

The Shuttle

MAY 2019 Since 1973 | The Newsletter of Weavers Way Co-op Vol. 47 | No. 4

Part 1 of 4 Talking About Food For All

by Mimi Kahn, Weavers Way Food Justice Committee

THE FOOD FOR ALL PROGRAM AT Weavers Way enables members who receive assistance (SNAP, TANF, General Assistance, WIC, Medicaid, SSI/SSDI, or military disability) to receive an additional 10% discount on nearly all products in our stores. FFA participants represent a diverse spectrum of our community in terms of ethnicity, age, gender, education, and life experiences.

In response to significant member-driven interest, Mimi Kahn and Shaline



Webb of the Food Justice Committee interviewed over a dozen FFA shoppers as part of a larger effort to review and improve the program.

All the interviewees expressed great appreciation for FFA. “[It] allows me to buy local, organic, healthy food at affordable prices,” one said.

FFA interviewees were well informed about prices at different stores, including the Co-op, Whole Foods, and Save-a-Lot, and they engaged in purposeful shopping based on what their benefits, prices, and transportation permitted.

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FJC Annual Food Drive Set For June

by Jon Scaffidi, Weavers Way Food Justice Committee

THREE YEARS ago, the Weavers Way Food Justice Committee organized its first food drive to alleviate the possibility of hunger during the summer for school children who normally benefit from free or reduced-cost lunches. That reality has not changed; in fact, the overall situation has worsened. There have been continued attacks and limitations placed on programs like SNAP and TANF at both the state and federal levels. Likewise, although the official unemployment rate has improved over the past decade, the actual income earned by low-wage workers has barely changed.

With this understanding, the FJC will be holding its third annual “Hunger Doesn’t Take A Vacation” food drive from Friday, May 31 through Sunday, June 2. Donations will be collected at all three stores from 8 a.m. through 4 p.m. on each day of the drive, and at Henry Got Crops Farm Market from noon through 7 p.m. on May 31. This year, proceeds will benefit the Holy Cross Food Pantry in Mt. Airy, the Mattie N. Dixon Community Cupboard in Ambler, and St. Luke’s Germantown Nutritional Ministries. There are still opportunities for working mem-



bers to earn their hours collecting donations during the food drive: check the Member Center for details.

The vast majority of the 5,300 pounds of food collected in the past two years was purchased at the Co-op’s three stores, and it’s wonderful that so many people have chosen to simultaneously support the Co-op and the food drive. Nevertheless, any nutritious, unexpired, non-refrigerated, non-frozen food is welcome.

If you have any questions about the drive, contact Jon Scaffidi at jpscaffidi@gmail.com.

The Farm Market’s Back for Another Bountiful Season

by Lauren Todd, Weavers Way Farm Market Manager



HUG MY FARMERS, BUT IT’S NOT weird — I promise. We’re friends! On Tuesday, May 7, at noon, my farmer friends and I will be at Henry Got Crops Farm Market to kick off the 2019 season.

Over the winter while the fields were frozen, the team was busy planning for the new season. The sustainable and urban farming conferences we attended featured fascinating presentations and discussions. Topics included modern farming challenges due to a changing climate, dollar-matching food initiatives at farmers’ markets to combat food insecurity, the problem of food waste and its link to poverty, our country’s shameful past of indigenous land theft, institutional racism in the food system, barriers for queer farmers, and the history of the cooperative movement during the Civil Rights era.

I’m returning to the farm with a feeling of gratitude. Thanks to the Co-op’s

(continued on page 5)

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



THE SHUTTLE LOST OUR GARDENING columnist a couple issues back, so I'm going to jump into the void for this month. Not to give advice, mind you — I'm no expert. Instead, I want to share a few random thoughts about growing stuff and invite you to do likewise.

Every year, when I put my first pepper and tomato seeds into seed trays and turn on the grow lights, I wonder if anything will sprout. And until those first shoots bend up and out of the soil, I have my doubts. What happens after enough of them get started hardly matters; I just need that one bit of reassurance that what I'm doing will pay off.

The anticipation ratchets up when I plant seeds outside. There are so many more variables! This year, I planted peas March 24, and it took until the far end of the germination date and then some before they sprouted. Meanwhile, I examined every bit of green around the cylindrical pea cage on my front hill every few days: Is that it? No. That one? Nope. I'm now going through the same thing with fennel seeds — and on it will go until I've planted my last seeds for the season.

While I wait and watch, I also am forced to pay attention to the tiny bits of green I usually ignore. It's a nice change of pace to focus on the simple beauty of a just-born plant — rests the mind, you might say.

I also love the quiet that surrounds me when working the soil. Besides the significant green space around the ol' homestead, I also tend a plot in close-to-central Germantown, a spot not known for its restfulness. But in between the ATVs and car stereos representing, there are extended moments of peace — just me, the plot, and the muted whoosh of the Chestnut Hill East train as it glides through.

Tell me your growing story. Email your thoughts and/or photos to editor@weaversway.coop. I'll save space for these thoughts in next month's column, if they don't include a photo. If they do, we'll post those on Facebook and/or Instagram. Don't feel like you need to be Martha Stewart here. Then again, if you want to flaunt, go ahead.

