

Voting for the Board Has Begun – Make Sure You Do!

by Sylvia Gentry, Weavers Way Leadership Committee

THE ELECTION IS UNDERWAY!
Every spring, Weavers Way members elect new or continuing Board members to fulfill the responsibilities of guiding our Co-op and assuring the organization meets its designated Ends. This year, from now until our spring General Membership Meeting on May 13, the polls —virtual, through the mail, and in the stores — will be open (see complete details and the ballot on p.13).

Member participation in the annual election is essential for the ongoing governance of our Co-op. For the election to be valid, our bylaws require 10% of member households (just under 11,000) to vote. The number of members participating in the election has grown each year along with our membership. It is vital for you, our members, to engage in the election process. Your vote counts, and it is the fundamental way we as owners can participate in the governance of Weavers Way.

(Continued on Page 13)



One Farmer's Path to a Love for Community and Growing Food

by Akiva Woods, Henry Got Crops Farm Field Manager



ITOOK AN UNCONVENTIONAL PATH TO agriculture. I grew up in a military family, and we moved frequently, so I didn't have a close relationship to land or even food. All my great grandparents had been farmers, but this connection had not been passed on.

What I did inherit was the importance of serving my community and maintaining a strong work ethic. When I graduated from George Mason University, I knew I wanted to make a deep, positive impact on the world.

(Continued on Page 6)

The Shuttle

APRIL 2023

Since 1973 | The Newspaper of Weavers Way Co-op

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HOW DO I love the coop?

Give Us All the Details!

by Linda Schatz, Weavers Way 50th Anniversary Planning Committee

THERE IS SO MUCH TO CELEBRATE AND APPRECIATE ABOUT Weavers Way. Perhaps you, like me, met your spouse at the Co-op. I met Laurence Sigmond about 40 years ago while I was doing my working member hours. We got married and raised a wonderful son.

Perhaps you love the Co-op for its good energy, or for the wonderful and varied food choices. Whatever the reason, the 50th Anniversary Committee is collecting love letters to the Co-op from members. We will assemble and share them over the coming months.

Here are a few ideas to inspire you:

- ♥ What prompted you to become part of Weavers Way?
- ♥ What do you love about the Co-op?
- ♥ Did you meet someone at the Co-op who became a significant part of your life?
- ♥ How can the Co-op be even better?
- ♥ What is your favorite part of the Co-op?

Please email letters to: outreach@weaversway.coop. You can also send them by U.S. Mail to: 50th Anniversary Committee, c/o Membership Department, 559 Carpenter Lane, Philadelphia PA 19119. Or place them in the box labeled "50th Anniversary Committee" located outside the membership office in the basement of 555 Carpenter Lane. We will accept letters until May 31. Thank you in advance for writing to us!



Members Sound Off On Plastic Usage At the Co-op



EXCESSIVE USE OF PLASTIC, BOTH single-use and those marked as recyclable, is growing concern in the grocery and other industries, given the poor recycling systems. It's estimated only 9% of plastics get recycled, typically into lower-value materials. According to the International Union for the Conservation of Nature, at least 14 million tons of plastic end up in the ocean every year.

Plastics pose a serious risk to our health, communities and planet. One study estimates that a typical person ingests over 1,000 microplastic particles per week; another found microplastics in the blood of healthy volunteers. Furthermore, plastic (including packaging) often contains numerous harmful chemicals, including per- and polyfluorinated substances, which are endocrine disruptors linked to cancer, reproductive disorders and more.

Over the years, Weavers Way has made efforts to support member environmental initiatives by collaborating with the Plastic Reduction Task Force and the

(Continued on Page 9)

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Editor's Note

by Karen Plourde, Editor,
Weavers Way Shuttle



AND NOW, A NORMAN WEISS STORY. Last month's Shuttle featured three photos along the top of the front page from the Board of Directors 50th anniversary celebration at Summit Presbyterian Church in Mt. Airy on Mar. 3. Representatives of boards past were there and came up to the microphone to share their experiences. The rightmost photo featured a cluster of Weavers Way pioneers: Barbara Green, a former member of the membership department; her sister, Sylvia Carter, who served a few terms on the Board, including as an officer; former at-large board directors (and presidents) David Woo and David Baskin, and... wait! Who was that other guy — the one in the baseball cap?

I started asking that question at the event, because unlike the others, The Guy didn't speak at the mic, and I couldn't read his nametag. I asked Norman, our purchasing manager and unofficial Keeper of Our Institutional Memory, but he said he didn't know.

The day before the March issue was to go to the printer, I showed the page proof to several Co-op mainstays, including longtime Mt. Airy cashiers Stephanie Johnson and Joe Black and Membership Manager Kirsten Bernal. No one knew who the guy was. A longtime member even took a look while she was being rung up. No dice.

So I had to leave it there. On March 8, I got an email from Ralph "Bud" Cook, an early president of the Co-op's board. "Friends tell me I appear in the middle of a picture on the front page of the Shuttle — but that I'm the only guy not identified in the caption," he wrote.

I explained to him what happened and offered to rerun the pic with his name included, but he demurred. However, I reserved the right to divulge the story in another forum (here).

A few days later, I was back in the office and saw Norman. "That was Bud Cook in the picture," I said.

"Yeah, he was there that night," he replied.

Catch you in the pages next month.

The Shuttle is published by
Weavers Way Cooperative
Association.

Statement of Policy

The purpose of the Shuttle is to provide information about co-ops, healthful food and other matters of interest to Weavers Way members as consumers and citizens.

Weavers Way members are welcome to submit articles (about 500 words) and letters to the editor (200 words) on subjects of interest to the Co-op community.

No anonymous material will be published; all submissions must include an email or phone number for verification. The Shuttle retains the right to edit or refuse any article or letter. Submit to editor@weaversway.coop. 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.

Check It Out!

by Karen Plourde, Editor, Weavers Way Shuttle

Celebrate Our 50th Sweetly with a New Brittany Dessert Cup

Brittany Natural Foods of Allentown, maker of wraps, macaroni and cheese, and spoonable desserts, has added two dessert cups to their repertoire made especially for Weavers Way's 50th Anniversary. The red velvet and chocolate bomb cups are decadent and portable, and the chocolate bomb will slake even the strongest chocolate thirst. Through May 2, they're \$1 off for members (regularly \$4.99).



Savor a Touch of Spring with Tate Farm Spreads

We're at least a month away from berry season. But in the meantime, you can enjoy a dollop of springtime flavor from Boalsburg, Centre County's **Tate Farm Foods** fruit spreads. Their conserves, jellies, jams, preserves and fruit butters are made of over a half pound of fruit per each nine-ounce jar. Through May 2, take 10% off your favorites — or find a new one (regularly \$8.99-\$11.99).



Lube Your Stuff Safely with Gear Hugger

We all love that magical feeling we get when a formerly balky tool or stubborn gear springs back to life with a spritz of lubricant. But the chemicals, though! Enter **Gear Hugger** plant-based lubricant, which is made of agave waste used in the production of tequila and mezcal. It's free from petroleum, polytetrafluoroethylene, volatile organic compounds and other toxins and is safe to use around kids and pets. Since 60% of the 2.5 billion gallons of lubricant sold in North America ends up in groundwater, any steps we can take to lower that percentage would help.



Through May 2, three-ounce and 11-ounce spray containers are 15% off (regularly \$8.99 and \$14.99).

Local Cheese Spreads Add Spark to Spring Gatherings

With the weather warming up and socializing becoming more common, you may want to have items on hand that can be easily taken out to the patio or deck or popped into a cooler. **DiBruno** cheese spreads, made by the Italian Market-born purveyor of cured meats and cheeses, fit well into that category. Flavors range from sweet, fruity Port Wine to the kickin', hot chili-sprinkled Abruzzi, with a couple kinds in between. Grab your favorite crackers and let's go!



Through May 2, 7.6-ounce containers of DiBruno spreads are 2/\$10 (regularly \$6.49 each).

Find Small-Batch Excellence in Olde Kensington's Lost Bread

David Bois, owner of Lost Bread, started baking bread after health problems forced the biochemistry major to table his dream of a beer brewing career. The company mills their own organic flour on site on a New American stone mill, and all the grain they use is grown and processed without glyphosates.



Through May 2, all **Lost Bread** products, including their sourdough loaves, pretzel shortbread, sesame milk buns and milk bread, are 15% off (regularly \$3.99-\$13.99 each).

Philly's Pepper Bru Packs a Punch

A recent addition to the more eclectic part of the drink case in Chestnut Hill is **Pepper Bru**, a locally made daily health tonic developed by E. Oneal Lattimore Jr. With an ingredient list that includes lemon, ginger, habaneros, turmeric and local honey, I expected it to taste like fire cider, but it's mellower than that. Their marketing literature touts it as an immune booster and functional energy beverage.



Want to try it for yourself? Oneal will be in the Hill offering sip samples every Friday from 5-7 p.m.



SLICE IT DICE IT SERVE IT

Hints for Mint

by Kieran McCourt, Weavers Way Ambler



Different varieties of mint can grow all over the world. They've found their way into our food, drinks, and hygiene and cleaning products.

Even though peppermint is bracing in toothpastes and gum, spearmint is valued for its sweet, cooling flavor in the kitchen.

Mint leaves can be used intact, chopped, blended or thinly sliced in a chiffonade. Consider mixing it into salads — it adds flavor to lettuce mix or a spring salad of snap peas, pea shoots and radishes. It also pairs well with fruit salads that feature mixed berries, melons or summer stone fruits.

Mint can add interest to a side of cooked grains, makes a lovely garnish for a warm side and provides punch to a cold grain salad like tabbouleh.

If mint jelly isn't your jam (ha!), consider making your own minty cilantro chutney or chimichurri for lamb, any animal protein or cooked legumes and pasta. Or sub out mint for basil in a refreshing pesto. Remember that mint

leaves will oxidize and darken, but oil can help slow the process.

Beverage Booster: Mint can make an excellent tea on its own, but fresh whole sprigs can also be steeped in a pot of brewed black or green tea for nuance. Muddle some with a bit of sugar and you're on the way to a mint julep, mojito or a riff on other classic cocktails.

Mint has a crazy number of varieties (chocolate, orange, apple), so growing it is the best way to explore its full potential. Be warned: It can easily overtake a garden, so consider growing it in pots or in a raised bed. It likes moist conditions and partial shade and can thrive even in full sun. Mint is hard to start from seed and the results can be unreliable, so your best bet is to buy it as a starter or propagate it from a cutting.

If you grow your own, consider drying the leaves for use in teas, stews and sachets. Bundle the cut stems and dry by hanging them upside down in a well-ventilated space. Keep the dried leaves in an airtight container.

Fun Fact

ABOUT THE CO-OP

A Half Century of Curated Product Lines

The following is an excerpt from the Weavers Way Archives web page at Temple University:

From the beginning, the Co-op encouraged its membership to be fully vested in the formation of its governance and in choosing which products to sell or not sell, with early newsletters concluding, "If you don't decide, someone else will!" In its product philosophy statement, the Co-op outlined its commitment to selling products that were locally and/or cooperatively produced, did not originate from exploitative businesses, and to offer product alternatives, such as bulk versus packaged or organic versus non-organic foods.

We are proud that we have stayed true to that commitment; we're still accountable to our members and take that responsibility se-

riously. Our Purchasing Manager, Norman Weiss, works tirelessly to make sure that we adhere to an important set of guidelines. Whether it's adding new products to our shelves to meet our members' shopping needs or removing products that no longer pass our vetting standards, the Co-op seeks to uphold the principles outlined in our product philosophy. In the 1970s, we took a stand to show solidarity with the United Farm Workers by refraining from stocking lettuce and grapes. Earlier this year, we removed several dark chocolate bars made by reputable brands from our shelves due to elevated levels of lead and cadmium.

Our bulk departments are the perfect example of these principles in practice. We offer a

bevy of options – both conventional and organic – that provide great value while giving shoppers the ability to only buy what they need and to use their own sustainable packaging. This is just one of the ways that the Co-op has maintained its founding ideals. In our 50th year, we continue to offer members and shoppers a healthy, thoughtful, sustainable alternative to conventional shopping.

