

weavers way coop

SPRING GENERAL MEMBERSHIP MEETING

SATURDAY, MAY 4, 4-6 p.m.
Germantown Academy
 340 Morris Road, Fort Washington, PA
 Happy Hour with beer and a taco tasting bar.

RSVP: www.weaversway.coop/
Spring-2019-GMM

AGENDA

- Meet and Greet with Taco Bar and Beer, 4:00 p.m.
- Voting continues onsite until 4:30 p.m.
- Business Agenda, beginning at 4:30 p.m.
 - Board President's Welcome: Josh Bloom
 - General Manager's Report: Jon Roeser
 - Introduction: Lisa Mosca, Food Moxie Executive Director
 - **Special Guests: Laurie Foote and Frankie Pondolph, Equal Exchange – "Small Farms, Big Change"**
 - Board Election Results: Lisa Hogan, Leadership Committee Chair
- Resume the Celebration!

A Zero Waste Event



Member Appreciation Week

April 1-7
Monday to Sunday

weavers way coop

See details on back page



The Shuttle

APRIL 2019

Since 1973 | The Newsletter of Weavers Way Co-op

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Weavers Way Election: Why Vote?

by Lisa Hogan, Chair, Weavers Way Leadership Committee

THE ELECTION FOR WEAVERS WAY Board members is happening now. Did you know that our bylaws require 10 percent of our members to vote in order for the election to be valid? As our membership has grown over the past several years, the number of votes needed for a valid election has also increased. Your vote matters!

But that's not the only reason you should vote. As with our national, state and local elections, exercising your right to vote is increasingly important. As demonstrated by the 2016 and 2018 elections, each person's vote is critical to the functioning of the democratic process. It is no less important in our own Weavers Way election.

Some commonly held myths about voting in the Weavers Way election:

1. "I don't know anyone who is running."

There is a statement from each candidate in this issue of the Shuttle, as well as a photograph. There is also a video of each candidate on the Weavers Way website, providing an opportunity to see each candidate talk about their interest in the Co-op.

2. "I don't know how to vote online."

It's easy! You will receive an email reminder to vote. You can then review the candidates, select up to three and click on the link on your email to cast your vote. In addition, you can also vote by paper ballot. Paper ballots are available in the Shuttle and in each store, and they



can be dropped in the locked box provided in each store or mailed to Weavers Way at the address provided on the ballot.

3. "It doesn't matter if I vote or not."

It does matter! Now that our membership is almost 10,000, we need 1,000 members to vote in order for the election to be valid. In addition, the Board represents you and works to assure Weavers Way adheres to its mission and values.

4. "I'll let members who care more than I do, decide who is on the Board."

As a cooperative, it is your privilege to vote for your Board. That's one of the unique features of a cooperative!

5. "I have to decide who to vote for without any advice from others."

You can talk to friends and neighbors, present and past Board members and staff to get their opinions about who would be a good Board member. In addition, you might have an opportunity to meet prospective Board members prior to the election, as you shop in our stores.

(continued on page 6)

What We're Doing to Dial Back on Plastics

by Alisa Shargorodsky Weavers Way Zero-Waste Consultant and Norman Weiss, Weavers Way Purchasing Manager

AS YOU MAY KNOW, RECYCLING markets are currently collapsing due to drastic changes in Chinese import laws. A recent article in Grid magazine reported that more than half of recyclables are now being incinerated. Companies that operate incinerators are often out of compliance with environmental safety standards, and facilities are almost always located in or near poor and marginalized communities.

Meanwhile, here at Weavers Way, we cannot deny the demand for single-use plastic products. Plastic packaging dominates every area of the modern grocery store; even metal cans are lined with plastic, including BPA-free cans. It's unavoidable.

Yet, we also cannot deny how harmful plastic disposal is to our plan-

et, and this concern is being expressed by a growing number of Co-op members every day. Therefore, in spite of huge challenges, we are determined to probe and tackle areas of our operations where we might be able to make some meaningful shifts.

In early February, the Plastic Reduction Task Force hosted a public forum that drew more than 80 members.

Last month, General Manager Jon Roeser led several all-staff meetings

that included a presentation on sustainability. Employees heard an overview of past, present and new sustainability measures. The objective was to invite staff support, garner consensus and raise awareness.

(continued on page 2)



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



Editor's Note

by Karen Plourde, Editor,
Weavers Way Shuttle



I WAS LISTENING TO ROBERT PALMER'S version of Marvin Gaye's "Mercy Mercy Me (The Ecology)" from the early '90s recently, taking note of the scourges Gaye wrote about in 1972 — air pollution, oil spills, fish full of mercury. These issues don't always take center stage nowadays, but that doesn't mean they've been solved. If anything, we've added more ills to the litany, and often, it feels like there's no way out of our shortsighted, disposable mess.

Maybe equally as discouraging as numbering our environmental problems is finding out some of your efforts to live a greener life may be for naught. An opinion piece by Nathaniel Popkin in the March 3 edition of the Philadelphia Sunday Inquirer titled "The Frustrating Charade of Recycling in Philadelphia" details the care he takes in washing and sorting his family's recyclables, only to learn that Philadelphia only recycles half of them right now and incinerates the rest. Like Popkin, I'm still sticking to my routine of rinsing, sorting and removing labels, but hoping for what? Validation, I guess.

But I don't want to stray too far down Negativity Street. There have been huge environmental strides made since the first Earth Day 49 years ago. Even if the original intention was for it to be a one-off, the huge response and movements that grew from that day made lots of people realize the need to incorporate environmental stewardship into our lives.

So here's to those who make conscious choices every day to leave less of a trace: the bikers and public transportation regulars, the plants-only eaters, the Terracyclers, the shoppers who stick with the reusable bag routine (that practice isn't limited to the Co-op, as you may know). And there are so many doing so much more.

It's easy (and inevitable) at times to get discouraged and overwhelmed at what we're facing, and equally easy to wag our fingers at those who "aren't doing it right." For me, it's about keeping up with greener routines and expanding on them, maybe even moving toward activism. It's an antidote to helplessness, a concrete way to stay engaged and conscious. Or, as Mahatma Gandhi said, "Whatever you do may seem insignificant to you, but it is most important that you do it."

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.

Dial Back on Plastics

(Continued from Page 1)

We're looking to make the following improvements:

- Replacing foam meat trays:** The search for a replacement continues, but we have found one that we feel good about. We are planning to move away from foam in coming months, though the cost will be significantly higher to the Co-op.
- Phasing in new takeout containers in our prep foods department:** We recently discovered a line of less harmful Bottlebox plastic containers. They are made of 100% post-consumer plastic from water and soda bottles.
- Adding reduced-waste packaging options in bulk:** Our bulk departments continue to play a major role in lower-waste shopping, and to facilitate that, the Mt. Airy store now has a free jar and bottle exchange. In addition, we'll soon have four-packs of Bagito reusable bulk bags available for sale. They're made from 100% recycled plastic, and can be used in place of single-use bags.
- Weigh it Wednesday:** On Wednesday, April 24, we will offer a 10% discount on all bulk items for shoppers who bring their own containers. Also, we'll offer 10% off the purchase of a Bagito four pack.



Bottlebox



Here are a few measures we plan to implement farther down the line:

- Stocking paper straws over plastic
- Improving education for shoppers and staff on how to recycle in order to limit contamination
- Developing stronger internal waste reduction systems for employees
- Establishing composting programs in some departments in Ambler.

In other news, the Philadelphia Health Department recently informed us that variances could be granted to the Co-op for certain innovative systems we hope to implement. If that happens, we might more easily be able to reduce volume in our waste streams.

The degree to which we'll be successful in these measures depends on the shared sense of environmental responsibility from staff and shoppers. Those who have joined the effort to reduce harmful waste at the Co-op are excited and hopeful about finding more responsible ways to do business, and providing more sustainable options for shoppers. As we explore and experiment, we might even develop a model that other businesses can follow.

If you have questions, email the task force at PRTF@weaversway.coop.



Thrivefest Brings EVs, Live Music to Ambler

Electric vehicles and live original music will power the day's activities Saturday, April 20, when Drive Electric Earth Day returns to Weavers Way Ambler.

THE EVENT, PART OF A NATIONAL CAMPAIGN TO share information about electric vehicles, will take place from 1-6 p.m. as part of the third annual ThriveFest, a weekend-long music festival at which live original music will be featured during the day and evenings at the Co-op and other venues in downtown Ambler.

EV owners will showcase a variety of models, offering ride and drives and sharing their experiences of EV ownership. In addition, the event will include information booths staffed with sustainability experts and government officials.

ThriveFest is organized by Co-op member Rick Denzien, a professional musician and founder of Zero Emission Musicians, dedicated to creating a better world through music and eco-sustainability.

For more information on Drive Electric Earth Day, check out www.driveelectricearthday.org. For info on ThriveFest, visit www.ThriveFest.us.



Kieran McCourt, Weavers Way Ambler, answers the question:

"What Do I Do With This?" THIS MONTH:

Common use: Middle Eastern cuisine. It's used as a table spice, and is a major component of za'atar (a spice blend that also incorporates coarse salt, thyme, and sesame seeds).

Flavor: Acidic, tart, citrusy

Allergy concerns: It's in the same family as cashews and mangoes, so if you have a sensitivity to either, don't use it.

Uses:

- Part of a dry rub or in a marinade, especially for fish or lamb
- In fattoush (a Lebanese chopped salad dressed in lime vinaigrette) and on grilled or roasted veggies
- On hummus, warmed chickpeas, potatoes or even popcorn for an added kick
- Combined with ground black pepper for an offbeat spice blend (Suggested ratio: 1/3 pepper: 2/3 sumac — adjust to taste)
- In an infused simple syrup, (add cherries if desired for sweetness)

Note: If you're foraging for fresh sumac, the non-poisonous variety has red berries!

Ground Sumac
AVAILABLE IN
AMBLER & MT. AIRY



Pre-Order Your Holiday Favorites

www.weaversway.coop/catering

Passover is sundown April 19 through sundown April 27.
Easter is April 21.

What's in Store at Weavers Way



Check It Out!

by Karen Plourde, Editor, Weavers Way Shuttle

Meat & Fish Market

Ambler increases its chicken and beef options, and adds sustainable salmon.

In recent months, we've worked to identify meat and fish choices that are lower priced, yet still ethically sourced. For now, they're available only in Ambler, where case space is greatest. You can find many of the items in Ambler now, but some of the products listed below might not be on the shelf until April 10. Watch for upcoming sale prices, too!

Here's the lineup:

• **Nature's Sensation Chicken free range, antibiotic free, vegetarian fed**

- Boneless skinless breasts \$4.99/lb.
- Boneless skinless thighs \$3.99/lb.

• **Oasis Chicken halal, antibiotic free**

- Whole chicken \$2.49/lb.

• **Farmer Focus Organic Chicken free range, antibiotic free, vegetarian fed**

- Whole chicken \$3.49/lb.
- Boneless skinless breasts \$8.99/lb.
- Boneless skinless thighs \$5.99/lb.

* Note: Family packs of chicken are 50 cents less per pound

• **Certified Angus Beef USDA Prime**

- London Broil \$6.99/lb.
- Top round steak \$7.49/lb.
- Top sirloin \$12.99/lb.



Alex Lavelle and Ambler Meat & Seafood Manager Aleem Smallwood show off the new meat selections.



Ground beef \$4.99/lb.

In addition to the expanded meat choices, Ambler has also brought in **Jail Island salmon fillet \$12.99/lb.** It's native to the Northeast Atlantic, and raised in Canada by a family-owned company.



Finds for the Furry and Feathered

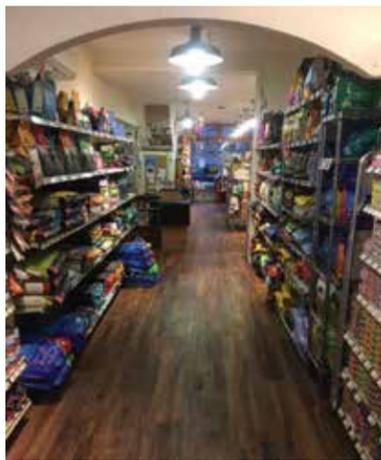
A brand new floor (and more!) in Mt. Airy

The Mt. Airy pet department has gotten a fresh reset with a new floor, an updated layout, and expanded food offerings. Customers love the new spacious, warm and bright feel of the store, and everyone's excited about the addition of a fish tank to add a little life and color.