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.

What's in Store at Weavers Way



Check It Out!

by Karen Plourde, Editor, Weavers Way Shuttle

Bakery Bites

Ambler makes room for Jon Israel bagels.

The closing of Creekside Co-op in Elkins Park late last year meant that fans of Warminster's Jon Israel New York Bagels no longer had a convenient spot to pick up their favorite bakery staple. Fortunately, former Creeksiders who started shopping at the Ambler store made known their dilemma, and staff responded. Assorted varieties, ranging from sesame pumpernickel to marble rye to French toast, now take up most of the bakery case. New Bakery Buyer Maribeth Leary is trying out different combinations to find out which are the most popular. They're all kosher and baked fresh daily, and there are a few vegan options.



The Daily Deli

A pair of new Spanish sheep cheeses in the Hill.

Not just any sheep cheese can be labeled manchego — the real deal has its roots in the La Mancha region of central Spain and comes from the milk of Manchega sheep. Two recent additions to Chestnut Hill's cheese case that fit the bill are Don Juan rosemary manchego (\$18.99/lb.) and Parra organic manchego with honey and almonds (\$32.99/lb.). While the price of the second may make you blanch, note that the pieces typically cost \$10 or less. The Parra family is trying to revive the nearly extinct Oveja Negra (black sheep) from La Mancha, and this cheese is part of that effort.



Meanwhile in Mt. Airy, the latest item atop the deli counter is Eat This Yum preserves from Erwinna, Bucks County (\$10.99/ea.). They're made from scratch with organic sugar and no artificial ingredients or preservatives. Flavors include flamin' raspberry, blueberry cardamom, and tomato jalapeño marmalade.



Picks in Produce

Ring up the savings on seconds in Ambler.

If you're a fresh-fruit and veggie lover but don't need them to look perfect, you can now rack up serious savings by buying Second Harvest boxes in Ambler. Each contains about a half-bushel's worth of produce for \$9.99 — enough for two people for a couple of days, depending on how much they eat. Erik Fagerstrom, Ambler produce manager, estimates the retail value around \$20-\$25. The program is designed to reduce waste in the store while helping those who want to eat fresh on a budget. Selection in the boxes varies, and shoppers can look through them before they commit. But Erik requests that there be no swapping of items between boxes.

Going On in Grocery

The Hill's own Nosh bars land in all three stores.

The latest nutrient-dense snack bar to land at the Co-op is baked out of Bredenbeck's Bakery in Chestnut Hill. Nosh bars, created by Wynnewood native Michelle Lockhart, had their start in Washington, DC. She takes pride in a simple set of ingredients: oats, dried fruits, nuts, seeds, spices. Meanwhile, Nosh leaves out added sugars, preservatives, and artificial flavors. They're \$2.99 each and available in four flavors.



WEAVERS WAY

MERCANTILE

A General Store of Local & Unique Finds

Celebrate Mother's Day

Treat Mom to sweets from **Good Good Chocolates** of West Chester, flowers and botanicals from **Jig-Bee Flower Farm** of Kensington, and new earring styles from **Xenia Studios**. She deserves all the little extras.



EVERY SATURDAY & SUNDAY, 10AM - 6PM
542 Carpenter Lane www.weaversway.coop/mercantile

Make Room in Your Pantry for Sumac, Za'atar and Dukkah

by Dianne Dillman, for the Shuttle

IN MARCH, I STARTED THE WHOLE30 DIET. IT'S AN ELIMINATION DIET FOR UNCOVERING food allergies or intolerances, not a traditional weight-loss diet. I've had to eliminate soy, all grains, legumes, beans, all dairy except for ghee, alcohol (even vanilla extract), peas, sugar in all its forms, various food additives and all junk foods.

What I can eat are fruits and vegetables, pastured and grass-fed meats, seafood, eggs, seeds, nuts except peanuts and soybeans, avocado, coconut and extra virgin olive oils, and ghee. Wherever possible, everything should be organic. It's healthy, clean eating, similar in many ways to paleo.

As a chef and baker, I'm both challenged by this and well suited to make the best of it. To keep the diet from becoming monotonous, I've been on the search for Whole30-compliant condiments to add some culinary excitement. All but one of my jars of mustard flunked; even the lovely Sr. Kensington's mayo is not compliant; and forget ketchup!

This got me thinking about spice blends and crunchy sprinkles. Some uncommon Middle Eastern spices such as sumac, za'atar, and dukkah have become my go-to's. They're perfect on fish, salads, meats, and vegetables. Sumac is a red-purple powder that adds a lovely lemony flavor and gorgeous color. Za'atar is a lemony hyssop or thyme, sumac, and sesame seed blend. Both are available at the Co-op; sumac can also be gathered locally in the fall.

Dukkah is an Egyptian seed-and-nut spice blend that's easy to prepare and makes anything from salads to rice ready for company. It's crazy good with bread — just set out a dish of extra virgin olive oil topped with sea salt and freshly cracked pepper and a dish of dukkah. Dip a piece of pita or crusty bread in the oil, then the dukkah, and savor.