–Nima Koliwad, Weavers Way Community Programs Coordinator



As part of our celebration of Weavers Way's 50th anniversary, we'll include a lesser-known tidbit about the Co-op's history in every issue of the Shuttle this year. If you know, you know – if not, that's ok, too!



photos courtesy of Wharton Leadership Ventures

Students and instructors from the Wharton School at the University of Pennsylvania, joined by Mt. Airy Bulk Buyer Juli Cardamone, foreground, with the cargo bed full of Co-op groceries (below) that they purchased ahead of their leadership venture hiking expedition to West Virginia last month. They wanted to shop as sustainably as possible, and were able to reduce their trash by 85% by buying products that could be recycled, reused or composted.



photos by Anna Lee Lapinski

Melissa Cannarozzo of Holmdel, NJ (upper right corner) drove two hours from her home on March 12 to load up on bulk favorites in our Ambler store, using her own jars. Although this was her first trip to that location, she's been bulk shopping monthly in Chestnut Hill since 2015. She first heard of the Co-op as a student at Chestnut Hill College and became a regular shopper at the Hill store and a big fan of Prepared Foods sandwiches. Her favorite bulk items are tea (she likes trying new kinds and putting together her own combo) and honey. And her family enjoys the peanut butter pretzels and sunflower seeds. Cooperator Zibi Bieniaszewski (bottom), was also on hand that day to lead a Bulk Basics session.

Ambler's Wellness-Pet Reshuffle



photos by Karen Plourde

The middle of March brought space changes to the wellness and pet departments in Ambler, along with part of the grocery department. Store Manager Heather Carb and crew reconfigured the former wellness space (above) to make room for more large bags of cat and dog chow, bigger packages of cat litter and dog beds, along with the rest of the pet product stock. Meanwhile, the wellness department (below) now takes up about half of two middle grocery aisles. Items from those aisles can now be found in the former pet section.

Art Center Theater Productions Include Carroll and Shakespeare



Sidney Poitier (far left) visited then-Artistic Director Kate Shaffmaster and Allens Lane's cast of Lillian Hellman's "A Raisin in the Sun" in 1963. Photo courtesy of Lisa Shaffmaster.

AS PART OF THE CELEBRATION OF Allens Lane Art Center's 70th anniversary, its theater will stage a classic children's tale this month and in May, its first Shakespeare production in over 20 years.

From April 14-16, the art center's children's theater will present Lewis Carroll's "Alice in Wonderland" in conjunction with The Hum'n'bards Theater Troupe. The production is directed by CJ Higgins and features original music and songs.

The main stage theater will present

Shakespeare's "Twelfth Night," directed by Ryan Walter, on May 19-21, May 26-28 and June 2-4. This whirlwind of hidden identity and unrequited love will also mark the return of Allens Lane's "Café Theater," in which audience members are invited to bring their own food and drink to enjoy before the show.

Tickets for "Alice in Wonderland" are pay what you wish; adults must show proof of vaccination to enter with a child. Tickets for "Twelfth Night" are \$20 each and can be purchased online at www.allenslane.org/2022-23-theater-season/.

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Member Trio Collaborates on a Guide to Philadelphia's Trees

by Nima Koliwad, Weavers Way Community Programs Coordinator

A FIELD GUIDE TO PHILADELPHIA TREES WRITTEN by three Weavers Way members has been updated and is celebrating its second printing — six years after it was originally published and over 20 years since one of the authors wrote a similar guide to trees in New York City.

“Philadelphia Trees: A Field Guide to the City and Surrounding Delaware Valley” was researched and written by Ned Barnard, Catriona Briger and Paul Meyer from 2009 to 2014 and published in 2017 by University of Pennsylvania Press. Barnard was inspired to write the guide after moving to the city in 2009. He met Meyer soon afterward and they worked together on the project, bringing Briger on board later.

This wasn't the first time Barnard was inspired to write about trees where he lived. In 2002, his book “New York City Trees: A Field Guide to the Metropolitan Area” was published by Columbia University Press. At the time, he was teaching himself about trees in the city, and there was no easy-to-use pocket guide.

For “Philadelphia Trees”, the trio of authors toured gardens and parks, spoke with botanists and tree experts in the area, and took hundreds of photos. The first edition of their book eventually sold out.

When the time came time for a reprint, Barnard, Briger and Meyer realized a lot had changed in the city

and it would be worthwhile to update the content. For example, tornadoes spawned by Hurricane Ida tore through the Ambler Arboretum of Temple University in 2021 and leveled almost 75% of the trees. The tree on the original book's cover, a sugar maple from Belmont Plateau, was removed due to poor health in 2021, so the second edition has a new cover image.

The book identifies over 150 species of trees using an identification key and color photographs of leaves, fruits, flowers, bark and winter silhouettes. Each entry includes a mini-essay about the species and a portrait of a specimen tree in the area.

Briger thinks “Philadelphia Trees” is more specific to the city and surrounding counties than other tree guides and has a wealth of detailed information.

“Our species entries each have a ‘Where to See’ section detailing where in the city to find the best specimens of any given species,” she said. “Additionally, there is a ‘Best Places to See Trees’ section describing the tree collections of 50 parks, gardens and arboreta that includes 10 tree walk maps.”

The book also includes an introductory essay by David Hewitt, an expert on local botany, about the history of trees in Philadelphia.

“We hope “Philadelphia Trees” will inspire people to get to know the trees in their yard, on their street, [and]

in their local park so we can all become even better stewards of our urban forest,” Briger added.

Barnard's next project is “Philadelphia Nature,” which he's coauthoring with Anne Becker. The book describes 30 nature walks in Philadelphia and the surrounding counties, and includes walking maps at each location, along with thousands of illustrations.

“The entries have an emphasis on insects, birds and other details that people can miss if they don't look carefully,” Briger said.

Barnard, Briger and Meyer will host a talk about the book and how to use it on April 11 via Zoom; go to the Co-op's online event calendar (www.weaversway.coop/events) to register. Penn Press will take 30% off the purchase price for Co-op members; use the code PHILATREES30 at checkout to get the discount: www.pennpress.org.





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L.E.T.T.E.R.S

Black Rooster Bread Saved a Family Meal

I GOT A KICK OUT OF READING YOUR article about Black Rooster Bread. Last November, my family planned a Swedish smorgasbord instead of a conventional so-called Thanksgiving meal. One challenge was finding a local bakery that makes Scandinavian-style bread. Black Rooster's Baltic dark rye was a great alternative and saved the day for us.

Thank you, Weavers Way and Black Rooster!

Sukey Blanc

CORRECTIONS

In "A Brooklyn-Based 'Peasant Bread' with Roots in Latvia" in the March issue, it was incorrectly reported that molasses is one of the ingredients in Black Rooster rye breads. There is no molasses in the recipe. According to Avery Robinson, the company's managing partner, the sweetness in the breads largely comes from the rye malt powder in the recipe.

In "New WMAN Group Focuses on Preserving Historic Buildings" that appeared in the March issue, the author was misidentified. The article was written by Libbie Hawes and Monica Gonzalez.

The Shuttle regrets these errors.

A Thankful User Of City's Public Transit

RE: BETSY TEUTSCH'S ARTICLES about the different types of public transit ("The Hows and Whys of Traveling Around Philly by Bus", Jan.-Feb. 2023, and "Explaining Philly's Transit System: The View from a Vet", March 2023), thanks for making transit info accessible. I sold my truck 30 years ago in order to save money to start my own business. Since then, I've traveled by public transit, biked and walked. We're fortunate to have two regional rail lines in Northwest Philly in addition to numerous buses. My home is near routes L, 23 and H, which makes it easy to get back via bus from either the Mt. Airy or Chestnut Hill Weavers Way with my full backpack. Since I'm now over 65, I enjoy riding for free (which is funded by lottery money).

I do not miss the hassle of maintaining a vehicle and I get more exercise. Before moving to Philly, I'd lived in Europe and New York City and got used to the benefits of public transit, including relaxing and reading en route. Philly's system is not as extensive as those, but is far better than where my brothers live in Iowa, where the buses run hourly and stop at 6 p.m.

Unfortunately, the United States does not support public transit like Europe. I hope SEPTA recovers from decreased funding and ridership due to COVID. I've never regretted getting rid of my truck and appreciate Philly's public transit.

Gloria Rohlf

One Farmer's Path to a Love for Community and Growing Food

(Continued from Page 1)

After entering the nonprofit field as a volunteer manager, I quickly realized I craved something more hands-on. I dipped my toe into farming with a school-based nonprofit urban farm, Garden Raised Bounty in Olympia, WA. I saw how students' relationships with the earth, their classmates and themselves were transformed through growing food for their community. I watched their confidence and ability to cooperate with one another blossom.

I was transformed, too! As I developed a new relationship with the Earth and myself, I connected with people in a new way, through our shared love of food and dedication to a more sustainable and just food system. I loved being outside all day, living seasonal rhythms, seeing things grow from seed to compost, and having access to the freshest and most delicious produce I'd ever eaten.

I spent the years after working on production-scale small and mid-size farms in Washington State and gained an appreciation for the dedication and skill it takes to feed communities. I grew a rainbow of vegetables, dye plants, and flowers. I cared for herds of sheep and flocks of egg-laying hens. I learned about orchard care, soil science and agroecology. I discovered that farming isn't just about knowing how to keep plants alive; it's also a way of thinking that demands flexibility, teamwork, problem solving, and the constant desire to learn.

But after years on these rural farms, I missed the human-food connection that made me pursue this vocation in the first place. Food links us to culture, ancestry, the Earth, community and self. And strengthening our relationship with the land can transform each of us. I wanted to find a place that let me keep growing food for as many people as I could, but also involve more people in that work.

I'm so grateful that I found a position at Weavers Way. Not only is Philadelphia a leader in the urban agriculture

movement, but the Co-op is also a leader in the cooperative movement, with a unique model for farming and local food systems. How many city dwellers can say they own a farm with their neighbors?

As cooperators who have come out to the farm can tell you, it is a communal space that each of us can enjoy while deepening our relationship with food, the land, and our neighbors. Whether that means spending time with your family weeding, chatting with a neighbor while you pick up your CSA, or taking a walk by the fields on a warm, sunny afternoon, there are so many avenues to experience this connection.

Henry Got Crops Farm is special because we also get to involve Saul High School students on the farm! We've already been in the school this season, teaching students about our approach to sustainable crop planning. Students have been planning how they will use their own garden beds to grow food for their families and community.

Food and the stories we share while growing and eating together has been central to human connection since ancient times. I'm coming to learn that the history of this co-op is one of friends and neighbors coming together over their dedication to food, community and shared values. I'm grateful to be part of the Weavers Way community and have already felt so welcomed.

We have a fantastic farm team this season, and I can't wait to grow together!

You'll have the chance to meet some of us at our season-opening Cooperator Work Day on April 30 from 10 a.m.-2 p.m. This is a family-friendly opportunity to visit the farm and help us kick off the new season. We'll be picking up trash, weeding beds, and planting seedlings. There's something for everyone, even if that's just stopping by and seeing the farm in action.

Hope to see you out on (y)our farm soon!

SHUTTLE LETTERS POLICY

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

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The Time Has Come to Return to Longer-Term Co-op Planning

by Jon Roesser, Weavers Way General Manager

SOMEONE (MAYBE ABRAHAM LINCOLN, BUT probably not) once said, “Give me six hours to chop down a tree and I’ll spend the first four sharpening the axe.” Regardless of who said the words, it’s a good line for planners—or procrastinators.

At the Co-op, we spend most of our time swinging the axe: unloading trucks, stocking shelves, packing cookies, wrapping fish, ringing registers, breaking down cardboard boxes, placing tomorrow’s orders, and a hundred other things that go into the day-to-day of operating a grocery store. There’s not a whole lot of time—or energy—for strategic thinking.

We do plan sometimes. Each spring, we hammer out a budget for the next fiscal year (which begins July 1). The budget is incorporated into a fiscal year business plan which lays out our priorities for the year ahead.

Since it’s crafted annually, the Co-op’s business plan is short term, and therefore tends to be tactical in its focus. Examples of items in the current fiscal year’s business plan include painting the exterior of the Mt. Airy store (done), conducting a third-party audit of our HR department (done), and increasing our entry level starting wage to \$15 an hour (done).