We've expanded on food brands such as **Fromm, Zignature, and Open Farm** because of their superior quality and attention to locally-owned small business. As an added incentive, they offer frequent buyer programs, with cards available in store. To meet your needs, our staff is also always available to set up a preorder for items you are looking for outside of what we have on the floor.

CBD-infused products have gotten increasingly popular for animals, to help relieve their anxiety and support pain management. We've chosen to stock items from Super Snouts Hemp Co. of Reno, NV. Their products are veterinarian formulated, and their Colorado and Kentucky-grown hemp products are free of GMOs, pesticides and herbicides. We've gotten wonderful feedback from our customers on their oil extracts and chews.

Stop by soon to see what's new.



—Alexandra DeFilipo

CHANGE YOU CAN BELIEVE IN

WE'RE LOWERING PRICES

You've heard it other places before, but we really mean it —we're lowering prices on lots of everyday items at all three stores. Credit the reductions to sourcing better costs from new distributors and increased efforts to price in line with competitors. .

As an example, here are a few of many dairy products that are now reduced (former price in parentheses):

Cabot Butter 1 lb.	\$4.99	(\$6.49)
Philadelphia Original Cream Cheese 8 oz. bar	\$2.99	(\$3.69)
Miyoko's Creamery Organic Vegan Cultured Butter 8 oz.	\$5.99	(\$6.69)
Cabot Cheeses 8 oz.	\$3.99	(\$4.99)
Treeline Herb Garlic Nut Cheese 6 oz.	\$6.99	(\$9.69)
Brown Cow Whole Milk Yogurts 5.3 oz.	\$0.99	(\$1.15)
Chobani Greek Yogurts 5.3 oz.	\$1.29	(\$1.69)
Merrymead Half & Half 16 oz.	\$2.29	(\$2.69)

See Meat & Fish Market (left) for news of lower prices on salmon, chicken and more in Ambler. *And keep checking our shelves— even more lower prices are coming soon!*



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

ALERT!

Norman and Jeannine shared popcorn and perspectives during a private screening of the documentary **Eating Animals**. You can catch the film as part of Pennypack's Sustainability Film Series on **Tuesday, April 30, from 6-9 p.m.** at the Ambler Theater.

J: Hey, how about that film we watched?

N: Eating Animals? It was interesting.

J: Care to elaborate?

N: Well, they had the pig waste lagoons, Colonel Sanders and the birth of the Chicken McNugget.

J: Can't forget the very beginning of the film, where they credited a woman named Cecilia Steele, who received an incorrect baby chick order, with the birth of the first factory-farm chickens.

N: Yeah. That was the beginning of chickens being raised indoors, which led to Tyson Foods, which led to the Chicken McNugget, which led to Tyson becoming a giant food corporation in the United States and the mistreatment of billions of chickens. Have you ever had a Chicken McNugget?

J: Yes, I very much liked them as a child since it was a special treat, but the thought of eating them now is gross. Have you ever tried one?

N: No. I think I was already vegan by the time they came out. I just read McDonald's is coming out with a vegan Chicken McNugget in Norway. I bet the Vikings would find that odd.

J: Not exactly Viking food! I found it intriguing that when the film spoke about vegetarianism, it mentioned plant-based technologies as the future, like Beyond Meat and JUST, Inc. I'm disappointed they didn't discuss real food.

N: What do you mean by real food?

J: Real food comes from dirt.

N: We got dirty last month. Beyond Meat and JUST are curious products in that they are plant based, but I wouldn't call them natural food. In fact, they are another form of factory food. They are concocted in labs and made in factories, so there's some distance between these products and real foods.

J: Right. Because Beyond Meat doesn't grow in the dirt.

N: Even though some of its ingredients did... But then those ingredients are manipulated, like pea protein isolate.

J: I've never bought any isolate from our Produce Department.

N: That's because Co-ops are about community and avoid isolation.

J: Factory farms combine the community of animals in confined spaces, and isolate them from living a humane life.

N: The movie showed that factory farms, although huge, have to be isolated because of their smell and waste. There are Ag-gag rules preventing people from finding out more about them.

J: I already knew how horrific factory farms are and how they operate, but the film was a good and necessary reminder about how corrupt Big Ag is, and all the politics involved.

N: Sounds like a dirty business.

J: We just can't seem to get away from dirt.

Stay tuned for next month's column, in which Norman and Jeannine taste-test JUST Egg and explore the topic of plant-based technology.



An offshoot of Weavers Way Co-op
 608 Carpenter Lane
 215-843-8289
foodmoxie.org

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**GIVING
 TWOSDAY**

APRIL 9

**Drop \$2 (or more!)
 at any register to benefit
 Food Moxie programs.**

FOOD MOXIE We dig what we eat.

Co-op Community Supports Food Security Efforts

by Lisa Mosca, Food Moxie Executive Director

MORE THAN 400,000 PEOPLE IN PHILADELPHIA ARE considered food insecure, meaning they do not have access to three meals a day, according to the Hunger Coalition of Philadelphia. Feeding America estimated in 2015 that 26 percent of food-insecure households earned too much to qualify for most federal nutrition assistance programs, including 20 percent of food-insecure children.

FOOD MOXIE's mission is, "From seed to supper we educate and inspire people to grow, prepare, cook, taste and eat healthy foods." Our focus at our program sites is to provide opportunities for participants to have hands-on experiences that increase their understanding about growing food and scratch-cooking nutrient-dense whole foods, especially on a budget. We work to do this in ways that maintain our participants' dignity, and thus we center our programming in trauma-sensitive, participant-informed methods for service delivery. In short, our staff creates consistent programs that recognize our participants' assets and give them choices.

In providing our programs in the Northwest Philadelphia community, we strive to embody all of Weavers Way's Ends statements, particularly statements two ("Our community will have access to high quality, reasonably

priced food, with an emphasis on local, minimally processed and ethically produced goods") and seven ("Weavers Way will have a welcoming culture that values diversity, openness, inclusiveness and respect in all that we do").

Over the next few months, Weavers Way members can help support FOOD MOXIE's mission in several ways:

- By becoming a Sustainer (www.foodmoxie.org/waystogive/)
- By donating your working member discount through our High Five campaign
- By doing Co-op work hours with us (find shifts online by looking up FOOD MOXIE in the Weavers Way Member Center under "My Shifts.")
- By buying a raffle ticket for the wonderful quilt donated by Co-op members and local quilters (coming to the Ambler store in April, see photo)
- By donating something on our WISHLIST (coming next Shuttle issue)



This quilt, donated by Co-op members and local quilters, will be raffled off (this spring?), with the proceeds going to Food Moxie.

Your support helps FOOD MOXIE offer more than 200 learning events a year on growing, preparing, cooking, tasting and eating healthy foods. Thank you, Co-op members, for all your ongoing support!

**FREE COMMUNITY PLAY DAYS AT
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AWBURY ARBORETUM'S
 NATURAL MATERIALS PLAYGROUND

WEDNESDAYS 9am - 3pm **SATURDAYS 10am - 2pm**

April 20th through October*

- + BUILD FORTS & SHELTERS
- + EXPLORE THE FOREST
- + BRING A PICNIC
- + CREATE FAIRY HOUSES
- + RUN, JUMP, CLIMB
- + BRING A FRIEND

visit www.awbury.org/adventurewoods
 for directions & more info on extended hours

Interested in another day or time?
 >> AdventureWoods is also available for rental! <<
 email us at contact@awbury.org for rates & info

AWBURY ARBORETUM
 *Opening subject to change based on weather

QUINTESSENCE THEATRE GROUP

SHAKESPEARE
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DIRECTED BY ALEX BURNS **MAR 19 - APR 20 2019** www.OTGREP.org 215-987-4450
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THANKS TO...

Thanks to these helpful volunteers:

- Germantown Friends School
- Weavers Way Co-op Working Members*
- The Wharton Agribusiness and Food Security Club
- William Penn Charter School

**A Special thank you to Chanelle Lansley,
2018/19 FOOD MOXIE
Wharton Board Fellow!**



For Their Support!

SAVE THE DATE

Saturday, May 11

FOOD MOXIE'S

**Strawberry
Festival** 

West Mt. Airy Neighbors Dinner Returns For 14th Year of Food and Fundraising

by Della Lazarus, West Mt. Airy Neighbors Board

EAT YOUR HEART OUT IS NOT IS YOUR TYPICAL boring meal served at a fundraising event. Rather, it's an annual gathering and delectable dining experience that raises money for West Mount Airy Neighbors. EYHO will take place Saturday, April 13 at 6 p.m. at Upsala Mansion, 6430 Germantown Avenue.

As usual, EYHO will begin with a grand cocktail party. This is the time to see and be seen while enjoying hors d'oeuvres and libations. A bit later in the evening, most registrants will fan out to one of 10 homes in the neighborhood to attend intimate dinner parties of 10 to 12 people. Each dinner will feature a different theme and menu, prepared by chefs who have volunteered their time and culinary passion for the event. However, if you have other plans for later in the evening, you can still support WMAN and participate in the festivities by opting to come to the cocktail party only.

EYHO always offers wonderful meals cooked by a roster of talented chefs. This year, local restaurant Mica will loan us its chef and owner, Yianni Arhontoulis. Also cooking will be Chef Angie Brown, well known to many as the former proprietor of the local restaurant that bore her name. Careda Matthews, a new chef from Reading Terminal Market, will lend her talents to a dinner, as will local caterer Kimberly Fonville of KF Culinary Designs. Gail Hinson, who cooks pop-up din-

ners at Awbury Arboretum, and Bonnie Shuman, executive chef at Weavers Way Co-op, will commit their expertise as well. Culinary School graduates Emma Ford and Tahneyia Williams will be returning to EYHO this year. Mt. Airy resident and caterer Claire Lomax and talented chef Jim Steiker round out our list of chefs.

Our hosts include both veteran participants who have opened up their homes and pocketbooks many times, and first timers. The new chefs and hosts will help EYHO retain its character as a community dinner at which people have a great time socializing — just ask some of the many people who have attended for most, or all, of the last 13 years.

For tickets, visit the WMAN website at www.wman.net. That will surely whet your appetite to browse the categories of dinners available. And don't be concerned if you have some dietary preferences or allergies — our amazing chefs should be able to accommodate you.

Get ready for an evening of great conversation and conviviality. For more information, email wman@wman.net or call 267-713-WMAN.



Patrick Dougherty Returns to Morris Arboretum this Spring



Do You Remember the *The Summer Palace?*
Or *A Waltz in the Woods?*
What will Patrick Dougherty create in 2019?
Come find out for yourself!



Opens March 30, 2019
morrisarboretum.org

100 E. NORTHWESTERN AVE • PHILADELPHIA • 19118 • (215) 247-5777



Chestnut Hill Hospital
TOWER HEALTH
Advancing Health. Transforming Lives.

BREAKING DOWN WEIGHT LOSS BARRIERS.

Weight loss isn't just about looking good — it's about being your healthiest. Obesity can contribute to serious conditions such as heart disease, stroke, type 2 diabetes, and certain types of cancer. Join James Hill, MD, at our weight loss lecture to discover the key to achieving a healthy diet and active lifestyle.

WHEN: Thursday, April 18
10 to 11 a.m.

WHERE: Center in the Park
5818 Germantown Avenue

INFO: Light refreshments provided

Program is FREE
Registration required
Call 215.753.2000

Presenter:
James Hill, MD
Family Medicine



Upcoming Lectures

Understanding Thyroid Problems — Monday, April 29
A Healthy Woman from the Inside-Out — Monday, May 6
Visit ChestnutHill.TowerHealth.org for details.

L·E·T·T·E·R·S

Ruminant Grazing Can Save Us

RECENTLY THE SHUTTLE PUBLISHED an Eco Tip that we reduce our personal impact on the environment by going meatless. I disagree.