DUKKAH

- ¼ cup sesame seeds, white, black or a mix
- ¼ cup pistachios
- ½ cup hazelnuts
- ¼ cup whole coriander seeds
- 2 tablespoons cumin seeds
- ½ teaspoon nigella seeds, optional
- ½ teaspoon sea salt
- ½ teaspoon black peppercorns
- 1 teaspoon sumac, optional



Preheat your oven to 350° F. On a baking sheet lined with parchment paper, spread the sesame seeds out in a single layer. Roast in the oven for about 2-3 minutes. Remove and set aside to cool.

Place the pistachios and hazelnuts on the same baking sheet and roast for about 5-10 minutes until fragrant. Remove, cool and combine with the toasted sesame seeds.

Toast the remaining seeds one type at a time in a cast iron pan on medium heat until they're fragrant and start to pop — about 30 seconds — and add to the nuts.

Combine the sesame seeds, pistachios, hazelnuts, coriander seeds, cumin seeds, salt, and black peppercorns in a food processor and pulse to chop coarsely. You can also mash all the ingredients with a mortar and pestle — either way, you want texture. Store in an airtight container.

w.b. saul high school of agricultural sciences

Country Fair Day

saturday, may 11
11am to 3pm
7100 Henry Ave.

A time-honored tradition at Saul High School for 60 years! Rain or shine. Plant sale, food trucks, crafts, silent auction, petting zoo, demos, and games. At Henry Got Crops, shop the Farm Market and sample our newest products. Visit with the Philadelphia Beekeepers Guild and pick up some fine local honey. Brought to you by W.B. Saul Alumni and the W.B. Saul Home & School Association, with support from Weavers Way Co-op.

For more info please email countryfairday@gmail.com



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

ALERT!

This month, Norman and Jeannine weigh in on JUST Egg plant-based, egg-free scramble, available in the refrigerated section of all three stores.

N: Hey, how about that JUST Egg we tried?

J: Oh yeah — mung bean isolate in a plastic bottle.

N: ... with a bunch of other stuff like natural flavors and potassium sorbate as preservative, even though it's a refrigerated product.

J: It falls under the category of "plant-based technology", like Beyond Burger and the Impossible Burger, which I have yet to try.

N: Me either. I avoid all these concocted vegan foods.

J: I can understand why, but I also enjoy the challenge of "veganizing" certain foods that I no longer eat, which is why I was interested in taste testing this product.

N: What did you think?

J: JUST OK. Get it?

N: What a comedian. How about specifics?

J: It cooked like a scrambled egg but didn't taste like one. It did absorb the flavors I added — Earth Balance, salt, and pepper. I preferred using it as an egg replacement for the French toast I made, which was really good, but I couldn't detect the JUST Egg taste, only the cinnamon, sugar, and maple syrup it was smothered in. What about you? I know how much you love mung beans!

N: One of my first favorite foods was mung bean sprouts in chow mein when my family went to Chinese restaurants. The JUST Egg texture was ok, although not as chewy as egg, and I found the flavor a little odd, not bad but a hint of something unfamiliar. It did carry the salt and Earth Balance flavor through a little. It'd probably be good with added vegetables.

J: I bet you never thought veganism would come to this.

N: That's true. The explosion of plant-based foods kind of caught me by surprise. I'm glad to see there's heightened interest in vegan food, but wasn't expecting the options to come out of food technology labs, like Sunny Delight did.

J: Sunny D! That's a blast from the past!

N: I'm an Elder Vegan.

J: Elder Vegans perhaps aren't as open minded to the futuristic world of modern food.

N: Nor should we be. There's something to be said for traditional diets such as those in Michael Pollan's "In Defense of Food."

J: I agree with you for the most part. JUST Egg is also really expensive (\$7.99 for a 12-ounce container), and yields few servings. The price point is inaccessible for many people, which perpetuates the theory that veganism is only for the privileged.

N: Mung beans themselves are cheap, like most beans.

J: Right. Ideally, we eat these foods in their natural state or as close as possible. Frankly, I'd prefer a tofu scramble

N: Who's Frank?

J: It's an expression.

N: So, if you weren't speaking frankly, what would you be speaking?

J: JUST gibberish.

We'd like your feedback on plant-based products. Email veganalert@weaversway.coop to share your experience.



Kieran McCourt, Weavers Way Ambler, answers the question:

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

Fun Facts:

1. It's in the same family as buckwheat
2. Due to import/export laws, it's classified as a fruit. (At one time, it was cheaper to import fruit than vegetables.)

Things to Do with It Besides Pie, Jam, & Crumbles:

- Blanch it to use in a salsa with tomato, pepper, vinegar and a little sugar
- Stew or braise it with chicken, pork, or lamb
- Make a spring salad with rhubarb cut in thin strips and sliced radishes
- Make a shrub: put equal parts rhubarb and sugar into a sealed jar and let the combination sit for a couple days until it gets syrupy (or cook it on the stove). Then strain it and add to seltzer, club soda or the adult spirit of your choice.
- Make a chutney with onion and mustard seeds

Rhubarb



WARNING: DON'T EAT THE LEAVES — THEY'RE POISONOUS!



An offshoot of Weavers Way Co-op
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THANKS TO...