Accompanying the annual business plan is a mid-term (five year) “outlook,” intended to highlight those icebergs over the horizon. The Ambler equipment loan will be paid off in 2024. Chestnut Hill will need a major renovation sometime in 2025 or 2026. Our lease at Awbury expires in 2027. And on and on.

All this planning is good, or at least adequate, for the purposes of operating the Co-op in a fiscally responsible way. But it’s not strategic, in that it does not show us where we want to go.

We have, alas, been without a strategic plan since 2018. When the old plan expired, we were neck deep in opening the Ambler store. Given the time, effort and money involved in developing a new strategic plan, it

“
There’s not
a whole lot of
time—or energy—
for strategic thinking.”

was an easy (if short-sighted) decision to hold off for a while.

By late 2019, with the Ambler store no longer a newborn and on firm financial footing, we were all set to move ahead with developing a new strategic plan. Our kickoff event was scheduled for March 14, 2020. Impeccably bad timing.

COVID necessitated that we focus on the here and now. How to keep customers and staff safe. How to keep the shelves stocked. How to manage radically changed consumer behavior.

We’re now past the worst of all that, hopefully for good. And now strategic planning is finally getting the attention it deserves.

Last year, we engaged the services of Chestnut Hill-based Praxis Consulting Group. Praxis has guided us through a long data gathering process and has con-

ducted focus groups and interviews with current and former board members, staff, committee chairs, industry experts and community partners.

A couple of months back, Praxis sent out a brief online survey to members, and they were surprised (we were not) by the huge response they received. Thank you to those of you who took the survey and to those of you who expressed interest in participating further.

We’re now at the point where a new strategic plan is incubating, and some areas of focus are beginning to emerge. They include the member/customer experience, improving operational efficiencies, staff development and career pathing and environmental stewardship.

In the next month or so, we will have a draft plan that we’ll be able to take on the road. For those who are interested, we’ll schedule focus groups and workshops where we’ll be able to share ideas based on what we’ve learned. From these sessions, we’ll develop tactics that will help us achieve our shared strategic priorities.

It is worth noting that in the gap period between strategic plans, we were faced with making a major strategic decision: moving ahead with the new store in Germantown. While all of us involved in this decision recognized the costs and benefits of such an undertaking, and while we conducted thorough due diligence before proceeding, the lack of a strategic plan made the decision-making process more difficult.

We will be able to assess future opportunities—not necessarily related to expansion—using our new strategic plan as a guide.

The day-to-day will forever keep us busy, and the year ahead will be a particularly busy one. But in order to best prepare our Co-op for the future, it’s important to take at least a little time sharpening our axe.

See you around the Co-op.

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VOLUNTEER OPPORTUNITY

The Philadelphia Sustainable Packaging Alliance (PSPA) is seeking a volunteer who is passionate about waste reduction and building the local circular economy.

Candidates should be proficient in email marketing and building digital campaigns specifically in Mailchimp as well as willing to do outreach.

Co-operator hours are offered in exchange.
If interested please email:

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or PRTF@weaversway.coop

GJC's Solar Panel Project Will Conserve and Create Energy

by Betsy Teutsch, for the Shuttle

GERMANTOWN JEWISH CENTRE, A DOWAGER OF A building that's perched high on Lincoln Drive and Ellet Street, was completed in 1947. The three-story, flat-roof school wing was built first, followed by the soaring sanctuary.

Seventy-six years later, many see that flat roof as a fabulous site for generating renewable energy. The open expanse lends itself to solar power, because no trees hang over it. And GJC agrees; they've launched an ambitious campaign to purchase a rooftop solar array of 117 panels.

The flat roof on the building is overdue for replacement because it lacks insulation. Re-roofing and adding contemporary high-efficiency insulation will improve the building's envelope, thus conserving both heat and air conditioning. The solar panels themselves will add additional insulation, which will increase the efficiency of the building even more. The project's twin benefits of conserving and generating energy end up being a nice metaphor for GJC, a vibrant faith community looking to respect tradition and innovate.

Before last year's massive Inflation Reduction Act passed and spurred a wide variety of renewable energy projects, nonprofits were unable to take advantage of the tax benefits that benefited homeowners, including up to 30% of credits against taxes paid. Now they receive a 30% direct government payment. That's good news for any other organizations thinking about going solar, and the 30% direct government payment policy is in place until 2032. Hopefully, many other local churches and other nonprofits will now be able to finance similar projects. Weavers Way, are you next?

The \$275,000 cost (before the 30% government direct payment) for the new insulated roof and panels will be made up in 12 years or less. The insulation, along with

the added protection from the panels, will lower fuel costs for heating the building while shrinking fossil fuel consumption. The panels are expected to generate 67,000 kilowatt hours of electricity annually, about half of the school building's needs. (The building houses the synagogue staff offices and the year round, booming early childhood program.) As electric prices increase, the payout will likely come faster. The synagogue anticipates that it will sell its Solar Renewable Energy Credits, which will offset more of the expense.

It is a rare capital improvement that pays for itself. The solar-generated electricity will be free from Day One and will allow GJC to redeploy a big chunk of dollars for as long as the panels last, which is estimated to be 25 years.

Of course, another main driver of the campaign is that it is the right thing to do. The climate weirdness of the last few seasons has driven home to many, at long last, that we must take serious measures to cut our carbon emissions. Doing so communally is an ethical and ecological imperative. What better way to demonstrate to our children and their children that we must do our part to preserve our planet?



photo courtesy of Solar States.

The new 117-panel solar array on the rooftop of Germantown Jewish Centre in Mt. Airy.

Some folks have been pleased to contribute toward the panel project, possibly because their homes are not suitable for solar. Perhaps their roof exposures do not align, or their property is too shady. They might be renters or expect to relocate in the near future. Contributing to the community's solar array is an opportunity for them to take direct action to reduce their carbon footprint.

Of course, anyone in the community is welcome to contribute to GJC's solar campaign. If you are interested, please contact campaign chair David Thalheimer at gjsolar@gmail.com.

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Imagining a World Without Waste

Members Sound Off On Plastic Usage At the Co-op

(Continued from Page 1)

Environment Committee. Both groups have contributed to innovative solutions like education through Shuttle articles, reinstatement of jar libraries in the stores, e-waste recycling, awarding community grants and establishing Weight It Weekend in the bulk departments. The Co-op has made noteworthy efforts in plastic reduction, including promoting bulk shopping options and introducing the Container Refund Program. These efforts, which align with the Co-op's values of putting people and planet before profits and fostering community, set it apart from its competitors.

Breaking Down the Results

A fall 2022 survey, to which over 2,200 members responded, named a wide range of concerns and recommendations regarding plastic usage at the Co-op. Here's a summary:

- **98% of respondents reported they were willing to avoid buying products in single-use plastic.** Their comments ranged from excitement to see plastic reduced ("Let's do THIS!!!!!!") to disappointment in the continued usage of single-use plastics. One member noted, "I don't mind single-use cardboard or paper, but the plastic makes me sad. That said, I do buy it when there is no alternative." This theme of lack of available alternatives to plastic was commented on by over two dozen respondents, while others offered more suggestions for plastic-free products.
- Although Weavers Way has implemented various plastic-reduction efforts, more than one in four individuals surveyed responded that they had not taken advantage of any of these programs (CRP, paper-wrapped deli, jar or bag library, bulk shopping). In fact, 20 members said they were unaware of these programs. One wrote, "Don't know anything about this, please educate."
- Of those who were aware of plastic reduction initiatives, many applauded the CRP initiative, and others offered constructive feedback for expanding the program in terms of products offered and availability as well as visibility of the program ("I have seen no signage or indication of the container program at Mt. Airy").
- **90% of survey respondents ranked it important to see the Co-op reduce its use of single-use plastic.** Multiple comments included complaints about the continued use of plastic, with callouts to clamshells, Styrofoam, plastic wrap and "all those plastic tubs." Several members noted the Co-op's unique and important role. One member wrote, "I know it's complicated, but Weavers Way should be a leader in this area." Another wrote, "If not the Co-op, then who?"



Time for a Change

With the investment Weavers Way has already made in plastic reduction, combined with clear member interest and a willingness to go further, now is the time to re-imagine plastic reduction at the Co-op. PRTF urges the development of specific, actionable goals and the implementation of an operational plan for plastic reduction. We hope to more deeply engage Co-op members — over 10,000 conscientious and invested households who make up this community. Member input and support are paramount to promote and prioritize ecologically sustainable solutions.

Email PRTF@weaversway.coop with ideas or feedback. Or use the QR code (bottom right) to join us on Facebook. We always welcome new members.

Plastic Reduction Product of the Month

No-Plastic Toothpaste Options

In an attempt to decrease my daily use of plastic, I have tried out all the plastic-free toothpaste options the Co-op has to offer. Here are my reviews of each.

Uncle Harry's Toothpaste

Uncle Harry's comes in a glass jar in several flavors: spearmint, peppermint, anise and cinnamon. According to the staff at Across the Way, it is far and away the most popular of the plastic-free toothpastes. As a result, it also has the largest stock at all the stores.

I found Uncle Harry's, which has baking soda as one of its main ingredients, to be too salty. It is somewhat gritty and does not foam at all. While it costs about \$7 for a small jar, it lasts a long time.

The Humble Co. Toothpaste Tablets

This "toothpaste" is a tablet that you put in your mouth, chew a bit, and then brush your teeth with. It has a pleasant, mild, minty flavor. It also is harder to bite into and chew than other tablet toothpastes I have tried. It comes in a cardboard tube with 60 tablets per tube, which will last you a month, assuming you brush twice a day. It is somewhat more expensive than Uncle Harry's.

Hello Toothpaste Tablets

Hello antiplaque and whitening toothpaste tablets come in a metal tube of 60 tablets. They have a pleasant, minty flavor that is slightly stronger than the Humble Co. tablets, which I like better. They also are easier to chew and foam a little. As toothpaste tablets go, I like them a lot.

However, I would prefer not to have to pay for and use up another metal container each time I purchase them. And at \$14.99, I find it prohibitively expensive.

I also tried Huppy toothpaste tablets, which are sold online. They initially come in a metal tube, but you can purchase refills packaged in an aluminum packet. The last I checked, 62 tablets cost \$12, not including shipping. A four-month supply is currently \$32 on the company's website.

Auromere Ayurvedic Toothpaste

This is my personal favorite non-plastic toothpaste option. It's most often available in a plastic tube at all the Co-op's wellness stores, but Across the Way has been selling it in a glass container that's the same size as Uncle Harry's. Of the four varieties, it is most like a standard toothpaste, with a minty flavor that I prefer. Like Uncle Harry's, one container lasts a long time, and it costs about the same.

Unfortunately, the folks at Across the Way told me that the distributor they use has not been keeping Auromere in stock regularly because the product in a jar is a relatively new item. Also, I seem to be in the minority of shoppers who prefer it, so it is currently back ordered.

I hope this review helps you to consider trying out the non-plastic toothpaste options the Co-op has to offer. I look forward to the time when non-plastic options are the norm.

—Valerie Glauser





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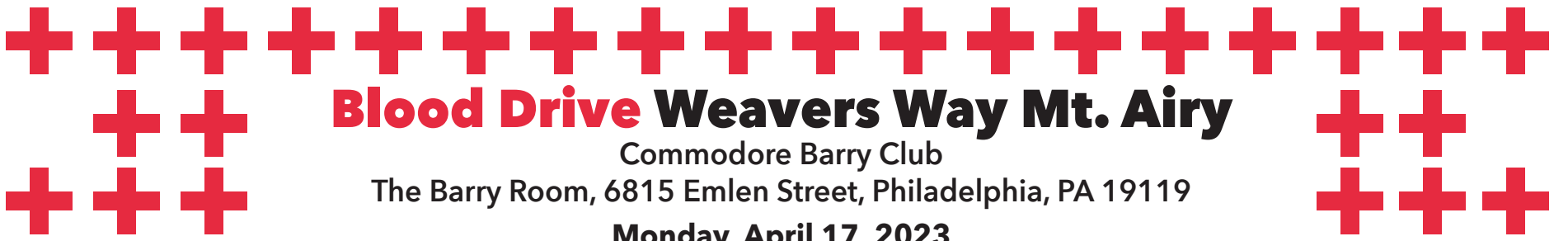
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Margaret Mahoney Lowe



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Okie Hashimoto (1899-1993), *Nishikori Castle*, 1956 (Showa Era). Woodblock print on paper, 16 1/8 x 22 inches. Courtesy of the Collection of James A. Michener.



