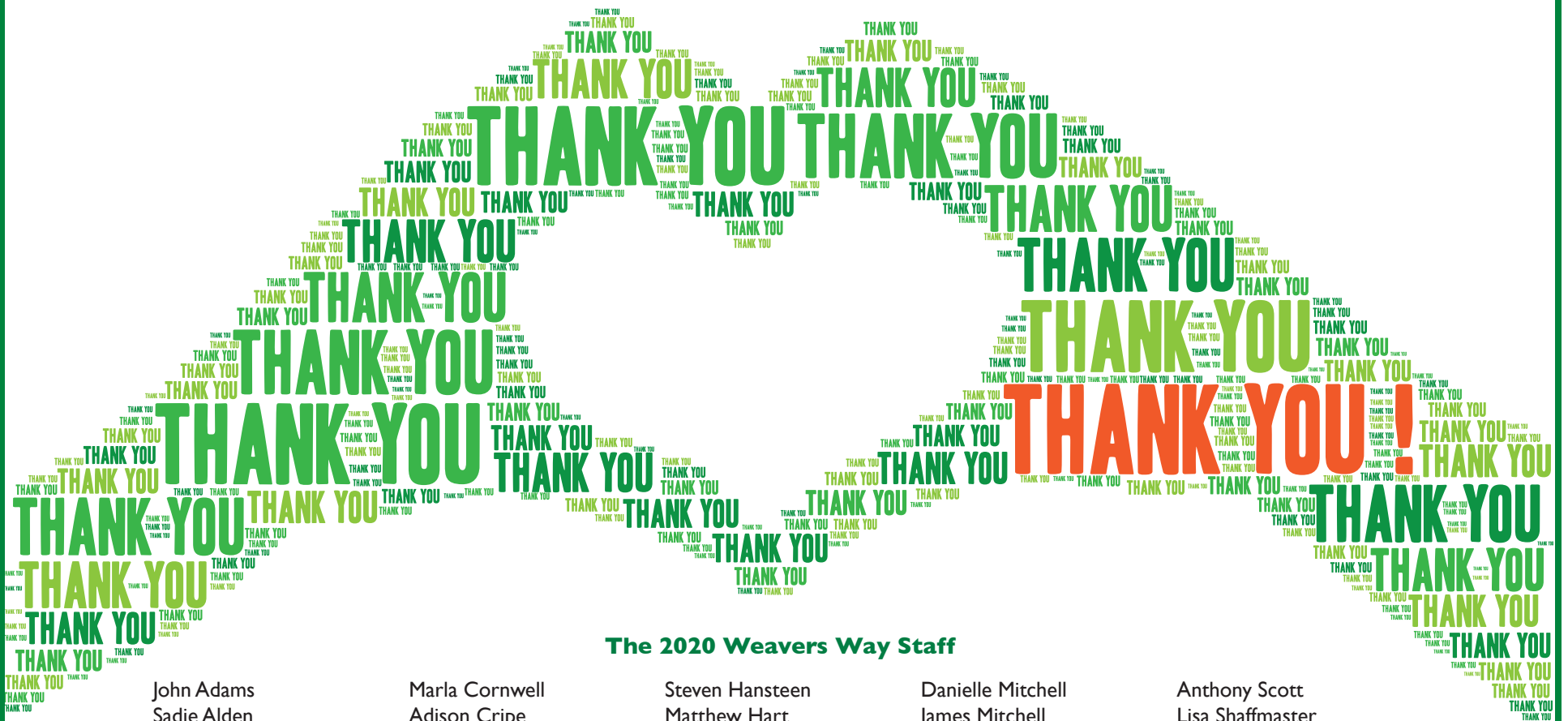
during the COVID-19 crisis.

Become a Member

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

Thanks to Our Employees for Their Hard Work During This Crisis

from the Weavers Way Board



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