It's true that a cow's gut microbes produce methane, an extremely potent greenhouse gas that contributes to global warming at a far higher rate than carbon dioxide. But the methane that cows and sheep burp makes up but a small fraction of anthropogenic methane production. The real culprit for skyrocketing methane levels is the oil and gas industry. If you want to personally control methane production, lower your thermostat! Ditch your car and ride a bike! Reduce your biowaste! Stop Pennsylvania from drilling the Marcellus Shale!

Second, industrial cattle farming is just as bad as we think it is from an environmental standpoint. Manure vat ponds are a large source of emissions. Vast tracts of land across the U.S. have been taken over to grow monocultures of corn to feed cows, humans, and cars (in the

form of ethanol), depleting the soil and decimating biodiversity.

Monoculture farming of soy, wheat, and rice is no better in terms of soil depletion and biodiversity. Sadly, even organically-grown mono crops aren't much better.

There is another path, one that improves our ecological footprint by repairing depleted, barren soils and increasing biodiversity: regenerative ruminant grazing.

Regenerative agricultural projects are repairing the soil and ecosystems in test projects worldwide. In recent scientific studies, holistically managed cows were shown to be net sequesters of carbon and increased the biodiversity of the land they grazed.

If we really seek to save the planet with our stomachs, I propose that instead of Meatless Mondays, we start serving meatballs — from grass-fed, locally-raised lamb and beef, of course!

Anne Dicker

Molly is a Home Delivery Star

THANKS FOR THE ARTICLE ON Weavers Way home delivery services. I'd like to add something to the narrative.

Before I started delivering from Chestnut Hill, I shadowed Molly Rudell, who was responsible for the Mount Airy service. I saw firsthand her efficiency in getting the orders together in a very confined space, her kindness, and her grace under pressure.

Thanks, Molly, for the example that you set!

Josephine Leigh

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.

Free Aging in Place Programs in Montco

FAMILY SERVICES OF MONTGOMERY County offers two free programs to help Montgomery County seniors (age 60 and older) stay safe and independent in their homes. Project HEARTH (Helping Elderly Adults Remain in Their Homes) links seniors with trained volunteers who visit them at home and help with:

- transportation for essential errands and appointments
- organizing mail and managing correspondence
- decluttering and purging unwanted household items
- light housekeeping/laundry
- minor home repairs (there may be a cost for materials)

The Telephone Reassurance Program provides friendly, weekday phone calls by a caring and trained volunteer to ensure the safety and well-being of area seniors. Volunteers are backed by a professional staff member in the event of a crisis or urgent issue that needs immediate attention.

If you are interested in a meaningful volunteer experience with one of these two programs, please contact me at (610) 630-2111 ext. 235 or kwiernicki@fs-montco.org.

Kristl Wiernicki

Family Services of Montgomery County

Why Vote

(Continued from Page 1)

In that case, use the opportunity to get to know their opinions about what is important to you.

6. "It doesn't matter who I vote for."

Again, it does matter! Board members represent you! They have a lot of input into how Weavers Way operates. We need Board members with creativity, integrity and willingness to commit the time and energy to their responsibilities.

7. "Incumbents always win, so there is no need to vote."

This year, there are no incumbents running for the Board. We have nine candidates, and each brings a set of skills and interests that can add to the Board's expertise. It will serve all of us well to review the candidates' information in the Shuttle and online to determine who best represents our values and interests. But even when there are incumbents running, each election represents an opportunity to elect members who can add to the richness of our Board.

This year, we hope all of you will take the opportunity to make the Weavers Way Board election a meaningful experience and to elect a Board that represents your values and interests!

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GM'S CORNER

In the Battle to Eradicate Single-Use Plastics, We Could Use a Superhero

by Jon Roesser,
Weavers Way General Manager

IN 1941, WHILE ROBBING THE CRAWFORD Chemical Works, a petty thief named Patrick O'Brien was surprised by the night watchman, shot in the arm and doused in a strange chemical liquid. Left for dead by his accomplices, he was nursed back to health by a kindly monk, discovered that his blood had been altered by the chemicals and hence devoted his life to fighting crime.

Thus, Plastic Man was born. The creation of Quality Comics, Plastic Man can contort his body into any imaginable shape, allowing him to dodge bullets, infiltrate organized crime syndicates, et cetera. A classic bad-guy-turned-good-guy tale.

Unfortunately, Plastic Man, now 79, hasn't aged particularly well. In this new golden age of comic champions, Batman and Superman still retain their loyal legions of fans, and many lesser known superheroes have found new fame: Black Panther, Iron Man, Captain Marvel and many more. Heck, even Aquaman just had a new movie.

Meanwhile, poor Plastic Man lives in a state of semi-obscure retirement.

Why? The problem might be in the name. In 1941, plastics were the new frontier. Lightweight, inexpensive, impervious to water and, like Plastic Man, malleable into limitless shapes, it was thought plastics would have a transformative impact on nearly every industry and would, in many ways, make our lives better.

Fast forward to 2019, and plastics have fallen out of fashion. In fact, they've become vilified. To be clear, the ire is directed not against plastics, broadly speaking, but rather against single-use plastics: food containers, water bottles, bubble wrap and the like.

Under the best of circumstances — and those are

decreasingly likely — single-use plastics are properly collected and recycled into something else: office chairs or car dashboards or something along those lines.

Instead, single-use plastics are usually put in landfills (they will be there long after we're gone), incinerated or dumped into the oceans, where growing swirls of plastic waste are doing incalculable harm to marine life. The Great Pacific Garbage Patch alone is estimated to have 1.8 trillion pieces of the stuff.

Single-use plastics are seemingly everywhere, part of the fabric of our 21st-century existence, as much a part of our lives as running water and smartphones. But while our use of them continues, I am not without hope. The tide is turning, although it might be hard to see.

“ **Convincing our customers to give up the convenience of single-use plastics will not be easy. In fact, it might require some superheroic intervention.** ”



At the Co-op, we can hear the growing chorus of voices demanding change. It started a few years ago with a complaint here, an observation there. It grew last year with a well-attended member meeting that led to

the formation of our Plastic Reduction Task Force. And with nearly 100 attending February's Plastic Reduction Forum, we're now poised to begin taking real action.

Our members are telling us something. And we must respond, starting with this admission: Weavers Way, our beloved Co-op, which does many, many good things, is, nevertheless, as a grocery retailer, part of a system that is simply too dependent on single-use plastics. We are complicit in what is unsustainable.

Starting this month, we will begin to pivot. For the past 46 years, the amount of single-use plastic at the Co-op has slowly risen. From now on, we are committed to making it fall. It will take time — perhaps too much time for some of our members. But by taking incremental steps over the next few years, we can make real change happen.

This is the essence of the democratic, cooperatively-owned business model, as our business responds to the desire of its member-owners. And it's not the first time. Our member-owners were on the cutting edge of the natural food movement, the organic food movement and the local food movement, long before these campaigns went mainstream. They're now on the cutting edge of the plastic-free food movement. Wait 'til you see what develops.

Convincing our customers to give up the convenience and ease of single-use plastics will not be easy. In fact, it might require some superheroic intervention. Fortunately, there's a good guy with a bad name who's got time to spare, and he's in need of a cause.

So Plastic Man, before you suffer the fate of Asbestos Man (yes, there really was an Asbestos Man), I propose a name change: Sustainable Man! Committed to eradicating single-use plastics from the Earth! Now let's get to work.

See you around the Co-op.

-Jon Roesser

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- | | |
|--|--|
| 1 Voluntary and Open Membership | 4 Autonomy and Independence |
| 2 Democratic Member-Owner Control | 5 Education, Training and Information |
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WVWA Thinks Globally, Acts Locally

by Gail Farmer, Wissahickon Valley Watershed Association Executive Director

THERE WAS A TIME WHEN I LOOKED FORWARD TO reading the news, but now I look at the Sunday paper with a sense of dread. On global and national levels, 2018 brought the risks to existing environmental protections into stark view and demonstrated that current solutions to environmental challenges are insufficient.

For an individual, the sense of powerlessness to affect change at these scales can feel overwhelming. I have found that the best way to combat this paralyzing feeling is by focusing my energy on opportunities where I can create change. Most often, these are in my local community.

As a member of Weavers Way, you know this. You give your membership dollars to a co-operative because you want to be a part of the solution to the problems of our current food systems. Through your membership, you have brought your values to life, and that is powerful. I have the privilege of serving as Executive Director of the Wissahickon Valley Watershed Association, and I would like to share with you our story of combatting national and global environmental challenges at the local level.

According to the World Wildlife Fund's 2018 Living Planet Report, wildlife populations have declined by 60 percent in the past 40 years globally, largely due to habitat loss. While you may not be able to stem the tide of extinction, by supporting WVWA you can ensure that the chimney swift, monarch butterfly and red-backed salamander have a place in your community. WVWA active-

ly protects nearly 1,300 acres of open space and habitat in the Wissahickon Valley. If you drive down Lewis Lane in Blue Bell and visit the Cheston Family Preserve at Briar Hill, you'll see the impact of \$1.9 million we raised in 2018 to permanently protect the eight acres of open space adjacent to Briar Hill Preserve and Prophecy Creek Park.

We use donations to improve habitats at our 12 nature preserves in the Wissahickon watershed. You can witness our efforts with a visit to Crossways Preserve, where we have improved meadow, wetland and woodland habitats. These habitat improvements will allow Crossways to support a richer and more diverse community of plants and wildlife.

The scope of the Clean Water Act is under scrutiny, putting into question the EPA's commitment to protecting the health of our interconnected system of waterways. Again, while you may not be able to stop changes to the Clean Water Act, by supporting WVWA you can ensure that the Wissahickon Creek is being cared for. WVWA spent significant time in 2018 working with 13 municipalities, four wastewater treatment facilities and three other nonprofit institutions to draft a shared water quality improvement plan for the Wissahickon Creek. WVWA is also planning several stormwater improvement projects over the next three years that will help manage nearly 5 million gallons of



Top: Crossways Preserve in Blue Bell (Jamie Stewart photo). Lower left, WVWA Executive Director Gail Farmer. Lower right, a monarch butterfly at Four Mills Reserve in Ambler (Kristy Morley photo).

stormwater runoff annually.

If you haven't attended one of our events, walked on our trails or joined as a member, we invite you to take that first step and see what we're all about. We've been here since 1957, and with your support, we will be here for many more years, working to keep the Wissahickon Valley a place where people and nature can thrive.

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By the Numbers: Our 2018 Farm Season Summary

Lessons learned from a less abundant harvest

by Nina Berryman, Weavers Way Farm Manager

MANY PEOPLE KNOW ME AS A FARMER WHO IS PASSIONATE about local food, environmental stewardship and community engagement. What many don't know is that I'm also passionate about record keeping. As a farmer, I want to be able to look back on past years and know what happened, where, when and why — preferably all in a spreadsheet, if possible. I know no better way to prepare for the future than to analyze trends from the past. As with every year on the farm, 2018 was full of lessons learned that will inform our next ap-

proach, as well as carefully calculated successes that we aim to repeat.

2018 Summary as compared to 2017: Total sales were \$253,517 (2017: \$235,474). Our sales from farm product decreased 8 percent. Our sales of non-farm product at the farm market increased 47 percent. Our orchard sales increased 47 percent. We increased our staff and volunteer labor hours by 7 percent. Our harvest weights decreased by 23.5 percent.

Harvest Pounds: 39,414 (23.5% decrease from 2017: 51,506 lbs.)