Dozens of generous individual donors (still time to give: www.foodmoxie.org/waystogive/)

Impact 100 volunteers

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Weavers Way Co-op Working Members*



For Their Support!

FOOD MOXIE

We dig what we eat.

Help Us Dress Up our Spaces for Summer

by Lisa Mosca, Food Moxie Executive Director

MAY IS A TIME TO CELEBRATE SPRING AND PREPARE FOR summer. FOOD MOXIE staff and volunteers have been continuing to build and fill beds with compost and topsoil, plant perennial fruit, and prepare to plant culinary herbs with students and other program participants.

We invite everyone to a free Strawberry Festival Saturday, May 11, at the Awbury Agricultural Village in East Germantown. Also this month, we will display a donated quilt in the Ambler

store that we plan to raffle off on Giving Tuesday, June 11, in the Mount Airy store.

Here's a wish list of items for FOOD MOXIE and Weavers Way Farm. Our staff welcomes the support to help make our spaces better learning environments. Thank you to all our regular volunteers, workday supporters and others who make our programs special. Happy spring!

Food Moxie and Weavers Way Farms Wish List

If you have a NEW item you would like to donate, please contact henrygotcrops@weaversway.coop or info@foodmoxie.org

EQUIPMENT AND INFRASTRUCTURE

- Lawn mower (DR Trimmer mower \$800, 3 needed)
- Weed wacker (\$300/ea.; 3 needed)
- Electric edger (Black & Decker, \$100/ea.; 3 needed)
- Flat free wheelbarrows (\$100/ea.; up to 20 needed)
- Shade structures for outdoor workshops (\$2,000/ea.; 3 needed)
- Arbors for garden entrances (\$1,000/ea.; 3 needed)
- Folding chairs for workshops and educational programs (\$120 per set; up to 10 sets needed)
- Bulletin boards and wipe boards for education and communication (\$70/ea.)
- Picnic tables (\$300/ea.; 10 needed)
- Storage tool and supply sheds (\$300/ea.; 6 needed)
- 10-packs of clean gloves for workdays (\$10 per pack, 1,000 needed per year)

BEAUTIFICATION/PLANTERS

- Big planters for ornamental plants (\$200)
- Hanging baskets for flowers (\$30)
- Gravel for Henry Got Crops driveway (\$1,500)
- Window boxes for ornamentals to beautify education space (\$30/ea.)

FOOD SAFETY

- Hand wipes for food tastings (\$5 per container)
- Hydrogen peroxide for cleaning tools (\$5 per container)
- Rugged mats for wiping feet between farm sections (\$40)
- Cat food for Henry Got Crops mouse-catching farm cats (\$500 or drop food to farmers @CSA barn)

COMMUNITY FOOD SECURITY SUPPORT

- Sponsor a CSA share to a Saul student and their family (\$400-\$800)
- Sponsor Philly Food Bucks for students and FOOD MOXIE program graduates (\$20 per person, to be used as coupons for fresh fruit and veggies at farm markets, including Henry Got Crops Farm Market.)
- Sponsor a Fresh Start kit (\$150/ea.; includes cooking supplies for a family moving out of emergency housing after graduating from a scratch cooking class)

EDUCATION SUPPLIES

- Support for educational signs and banners for sites (\$5,000)
- Cider press for fall programs (HVR American Harvester double tub press & grinder, \$1,000)
- Cuisinart ICE-30BC Pure Indulgence 2 qt. frozen yogurt, sorbet and ice cream maker for summer programs \$70/ea.; 3 needed)
- Amazon wish list of educational items for children's programs www.amazon.com/hz/wishlist/ls/24JS1M1TCGPHT?&sort=default



FOOD MOXIE'S

Strawberry Festival



Saturday, May 11, 2-4 p.m.
 Awbury Agricultural Village

6336 Ardleigh Street (Street Parking Only)

- Flower-Themed Make & Take
- Tours of Awbury Agricultural Village

FREE and open to the public.



SPONSORED BY:



Delicious Bites sponsored by Weavers Way Co-op



Strawberry-themed Desserts The Frosted Fox and The Night Kitchen



The Farm Market's Back for Another Bountiful Season

(Continued from Page 1)



Photo by Brian Rudnick

Clockwise from top left: Hannah Holby, Thalia Parr, Marlise Frame, Nina Berryman, Alessandro Ascherio, Lauren Todd, Nancy Anderson, Chelsea Mackie.

members and community partners, we're tackling contemporary food justice issues. Without our partnerships with Food Moxie, the Philadelphia Department of Parks and Recreation, Awbury Arboretum, and W.B. Saul Agricultural High School, we would not be able to make fresh, nourishing, affordable food accessible to our Weavers Way, CSA, Saul, and Northwest Philly community. Our farms strengthen the local food system and support Philly's flourishing urban agriculture movement.

The farm market exists to highlight the bounty of our farms' harvests, but our visitors can also purchase a variety of quality products from local vendors and growers. We've dedicated shelf space to new local products and have brought back some old favorites. Christina Maser's soy candles, gourmet jams, and fruity vinaigrettes are here, as well as Stryker Farm meats and Eat Nice vegan ravioli. Our fridges and freezers are stocked with bubbly drinks and decadent ice cream sandwiches. We even carry "green" cleaning

products if spring cleaning is still on your to-do list.