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Start Your Seeds Indoors For a Healthy Beginning and a Successful Season

by Adam Hill and Marta Lynch, for the Shuttle

IN THE DEPTHS OF WINTER, LOOKING FORWARD to spring gardening can be a welcome beacon. If you are lucky enough to have a sunny windowsill, indoor growing setup or, dare I say, a greenhouse, starting seeds inside is one of the first steps to starting up your garden.

Why start seeds indoors? While many crops do well when seeded directly into the soil (carrots, arugula, spinach, beets, radishes), there are some big advantages to starting seeds inside.

First, planting seeds indoors offers a head start. This can be crucial to a successful harvest for crops that need long, hot growing seasons — tomatoes, peppers, eggplants, melons, squash and more. Starting seeds indoors also allows for quicker succession planting, since the ground is not occupied with developing seeds. Additionally, this method eliminates issues related to low germination (a.k.a. wasted space) or overseeding (a.k.a. wasted seeds and labor for thinning). It allows you to select and transplant only the healthiest seedlings, and gives your plants a lead in combatting weeds, pest and disease.

When to Transplant Outdoors

Deciding when to transplant your crops depends on two main factors: your area’s frost date and whether what you’re growing is a cool-season or warm-season crop. Philadelphia is in gardening zone 7a/b and our average last frost happens between March 31 and April 15. Cool-season crops can handle a light frost, so they can be planted anywhere from four weeks before the last frost to up to two weeks after the last frost. These include lettuce heads, cauliflower, broccoli, cabbage, collards, kale, bok choy, mustard greens, fennel, scallions, onions, etc.

Warm-season crops are heat lovers that should be planted once the danger of a rogue frost has passed; at least two to four weeks after the last frost. You can plant them later, of course, but pay attention to the “days to maturity” for your crop (how long it takes the plant to produce a harvest). Also, be sure that you plant with enough time for your crop to reach maturity before Sept. 15 to ensure a quality harvest. Warm-season crops include tomatoes, peppers, eggplants, basil, cucumbers, summer squash, sweet potatoes, okra and more. If you’re still unsure when to plant a specific variety, consult your seed packet for more information. Johnnyseeds.com also has great recommendations in the Growing Information section for each crop.

Hardening Off and Planting Time

Seedlings grown in indoors are soft and must be hardened off to withstand the elements (wind, sun,



extreme temperature, temperature fluctuations, etc.) as well as pests and disease. Hardening off is a process in which plants are gradually exposed to the outdoor environment and in response, undergo physiological changes such as strengthening and thickening their cell walls. Seedlings will wilt, be more susceptible to pests and diseases, and can even die if not properly hardened off. So make sure to take the time to complete this important step.

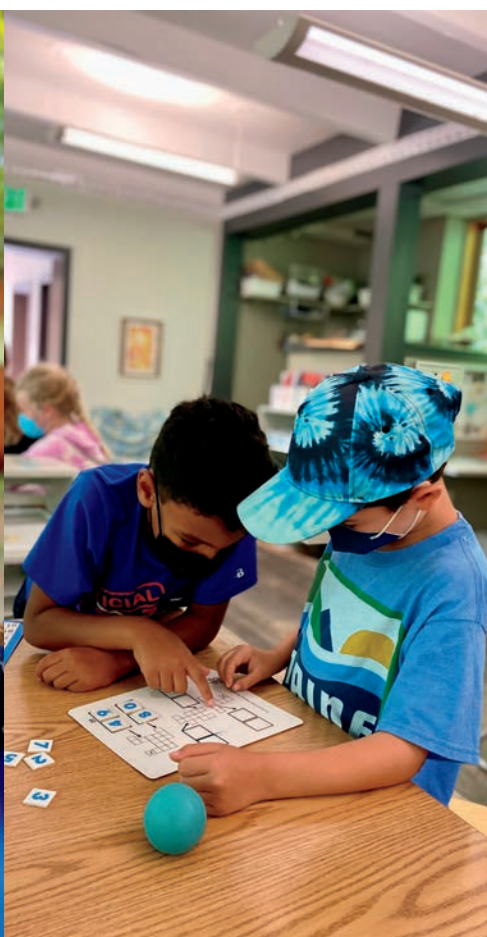
Start the hardening-off process about one to two weeks before your in-ground planting date and reduce the amount you water your seedlings. Put them out on a mild day, in a shaded area protected from wind. Be sure to closely monitor the weather; if the temperature dips below 40-45 degrees, bring your plants back indoors.

Once your seedlings are hardened off, you are ready to plant. Choose a mild day, ideally one that is cloudy or with light rain. If it’s sunny, be sure to plant early in the morning or in the evening. Dig a small hole, put your seedling in, cover the hole with soil and press down gently to ensure good root contact. Next, give it a good drink of water and cover the soil surface with a good organic mulch, like salt hay or leaf litter. The mulch regulates soil temperature and moisture levels and prevents weeds, which will help your plants grow.

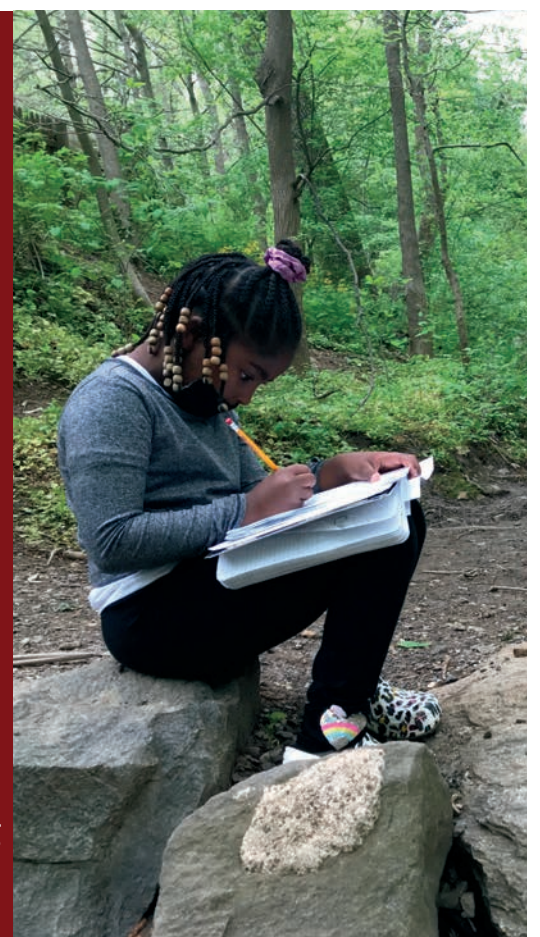
With cool-season crops, it’s also a good idea to cover your new starts with row cover. This white, porous fabric protects the seedlings from pests and keeps the area underneath about four degrees warmer, which will prevent damage from a rogue frost. It also generally provides a softer transition for your seedlings, which are still getting used to the harsh new elements they face outdoors.

Starting seeds indoors presents myriad benefits, doesn’t need to occupy much space, and can be made simple. With these best practices in mind, you’ll set yourself up for a successful growing season and harvest.

Adam Hill is associate director of community gardens for the Pennsylvania Historical Society. Marta Lynch is the farm manager of PHS’ Green Resource Center in Norristown Farm Park.




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★ 2023 OFFICIAL BALLOT ★ ELECTION FOR WEAVERS WAY CO-OP BOARD OF DIRECTORS weavers way co-op

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 overseeing 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 that will help you strengthen the Weavers Way Board?

Benjamin Bartley

1. My partner and I shop at the Mt. Airy store one to two times per week for over 90% of our groceries. Our household participates in the working member program.
2. For three years, I was a board member for a similarly sized co-op in New Mexico (over \$40 million in annual sales, multiple stores and a central distribution center). I served on the finance committee and was responsible for fiduciary oversight, which was based on the general manager's financial reports according to about a dozen key performance indicators. My term overlapped with the pandemic and hiring of a new general manager, which necessitated several financial-related board considerations (the need to close one of the retail locations and the negotiation of a salary for the new general manager).
3. Short-term challenges include the successful opening of the Germantown location, continued community outreach, and making that store profitable. We can address these challenges by following the business plan and empowering the staff to adaptively manage, based on their professional expertise. Longer-term challenges include leveraging the Co-op's collective assets to ensure financial stability, ensuring continued relevance to our existing members, and expanding access to the cooperative model to future shoppers.
4. My board service on both a food cooperative and a farmer-focused nonprofit provide relevant experience. My career has also been focused on values-based food systems, including work as a value chain specialist at a food cooperative, food access director at a sustainable agriculture nonprofit, on-farm food safety auditor, cooperative extension food systems educator, and verifier of greenhouse gas emission reductions within the agriculture sector.



Adam Cohen

1. My family shops at Weavers Way weekly. For six years, we have done a significant portion of our shopping at the Co-op throughout the three locations. We are working members and enjoy cooperator opportunities in-store and through the partner organizations, like Awbury Arboretum and the farms.
2. My experience overseeing the finances of an organization, especially a business, is limited. In my profession, I frequently analyze financial documents, tax returns and profit-and-loss statements to appropriately advise clients. I am confident I can get up to speed quickly.
3. Weavers Way faces immediate questions about the viability of the Germantown store and whether new customers will use it. Innovative approaches and outreach by credible messengers will help bring in shoppers who may not otherwise know about the Co-op. Staying relevant will be another long-term challenge, since eating healthy, prioritizing local products and supporting mission-driven organizations is trending up. Weavers Way will need to distinguish itself from lower-cost, corporate options seeking the same customer base by continuing to offer a strong sense of community engagement and fostering inclusion among its diverse membership.
4. As a young adult, I volunteered extensively with Free Ride Pittsburgh, a bicycle-related nonprofit, and eventually joined the board. This opportunity opened my eyes to serving in an organization I cared about. Last year, I earned a certificate in nonprofit leadership from Young Involved Philadelphia. The program solidified my understanding of board governance, strategic planning, and nonprofit financial management. I believe this would make me an asset to the Weavers Way Board.



Kristin Haskin-Simms

1. I shop at Weavers Way once or twice a week. I am an incumbent who has served on the Board for one year. I have also been a part of the Germantown steering committee, the 50th Anniversary committee and the General Membership Meeting committee.
 2. I am a principal owner of a small, family-owned business. I manage independent contractors, establish and maintain budgets, and seek areas for growth.
 3. Diversity of our overall membership continues to be an issue. However, with the opening of the Germantown store, we will attract more ethnically and socio-economically diverse households, which reflects the Germantown community. The new store will also provide job opportunities that will employ more individuals who are based in the community.
- Weavers Way Germantown will contribute to the economic footprint of a diverse socio-economic community that needs healthier food options. Job training, community engagement and continual dialogue are the ways to fulfill the Co-op's mission as we evolve and grow.
4. I was a former member of West Mt. Airy Neighbors. I also served on the board of Greenwood Charter School in Roxborough. My background is primarily in marketing and the arts; these skills have been crucial in fundraising.



Michael Hogan

1. Ninety percent of our household's groceries are purchased at Weavers Way in almost-daily shopping trips. I currently serve as board treasurer and previously served on the Finance Committee. I made member loans for the Chestnut Hill, Ambler and Germantown stores and am a sustaining member of Food Moxie. I attend fundraising dinners and neighborhood events. As a working member for almost 45 years, I have packed dried fruits, restocked shelves and refrigerators, picked vegetables at the farm and cleaned up after closing.
2. I worked for the Philadelphia Water Department for 34 years before retirement. I prepared, analyzed and monitored the \$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. Weavers Way has the challenge of matching its Ends with pricing so that members and shoppers will continue to buy at the Co-op even though we may not have the lowest price in town. There are several supermarket chains in the region that could 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. I was the vice president, treasurer, and chair of the Finance Committee and Building Committee of the board of Lutheran Settlement House for nine years. For three years, I served as the assistant treasurer of the board of the Reading Terminal Market Corporation, and for five years, I was on the board of the Reading Terminal Market Preservation Fund. I served as president, vice president, treasurer, and secretary for the Eastern Meter Management Association over a span of 13 years.