Sales of Farm Product by Outlet: \$156,102 total

Henry Got Crops CSA:	\$98,404.00 - 62% of total (2017: 54.4%)
Co-op Departments:	\$31,173.00 -20% of total (2017: 28.7%)
Henry Got Crops Farm Market farm produce:	\$26,966.00 -17% of total (2017:14.6%)
Wholesale Outlets:	\$1013.00 -1% of total (2017: 2.3 %)

Sales of Non-Farm Product sold at Farm Market: \$95,952, after discounts (2017: \$68,047)

2018 Orchard Crops: \$2,680 (2017: \$1,814)

Blackberries	\$802
Hazelnuts	\$823
Paw Paws	\$1045

Top Ten Produce Products in 2018

Cooking Greens*	\$27,885.48
Salad Greens **	\$18,457.60
Tomatoes	\$17,531.41
Carrots	\$5,427.00
Lettuce, heads	\$4,234.65
Squash, summer	\$4,227.63
Pepper, sweet	\$4,107.50
Cucumber	\$3,986.07
Onion	\$3,313.16
Leek	\$2,819.50



Photos by Lauren Todd

*Cooking Greens: Bok Choi, Chard, Collard Greens, Dandelion Greens, Kale, Mustard, Tat Soi, Escarole
 **Salad greens: Arugula, Kale (baby), Lettuce, Mix Leaf, Mesclun, Pea Shoots, Spinach

Total number of produce items sold: Approximately 65 annual vegetables, 35 herbs, fruits, flowers

Labor Hours:

Farm Staff Hours:	12,153 (a 5% increase over 2017: 11,487)
Farm Market Staff Hours:	1,697 (a 100% increase over 2017: 849)
Volunteer Hours:	2,306 (a 14% increase over 2017: 2,021)

Data collected and analyzed by Nancy Anderson

Germantown Unitarian Society Hosts/Screening of King Documentary



THE SOCIAL JUSTICE COUNCIL of the Unitarian Society of Germantown invites the community to a free screening of the HBO documentary "King in the Wilderness" Friday, April 5 at 7:15 p.m. at the society, 6511 Lincoln Drive.

The film, released last January and directed by Peter Kunhardt, details the final three years of Rev. Dr. Martin Luther King Jr.'s life, based on the interviews of friends and colleagues in the Civil Rights movement. It highlights the pressures on King as he addressed problems in the North, and as he endured the criticisms from many sides about his core philosophy of non-violent direct action and his decision to come out against the Vietnam War.

Following the screening, a discussion will be moderated by Rev. Richard Fernandez, one of the activists featured in the film.

In addition to USG's social justice council, the event is also sponsored by Unitarian Universalist Pennsylvania Legislative Advocacy Network, the Greater Philadelphia branch of the Women's International League for Peace and Freedom, USG POWER local organizing committee, and Weavers Way Co-op.

Parking for the screening is available behind the USG complex; please use the entrance off Johnson Street. For more information, email dbrunn@verizon.net.

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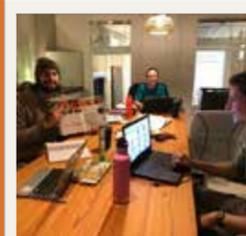


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Believe It: The Gut /s Connected to the Brain

by Wendy Romig, Weavers Way Neighborhood Nutrition Team

OUR GUTS PLAY A CRITICAL AND SOMEWHAT COMPLICATED role in our bodies. Gut health is connected with weight, hormone balance, energy levels, chronic illness and much more. One area that is gaining greater attention in the medical and scientific community, is the role of the gut in brain function, often referred to as the gut-brain axis.

This “bidirectional” superhighway in our bodies links activities in our gut with a variety of brain activities, including cognitive function, motivation, mood and emotions. The central nervous system and enteric nervous system (the “gut brain”) are the key players in this axis, and they are in constant communication with one another through the vagus nerve, our gut-associated lymphatic tissue (GALT) and microbiome. While the biochemical processes are complex, it’s important to understand how imbalances in the gut-brain axis can manifest into health issues such as depression, anxiety and cognitive dysfunction.



this vaginal inoculation and are considered to be at higher risk for imbalances in their gut flora. Animal studies have shown strong correlations between dysbiosis and depression/anxiety using antibiotics and probiotics to alter the bacterial balance.

Communication pathways discovered between the microbiome and the brain include production of neurotransmitters such as GABA and serotonin, changes in intestinal motility (how fast your food is moved through the gut), intestinal permeability (which can lead to leaky gut), inflammatory responses and immune function. Stress has a profound role on gut health and can alter every one of these pathways by activation of our hypothalamus - pituitary - adrenal (HPA) axis.

For those experiencing symptoms of depression, anxiety or cognitive dysfunction, looking toward gut health may offer some new insights for improved brain health. Common signs of gut imbalances include IBS, loose stool, gas, bloating, reflux, insatiety (always hungry), nausea, stomach pain, fullness, halitosis and belching.

There is a wide range of interventions that can improve gut health, and some of the simplest steps can involve making a few changes to one’s diet. As a whole, our culture has become dependent on sweet and savory foods at the expense of more nourishing and gut-healing foods containing bitter and pungent flavors. Significantly reducing intake of sugar, alcohol and simple carbs while increasing bitter and pungent foods such as broccoli rabe, arugula, collards, cumin, celery seed and cayenne can begin shifting the gut in a healthier direction.

Dr. Wendy Romig, DCN, MS, CNS, LDN, is a Doctor of Clinical Nutrition practicing in the area of Functional Medicine, Nutrition and Clinical Herbalism. Wendy is owner of Sage Integrative Health Center in Mt. Airy, where she sees a wide range of complex, chronic health conditions. She is also a member of the Weavers Way Neighborhood Nutrition Team and Health and Wellness Committee.

According to the American Psychological Association, a 2017 analysis showed that 12.7 percent of Americans had taken antidepressants within the past month, with prevalence among women being twice as high as men. Johns Hopkins Medicine explains that the role of the enteric nervous system in mental health is significant, and while it was once thought that anxiety and depression caused gut issues, researchers are realizing that it may very well be the other way around. Research cited in the Annals of Gastroenterology in 2015 suggests that the microbiome may play an essential role in brain health by interacting directly with the central nervous system via several metabolic pathways.

One of the biggest disruptors of brain health may be dysbiosis, or an imbalance in gut bacteria. Variations in the microbiome can occur as early as during birth, when babies pass through the vaginal canal and come into contact with the mother’s vaginal microbiota. Children born via C-section bypass



What the Team Has in Store

APRIL: Learn why your relationship with your gut and your gut health is more important for your health and well-being than you may realize. Workshops include how to make your own water kefir and gut health smoothies, in addition to exploring the gut and brain connection.

NEIGHBORHOOD NUTRITION TEAM OPEN HOURS AT WEAVERS WAY AMBLER:

- April 5, 1-3pm
- April 9, 1-3pm
- April 16, 2-5pm
- April 26, 4-6pm

WORKSHOPS

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Rise Up Strong: Mind-Body Leadership Skills for Women

by Esther Wyss-Flamm, for the Shuttle

IT LIKELY COMES AS no surprise that the majority of Weavers Way members are women, and that women typically take the lead in promoting community health and well-being. Our ability to span family, work and community involvement is an expression of a more feminine form of leadership, distinctly different from our classic masculine image of an individualistic leader. My belief is that our strength as women leaders depends on how we align our physical energy, emotional well-being, mental focus and spiritual grounding so we don't burn out.

Over the past several months, I've had conversations about this with a variety of women leaders, most of them small business owners and heads of local organizations in Philadelphia. I discovered there's a whole lot of unacknowledged leadership from women going on in our neighborhoods. They're improving community health through wellness businesses, helping community members learn new skills, advocating for mental health, fair education and services for the elderly, and practicing and promoting urban farming and other cooperative practices.

I also learned that women are reluctant to see themselves as leaders. (The word "leader" has a negative meaning for many of us, as we associate it with tainted public figures.) Additionally, we're too busy making things happen, to step back and appreciate the importance of our work. Third, women are often teetering on the edge of burnout, wanting to be fully present at home as well as at work. And finally, women are hungry for ways to make their vision for a healthier future happen with more clarity and ease.

These conversations have helped



me dive into a deeper understanding of mind-body leadership, and identify practices that help activate our sense of inner strength, alignment, mindfulness and presence. I'll be detailing these practices in a series of free, interactive talks organized by Weavers Way on April 18 and 23rd at 6:30 p.m. I'll also taking a deeper dive into the concept of mind-body leadership during workshops for Mt. Airy Learning Tree on May 2 and 9. Visit www.weaversway.coop/events to learn more about the presentations at the Co-op, and www.mtairylearningtree.org for the May workshops.

Knowing how to draw on our physical, emotional and mental energy allows us to step into courage, stand fully in our strength, connect with each other and claim our place as powerful, loving leaders in our family, neighborhood and city.

Want to find out more about mind-body leadership? Come to the interactive talks organized by Weavers Way in April — visit www.weaversway.coop/events to learn more. Or, sign up for a workshop to be held through Mt. Airy Learning Tree on May 2 and 9.

Esther Wyss-Flamm is a mindfulness coach, yoga instructor and member of the Weavers Way Board of Directors. Learn more at www.estherwyssflamm.com.

Mindful Breathing Can Reset A Rattled Nervous System

by Dan Vidal, for the Shuttle

DO YOU SUFFER FROM ANXIETY, DEPRESSION, chronic pain or fatigue? Well lucky for you, there's a pill for that!

Just kidding. Fortunately, in many of these cases there's much simpler, safer and viable solution, and it all lies in the way you breathe.

The Mechanics of Breathing

Although we do it every day without much thought, the act of breathing is a complex process involving many different moving parts. Your lungs essentially function like an accordion. The contraction and relaxation of your diaphragm creates pressure changes in the torso that cause air to be drawn in and expelled. In order for this to happen efficiently, all of the various muscles and soft tissues that drive this process must be pliable enough to react properly to these pressure changes. Previous injuries, emotional holding patterns and poor postural habits can all throw a monkey wrench into the workings of this process.

When we are chronically stressed, we gradually lose the ability to adapt to various types of stimuli. Our nervous systems become deconditioned. We lose the capacity for self-regulation and often end up stuck in a state of hyperarousal. When this happens, muscles such as the scalenes — which should only lightly assist with breathing — become tight and overworked. This prevents the ribcage from expanding and contracting properly, which can restrict lung capacity by up to 70 percent. The result is a predisposition to hyperventilation, which then results in anxiety and hyperarousal, which only feeds further into the cycle of dysfunction.

The Breathing Hack

One of the easiest ways to "hack" the nervous system and help it reset itself is through mindful breathing. If you've taken a meditation or a yoga class, you are already somewhat familiar with this process. Find a quiet place and take five or ten minutes to practice. Without straining, take a calm deep breath in. Let your belly inflate like a balloon first. Then, let the chest expand to the front, back and out to the sides but not up towards the ears. I like to think of this sequence like a wave pattern — first the belly rises, then the chest. Be sure to keep the neck and shoulders relaxed as you do this. Imagine they are floating weightlessly on top of your body.

Inhale for a count of three seconds. Pause for a second, then exhale for count of six seconds. Take another second-long pause before you allow your lungs to re-inflate. This process will help downregulate the autonomic nervous system and alleviate excess muscle tone.

Take some time to get to know your body, and don't be afraid to explore. It will thank you!

Dan Vidal is a licensed massage therapist and a certified Neurosomatic Pain Treatment Specialist. He helps patients eliminate pain by assessing their posture and creating personalized treatment plans that involve targeted massage and mindful movement practices. The Health & Wellness workshop on the Mechanics of the Breath will be held at the Healing Arts Studio in Chestnut Hill on April 30.

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



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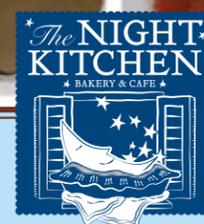


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★ **2019 OFFICIAL BALLOT** ★ **ELECTION FOR WEAVERS WAY CO-OP BOARD OF DIRECTORS** 

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

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

Hilary Baum

1. Weavers Way offers an economic and social pathway for collaboration that is especially appealing to folks looking for connection and community. It is of particular importance to me, new to Philadelphia, because it is a socially responsible food co-op that fosters the local economy and nurtures relationships between patrons, staff, volunteers, and producers.
2. I have worked in different aspects of the food business (food and beverage production, marketing, farmers market and csa management and governance, restaurant purchasing), participated in building the regional food systems movement as an organizer, educator and advocate, and have much board experience.
3. Continuous efforts to strengthen connections and build loyalties between our members, our stores and the larger community will always be our challenge; studying our shoppers and our competition an on-going task. Short term we can provide more information on our in-house labels, add energy to the Ambler store with some redesign, and communicate how to navigate parking challenges while we find long term solutions.
4. I have been a board member of the Hawthorne Valley Association which oversees a biodynamic farm, its dairy, bakery and fermented foods production, educational programs, and retail operations; chair, Purple Circle Parent Cooperative Day Care Center; Food Systems Network NYC founding director; president, Public Market Partners/Baum Forum; American Sustainable Business Council, program manager; Grow NYC/Green-market governance committee.
5. Being an active Co-op member is the key to effective representation: serving on committees, working shifts, participating in co-op and greater community events, and actively soliciting opinions from fellow members.