We accept EBT cards, WIC and Senior Farmers Market Nutrition Program vouchers, and Philly Food Bucks. Co-op member discounts (working member, senior, and Food For All) apply to all farm market purchases, and all Co-op members and Saul students get extra discounts on everything we grow.

When you return to shop this spring, you may see familiar faces behind the register. Our fabulous farm market assistants, Saul student Shayona Tyler and farmer Marlise Frame, will be back and we warmly welcome new farmer Chelsea Mackie to the team.

I'm looking forward to first harvests of mustard greens and paw paws, and I'm excited for fun at the farm! We've ramped up this year's farm events programming to keep you and your family curious, entertained, and outdoors all season long. Check out the Co-op's Events Calendar for workshops on DIY fermenting, seasonal cooking, plein air painting, herbal healing, and more. We'll host 'Ask the Nutritionist' hours with the Neighborhood Nutrition Team, and two of our most popular events will return — our flower arranging workshop and family movie night.

We want to create an inviting space for visitors and students to relax in nature, enjoy educational workshops, and snack on an ice cream sandwich in the shade on a hot afternoon. To make our

HENRY GOT CROPS

FARM MARKET

**7095 HENRY AVE.
AT SAUL HIGH SCHOOL**

HOURS

**Tuesdays & Fridays
Noon-7 p.m.**

MAY-NOVEMBER
EBT, FMNP and Philly Food Bucks accepted.

Special Saturday Market Hours:

May 11, 11 a.m.-3 p.m.
at Saul High School's
Country Fair Day

farm and market even more welcoming, we've compiled a "wish list" with Food Moxie containing items that will enhance our space. Please consider either purchasing or sponsoring the purchase of items on our wish list. (on page 4)

Thank you for the ongoing support of your farms! See you soon!

Morris Arboretum Presents *Loop de Loop*



Wind your way through the roller coaster-like maze made entirely of sticks. Come Visit Patrick Dougherty's *Loop de Loop!*



Morris Arboretum
UNIVERSITY OF PENNSYLVANIA

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Chestnut Hill Hospital

TOWER HEALTH
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WOMEN'S HEALTH FOR EVERY AGE.

As you age, it's important to be aware of the unique healthcare challenges you face. Educating yourself on mammogram screenings, physical and self-examinations for breasts, and gynecological care can help prevent future health problems. Join Patricia Eliasinski, MD, at our free lecture to discover the best ways to ensure your healthcare needs are met at every stage of your life.

WHEN: Monday, May 6
12:30 to 1:30 p.m.

WHERE: Center on the Hill
8855 Germantown Avenue

INFO: Light refreshments provided

Program is FREE
Registration required
Call 215.753.2000

Presenter:
Patricia Eliasinski, MD
Gynecologist, Chestnut Hill
Women's Health Associates



Visit ChestnutHill.TowerHealth.org for details.

L·E·T·T·E·R·S

Vegan Alert Is Promising, but Should Be More Inclusive

AS A VEGAN FOR FOUR-PLUS YEARS, and veg for 10, I was super excited to see a dedicated vegan column. However, after reading Vegan Alert, I feel the banter is off-putting and creates more confusion on a subject that is already confusing for many.

I think the vegan community already gets a bad rap because no matter what you do, you aren't "vegan enough" — as if there is only one way to be a true vegan. In the most recent issue, Norman and Jeannine seemed to bash Beyond Meat (frankly, a bit ironic, as the Co-op sells these products). Yes, these are more processed foods and not considered part of a whole-food, plant-based diet, but these foods are 100% vegan nonetheless. They can be great alternatives for those looking to move away from meat for ethical or sustainability reasons, even for health.

I believe we should be championing any small steps toward a more compassionate lifestyle. I have friends who have shown zero interest in veganism, but they try Beyond Meat products and love them! I fear someone newer to veganism would read this column and feel ashamed because Beyond Meat or other products aren't "vegan enough." I can't help but think that someone who hates vegans would read this and validate their belief that vegans are preachy and elitist. Being vegan isn't about being perfect — it's about making meaningful changes to reduce harm and live in alignment with your values. I hope the language moving forward is more inclusive and supportive of any shifts towards a plant-based diet, whether that includes vegan sausage or not.

- Caroline Ginolfi

Electronics Recycling Day Needs an Efficient Overhaul

ON SATURDAY, MARCH 23, I WENT to the Electronics Recycling Day at Norwood Fontbonne. While I am grateful to have a place to dispose of my old electronics and batteries, I was struck by how massively inefficient the event was set up. In fact, I had a full hour to ponder this, because that is how long it took to drop my items off. Cars were lined up Germantown Avenue as far back as Chestnut Hill Avenue. And those cars had their engines on. If the goal is to divert electronics from landfills and to further protect and preserve the environment, I ask you to consider the environmental effects of 100 cars needlessly idling for an hour. There has to be a better way! I know there are intelligent Co-op members who can make future electronics recycling events more efficient. Please, out of respect for the environment (and the precious time of your fellow members), make this event better!