(Continued Next Page)

★ ★ ★ TO VOTE ONLINE ★ ★ ★

April 1 - May 13

Online voting will end at 4:15 p.m., Saturday, May 13
Log into members.weaversway.coop and select "Weavers Way Elections" under My Co-op.

Or wait for your email with a custom link so no login is needed.
or
see next page if you prefer a paper ballot.

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-2023

Voting For The Board Has Begun — Make Sure You Do!

(Continued from Page 1)

This year there are six candidates running for four open positions on our 11-member Board of Directors. You will have four votes. It takes only a few minutes to learn relevant details about each candidate that can help you decide who will bring to the Board what you think are the most important sets of values, skills and experience. In addition to the candidates' written statements, video introductions to each candidate will be featured prominently on the Co-op's website.

You will be emailed a prompt to vote online. Voting this way, which ends at 4:15 p.m. Sunday, May 13, is easy and

preferred. In addition, paper ballots are available (right) and in the stores. Paper ballots are to be deposited in the locked ballot boxes located in each store. Staff can direct you to the ballot box if you don't know where it is. Paper ballots can be mailed to: Leadership Committee, 559 Carpenter Lane, Philadelphia, PA 19119. The range of methods to vote can accommodate everyone!

Election results will be announced at the Spring GMM and via email on May 13.

If you have any questions, please direct them to: leadershipcommittee@weaversway.coop.



(Continued from previous page)

Kacy Manahan

1. I shop at the Chestnut Hill Weavers Way at least once a week. I am a working member who likes to spend my shifts outdoors doing ecological restoration.

2. I don't have experience with overseeing a business or organization's budget and financial performance. But as an attorney, I often quickly become familiar (through fast-paced and thorough research) with topics that I've never encountered before so that I can make informed judgment calls. This skill will help me play an active role on the board and engage with a variety of issues.

3. Long-term challenges include remaining competitive with other area grocery stores. While price is a big factor in people's choice on where to shop, I think Weavers Way can provide value to its members in ways that other grocery stores can't. By providing community services and benefits like Food for All, the CSA, and continuing to be responsive to the needs and ideas of its members, the Co-op will set itself apart.

Short-term challenges include the construction and opening of the Germantown store. As with all new endeavors, unexpected problems may arise, both large and small. Patience and creativity on the part of everyone involved will ensure a successful launch.

4. I am an attorney for a nonprofit environmental organization, so I have experience in the nonprofit world and mission-driven organizations. I am also keenly aware of many cutting-edge environmental issues that Weavers Way members care about and want to see addressed.



Tasha N. Waldrop

1. My partner and I shop at Weavers Way weekly, sometimes daily, as I am currently the Co-op's IT operations specialist and love being able to shop when I am on site. I am also involved with the Food Justice Committee.

2. I have run my own IT support and web design business, and co-created a global holistic business. I can see the whole picture when it comes to business direction.

3. The short-term goal for Weavers Way should be to create an environment that fosters staff growth. We currently have a high turnover rate; as a result, our shoppers lose the feeling of community when they don't interact with familiar faces.

In the long term, the Co-op needs to reorganize and focus on creating more of an online presence to engage current members. We also need to reach out to prospective members in and around the community. The way to growth is to spread the word about Weavers Way to the greater Philadelphia area and beyond.

4. I have the experience of being a staff member of Weavers Way and a passionate member of the Food Justice Committee. I will bring my knowledge of business growth from my IT experience and dedication to end food insecurity to the board. I will bring a fresh perspective so that a new wave of communication can begin.



TO VOTE WITH PAPER BALLOT

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 p.m. Friday, May 12, 2023.

2023 OFFICIAL BALLOT

Election for Weavers Way Co-op Board of Directors

Voting in the stores will end at 8 p.m. Friday, May 12, 2023.

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. **Online voting will end at 4:15 p.m., Saturday, May 13** (please note: because we changed hours for the GMM to 4-5:30 p.m.).

To vote by mail: Ballots will be accepted by mail if received by **Thursday, May 11** 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. **Paper ballot voting will end at 8 p.m., Friday, May 12.**

AT-LARGE DIRECTORS

Vote for no more than four (4), including any write-in candidate you propose. All winners will be announced in an email to all members and at the end of the General Membership Meeting on Saturday, May 13.

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

- Benjamin Bartley Write In _____
- Adam Cohen _____
- Kristin Haskins-Simms Write In _____
- Michael Hogan _____
- Kacy Manahan Write In _____
- Tasha N. Waldrop _____

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; the first registered ballot will be the one that counts. Any paper ballots received after an online ballot is cast (by the same household) will not count.

Date _____ Member # _____

Print name _____

Signature _____



Spring General Membership Meeting 2023

Saturday, May 13, 4-5:30 p.m.

Germantown Academy Dining Hall
340 Morris Rd, Fort Washington PA

RSVP www.weaversway.coop/GMM

Board election results will be announced at the meeting.
Voting ends at 4:15 p.m.

Ambler's Earth Fest Set to Return, with Focus on Investing in the Future



Bob Raines©2022

AMBLER'S ANNUAL EARTH Fest, sponsored by the borough's Environmental Advisory Council, returns for an expanded, all-outdoor celebration on Saturday, April 29 from 10 a.m. to 4 p.m.

The theme of this year's event is "Invest in Our Future" and will focus on financial and lifestyle investments. Exhibits will include information about electric vehicles, planting trees in your yard to reduce air conditioning costs, renewable energy solutions like solar, and how to shop for plant-based food, among others.

The Cavalier parking lot, located on Cavalier Drive, will feature outdoor vendors selling Earth-friendly goods and clothing, local eco-art with a message, and food sold in fully compostable or recyclable containers. Composting and recycling of containers will be handled by Back to Earth Compost Crew. Vegetarian and vegan options will be available. Food trucks will be lined up along Poplar Street, and outdoor seating and live music and entertainment will be available.

The EV show will take place in the borough hall's parking lot on Rosemary Avenue. EV owners will be onsite to talk about their vehicles and offer advice on switching to a gasoline-free commute. Attendees can ride in and test drive vehicles with the assistance of Drive Electric America and Ambler EV.



photos by Bob Raines

Top, attendees at last year's EarthFest got to look under the hoods of various EVs. Bottom, Weavers Way Environment Committee members Leni Dow, left, and Denny Whalen with the poster they displayed at their table last year.

Wissahickon High School students will lead kids in fun, interactive science experiments, eco-friendly crafts and other kid-friendly exhibits at Wahl Playground, next to the borough hall parking lot. Ambler Library will also present a children's storytime session.

Plan to stay in town after visiting Earth Fest for local food and merchandise discounts around Ambler's vibrant downtown center. Be sure to stop in at Tannery Run Brew Works, 131 E. Butler Ave. starting at 5 p.m. for the after party to enjoy Pollinator, the official Earth Fest beer.

For more information, visit Ambler EAC's Earth Fest page: amblereac.org/earth-fest.

A Tireless Advocate for the World's Women



ZAINAB SALBI IS AN INTERNATIONALLY renowned, Iraqi-born humanitarian, author, editor and media personality. Her equanimity, coupled with her unconditional dedication to women's equality, was set in motion through her mother's guidance. The eight-year long Iran-Iraq War's uncalculated impacts on women influenced and ignited 23-year-old Zainab to create Women for Women International, a global community that invests in women survivors of war and conflict to help them learn the skills they need to rebuild their families and communities.

Salbi's achievements include the TV series "Nida'A Show," the Zainab Salbi Project on Huffington Post, and Daughters for Earth, an organization that champions women leaders. She is a bestselling author of the books "Be-

tween Two Worlds," "The Other Side of War," "If You Knew Me You Would Care," and "Freedom Is An Inside Job." She was named one of the 100 Extraordinary Women Who Shake the World and one of the 100 Leading Global Thinkers. She lives by the creed, "Like life, peace begins with women."

—Rosa Lewis





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Author Event, Poetry Reading Set for Hilltop Books

Backyard Poetry Reading






Marie Hinson Mónica Gomery Katy Hawkins

Saturday, April 29, 3pm

Light refreshments will be provided.

84 Bethlehem Pike
Philadelphia, PA



The Bookstore of the Friends of the Chestnut Hill Library

This event will move indoors in the case of rain

A READING BY AUTHOR LAYA MARTINEZ and a backyard poetry reading are scheduled for this month at Hilltop Books, the bookstore run by the Friends of the Chestnut Hill library.

Martinez, author of the 2020 memoir, “When Your Family Says No: The Journey to Freedom, Independence and Happiness”, will speak outdoors and read from the book on April 15 at 1 p.m.

On April 29 at 3 p.m., three poets — Marie Hinson of New York City and Mónica Gomery and Katy Hawkins of Philadelphia — will read from their work in the backyard of the bookshop. The event is free, but attendees will have the option to donate in support of the poets.

In case of rain, both readings will move indoors.

Hilltop Books is located at 84 Bethlehem Pk. In Chestnut Hill. For more information, go to www.hilltopbooks.org.

Architectural Style: Tudor Revival

The Wood Norton Residences
6347 Wayne Ave.
370 W. Johnson Street
Constructed: 1911; Demolished: Beginning in 2022



photo by Sherman Aronson

The Wood Norton Residences building on West Johnson Street.

AS DESCRIBED ON THE APARTMENT GUIDE WEBSITE: "...the Wood Norton Residences have been a historical centerpiece of Mt. Airy for nearly a century. These immaculately renovated, stone and stucco, Tudor revival residences overlook Fairmount Park. Wood Norton offers you city life without the city. These exquisite, spacious, two- and three-bedroom apartments are only minutes from historic Chestnut Hill and Manayunk, a short drive to Center City, and steps away from the Tulpehocken train station. We in-



vite you to come see why the Wood Norton Residences are perfect for your next apartment home."

The owners, Johnson Street Holdings, Inc., legally demolished the building along Wayne Avenue last year and began construction of a new, six-story, wood-framed apartment building with more apartment units.

—Sherman Aronson

West Mt. Airy Neighbors Historic Preservation Initiative

Mt. Airy is a special place with a distinct character; it earned that image because it is a diverse community of civically engaged people. Nestled in northwest Philadelphia and adjacent to the Wissahickon Valley, Mt. Airy is blessed with natural beauty and contains historic architecture spanning nearly 300 years.

The factors that make this place special require dedicated and active stewardship, and preservation of our historic resources requires conscious planning to be effective. The goal of the West Mount Airy Neighbors Historic Preservation Committee is to identify and protect the character-defining features of the community by taking a proactive stance to recognize and protect the historic built environment for the future.

For more information contact wmanhpi@gmail.com.



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Why Climate Resiliency Matters, and How You Can Help

by John Burgoyne, for the Shuttle

AS WE ALL HAVE NOTICED, THE CITY IS GROWING warmer every year. In 2022, we experienced the hottest summer ever recorded, according to a Sept. 1 article in the Philadelphia Inquirer. And this winter was among the five warmest.

Unfortunately, experts predict this warming trend is only going to get worse. In the 1900s, Philly had an average of four days above 95°F annually; that number is expected to soar to 52 days by 2100, according to the Philadelphia Climate Action Playbook, put out by the city's Office of Sustainability in January 2021.

The adverse effects of climate change are unevenly distributed throughout our city. Due to the heat island effect, in which an urban area gets significantly warmer than surrounding areas due to human activities, some neighborhoods can be as much as 22 degrees hotter than others. In hotter neighborhoods, buildings, roads, pavements and black rooftops trap heat, while a lack of trees and green space prevents those areas from cooling down.

Systemic racism contributes to some neighborhoods suffering more from the heat island effect than others. Warmer neighborhoods are home to predominantly Black and Hispanic residents, along with low-income communities, which exacerbates existing inequities.

Climate change leads to worse health, economic and safety outcomes in Philly. According to the city's Climate Action Playbook, hotter temperatures, along with air pollution, are associated with greater occurrences of public health issues, including dehydration, heat stroke and respiratory illness. Additionally, low-income homes spend up to three times as much on energy bills as higher income households, according to a 2020 analysis from the American Council for an Energy Efficient Economy. The city's Office of Sustainability estimates that annual air conditioning costs are projected to rise by a million dollars annually across the city.

Ways to Turn the Tide

While the complexity of the problem may feel daunting, there are concrete steps individuals, communities and or-

ganizations can take to combat climate change and make Philadelphia more climate resilient. At Philadelphia Green Capital Corp., we are committed to building climate resilience in our city by offering low-cost financing for energy efficiency and renewable energy projects.