De'Janiera B. Little

1. A cooperative brings the community together. There is a sense of ownership and inclusion when its members are invested in its success. Weavers Way connects its membership in more ways than ownership. It connects the community's present economy and future growth.
2. I currently do not have prior cooperative experience. As a member of the Board, I plan to bring fresh new ideas as a team player. I hold an MBA and a MA in Organizational Development and Leadership. As a business owner, I would use my business and organizational skill set to continue to drive an already successful organization.
3. Short term, I understand that the Ambler location is new and we need to create ideas on how to increase and retain membership. Long term, we need new ways to consistently retain and involve current membership despite thriving competition. Maintaining a successful cooperative is an "all hands on deck" effort.
3. I am a member of Alpha Kappa Alpha Sorority, Incorporated. I have chaired several committees and community events. I have served as a community organizer for the last presidential campaign. I am also a member of the Montgomery Association of Realtors and the Pennsylvania and National Association of Realtors.
4. Grassroots involvement. As Board members we should encourage membership by monthly meetings, focus groups, Meet the Board meetings at the co-ops and so much more. Being a cooperative Board member is so much more than a monthly meeting. We have to get out there and mingle!



Whitney Lingle

1. I've been a member of Weavers Way for one year and the way it creates community among members, residents, and organizations strengthens our bonds. Every food system is complex and inherently intersectional, and the benefits of the cooperative model, especially autonomy and independence, are a positive facet of a functional food system.
2. I am a nonprofit executive director at an organization that works to promote positive aging, including improving food access. I work with a board of directors every day to guide my organization and reach strategic goals.
3. The greatest short-term challenge is actual and perceived equitable access. It's critical that everyone be able to procure and prepare healthy food. Reviewing current food assistance programs and communication with members and the larger community are both important to address issues of access. Long-term, the greatest challenge is the ecological and economic sustainability of the food system. I would address that issue by continuing the review process the current Weavers Way staff and board have established and reviewing stakeholder feedback to correct issues within Weavers Way, so that we have a positive effect on the community food system.
4. My entire career has been devoted to improving food access at the community level. I have taught nutrition classes with The Food Trust, instructed undergraduate food management students, and improved food security for seniors at Montco SAAC for nearly 5 years.
5. The board should be as diverse as the population it serves, and clear communication should be a priority.



Roy Eisenhandler

1. Weavers is dedicated to improving and building community. When shopping at the Co-op, my purchases help sustain the community and support vendors that are vetted for their ethical business practices and quality products.
2. Having worked in public health, industry, environmental consulting, and pharma I have a unique perspective. I've learned "There's more to it than meets the eye," when approaching problems or working with people. A patient, measured, mindful approach is best when making decisions or running a business.
3. Immediate challenges involve meeting the needs of the Co-op members and the community at large. Dedicated staff and membership are needed to keep the Co-op viable. Ongoing efforts to reinforce that WW is a community rather than just a store, is what is needed to keep it vital. A long term plan will take into consideration climate change, demographics, and government legislation. A good strategy would be to plan but remain flexible. The long term will present challenges and opportunities. We should partner with Co-ops across the country to share experiences and know how.
4.
 - Analytical chemist, Medical Writer, Merck & Co
 - Merck Institute for Science Education Coordinating Board
 - Oreland Swim Club Board Secretary
 - Citizens Partnership for Springfield TWP Board
 - Youth Softball, Wrestling, Soccer, Lacrosse and Baseball Coach
5. Spending time at the Co-op and participating in the life of the Co-op. Meeting with and talking with the member community.



★ ★ ★ **TO VOTE ONLINE**  Log into members.weaversway.coop and select "Weavers Way Elections" under My Co-op. Or wait for your email with a custom link so no login is needed.

Tadashi Matuura

1. The Co-op supports the local community and helps achieve healthier living not just by supporting 200-plus local vendors, but the people in the community. The Co-op helps support local business, provides people with healthy food, and offers a local gathering place for the community.

2. My work as an air freight loader encouraged me to be creative in maximizing space on aircraft. I would use this skill to partner with vendors to cut down on packaging where we can to help the environment. As an A/V engineer, I'm excellent at multitasking and troubleshooting in any situation.

3. A short-term challenge is bringing new shoppers in the door. A long-term challenge is how to keep those people shopping mainly at the Co-op. I would like to address this by trying new ideas like a food truck that would serve breakfast, and continuing to listen to what members need.

4. I strongly believe in community outreach. In the last 15 years, I have held the principal trombone position with Music at Abington. There is nothing better than being part of a group which gets the community under one roof for peace and good times. My family and I were involved with the Ambler Co-op before it became Weavers Way. Can you spot me in the photo at the Ambler store?

5. Board members should take every opinion seriously. Although the board makes a number of decisions, the Co-op belongs to the members and the community.



Patricia Quigley

1. My wife and I have been members of Weaver's Way since 2004. I have seen firsthand how important this Co-op is to the community: along with bringing fresh, local foods to neighborhoods at reasonable prices, they foster community by engaging members in decision-making, working together, and creating forums for members to connect, share services and create opportunities.

2. I believe my experiences as the owner of a real estate appraisal firm and the manager of a funeral home will help me bring value to the Board. I know what it takes to run a successful business. I am a strong collaborator and practical thinker.

3. Challenges for the Co-op include competition from corporate chains, building and sustaining membership, and staying true to the mission while remaining fiscally strong. I believe the Co-op must do a better job than the competition: addressing the needs of membership; offering education on health and sustainability; and being a robust community focal point.

4. I have volunteer experience that will serve me well on this board. I am currently serving as an elected committee person for the 9th Ward (1st Division) and as its treasurer. In my synagogue I have held various leadership positions: board membership and treasurer. I'm also a member of the interfaith building group and have travelled to New Orleans and will soon travel to Puerto Rico on rebuilding missions.

5. A diverse Board who is visible in the community, listens well and takes action, can better represent its members.



Chris Mallam

1. Cooperative businesses are important as they provide unity and stabilization within the community because they are community-based business anchors. Weavers Way is especially important to me because it is my community Co-op.

2. My many years of experience in the food service and natural product industry gives me an inside perspective of how the industry operates, how the co-op functions and what the future may bring. It is these skills I have used to design and create success with our Weavers Way Next Door Store and why I feel I can help the whole Co-op grow even more successful.

3. Our main challenge ahead will be competing with the nearby stores to achieve our future customers' dedication which, we will do by focusing on our strengths, strong employee presence, a strong customer experience, a strong and growing membership, and a focus on our unique and local products. Our other challenge is our commitment to the Weavers Way Global Ends E6. The local environment will be protected and restored, something we are currently addressing.

4. I have not yet had the chance to serve on another board. I have volunteered in the past with my local youth group to rebuild homes in West Virginia, and I would volunteer at The Visitation Home (Yardville, NJ), which is a home for people with disabilities, to teach basic cooking skills.

5. By listening and learning. It is so important that our members' concerns are taken into consideration because we are here to serve the community as a whole.



Bob Simon

1. I've had the privilege of memberships in various co-ops for over 40 years. I've always appreciated their supportive, "members first" ethic. Weavers Way Co-op in particular has always made me feel cared for - that my interest matters!

2. I've had a long business & financial management career in various organizations. While I've always wanted these organizations to prosper, I've been just as concerned about their ethical & sustainable behavior. Integrity, fair treatment, abiding by the law, caring for the environment - these things matter both to me, and happily to the Weavers Way Co-op Board & the Membership.

3. Short term challenges: competitive pricing for the Membership, while achieving a more "living wage" for employees. Longer term challenges: to develop a process to analyze, quantify & control various discount programs, with Membership understanding & endorsement.

4. My history of co-op membership has included REI, Ecology Food Co-op, the Philadelphia Co-op Federation and Weavers Way Co-op. I've been both an employee & a member. I currently do financial management & bookkeeping for several restaurants, so I am very familiar with food distribution and vendor management. I have also been a board member of the Friends of the Cresheim Trail.

5. Weavers Way Co-op Board members need to listen, interview & engage the Membership in a continuous fashion - both formally & informally - to represent the best interests of the Membership.



Sarah Mitteldorf

1. I grew up in Weavers Way. It was the first place that I was allowed to walk to by myself, to spend my allowance on fruit leathers. It was full of neighbors and my classmates' parents, all reaching around one another to grab onions and potatoes.

2. The Co-op taught me that it is possible to build community around food in a concrete, lived way. It taught me about organic food and organic business models, and to have pride in the word "local." With maturity, I came to realize how much its very existence constitutes a direction for social change.

3. Through our communities, we make the world that we want to live in. This includes our diverse members and the mission that brings us together. It also must include the employees, whose labor bears the burden of bringing that mission to fruition.

4. I became an artist, which defined my relationship with social justice and mission-driven work. I ran a theatre ensemble and facilitated deep conversations about race, religion, gender, socioeconomics, environmentalism, and how they influence our relationships to each other and the world. I served on grant panels where our job was to understand the unique circumstances, strategic and fiscal goals of different non-profits, and how they reflected (or not) the organizations' missions.

5. If I'm elected, I see my mission as helping to facilitate communication among members, staff, and the Co-op's management, to balance the needs, visions and goals of all our constituents, to build a strong, responsive future.



For their video statements, candidates were asked:

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



To view the candidates' video statements, visit [www. weaversway.coop/VOTE-2019](http://www.weaversway.coop/VOTE-2019).

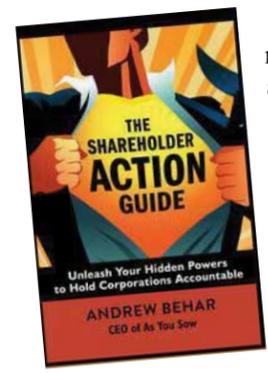
Shareholders, Embrace the Power of the Proxy

by Sandra Folzer, Weavers Way Environment Committee

YOU AND I ARE MERE MORTALS, SO how do we do battle with the most powerful entities of our time? These behemoths control much of our everyday life, more than governments or religious institutions. Who are they? Corporations, of course.

Of the 100 largest economies in the world in 2016, 69 were corporations. They control most of our members of Congress, and thus our public policy. It's why our gun control laws are as anemic as they are, even though two out of three Americans want tighter regulations. It's also a big reason why we don't have Medicare for All when 70 percent of Americans want it.

So how do we confront that power in order to make a better world? As Andrew Behar explains in "The Shareholders Action Guide: Unleash Your Hidden Powers to Hold Corporations Accountable," it is possible with a little ingenuity.



While almost half of adult Americans hold some stake in companies, few take advantage of the power they have as shareholders. Did you

know, for example, that if you own just one share of stock, you can vote for the Board of Directors and critical issues, including CEO pay? If you have at least \$2,000 worth of stock that you've held for one year, you can file a shareholder resolution on corporate behavior. Or you can join a coalition of investors who've owned three percent of the stock for three years and have the right to nominate a Board candidate. The corporation must then place the nominee's name on the annual proxy for a shareholder vote.

The intent of this kind of shareholder advocacy is to improve the company's environmental, social or governance issues. We've seen how the tobacco industry and apartheid have been impacted by joint shareholder action. Together we can move mountains — unless we remain inactive and maintain the status quo.

Marching in a protest or writing letters to representatives is worthwhile, but hardly as effective as becoming an active stakeholder and demanding positive change. We can blame corporations for any evil they incur, but we must remember that we share responsibility. As former Supreme Court Justice Louis Brandeis once said, "There is no such thing...as an innocent stockholder."

Corporations may attempt to avoid responsibility. They may move physically from one location to another to avoid

local laws. But they must pay attention to their stockholders.

Many times, I have thrown out a proxy I received in the mail because I didn't understand how to vote. What I didn't know is that if I don't vote, the management votes for me. It is far better to mark the box "abstain," because then the vote does not count.