- Aimee Della Porta

Thanks to Susan Morgan

THE CASHIERS AT WEAVERS WAY IN Ambler are always pleasant and helpful. This past January, I was hit by a car while riding my bike and suffered a broken wrist. Mrs. (Susan) Morgan offered me a coupon that was truly appreciated during that painful time. I just wanted to say "thank you" in a more public way. Thank You!

- Keven Salda

Kudos for Cutting Back on Plastics

I WANTED TO PASS ALONG HOW MUCH I appreciate the efforts of the plastics task force at Weavers Way. I am a shopper, and it makes me even more enthusiastic to support the Co-op.

The only questions I can think of:

1. The free jar and bottle exchange at Mt. Airy — does that mean you can bring extras that can be used by others? Not quite sure I understand the concept without more explanation.
2. Is any member on the task force knowledgeable about larger Philadelphia recycling efforts and resources?

Again, thank you for providing this level of dedication for our community. I am proud to be a part of it and I plan to participate heavily.

- Leanne Keller

A Call for Paper, Not Plastics

LET'S START USING PAPER CARDBOARD containers for take-out foods (like in the old days), not recycled plastics. And who ever thought of using plastic boxes for organic foods? Thank you.

- Dianne Tzouras

Useful Plastic Containers Will Be Missed

Please thank Alisa and Norman for the heads up about the change in the Co-op's plastics policies. For years, I have been continually recycling the clear round plastic take-out containers the Co-op now uses to freeze single and double servings of various foods and store both non-perishable and non-food items here at home until the containers become damaged or cracked and I am forced to recycle them. The clear dip containers can also be put into china bowls for serving at the table. Now, I will be extra careful with the clear containers I still have, knowing that you will soon discontinue using them in favor of ugly orange containers, which I will surely add to the recycling stream as soon as I have emptied them.

- Dr. Suzanne Schneider

SHUTTLE LETTERS POLICY

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

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GM'S CORNER

Planning Our Annual Budget: A Complex Balancing Act

by Jon Roesser,
Weavers Way General Manager

WE'VE ENTERED THE BUDGETING SEASON here at the Co-op. Our Fiscal Year 2020 begins July 1, and for the next two months we'll grapple and wheedle, debate and compromise, and, probably in very late June, arrive at a plan. (We always do.) Anyone who wonders what it was like being in the ring with Muhammed Ali should sit through a budget meeting with our finance manager.

Unlike the federal government, which unabashedly spends money it doesn't have — don't worry, our grandchildren will cover it — the Co-op must operate within its means: We cannot spend more than we take in. In FY2020, that will be somewhere north of \$30 million.

Much of what we spend that money on is largely predictable. Cost of goods sold, utilities, packaging, trash removal services, credit card processing fees — all of these can be anticipated with a fair degree of certainty.

Other costs are less predictable, or in any case they are more discretionary, and this is where our values come into play.

In a typical business, shareholders expect a profit, and short-lived is the CEO who doesn't routinely deliver that profit, quarter in and quarter out. At Weavers Way, our shareholders don't care about profit, but they do care about making sure we do good things.

Our challenge is that there's lots of good things we can do, and so the budget process becomes an exercise in competing priorities.

A top priority is staff compensation. We offer staff a pretty great benefits package, but wage increases have lagged behind the industry in recent years. We're

going to find a way to budget for both a modest annual increase for staff — one tied to anticipated growth in sales — as well as at least one, perhaps two incremental increases to our entry-level starting wage (currently \$11.00 hour). But doing so won't be cheap, and it will mean spending less on other things.

Training tends to get whacked around during the budget process. We want to train staff on all kinds of things: cost control; inventory management; workplace discrimination; sexual harassment; diversity, equity, and inclusion awareness; first aid and workplace safety; customer service; you name it.



Our challenge is that there's lots of good things we can do, and so the budget process becomes an exercise in competing priorities.



It's all good stuff. But in the end, we'll probably find enough money for one, maybe two trainings a year.

Even harder decisions must be made when it comes to the Co-op's donation and outreach budget. Last year, we made donations — either cash or food — to 61 organizations of various sorts: community organizations, schools, youth groups, and faith-based organizations.

In addition, we partnered with dozens of organizations in the communities we serve on various outreach projects. These projects are all important to the Co-op, but we don't pull them off for free.

And, regrettably, though we say yes more than we say no, there are times throughout the year when we simply must turn down requests for donations or outreach support, not because the causes are unworthy, but rather because resources are finite.

Through the budget process, we'll figure out how to pay for the farm — we derive many benefits from our farm, but it is not, in itself, financially profitable — the warehouse, the Shuttle, and a host of other things that make up the Co-op's myriad operations.

On top of all this is the capital budget, which starts out in early May as sort of like a greedy kid's Christmas list. Our facilities manager will want to replace this compressor and that condenser and repaint the façade of this building and fix the roof of that building and, oh, solar tubes, fan cut-off switches, three-phase outlets, etc.

Meanwhile, the IT guys will tell us how we simply have to upgrade our servers, motherboards, racks and various other technical doohickeys, and if we don't, well, they can't be responsible for what might happen.