For all residents in Philly, our parent organization, the Philadelphia Energy Authority, offers Solarize Philly, which makes installing solar panels on your house as easy and affordable as possible. Signing up for this program, the largest of its kind in the United States, gives you access to fully vetted contractors who install solar panels and offer market-rate pricing and top-tier equipment. By going solar, you can save up to \$30,000 on electricity over the life of your system, according to an article published last October in Forbes magazine. Visit solarizephilly.org to sign up.

If you already have solar or are in the process of installing it, you can help finance solar installations in low to moderate-income households, which spend the most on their energy bills and have a much lower adoption rate of solar due to prohibitive up-front costs. Through our Share the Sun program, you can donate your Solar Renewable Energy Credits to finance solar in a low to moderate-income home. Visit phillygreencapital.org/sharethesun/ to sign up.

Outside of our solar programs, there are many ways residents can access tax credits and rebates to go electric. Doing so will save the average household \$1,800 annually, along with providing health and safety benefits and reducing energy-related emissions. The Inflation Reduction Act, the biggest federal investment ever to fight climate change, offers up to \$14,000 in up-front discounts to switch to electric appliances, up to \$7,500 for the purchase of a new electric vehicle, and 30% discounts on solar installation. To see how much money you can get through the IRA, Rewiring America has a handy calculator on their website: rewiringamerica.org/app/ira-calculator.

This Earth Month, help make Philadelphia more climate resilient

01. INSTALL SOLAR IN YOUR HOME THROUGH SOLARIZE PHILLY
02. DONATE YOUR SRECS TO HELP A LOW-INCOME HOME GO SOLAR
03. USE IRA FUNDING TO ACCESS UP TO \$14,000 IN DISCOUNTS TO ELECTRIFY YOUR HOME
04. TAKE ADVANTAGE OF PECO'S ENERGY ASSESSMENTS, FRIDGE PICK-UPS, AND REBATES

Check out PGCC's products to help finance and implement these improvements
<http://phillygreencapital.org/>

In addition, PECO offers virtual energy assessments, contactless pickup of refrigerators for recycling and rebates when you purchase Energy Star certified appliances and HVAC systems. Learn more about these opportunities at peco.com/waystosave.

Climate change is a problem we can't afford to ignore. The consequences of inaction are severe, far-reaching and affect us and future generations. This Earth Month, we can take concrete steps toward building a more resilient and sustainable future for our city. By seizing these opportunities and working together, we can make a real difference and secure a brighter future for ourselves and for generations to come. Let us rise to the challenge and create a better tomorrow.

John Burgoyne is a graduate intern at the Philadelphia Green Capital Corp., the nonprofit green bank affiliate of the Philadelphia Energy Authority.

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We All Need the Oceans, So Let's Take Care of Them

by Sandra Folzer, Weavers Way Environment Committee

EVEN IF YOU DON'T LIVE NEAR THE shore and don't like going to the beach, your life is integrally connected to the ocean. Life began there and all life depends on it to survive. Half of our oxygen comes from the ocean, and it stores carbon dioxide.

Seventy percent of our Earth consists of oceans, which regulate our climate. We also depend upon them for transportation, recreation, food and medicine. How unappreciated our oceans are. We may not feel their presence, but they affect our daily lives.

For example, though most plankton are microscopic, they are important. The word "plankton" is derived from the Greek word "drifters" since they are carried by currents. Like plants on land, phytoplankton perform photosynthesis from the sun by consuming carbon dioxide to produce oxygen.

The other type of plankton is zooplankton — animals that eat phytoplankton and are eaten by larger animals. Krill, a type of zooplankton, is the major food for many whales. Plankton occupies the bottom of the food chain in the ocean, so ultimately all marine life depends upon it. Unfortunately, they are sensitive to changes in temperature, salinity, pH level and nutrients in the water, which are affected by climate change.

On Mar. 4, after decades of negotiations, world leaders agreed to take steps to protect oceans. The United Nations Intergovernmental Conference on Marine Biodiversity of Areas Beyond National Jurisdiction will now establish a mechanism for enforcing environmental impact assessments for new human activities in international waters and will create protected areas. It will also establish a means for sharing the benefits of scientific discoveries from marine life.

During the negotiations, member states of the conference discussed how to equitably share medicine, food, textiles and other benefits derived from the waters, since 85% of the planet doesn't have the resources to initiate studies. They decided to offer money to poor nations to help them establish marine sanctuaries and to pay for delegates to attend future meetings.

Some member states expressed the fear that trying to profit share would create too much bureaucracy, which might hinder interest in doing research. Will McCallum, executive director of Greenpeace UK, at one point expressed his frustration at the slow pace of negotiations.

"The future of half our planet is at stake and yet negotiations have been progressing at a snail's pace," he said on Feb. 28. He credited Conference President Rena Lee of Singapore for getting the group over the impasse. "She basically brought these people one by one in meetings that were happening around the clock all through Friday night, all into Saturday," he added.

The Biden administration also helped move negotiations along. Unlike her predecessors. Monica Medina, Biden's assistant secretary of state for oceans, made the treaty a priority.

"Today the world came together to protect the ocean for the benefit of our children and grandchildren," she said as part of her remarks at the conference. "We leave here with the ability to create protected areas in the high seas and achieve the ambitious goal of conserving 30 percent of the ocean by 2030 — and the time to start is now." Agreement at the 2022 U.N. Biodiversity Conference (COP 15) in Montreal to protect 30% of land and waters by 2030 also helped.

The treaty must now be ratified by 60 member states; they hope to regulate deep-sea mining as well. Activists are also focusing on areas of concern like the Sargasso Sea, which is unique because it has no land nearby. It is defined by ocean currents in the North Atlantic and the presence of Sargassum seaweed, from which give it gets its name. Sargassum seaweed provides a home for many forms of marine life, including turtles and endangered eels.

There is great concern over the massive quantity of plastic in the ocean, which outweighs essential plankton by six to one. According to theoceanclean-up.org, The Great Pacific Garbage Patch is twice the size of Texas. Additional concerns include overfishing and other kinds of pollution.

What Must Be Done to Create Change

Reduce shipping emissions. International shipping emissions cause about 3% of world's greenhouse gases. Ships make up about 90% of all trade while emitting one billion metric tons of carbon dioxide.

In the United States, more than half of our commercial fleet is 15 years or older; more energy-efficient vessels should replace them. And zero-emission fuels should replace the heavy fuel oil the fleet currently uses. We need to provide funding for research to make this happen.

Reduce Our Carbon Footprint. Do



whatever you can to use less energy, from turning down your heat to taking public transportation. The ocean is warming too quickly, and the acidity is changing faster than ever, which harms all marine life.

Eat fish responsibly. Fish populations are being depleted quickly, so we need to avoid overfishing. Check the Monterey Bay Aquarium Seafood Watch (www.seafoodwatch.org) to find which fish are good choices and which species are overexploited and should be avoided.

Avoid plastic whenever possible. You've heard this before. Even if you avoid plastic, motivate others to do the same; even little changes can make a difference. Suggest to your favorite restaurants and takeout spots that they avoid giving plastic straws automatically, and to use paper straws.

When you're at the beach, clean up. Make sure you leave the beach cleaner

than when you arrived. Encourage others to do the same. Anything left on the beach will end up polluting the ocean.

Avoid purchasing marine objects. Don't buy coral jewelry or tortoiseshell items. We don't want to encourage the exploitation of nature.

Choose pet items carefully. Think about selecting a sustainable fish diet for your pet as well as yourself. Read the label on pet food to make sure your pet isn't eating endangered fish. Also, never release aquarium fish into the ocean, where they might endanger native species.

Be a positive influence in your community. At restaurants, speak up if they are serving threatened species, and support those who strive to offer sustainable seafood. This requires being up to date on your research, so you know what seafood is sustainable.

No one should say what they do doesn't matter; every little bit helps. The survival of our children and grandchildren may depend upon how we manage our oceans.

eco tip

Reduce Your Carbon Footprint by Flying Less

by Marsha Low, Weavers Way Environment Committee

In response to the ever-worsening climate crisis, we all need to start living in ways that are less carbon-intensive. The needed far-ranging efforts can be undertaken only by governments, but we as individuals can have a big impact by combining our efforts.

Flying is one of the most carbon-intensive activities an individual can engage in. Aviation accounts for around 2.5% of global CO2 emissions, but its impact on climate is higher because of non-CO2 effects, such as warming induced by aircraft contrails. That percentage might not sound like much, but it is when you consider that globally, 80% of the world population doesn't fly, mostly because they can't afford it.

For a single round trip by air from Philadelphia to Miami, the round-trip emissions per passenger are at least 292.3 kilograms (0.3 metric tons) of CO2. Considering that the average annual carbon footprint for a person in the United States is about 15 tons, that's a big chunk of the average in a single round trip.

If you fly frequently, plane trips likely make up the largest part of your carbon footprint. The mass grounding of flights during 2020 due to the coronavirus pandemic resulted in a 60% reduction in CO2 emissions from the industry. But as the pandemic wanes, those totals are rising again, along with the urge to travel.

So if you are someone who flew often before the pandemic, consider reducing the number of trips you take by air even if you resume flying. For those who say, "Well, the plane is going anyway. I might as well be on it," if everyone cut back on their flying, fewer planes would be in the air. Plus, the industry would be far more incentivized to increase its efforts to reduce its carbon footprint.



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Suggestions

by Norman Weiss, Weavers Way Purchasing Manager

GREETINGS AND THANKS FOR WRITING. Email suggestions to suggestions4norman@weaversway.coop. As usual, suggestions and responses may have been edited for brevity, clarity and/or comedy. In addition, no idea, concept, issue, remark, phrase, description of event, word or word string should be taken seriously. This also applies to the previous sentence.

Recently, we got the news that some Philadelphia water was maybe unsafe to drink. Fortunately, the tap water many Philadelphians drink did not get contaminated with the latex finishing solution that was spilled. But I was surprised that no one in the news mentioned that latex is plant based. That fact could have been positively spun in the media and via marketing, since "plant based" seems to have taken on a life of its own. Grocery stores, restaurants and other food retailers now offer all kinds of plant-based items. (In reality, most of life is plant based, since that is one of the main ways the energy from the sun gets transformed into substances useful to life.)

Plant-based latex water could offer the hydration of water with the flexibility and usefulness of latex. And these days, adding flexibility and usefulness to our lives (think politics and belief systems) sounds like a healthy thing. We'll have to check with our sales rep, George Costanza, to be sure that the latex came from non-GMO rubber trees.

Also recently, the Food and Drug Administration published guidelines for labeling plant-based milk alternatives. Varieties of plant-based milks include soy, rice, almond, cashew, coconut, flaxseed, hazelnut, hemp seed, macadamia nut, oat, pea, peanut, pecan, quinoa and walnut. As if consumers aren't confused enough, the FDA is suggesting that plant milk manufacturers show the nutritional differences between their products and cow's milk somewhere on the pack-



age. For example, the plant milk package could show, "Contains lower amounts of Vitamin D and calcium than milk."

But since cow's milk already comes in varieties with differing nutritional contents, (i.e., 2% has less fat than whole milk, some whole milks are fortified with vitamin D and some not), doing this could end up leading to more confusion, not less.

You would think most consumers would be smart enough to know milk from a mammal is categorically different from some plant material with water added. But the FDA doesn't always trust consumers to read. A glance at the nutritional label would show the differences, so avoiding confusion only requires a quick read. I guess the FDA is suspicious of the practice of literacy in the shopping aisle (except for sale signs).

The rise in popularity of plant-based milks started in the natural foods part of the grocery industry and spread to the conventional part, and then to other parts of the food system, like restaurants and Starbucks. The first popular plant-based milk was Edensoy, which had a dedicated following that inspired some users to adopt a macrobiotic diet. Then in 1996 came Silk, which packaged soymilk in milk-type cartons and had it stocked in the refrigerated section of grocery stores, near the cow's milk. This was the game changer that paved the way for the current plant-based milk boom.