Here are some steps to help bring about corporate change:

1. Call the company and read their Corporate Social Responsibility report. If you don't think they are moving toward positive change, then contact the CSR department. Or, you can contact their CEO. It's best if you have a coalition of like-minded investors who will also send letters or contact the company.
2. If you get no response, you may file a shareholder resolution. First, however, you should check www.proxy-preview.org to learn if anyone else has filed a similar resolution. You can also search the web for the company's proxy statement. If someone has filed a resolution, you may join their effort, since it's always more effective to work with other advocates.
3. If contact and resolutions fail, you can plan a divestment strategy. This should cite research that shows how corporations that are responsive to



shareholders and enact good ESG policies tend to be more successful.

A friend has been singlehandedly trying to get Vanguard to be fossil fuel-free in their Social Index Fund, which she assumed was the case when she originally invested. Now she is trying to collaborate with other shareholders to urge the fund to make changes voluntarily.

Along the same line, I found that my Social Choice Equity Fund at TIAA-CREF still invests to some degree in fossil fuels. I was hoping that my pension fund, like that of the City of New York, which recently divested \$5 billion from fossil fuels, would divest. My dilemma now is whether I want to change to a fossil fuel-free alternative fund and take on more risk.

It's not easy being green.

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Thrifting Makes Your Closet Greener

by Marsha Low, Weavers Way Environment Committee

Now that spring is here, we're happily putting away our bulky winter clothing and bringing out our summer clothes. Hopefully, the change of seasons doesn't inspire you to buy a whole new wardrobe, because the textile industry has a major negative impact on the environment.

Clothing is the second-largest pollution source in the world and pollutes throughout the entire production process. Conventional farming for fibers such as cotton relies on heavy pesticide use, and manufacturing synthetic fabric relies on the use of petroleum. At the end of its life cycle, when clothing is worn out or unwanted, the majority of it heads to landfills, where it releases greenhouse gases and leaches toxins and dyes into the surrounding soil and water.

It's estimated that clothing and textiles account for approximately one ton of emissions produced by each person yearly in the U.S. In addition, the industry is the third largest consumer of water globally, behind the paper and oil industries. It's also responsible for water pollution due to the use of toxic dyes and the washing of synthetic clothing, which causes tiny, non-biodegradable fibers to be introduced into the water supply.

When you need another T-shirt or pair of jeans, consider buying secondhand clothing. There are good deals to be had at consignment and thrift stores. If you must buy new, consider purchasing clothing made with organically grown cotton. It costs more but tends to last longer and is more often ethically produced, another important consideration. The feeling you get from purchasing something healthier for you and the planet is priceless.

ENVIRONMENT COMMITTEE ANNOUNCES 2019 GRANT AWARDS

THANKS TO THE DONATIONS AT OUR ELECTRONICS Recycling events and Giving Tuesdays, the Environment Committee of Weavers Way was able to award grants to eight different community groups. Awards were given to those who wished to enhance the environment through education, gardens or other means of addressing climate change.

Applications were available in February and due March 4 for amounts up to \$500. The following were awarded grants this year:

- East Falls Tree Tenders, to purchase top soil and mulch for the planting of 10 street trees;
- Whosoever Gospel Mission, to purchase seeds, seedlings, soil and other garden supplies for their garden, which supports homeless men in Germantown;

- Chestnut Hill Parking Foundation, toward the cost of installing an EV charging station for electric cars in one parking lot;
- DePaul USA, to replace a lawn with a garden and fruit orchard to serve the homeless in East Mt. Airy;
- Friends of McMichael Park, to plant a sturdy 3-4 foot tree to replace the trees lost in 2016;
- Friends of Lovett Library, to purchase 20 children's books about the environment;
- Wissahickon Valley Watershed Association, to purchase supplies for a salamander citizen science project;
- Henry H. Houston School, to supply plants and bird feeders for their Bottle Brick Garden, which will use recycled plastic bottles for their construction material.



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:

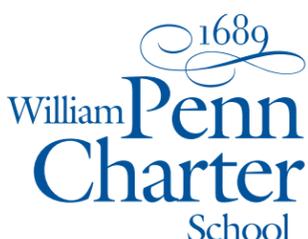
- END 1** There will be a thriving and sustainable local economy providing meaningful jobs, goods and services to our members and the community.
- END 2** Our community will have access to high quality, reasonably priced food, with an emphasis on local, minimally processed and ethically produced goods.
- 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.



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Lace Up Your Sneaks for the All Trails Challenge, Spring/Summer Edition

by Maura McCarthy, Executive Director, Friends of the Wissahickon

FOR THE FIRST TIME SINCE its inception, our All-Trails Challenge will begin four months earlier, kicking off on May 13 and ending Aug. 28. Spring and summer are the most popular seasons to visit Wissahickon Valley Park, and we decided to take advantage of the longer days and warmer temperatures that come with those seasons. (The ATC formerly began in September and ended in November.)

Since it began in 2016, ATC has raised more than \$85,000, and participation continues to increase every year. One of the reasons for the challenge's popularity is its flexibility; it's not a race, so you can go at your own pace and on your own schedule. Even if you don't complete all 50 miles of trails, every little bit helps, whether you cover them on foot, bike or horseback. Repeat participants have told us the ATC gave them incentive to explore new parts of the park and spend more time outdoors, and that they were surprised how quickly they racked up miles and covered more ground than anticipated.

To learn more about ATC, join us for a warm-up event on May 4 from 11 a.m.-noon at Our House Culture Center, 6380



Germantown Ave. You'll get information about setting up your fundraising page, using tracking and hike apps, scheduled hikes, fun events, our fabulous prizes, and how to raise more money for the park.

Once again, we are proud to welcome Univest as the lead ATC sponsor, along with our returning early sponsors Elfant Wissahickon Realtors, Kouvenda Media, Wissahickon Brewing Company, Earth Bread + Brewery, and our partners at Philadelphia Parks & Recreation. ATC sponsorship opportunities are still available by contacting Lorraine Awuku at awuku@fow.org.



ALL TRAILS CHALLENGE 2019
— Friends of the Wissahickon —

Here are some other important ATC dates:

- **May 13** - advance registration day for FOW members
- **May 27** - official ATC start date
- **June 6** - Kick-off party, 6-7:30 p.m. at Wissahickon Brewing Company in East Falls. Enjoy giveaways, a DJ, mileage and fundraising incentives, food, and fun. It's a great way to meet new friends who share a love of the Wissahickon Valley.

Celebrate the Resurrection! All are welcome to come to the

Community Easter Sunrise Service

Easter Sunday, April 21, 2019

7:15 a.m. Silent Sunrise Vigil
7:30 a.m. Celebration Service
— Music, Scripture, Prayers, Meditation

8:15 - 9:30 a.m. Pancake Breakfast
Everyone is welcome! No charge, donations accepted. Come to eat and fellowship before going to the church of your choice.

Coordinating Congregations: Trinity Evangelical Lutheran Church ❖ Grace Baptist Church ❖ Ambler Church of the Brethren ❖ ... and others!
(If your congregation would also like to contribute, please call! All are welcome.)

Questions? Contact sunrise@AmblerCOB.org or 215-646-1190

Ambler Church of the Brethren Cemetery
Top of hill at 1200 E Butler Pike, Ambler, PA
(west side of Rose Hill Cemetery)
— Some chairs provided... bring a lawn chair, if you wish.

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'Books Through Bars' Organizes NW Philly Drive

by Mary Lee Keane, for the Shuttle

THIS SPRING, NORTHWEST PHILADELPHIA IS conducting its first large-scale drive to put books into the hands of prisoners thanks to Books Through Bars, a national nonprofit headquartered in West Philly that distributes free books and educational materials to incarcerated people in Pennsylvania and nearby states.

The group, which is made up entirely of volunteers, began in 1990 when a prisoner wrote to a small local publishing house asking for free copies of overstock or damaged books. The request was filled, and it led to more requests and ultimately, to the creation of BTB. Almost 30 years later, the group sends, on average, about 2,100 books to about 700 incarcerated people in Pennsylvania and surrounding states each month. And while distributing books is the primary focus, BTB also keeps hundreds of books out of landfills, raises public awareness and gives consultation and guidance to emerging prison book programs.

The upcoming drive, which takes place from May 1-June 30, is focusing on the most requested books, and on those that deal with topics that are requested but not often donated, including dictionaries, self-help books, "how to" books to develop specific skills, and books on criminal law. They're also

looking for texts on African American and Latino history, urban fiction, Islam, astrology/dream interpretation, true crime, fantasy, Wicca and tattoo art. Books can be in English or Spanish, and due to prison regulations, only paperback books can be accepted.



A collection schedule will be announced in early May, with multiple sites in Germantown, Mt. Airy and Chestnut Hill. Find it on booksthroughbars.org, where you can also sign up to receive a copy of the schedule as soon as it's announced.

As part of the drive, BTB is looking for volunteers to head up book collections at their school or place of worship. They are also in need of help with staffing collection sites on weekends in May and June. For more information, or to volunteer, email mary@booksthroughbars.org.

Monday, April 22, Noon – 6 p.m.
Weavers Way Chestnut Hill
8424 Germantown Ave.

Monday, April 22, Noon – 6 p.m.
Weavers Way Mt. Airy
559 Carpenter Lane

Thursday, April 25, Noon – 5 p.m.
Weavers Way Ambler
217 E. Butler Ave.

Sign up today at www.redcrossblood.org and search by **Sponsor Code: Weavers Way** or call **1-800-RedCross**

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Suggestions

by Norman Weiss, Weavers Way
 Purchasing Manager

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

Plant-based food products. CBD-containing products. Ketogenic diet products. These are some of the current trends in the natural food business. Seems like every week we get pitched on new products of these types. Occasionally, we bring some in to try. The latest success for the plant-based category at Weavers Way is Dodah's, a vegan food company from D.C. with a few savory and sweet products. So far, they are pretty popular.

Echoing the new popularity of plant-based food is Giant's new Heirloom Market in South Philly, where you'll see a fluorescent sign above refrigerated freezer doors that contain a few hundred plant-based products. Most of the products are the likes of Upton's, Lightlife and Garden versions of what were once meat-based items such as bacon, bologna and chicken nuggets.

As mentioned in Vegan Alert, it's interesting to me that these products have become so prominent in the natural foods industry, as most are highly processed and highly packaged, with numerous ingredients. This is far from where the natural foods industry started, originally emphasizing products that were whole, mini-

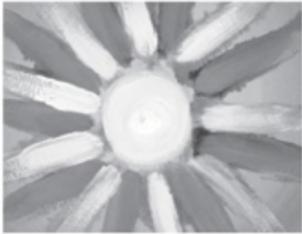


mally processed and minimally packaged. Progress is funny — vegan food was once kind of in the lunatic fringe of the natural food movement, but it's now becoming more accepted and mainstream as the health and environmental benefits become more of a motivation. As our food system recognized this mainstreaming of the fringe, it responded by "veganizing" the meat-based foods so many people got used to eating.

There are lots of forces at work here, but the main driving force is still money to be made on what people eat. Now I'm thinking we should recognize the reality of our food system, and if we're going to create concoctions of ingredients in industrial food kitchens and mass-produce them, we might as well cut out the packaging and marketing and just create edible money. We could use existing formats of coins and bills — we already have things like fruit leather and chocolate coins, so it seems like a transition wouldn't be that difficult.