The store managers tend to want to spend money on things that will enhance the customer experience: new crispers, deli slicers, convection ovens, and so forth.

By late June, we'll have pared it all down to the essentials. And after all is said and done, while our shareholders — to be clear, that's you, our member-owners — aren't looking for a profit, you are looking for the Co-op to be sustainable, so we'll budget for a modest surplus of somewhere between 0.5 and 1.0% of sales.

And so, our budget really is a reflection of what we value: a sustainable business, one imperfectly but doggedly committed to shared prosperity.

See you around the Co-op.

International Co-op Principles

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- 2 Democratic Member-Owner Control
- 3 Member-Owner Economic Participation
- 4 Autonomy and Independence
- 5 Education, Training and Information
- 6 Cooperation Among Cooperatives
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Weavers Way and the Wissahickon Watershed

by Carol R. Collier, for the Shuttle

DID YOU KNOW THAT ALL THREE Weavers Way stores are located in the Wissahickon Creek Watershed?

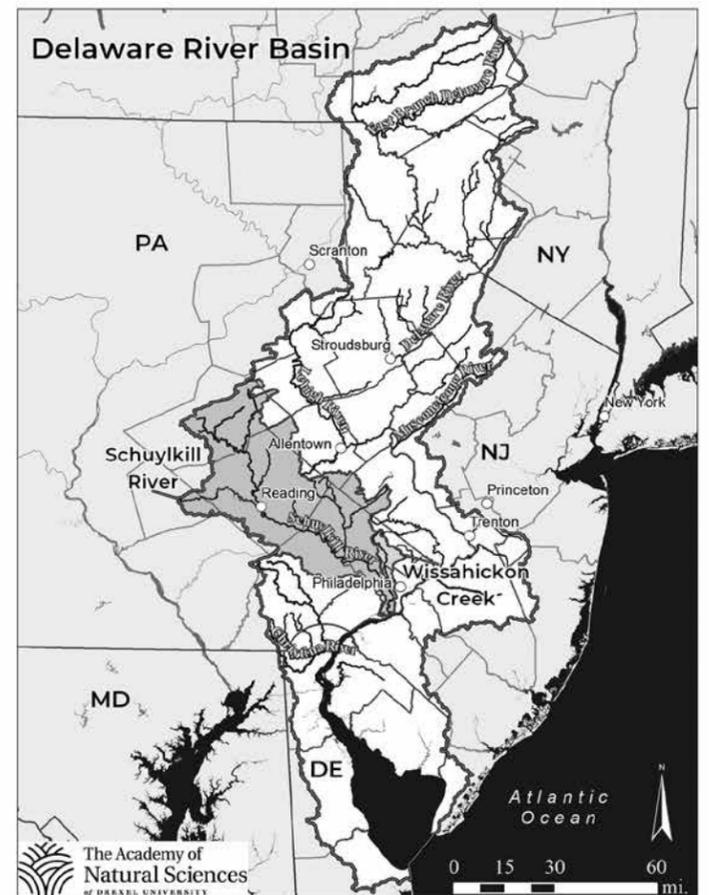
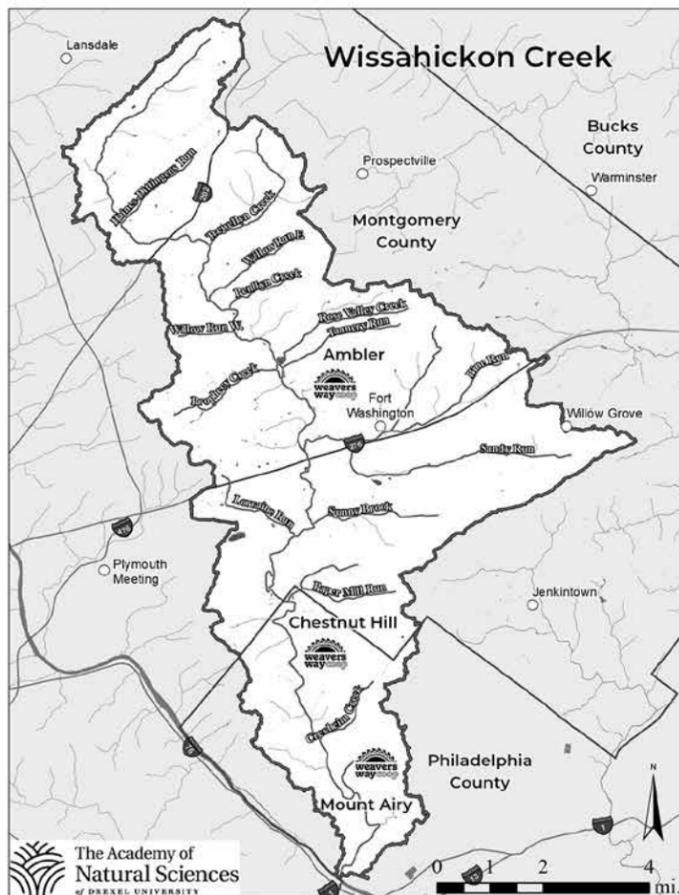
The Wissahickon Valley is a storied area with historic and environmental significance. A watershed is all the land that drains to a creek or river. The Wissahickon Creek watershed is 64 square miles and covers portions of Montgomery and Philadelphia counties. The creek, which runs for 23 miles, has an unassuming start in a spring under the parking lot of Montgomery Mall and meanders through 12 municipalities before it empties into the Schuylkill River just north of the top of Kelly Drive, near the Philadelphia Canoe Club.