At the time, I thought refrigerated Silk was a dumb idea. Why turn a prod-

(Continued on Next Page)

International Co-op Principles

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

(Continued from previous page)

uct that was perfectly fine as a shelf stable, aseptically packaged (and just becoming recyclable) item into one that required refrigeration, had a much more limited shelf life, and was in a container that could not be recycled? To my surprise, I found out most consumers did not think like I did, so I thank Silk for that bit of personal awakening (one of my early experiences in becoming “woke”). Today the plant-based milk industry has annual sales of about \$3 billion, and that number is increasing, with almond milk as the dominant variety. Cow’s milk sales are about \$15 billion a year, but that number is dropping.

One last observation about both types of milk. Cow’s milk is about 87% water and the percentage of water in plant milks is even higher — 90% and up. It also takes a lot of water to keep a cow alive and to grow the plants that are made into plant milk. If you look at the logistics of the grocery industry around both types of milk, what is going into mostly non-recyclable containers and being trucked and sold all over the country (and consuming resources in every step) is basically mostly packaged water. We’d be better off buying milk powder and reconstituting it with water from our kitchens. Think of all the packaging, fuel and labor that would save.

suggestions and responses:

s: “Are there any limits, legal or otherwise, on what a shopper could bring their own container to use when buying items that Weavers Way packages? I’m trying to use as little packaging as possible. For example, could I bring my own container and ask a meat staffer to fill it with ground beef, or ask a cheese staffer to cut a piece of cheese off a block and put it in my container?”

r: (Norman) From a food safety perspective, we would have to be sure there was no chance of contamination from a container a shopper brought in to anything in the store that would then touch food or a food surface. It’s possible but would require extra steps. For example, if tongs were used to move a piece of cheese from a cutting board to a shopper’s container, the tongs would have to be sanitized before being used again.

For our Container Refund Program, the containers are run through our commercial dishwasher before being refilled, which satisfies health department require-

“ I guess the FDA is suspicious of the practice of literacy in the shopping aisle. ”

ments. We are looking into extending CRP to include more items like meat and cheese, but it will take a fair amount of work to establish procedures and gauge the willingness of shoppers to put more effort into shopping.

s: “I would prefer to buy pocket pita from the Co-op over Shop Rite; pocketless doesn’t cut it. Thank you.”

r: (Norman) Sorry to disappoint you; we are also not happy with our pita situation. Our current supplier has frequent out of stocks, plus the Kontos line is not as “pure” as we’d like in the choice of oil and preservatives they use. Unfortunately, there don’t seem to be a lot of choices when it comes to fresh pita that is distributed in Philadelphia.

s: “Why is there no tattoo parlor associated with Weavers Way?”

r: (Norman) It’s never come up until now, but we are looking into it in the hope that shoppers will tattoo bulk PLU numbers onto their arms. This will save the ink and label material that is now used for writing PLU numbers on stickers, bags and masking tape.

How to Switch to the Online Shuttle




Here's what you need to do:

Go to the Shuttle tab on the News & Events section of our website and click on "click here to switch from a paper to an online subscription" (second paragraph on the page).


On that page ("Get notified when we publish the Shuttle online!"), add your name and email. You'll be deleted from our paper Shuttle mailing list and added to the online subscriber list. You'll get an email from us on the day a new Shuttle is published.

You can also make the switch in our Member Center. After logging in, go to "My Message Board," click on "Update The Shuttle Delivery Preferences," and click on your selection on the next screen. Thanks for doing your part!



EasyPay house accounts are an EASY way to PAY at Weavers Way!

AND WHAT A DEAL: Get \$102 when you deposit \$100 (cash or check). We'd much rather pay YOU than the bank!





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.

Pickup of Historical Land Will Link Trail Networks, Preserve Open Space

by Gail Farmer, Executive Director, Wissahickon Trails

JUST BEFORE THE NEW YEAR, WISSAHICKON Trails and our public and private partners acquired for the purpose of preservation a key piece of land that connects two trail networks and their associated open space (see map lower right). This 10-acre property on Lewis Lane in Whitpain Township (shaded yellow on the map) expands our Camp Woods preserve to 48 acres and is part of the historical landscape of Dawesfield, a house of local historic significance that sits on a neighboring property.

The house was George Washington's Whitpain headquarters during the Revolutionary War. While Gen. Washington stayed with the Morris Family at the house, his troops camped out across the surrounding landscape, including Camp Woods. Over the decades, numerous Revolutionary War era artifacts have been found at Camp Woods, including musket balls, shoe buckles, utensils and more.

Wissahickon Trails has been working with community members, as well as Whitpain Township, Montgomery County and the state for over 20 years to preserve more than 200 acres of open space adjacent to Prophecy Creek, which is a tributary to the Wissahickon Creek. Preserving the lands along Lewis Lane and the Prophecy Creek are a preservation priority to a variety of stakeholders, who seek to expand existing open space, preserve land with historical relevance, and protect the riparian buffer of a key tributary to the Wissahickon.

Several neighbors on Lewis Lane have been instrumental to this long-term preservation effort. They've helped to secure open space in this priority area — 59 acres have been added in just the last five years. In addition, they've donated conservation and trail easements on their properties (in light blue on the map). Those easements give us the perpetual right to limit development, protect existing natural resources, and build and maintain a trail in a designated area on those properties.



photo by Tom Voter

The 10-acre property on Lewis Lane in Whitpain Township recently acquired by Wissahickon Trails.

Our plans include habitat improvement work and trail creation. The donated trail easements enable public access to the new acreage and, together with our recent acquisition, connect our Armentrout Preserve and Camp Woods on the north side of Lewis Lane with Briar Hill Preserve and Whitpain's Prophecy Creek Park on the south side. The total network of trails is now approximately seven miles long!

We aim to complete this trail connection (in red on the map) later this year. Unfortunately, the 10-acre property consists largely of turf grass with a forested edge, which is not terribly beneficial from a habitat perspective. Our conservation team is planning a restoration effort which will convert most of the turf to native habitats and will extend the forest edge of Camp Woods, thereby better protecting the interior forest. This work will occur over several years.

Please stay tuned for a celebration of this open space preservation effort later this year. We are excited to share the property with you and to recognize and celebrate the many people who helped make this effort a success!





SHARE THE SUN

Have solar? Your rooftop is generating more than electricity!

Give the gift of solar by donating your Solar Renewable Energy Credits (SRECs) to subsidize the cost of solar installations in Philadelphia's low- and moderate-income communities.

To learn more, go to phillygreencapital.org/sharethesun

The cost of installing solar can be prohibitive for low income families.




SRECs donated by 1 family can help 1 low-income family go solar

More Low-Income Families Going Solar...

Lowers energy bills
Builds local climate resilience
Improves public health & safety

Ready to help families go solar? Visit phillygreencapital.org/sharethesun to get started.



As part of the Co-op's efforts to reduce our use of single-use plastic, customers can purchase certain items in reusable containers.

There are a variety of containers available, with different deposits required.

Total Containers by Department

(as of this month)





Store	Prep	Deli	Bulk	Produce	Grand Total
Ambler	3232	253	708	1187	5380
Chestnut Hill	3085	343	731	0	4159
Mt. Airy	1925	508	1788	0	4221
Totals Sold	8242	1104	3227	1187	13,760
Deposits Refunded					8577
Return Rate					62%

How the Container Refund Program Works


1. Look for labels with a CRP logo on our shelves.
2. Buy the item – the cost of the container is tied to the product.
3. Once it's empty, wash the returnable item and take it to the Co-op; you'll get the cost of the container refunded.
4. Spread the word to family and friends, so they can help save the Earth, too!

Deposit Cost Per Container

Products Packed

\$2	Soups Cut Fresh Fruit (Watermelon & Pineapple) Bulk	
\$2	Bulk, Grab-and-Go Soups Prepared Foods Shredded Cheddar, Olives	
\$3	Green Beans Brussel Sprouts	
\$4	Baby Spinach Micro-Greens	

Note: DO NOT WRITE ON OR STICKER CRP containers.



A program run by Echo Systems with support from the Weavers Way Plastic Reduction Task Force



Artists in Our Aisles

Page Morahan

Page has lived in Philadelphia and Montgomery County since 1982. A photographer and international leadership educator, and now part-time consultant, she aims to bring the world closer through images and inspirational messages from around the globe. Her art business supports the Foundation for the Advancement of International Medical Education and Research, which offers programs for educational health professionals to improve the health of communities.



Photography and art have been a part of Page's life for as long as she can remember. She is a member of Cheltenham Center for the Arts, Abington Art Center and the Pennsylvania Guild of Craftsmen. Subjects for her photographs include nature, art, and architecture. She produces them as wall art, calendars, multi-language greeting cards and gifts. She has created an annual calendar for over 15 years, combining images around the world with quotes. The theme for the 2023 calendar is "Messages of Light from Around the World."

www.pagespagesgallery.com



SUBMISSIONS NEEDED

We want to feature your art in the Shuttle!

Please submit the following to Richard Metz (thembones2@hotmail.com):

- (Two) 4" x 6" high-resolution images (300 dpi)
- A short statement about the work
- A short bio
- A head shot
- A link to a website if you have one

Weavers Words

LIFE

Before there's life, there's salt and sand,
 hushing mist and rain on land.
 Below, the earth is swank and brown
 with shale and marble farther down.
 You could say the ground is hard,
 but flux and sunlight will bombard
 and penetrate...
 to wake the breath that consecrates.

—Jan Jee Bean

This is such an inspiring poem for me when the odds seem overwhelming. It brings to mind Colin Kelly, Martin Luther King, Salvador Allende, Joan of Arc, Emiliano Zapata, Fredrick Douglass, Che Guevara and many more.

—Lawrence H. Geller

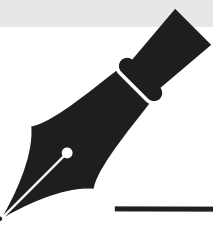
I THINK CONTINUALLY OF THOSE

.... Near the snow, near the sun,
 in the highest fields
 See how their names are feted
 by the waving grass,
 And the streamers of white cloud
 and whispers of wind
 in the listening sky
 The names of those
 who in their lives
 fought for life.
 Born of the earth,
 they walked slowly
 towards the sun,
 And left the vivid air
 signed with their honor.

—Stephen Spender

Our Revised Submission Guidelines:

1. Original poems must be of a reasonable length. Lengthy poems that are the subject of a reflection will be excerpted.
2. The Shuttle editor has the final say as to whether a poem or reflection is suitable for publication.
3. The number of poems or reflections 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 (or reflection) for Shuttle" in the subject line.



Wissahickon Trail Classic Will Return, and FOW Will Benefit

by Ruffian Tittmann, Executive Director, Friends of the Wissahickon

UNTIL COVID HIT, THE WISSAHICKON TRAIL Classic — always held on National Trails Day in June in our beloved Wissahickon Valley Park — had been one of the region’s premier trail races. I’m happy to announce that after a three-year hiatus, the WTC is back and ready to welcome hundreds of runners on Saturday, June 3.

For the first time, the trail classic will benefit Friends of the Wissahickon! We were thrilled to be asked to partner with the Wissahickon Wanderers Running Club for the race, which the club established in 2006 to highlight the park as one of the best trail-running destinations on the East Coast.

The WTC, which consists of a 10K trail race and a one mile, family friendly nature walk, is a great way to engage with the active running community in our region while highlighting our wonderful, challenging trails in a natural environment. Trail running gives participants a chance to experience a feeling of solitude and concentration they may not get in a concrete, urban setting, with all the noise and distractions that come with it.

And there’s no better time to run than on National Trails Day. You can participate in a great race through an urban forest, enjoying all that the park has to offer. As you run, you’re also helping FOW continue to make strides in our stewardship of the Wissahickon’s trail system. Ev-

ery year, we make improvements to over 20 miles of trail. This stewardship directly improves the water quality of the Wissahickon Creek, as well as the experience of the two million annual visitors to the park.

The race and one mile family-friendly nature walk begin at 8:30 a.m. on West Northwestern Avenue at Forbidden Drive. Register at fow.org/wissahickontrailclassic/.

We’re also seeking sponsors for the WTC. Sponsorship offers valuable opportunities to connect with thousands of health and fitness enthusiasts, as well as spectators, fans and more. We will work with you to develop a customized marketing plan that includes our highly engaged social network. To learn more, call 215-381-2942 or email Sarah Marley at marley@fow.org.