Speaking of food systems and natural food and money, our fair city has a 501(c)(3) called "The Mayor's Fund" that has budgeted around \$125,000 for some-

(Continued on Next Page)



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(Continued from Preceding Page)

one to create an “Urban Agriculture Plan” for the city. It’s estimated that Philly currently has more than 600 community gardens/urban farms. It’s also estimated the city has more than 40,000 vacant lots, not to mention many vacant industrial buildings. We were asked to help get the word out, so visit www.mayorsfundphila.org/rfp-urban-ag-plan if you know anyone who might be interested. So far, most urban farms are plant-based, as few herd animals are comfortable in urban settings other than Phillies fans.

suggestions and responses:

s: “Please consider alternating your current choice of So Delicious Dairy Free Bars — Dipped Coconut Almond for the unbelievably good same-brand Dipped Mocha Almond Bars. I guarantee they will sell out every time!”

r: (Matt MA) I’ll see if we have the space necessary to expand our So Delicious offerings.

s: “The other day, you had Alden’s strawberry among the flavors in the ice cream section. So good! Today, none. Could be you’re just out, but if it’s not among the regular flavors you stock and it could be, please add it to the lineup. Thanks!”

r: (Matt MA) I’ll consider the strawberry when we revisit our ice cream offerings as it gets warmer out. In the meantime, Alden’s is packed three per case if you wanted to pre-order a case.

s: “Loving the new Soom Tahini 16 oz., perfect for recipes.”

r: (Norman) Thanks for the recommendation. Soom is a local company. They source their sesame seeds from Humera, a town in the northwestern Tigray Region of Ethiopia. Soom chooses White Humera sesame seeds because of their oil-

“**Vegan food was once kind of in the lunatic fringe of the natural food movement, but it’s now becoming more accepted and mainstream.**”

to-“meat” ratio and their nutty flavor.

s: “I used to buy Rosa extra virgin olive oil at DiBruno’s, and their San Marzano tomatoes, too. For years, I’ve been hunting around for an oil with an identifiable fruit flavor, at a reasonable price, which I always thought the Rosa oil was, but to no avail; not even the Greek oil in the Weavers Way bulk department. Then I happened to be in the Mariposa Co-op, and lo and behold, they had Rosa extra virgin oil in a three-liter can for \$25.99. When I went back last week, they told me that they were all out. One thing led to another and I found myself down on Grays Ferry Ave., engaged in a lengthy conversation with the folks [at Rosa] about the sorry state of oil in our fair city. They happened to mention that they’ve been in touch about selling to Weavers Way, but so far nothing has happened. They asked me to give them a plug, and so I am. I’d love to be able to buy Rosa olive oil at Weavers Way, and their canned tomatoes, too. I’ll

continue to go to Mariposa if I must, but I’d much rather buy it in Mt Airy.”

r: (Norman) Thanks for the tip. I am familiar with Rosa; we came close to bringing them in a few years ago, but ended up deciding there was too much duplication with Cento, one of our long-time suppliers. We work with Mariposa on some things (we wholesale them Zulka sugar and a few other items), so if this oil is special, I can see if they will wholesale it to us. I’ll have to get to Mariposa and bring back a tin and see what people think, now that you got me curious about an “identifiable fruit flavor.”

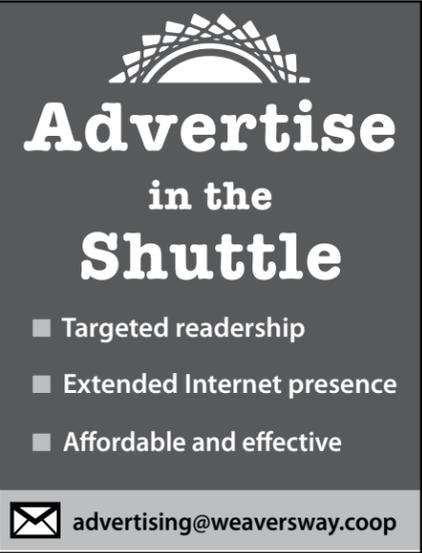
s: “Long time reader, first time asking a question. I’ve noticed other stores offer weekly ‘meal deals,’ all of the ingredients that you need to cook the meal that week are on sale. I think you guys could do it better. Has this been considered?”

r: (Norman) It hasn’t been considered yet, but we’ll run it up flagpole and see if anyone salutes, thanks.

s: “OMG, Vietnamese cinnamon is amazing. Tried it for the first time and will never go back.”

r: Vietnamese (also known as “Saigon” Cinnamon) is stronger because it contains more cinnamaldehyde, the essential oil responsible for the sweet, savory and woody flavor. Who knew cinnamon had its own aldehyde? Aldehydes do not pop up in conversation much, which is too bad because they are interesting substances. For example, formaldehyde has a rough time as it’s the simplest of the aldehydes and gets picked on by the more complex aldehydes in the schoolyard such as acetaldehyde, especially lately as acetaldehyde is plant-based.

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Ambler Teen Organizes Bra Drives for Ugandan Athletes

by Stacia Friedman, for the Shuttle

ILSA MAGUIRE, 15, OF AMBLER, WANTS YOUR BRAS. She also wants to raise your awareness of impoverished girls her age in Uganda. Last year, she collected 900 new and gently used bras for Ugandan teens. This year, her goal is 1,000.

“Secondary education is not mandatory in Uganda, and it isn’t free,” Ilsa said. “Families struggle to provide basic needs.”

In a country where half the population exists on less than two dollars per day, a bra is a luxury. But for a teenage girl, especially one who wants to participate in sports, it’s a necessity. This isn’t lost on Ilsa, a strawberry blonde sophomore who plays basketball and is a member of the crew team at Mount St. Joseph Academy in Flourtown. So, in 2018, she organized a bra drive at her school.

“Sports bras and training bras were appreciated, but we welcomed any bra you no longer wanted, any size, any style,” Ilsa said.

Ilsa’s concern for Ugandan teens was inspired by her mother, Jennifer Ann Ehinger, who raises funds for two non-profits that serve the needs of impoverished children in Africa: Cameroon Football Development Program and Building a Bridge to Uganda, which coordinated the annual bra drive.

Last year, Ilsa collected 300 bras from fellow students and another 600 from friends and family. In August, she accompanied her mother and 13-year-old brother on a trip to Uganda to distribute 600 bras to students at Pope John Paul II High School, a Catholic school in a district called Luwero. The teenage recipients were so excited to receive them that many slipped the bras on right over their school uniform.

“I immediately fell in love with their generosity and hospitality,” Ilsa said. “Despite having so little, they welcomed us with open arms. They were all very curious about American life and excited to meet us. I was amazed at how hard they worked on their academics. They have a real understanding of how blessed they are to be at their school. They don’t take it for granted.”

Ilsa’s mother was moved by her daughter’s quick embrace of the Ugandan teens. “She slept in their dorms, danced with them, went to class with them and learned first-hand about their families and personal lives,” Ehinger said. “She saw herself in them and wants them to have the same opportunities as she has.”

The many miles between haven’t stopped the new friendships — Ilsa continues to hear from her Ugandan friends via Facebook. “They always greet me with ‘Hello, dear’ or ‘I miss you,’” she said.

Many high schools in Africa are boarding schools, requiring students to live away from home and pay fees for their living expenses and tuition. Research has shown that providing African girls with education helps break the cycle of poverty. Girls who go to school are more likely to enter the work force, earn higher incomes, delay marriage, plan their families and seek an education for their own children.

To promote her bra drive this year, Ilsa posted about the event on social media and hung posters at her school. Going forward, she’s working on a video about the girls she met in Uganda that explains how urgently they need our help.

“Ilsa has an amazing ability to inspire and rally others,” her mother said. “She is bold and loud and funny and outcome-oriented. When you combine that with her tremendous empathy, she truly has the ability to change the world.”

In addition to collecting bras, this year Ilsa will sell beaded African bracelets at her school to benefit the education of young women in Paga, a village in Ghana. The bracelets are the brain-child of Nafisa Adams, a 32-year-old Ghanaian entrepreneur who recently visited Mount St. Joseph Academy and shared her story. When she was 15, Nafisa escaped being a child bride to a man four



Ilsa Maguire (center) traveled to Africa last August to distribute 600 bras she collected for Ugandan teens.

times her age. Against the odds, she managed to receive an education and attended the University of Ghana. Making jewelry started as a way to help pay for her college tuition and eventually helped her launch a cooperative named Detiina (“Our Hope”) that supports the education of girls in her village.

“Many girls in Africa marry young, get pregnant and are stuck in poverty. Education provides a way out,” said Ilsa, who looks forward to returning to Uganda with her mother in July 2019 to again distribute bras. “I definitely want to continue to help people.”

“Right now, Ilsa is making life a little easier and much brighter for her sisters at Pope John Paul II in Uganda,” Ehinger said. “I could not be prouder of her and her schoolmates.”

Besides Mount St. Joseph Academy, collection sites for this year’s bra drive included Balance Gym in Chestnut Hill, Jenkintown Hot Yoga, Maguire’s Market and Gywnedd Mercy Academy. If you wish to contribute new or gently worn bras, contact brasforgirls@gmail.com.

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Sunrise Movement Reps Visit Philly, Shed a Light on Their Plans



by Simon O'Connor, for the Shuttle

YOUTH REPRESENTATIVES OF THE Philadelphia hub of the climate change activist group Sunrise Movement described their movement and its objectives at a March 12 informational session at Mt. Airy Nexus sponsored by Weavers Way.

About 50 attendees, many of them Co-op members, gathered for the event, which also featured representatives from Philadelphia Neighborhood Networks and Pennsylvania Interfaith Power & Light.

The Sunrise Movement, which began in 2017, aims “to build an army of young people to fight climate change and create thousands of jobs in the process.” To accomplish this, the movement is building “people power” and political power. By “people power,” the speakers were referring to the support and action of regular people, because everyone needs to take action if we want to escape from the hole that

our society has dug itself into.

In addition to popular support, it is necessary to gain political power, the speakers said. They believe the country needs politicians who are active supporters of the movement, and who will make fighting climate change a top priority because of its critical effect on our planet.

The third aim of the movement is to implement the Green New Deal. The measure’s goals include attaining 100% clean energy by the year 2030, investing in communities on the frontlines of poverty and pollution, and guaranteeing a good job to anyone ready to fight climate change.

For further information or for general inquiries, visit www.sunrisemovement.org or email them at team@sunrisemovement.org.

Simon O'Connor is a freshman at Central High School.

Mt. Airy Day Returns For 49th Year, Seeks Vendors, Sponsors, Volunteers

THE 49TH ANNUAL MT. AIRY DAY celebration, hosted by East and West Mt. Airy Neighbors, will take place Saturday, May 4, from 10 a.m. until 5 p.m. on the grounds of the historic mansions Cliveden of the National Trust, and Upsala, located across the street from each other on the 6400 block of Germantown Avenue. Rain date is Sunday, May 5.



The celebration features children’s activities and more than 150 vendors of crafts, treasures, and services. This year there will be two stages featuring entertainment — the main stage as well as a children’s stage. In addition, Awbury Arboretum will bring their goats, and Weavers Way Co-op will once again sell plants. The beer garden is back by popular demand, and will allow adults to relax and listen to the entertainment while enjoying a cold beverage. Visitors may tour the historic Cliveden house and stroll the grounds, which are filled with azaleas and ringed by dogwood trees.

The Committee is looking for folks who can help in a variety of ways. We are also looking for businesses and individuals who are interested in lending their financial support to Mt. Airy Day through a sponsorship, which helps to support the organizations that have been serving the entire community for more than 50 years.

Check out our website MtAiryDay.org or call for more information (267) 587-7319.



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WEAVERS WAY WORKSHOPS



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

RSVP on EVENTBRITE

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

Go online at [Eventbrite](https://www.eventbrite.com) or RSVP via the Events Calendar, www.weaversway.coop/events/workshops. Or do it the old-fashioned way: Email outreach@weaversway.coop or call 215-843-2350, ext. 118.

GIVE ONE YOURSELF

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



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

HERE'S WHAT'S COMING UP

Weavers Way Holistic Home: Spring Cleaning with Lois Volta

Saturday, April 6, 10-11:30 a.m.
Mt. Airy Community Room
555 Carpenter Lane

Get some truly fresh perspective on spring cleaning and how we inhabit our homes.

Meet up with **Lois Volta**, owner of **Volta Naturals**, and hear expert tips for creating and maintaining a household that uplifts and regenerates you and your loved ones, year-round. Free. **Can't make it this day?**

Lois will also host this workshop Saturday, April 27, from 11 a.m.-12:30 p.m. at Weavers Way Ambler.



Reduce Your Carbon Footprint

Saturday, April 13, noon-1:30 p.m.
Weavers Way Ambler

Wondering how you can be most effective in the fight against climate change? Climate activist and Weavers Way working member **Sue Caskey** will give participants ideas for reducing both individual and collective carbon footprints and building a brighter renewable

energy future. Learn about actions you can take that have the most impact, which actions are not as useful as you might think, and how to get involved with groups that are changing the world. Free.