This year marks the 30th anniversary of National Trails Day. It was first organized by the American Hiking Society to bring together trail enthusiasts of all ages while “honoring those who help maintain and preserve hiking trails for everyone to enjoy.” That includes organizations like FOW!

Thank you for supporting our work to improve the more than 50 miles of trails that run through the 1,800-acre Wissahickon Valley Park. See you on the trails!



photo by Charles Uniatowski

Runners on the trail in a previous year's Wissahickon Trails classic.



Airy Kitchens



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Open Studios/ RECENT WORK

Come see the latest from
WENDY OSTERWEIL & ROBIN TEDESCO
Saturday May 6, Noon - 5pm
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Robin Tedesco
#211 - Abstract Painting
www.robintedesco.com

Wendy Osterweil
#202A - Prints and
Handcrafted Garments
www.wendyosterweil.com



*Parking is available in the lot across the street

The Resiliency Center is your place in Greater Philadelphia for Healing, Education, and Community.



Join us for counseling and
community programs to
*Laugh, write, meditate
and connect*

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- [meetup resiliencygatherings](https://www.meetup.com/resiliencygatherings)



FIND US IN FLOURTOWN

Flourtown Commons
1811 Bethlehem Pike
Suite 212-213
(215) 233-2002

STAFF CELEBRITY SPOTLIGHT

Jenna Swartz

Job: Manager, Henry Got Crops Farm Market.

Since when: March 2023

Age: 26

Where she's from/where she lives now: Chalfont, Bucks County/West Mt. Airy

Previous Co-op jobs: From April 2019 to May 2021, she worked at various jobs in and around the Mt. Airy store, including bakery buyer, home delivery manager and as the manager of Weavers Way Mercantile.



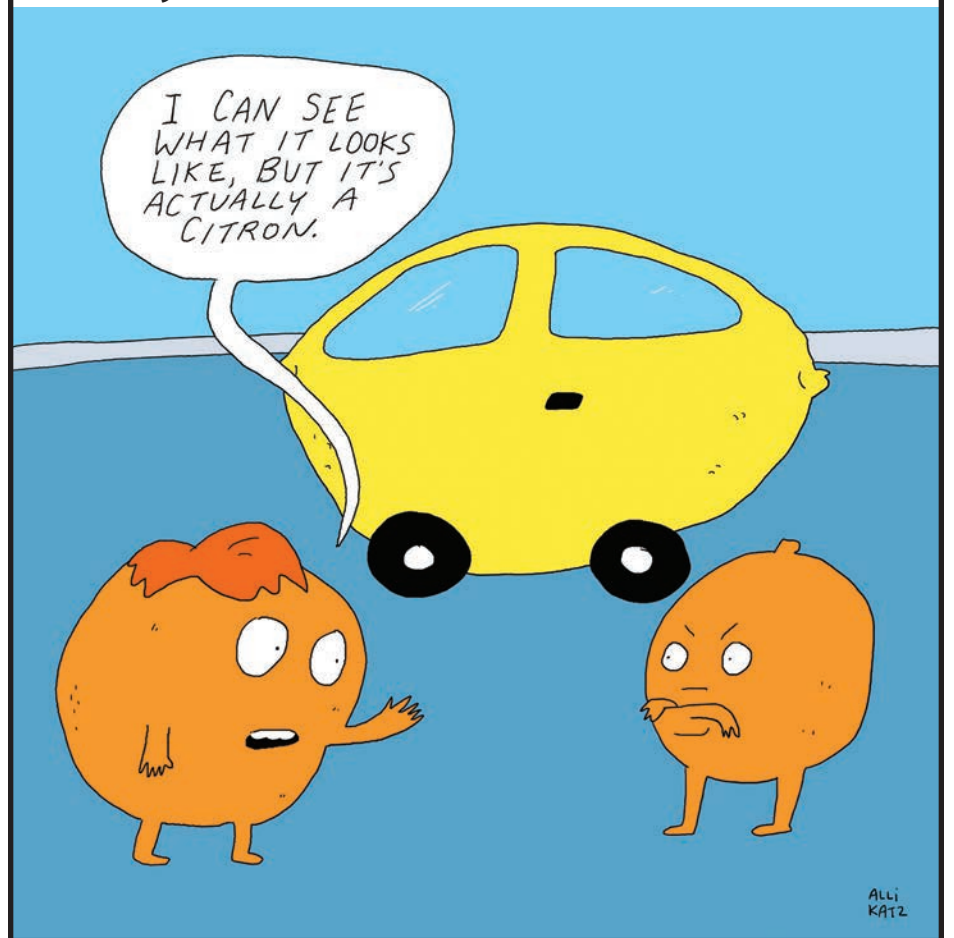
Outside pursuits: She makes pottery at Allens Lane Art Center. She also enjoys cooking, mending, sewing and gardening.

Her plans for the farm market: She's looking to offer more local food options and emphasize organic products with simple ingredients. "I'm also looking forward to scheduling and hosting events at Henry Got Crops to get more people involved at the farm."

A li'l love for the market: "It's incredibly special. With the grounding principles of [the Co-op] and the support of other organizations, the market is able to provide local, fresh, and organic food directly to the community."

Locally Grown

Illustration by Alli Katz



shop bulk
save money & reduce waste



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 currently taking place online until further notice. 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.

2021-2022 Weavers Way Board

President: Esther Wyss-Flamm

Vice President: Cheryl Croxton

Treasurer: Michael Hogan

Secretary: De'Janiera B. Little

At-Large: Hillary Baum, Jason Henschen, Gail McFadden-Roberts, Frank Torrisi, Josh Bloom, Kristin Haskin-Simms and Una Kang.

The Shuttle

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www.weaversway.coop



contact@weaversway.coop

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Ambler

217 E. Butler Ave.

8 a.m.-8 p.m.

215-302-5550

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hcarb@weaversway.coop

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mhart@weaversway.coop

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Bulk Buyer

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Deli

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Wellness

Karen Palmer, ext. 350
kpalmer@weaversway.coop

Chestnut Hill

8424 Germantown Ave.

8 a.m.-8 p.m.

215-866-9150

Store Manager

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dstefano@weaversway.coop

Assistant Store Manager

Valerie Baker, ext. 215
vbaker@weaversway.coop

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Deli

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Bakery

Kriss Walker, ext. 217
kwalker@weaversway.coop

Bulk

Danielle Mitchell, ext. 217
dmitchell@weaversway.coop

Next Door

8426 Germantown Ave.

9 a.m.-8 p.m.

215-866-9150, ext. 221/220

Wellness Manager

Chris Mallam, ext. 221
cmallam@weaversway.coop

Mt. Airy

559 Carpenter Lane

8 a.m.-8 p.m.

215-843-2350

Store Manager

Rick Spalek, ext. 101
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Assistant Store Manager

James Mitchell, ext.
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Grocery

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Meat, Poultry and Seafood

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Bulk

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Bakery

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mivarone@weaversway.coop

Floral Buyer

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floral@weaversway.coop

Across the Way

608 - 610 Carpenter Lane

8 a.m.-8 p.m.

215-843-2350, ext. 6

Wellness Manager

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srisinger@weaversway.coop

Pet Department Manager

Anton Goldschneider, ext. 276
petstore@weaversway.coop

DID YOU KNOW?

You can read the Shuttle online.

www.weaversway.coop/shuttle-online



VIRTUAL NEW MEMBER ORIENTATIONS

New Member Orientations

Monday, March 13, 6:30-8 p.m.

To register visit: www.weaversway.coop/events

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!



WEAVERS WAY EVENTS AND OFFICE HOURS

Getting Ready to Retire: Medicare Options

Monday, April 10 6:30-7:30 p.m.
Joan Adler

Are you thinking of retiring and are confused about your options regarding Medicare? Are you turning 65 and wondering what to do about your health care? Or are you over 65, still working and wondering what you should know about Medicare? Do you need to start Medicare planning even though you're covered by your spouse's plan? All these questions can be confusing, and it's often overwhelming to navigate the information on your own. Medicare presents you with many options and timelines, and it's important to understand your choices and what they will cost you. It's also important to know when you need to enroll, what the enrollment deadlines are, and what penalties you may face if you don't enroll. Joan Adler is a certified PA MEDI counselor with five years of experience. She previously taught this course through Mt. Airy Learning Tree.

This workshop will be hosted over Zoom.

Weavers Way Germantown Store Open House

Tuesday, April 11 5-7 p.m.

Join Co-op members and staff at our future store site (328 W. Cheltenham Ave.) prior to the start of renovations! Come see what the building looks like inside and see the plans for construction and the store layout. Members of our Germantown Outreach Committee and staff will be on site to share info about the project and answer questions. This is an informal event, so feel free to just stop by. Note: The space is raw and there are no restroom facilities. We will have some drinks and snacks to share.

Please RSVP.

Questions? Email germantown@weaversway.coop.

Celebrating Philadelphia Trees

Tuesday, April 11 6:30-7:30 p.m.
Edward Sibley Barnard, Paul Meyer and Catriona Briger

Meet the authors of "Philadelphia Trees: A Field Guide to the City and the Surrounding Delaware Valley." Barnard, Meyer and Briger will offer an introduction to this handy field guide, covering how to use it to identify trees while highlighting specific examples from the new edition. We will conclude with a short discussion about the city's urban forest.

This event will be hosted via Zoom.

Touchstone Workshop

Saturday, April 15 10 a.m.-12:30 p.m.
Karen Singer and Lauren Todd

Create beautiful tiles with the guidance of Singer, owner of Germantown's Karen Singer Tileworks, and her assistant Lauren Todd. Both are members of the Weavers Way community. This event will take place at the Co-op's Germantown Outreach Office, located at 326B West Cheltenham Ave.

Pollinator Garden Make-In

Saturday, April 15 10:30 a.m.-noon
Mindy Flexer

Come make art out of recycled materials to get ready for Earth Day! Join teaching artist Mindy Flexer in her outdoor classroom to make giant flowers and butterflies for Pollinator Power! an installation that will debut at Woodmere Art Museum's Helen Millard Children's Gallery in September. Children, teens and adults are all invited. This is an in-person event that will take place at Mindy's art studio, 5225 Greene St., Unit #9 in Germantown. Limited spots are available, so please register early. All ages are welcome. Younger children must have an adult companion.

Healthy and Fresh: Diabetic-Friendly Lunch and Dinner Ideas

Thursday, April 20 5-6 p.m.
Nicole Schillinger, RD

Join us for an engaging discussion on healthy diabetic lunches and dinners. This talk will include information on how to build your plate, what constitutes a proper portion size and a review of current research on managing diabetes. You're welcome to attend the workshop even if you are not diabetic or prediabetic. Nicole recently became a personal chef and will discuss keto and lower-carb meal choices for weight loss. She has been a registered dietician for over 22 years and runs her own practice, Functional Health Center. This workshop will be hosted via Zoom.

Bulk Basics

Every Sunday Noon - 2:00 p.m.

Get Tips from Co-op Members!
Ambler Bulk Department

Membership Office and Notary Hours

Mt Airy: 555 Carpenter Lane
Membership and Notary Services
Monday - Friday
11 a.m. - 5 p.m.

New Member Orientation

Monday, April 17
6:30-8 p.m.

For more info:
www.weaversway.coop/events

Events are FREE

For more info: www.weaversway.coop/events



Holiday Specials Ready to grab and go

Passover



- Brisket \$20.99 lb
- Matzo Balls \$1.00 ea
- Savory Spinach Matzo Kugel \$7.99 lb
- Cinnamon Raisin Matzo Kugel \$7.99 lb
- Tricolor Roasted Carrots \$8.99 lb
- Gefilte Fish \$11.99 lb
- Mashed Potatoes \$4.99 lb
- Passover Haroset \$9.99 lb
- Matzo Ball Soup w/Chicken Broth \$9.99 qt
(Gluten free, vegetarian & returnable containers available)

Ambler & Chestnut Hill starting Sunday, April 2
(While supplies last. Limited availability in Mt. Airy)

Easter

Easter Dinner for Two \$29.99

- Glazed Ham
- Mashed Potatoes
- Asparagus

On Easter Sunday, April 9, all stores will be open 8 a.m.-5 p.m.

Ambler & Chestnut Hill
Thursday, April 6 - Sunday, April 9 (while supplies last)