Neighborhood Nutrition Team: DIY Water Kefir

Thursday, April 18, 12:30-2 p.m.
Weavers Way Ambler

Learn how to make your own home brew of this tasty probiotic beverage for a fraction of the cost from the store. Led by Neighborhood Nutrition Team member **Dorothy Bauer**, this workshop will cover the many health benefits and flavoring possibilities of water kefir. Come thirsty, as there will be many delicious choices to sample! Free.



Neighborhood Nutrition Team: Gut Healthy Smoothies

Thursday, April 25, 6-7:30 p.m.
Weavers Way Ambler

Keep your immune system strong by improving your gut health! Join Neighborhood Nutrition Team member **Nicole Schillinger** and find out which fruits, vegetables and fats are good for gut health. Nicole will make smoothies for



managing bloating, decreasing inflammatory bowel disease, alleviating constipation, relieving heartburn and detoxing. You'll be able to taste-test them all and walk away with the recipes to try on your own. Free.

DIY Kombucha with Olga from Baba's Bucha

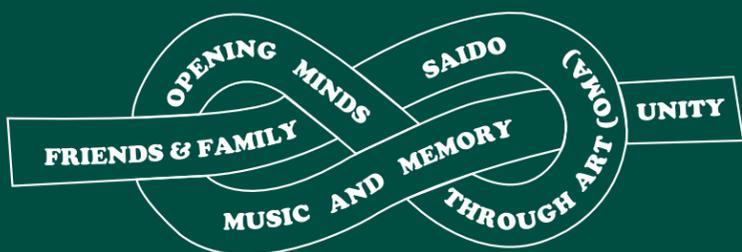
Sunday, April 28, 11 a.m.-1 p.m.
Weavers Way Mercantile
542 Carpenter Lane, Mt. Airy

Discover the benefits of kombucha and make your own alongside **Olga** from **Baba's Bucha**. Each participant will receive a complete kombucha kit, which includes a half-gallon jar, organic cotton cover and rubber band, organic fair trade pouch with sugar and tea to start your first brew, and a muslin tea bag. \$30 per person includes materials.



MORE INFO & TO RSVP: www.weaversway.coop/events or email outreach@weaversway.coop

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STAFF CELEBRITY SPOTLIGHT

Callie Raymond

Job: Ambler assistant grocery manager

Since when: She was hired for Ambler's produce department in September, 2017, about a month before the store opened. She applied for the assistant grocery manager position last fall and was promoted in October.

Age: 30

Where she's from/where she lives now: Cheltenham/Glenside

Education: She earned a bachelor's degree in environmental geography in 2012 from Millersville University in Millersville, Lancaster County.

Previous job: She was hired as a part-time member of the produce team at Creekside Co-op in Elkins Park just before that store opened in October, 2012, and was later promoted to assistant produce manager and then produce manager. When she was thinking about leaving Creekside, she reached out to Kathryn Worley, the former Ambler store manager, who was Creekside's general manager for a few months. Kathryn, in turn, put her in touch with Ambler Produce Manager Erik Fagerstrom.

Favorite Co-op products: Dried organic mango slices in bulk; Alice Bakery sticky buns; LeBus multigrain loaf

Future plans: She'd like to move out west at some point, for a change of scene.

Thoughts on the job: "[Grocery] feels a little more behind the scenes, because I spend a lot of time in the dairy cooler, or [in] backstock, whereas in produce, I feel I'm much more in the forefront of the store. It's just a different dynamic, I guess, but [there's] still lots of work to do."

Thoughts on Co-ops: "I feel like people are closer knit. There isn't that corporate mentality hovering over you; there's a little more humanity in the overall systems and management. If someone gets sick, you're not going to get penalized for calling out."



— Karen Plourde

COOPERATOR OF THE MONTH

Shelagh Byrne

Joined Weavers Way: 2008 or 2009

Lives in: West Mt. Airy, close to the Co-op, with her wife, Linda Johnson, a freelance photographer and web designer.

Current job: She's an editor at NFL Films in Mount Laurel, NJ.

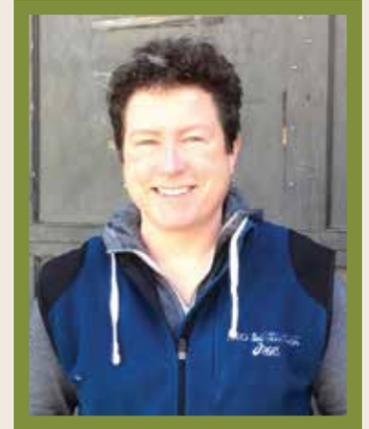
Why she joined: "It was the local grocery, and I like the idea of locally sourced foods and a community endeavor. I wanted to be a part of that."

Co-op job history: She's worked in the deli and in Mt. Airy Prepared Foods, but she mostly does truck unloading. "I know it pretty well... Since I kind of know [what I'm doing], they don't have to waste time telling me what to do." She does all of the household hours.

Why she's a working member: "I want to be a part of this cooperative, and do as much as I can to help... I like to be able to give back."

Favorite Co-op products: She likes all the meats, especially the grass-fed beef, and Merrymeade dairy products. She estimates they do 95 percent of their shopping here.

A little Co-op love: "I really feel like the Co-op is as close as we can come nowadays to the local produce and butcher shops our grandparents used to have available. I like the convenience of popping down after work to see what local fare looks good and fresh for dinner."



— Karen Plourde

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

Weavers Way Board

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

The Board's regular monthly meeting is held on the first Tuesday of the month. The next meeting is scheduled for **Tuesday, March 5, 7 p.m.**, upstairs at the Chestnut Hill Community Center, 8419 Germantown Ave.

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

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Weavers Way Ambler

217 E. Butler Ave.

8 a.m.-8 p.m. daily
215-302-5550

Weavers Way Next Door

8426 Germantown Ave.

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

HOW TO REACH US

www.weaversway.coop contact@weaversway.coop

General Manager

Jon Roesser, ext. 131
jroesser@weaversway.coop

Finance Manager

Susan Beetle, ext. 110
sbeetle@weaversway.coop

Purchasing Manager

Norman Weiss, ext. 133
normanb@weaversway.coop

HR Manager

Alix Rabin, ext. 132
hr@weaversway.coop

Membership Manager

Kirsten Bernal, ext. 119
member@weaversway.coop

Outreach Coordinator

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

Executive Chef

Bonnie Shuman, ext. 218
bonnie@weaversway.coop

Farm Manager

Nina Berryman, ext. 325
nberryman@weaversway.coop

Pet Department Manager

Anton Goldschneider, ext. 276
petstore@weaversway.coop

Floral Buyer

Ginger Arthur, ext. 317
floral@weaversway.coop

Ambler

Store Manager

Heather Carb, ext. 375
hcarb@weaversway.coop

Wellness

Andrea Houlihan, ext. 378
ahoulihan@weaversway.coop

Grocery

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

Produce

Erik Fagerstrom, ext. 377
efagerstrom@weaversway.coop

Deli

Anne Learnard, ext. 359
alearnard@weaversway.coop

Prepared Food

Alisa Consorto, ext. 374
aconsorto@weaversway.coop

Meat, Poultry and Seafood

Aleem Smallwood
asmallwood@weaversway.coop

Bulk

Sierra Dunn, ext. 379
sdunn@weaversway.coop

Chestnut Hill

Store Manager

Dean Stefano, ext. 212
dstefano@weaversway.coop

Next Door Wellness

Chris Mallam, ext. 221
cmallam@weaversway.coop

Grocery

James Mitchell, ext. 217
jmitchell@weaversway.coop

Produce

Josh Magnitzky, ext. 211
jmagnitzky@weaversway.coop

Deli

Ann Marie Arment, ext. 209
aarment@weaversway.coop

Prepared Food

John Adams, ext. 209
jadams@weaversway.coop

Meat, Poultry & Seafood

Ron Moore, ext. 205
rmoore@weaversway.coop

Mt. Airy

Store Manager

Rick Spalek, ext. 101
rick@weaversway.coop

Across the Way Wellness

Lisa Whitlock, ext. 114
lwhitlock@weaversway.coop

Grocery

Matt Hart, ext. 140
matt@weaversway.coop

Produce

Jean MacKenzie, ext. 107
mackenzie@weaversway.coop

Deli

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

Prepared Food

John McAliley, ext. 102
jmcAliley@weaversway.coop

Meat, Poultry & Seafood

Dale Kinley, ext. 104
dale@weaversway.coop

Bulk

Caitlyn Ashton, ext. 142
cashton@weaversway.coop

Become a Member

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

Upcoming Orientations

Nexus Co-Working Mt. Airy, 520 Carpenter Lane
Wednesday, April 17, 6:30-8 p.m.

Ambler Senior Center, 45 Forest Ave.
Thursday, April 25, 6:30-8 p.m.

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

DID YOU KNOW?
You can read the Shuttle online.

www.weaversway.coop/shuttle-online



Member Appreciation Week



April 1-7
Monday to Sunday

ALL MEMBERS GET

5% OFF

and

WORKING MEMBERS GET

10% OFF

*Join during
Member Appreciation Days*

and Get a Weavers Way Swag Bag

WEAVERS WAY CO-OP

Community-owned markets, open to everyone.

- | | | | | |
|-------------------------------------|--|---|--|---|
| Ambler
217 E. Butler Ave. | Chestnut Hill
8424 Germantown Ave. | Mt. Airy
559 Carpenter Lane
Philadelphia, PA 19119 | Across the Way
Wellness & Pet Supplies
610 Carpenter Lane | Next Door
Wellness & Beauty
8426 Germantown Ave. |
|-------------------------------------|--|---|--|---|



as if your Co-op depended on it.

2019 OFFICIAL BALLOT

Election for Weavers Way Co-op
Board of Directors

Voting takes place Monday, April 1,
through Saturday, May 4, 2019.

Paper ballots will be accepted until 4:30 p.m. May 4
at the Spring General Membership Meeting
Germantown Academy, 340 Morris Road, Fort Washington, PA

TO VOTE ONLINE: See the instructions in the Online Member Center, member.weaversway.coop. (login required), or follow the directions on your election reminder email. Note that the order of the candidates in the online ballot will be randomized.

TO VOTE BY MAIL: Ballots will be accepted by mail if received by Friday, May 3, 2019, at the Leadership Committee mailbox. Mail to: Leadership Committee, Weavers Way Co-op, 559 Carpenter Lane, Philadelphia, PA 19119.

TO VOTE IN STORES: Place ballots in the ballot box at the Ambler store, 217 E. Butler Ave., the Chestnut Hill store, 8424 Germantown Ave., or the Mt. Airy store, 559 Carpenter Lane, by noon Saturday, May 4, 2019.

TO VOTE AT THE GENERAL MEMBERSHIP MEETING: Place ballots in the box provided at the meeting no later than 4:30 p.m. May 4, 2019.

AT-LARGE DIRECTORS

Vote for no more than three. The top three vote-getters will serve three-year terms. In the event of a tie, a runoff will be held at the General Membership Meeting Saturday, May 4, 2019.

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

- | | |
|---|---|
| <input type="checkbox"/> Hilary Baum | <input type="checkbox"/> Patricia Quigley |
| <input type="checkbox"/> Roy Eisenhandler | <input type="checkbox"/> Bob Simon |
| <input type="checkbox"/> Whitney Lingle | Write In _____ |
| <input type="checkbox"/> De'Janiera B. Little | Write In _____ |
| <input type="checkbox"/> Chris Mallam | Write In _____ |
| <input type="checkbox"/> Tadashi Matsuura | Write In _____ |
| <input type="checkbox"/> Sarah Mitteldorf | Write In _____ |

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

Date _____ Member # _____

Print name _____

Signature _____

COMMUNITY AT TEMPLE AMBLER April 2019

What You Need to Know
About Spotted Lanternfly for
the 2019 Season - April 24

Transfer Thursday - April 18

EarthFest 2019 - April 26

May Day - May 1

ambler.temple.edu/community



AMBLER