The Wissahickon is a small but important part of a larger system. It is a tributary of the Schuylkill River, which in turn is the largest tributary of the Delaware River. The whole Delaware River Basin covers 13,500 square miles and provides water for more than 15 million people, including half of New York City's potable water supply.

Do you know the source of your drinking water? Potable water in Ambler comes from a number of groundwater well fields in the Wissahickon watershed. The surrounding area is supplied by a combination of surface and groundwater sources by Aqua Pennsylvania, and also includes the Neshaminy Creek and Delaware River through the North Penn/North Wales water systems.

The City of Philadelphia draws 60 percent of its water supply from the Delaware River at Torresdale; the remaining 40 percent comes from two intakes on the Schuylkill River. The water supply for the Mt. Airy and Chestnut Hill sections of the city comes primarily from the Queen Lane water treatment facility and reservoir located on Henry Avenue, alongside the Roosevelt Expressway. Since the Wissahickon enters the Schuylkill at just about the Queen Lane intake, it makes up approximately 10 percent of the water supply. Many of you are drinking treated Wissahickon and Schuylkill water, so it is important to protect and enhance water quality in those watersheds.

At the Co-op's two farms, Henry Got Crops Farm at W.B. Saul Agricultural High School in Roxborough and Mort Brooks Memorial Farm at Awbury Arboretum in East Mt. Airy, supplemental irrigation is used to wa-



ter the fields. According to 2018 records for Awbury's fields, the Co-op used 392,700 gallons of water, most of it during the summer and fall months when conditions are the driest.

Besides water supply, all three systems — Wissahickon, Schuylkill and Delaware — were important in the growing industrialization of our nation. In the mid-1800s, there were more than 50 mills on the Wissahickon, which, along with other discharges, contributed much pollution to our rivers and streams. The Schuylkill water was full of coal sediment, and the Delaware River near Philadelphia was so polluted that pilots could smell the sewage odors from their planes. Paint peeled off ships docked at the Navy Yard. The sturgeon fishery that once made Philadelphia the caviar capital of the U.S. and the shad fishery were decimated by pollution and overfishing.

But even though all three systems have had bad times, they are on the rebound. Around 70 species of fish can now be found in the urban portion of the Delaware, which includes Philadelphia, Camden, and Wilmington. Furthermore, people are also feeling more positive toward our waterways, and are discovering the multiple

benefits of being close to water. For example, triathlons are now held in the Schuylkill River! We need to keep up this progress.

There are a number of organizations that care for the Wissahickon Watershed. The Wissahickon Valley Watershed Association covers the Montgomery County portion, and Friends of the Wissahickon represents the watershed area in Philadelphia. In addition, the Philadelphia Water Department is leading the "Green City, Clean Water" plan to reduce stormwater pollution.

Through the Delaware River Watershed Initiative, a multimillion dollar protection effort kickstarted by the William Penn Foundation, on-the-ground projects and policy changes, and work with farmers, land owners and municipalities, the goal is to restore water quality where the streams are impaired and protect the forested areas where water quality is good. The Wissahickon is part of this work. Learn more at www.4states1source.org.

Carol R. Collier is Senior Advisor for Watershed Management and Policy at the Academy of Natural Sciences of Drexel University, and the former executive director of the Delaware River Basin Commission.

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Optimize Your Sleep Hygiene to Live a Creative, Awakened Life

by Dan Vidal, for the Shuttle

HAVE YOU EVER HEARD THE SAYING, “DON’T GIVE UP on your dreams, keep sleeping?” At first, you might perceive this advice to be lacking in motivational value. How can one follow their dreams if they are asleep? Or better yet, how can one even identify a dream to pursue if they’re staring at the inside of their eyelids? Modern civilization encourages us to “hustle now and sleep when you’re dead” when it comes to the pursuit of happiness. But the wisest “go-getter” is one who slows down, allows the body to rest, and understands that to truly live a creative and awakened life, you must first go to sleep!

Nearly 100 million Americans are getting less than the appropriate amount of sleep per night (7-8 hours), hindered by poor sleep hygiene, obstructive sleep, insomnia, or hyperarousal. Skipping out on important rapid eye movement (REM) sleep cycles denies the body the ability to adequately repair tissues, muscles, and organs, as well as properly manage digestive, stress, and growth hormones. Sleep deprivation is directly correlated with declined cognitive function, memory loss, anxiety and impaired ability to process new information and think creatively.



Let’s Get REM’ing!

The body takes cues from our actions. How we eat, where and when we sleep and what routines we practice are all part of an intricate system of signals that our brain uses to regulate survival. Following these simple practices will lead to healthier sleep hygiene:

- Balance your diet with a variety of whole foods, limiting sugar and caffeine. Enjoy your largest meal at lunch and a lighter one in the evening to allow your body to rest rather than expend extra energy on digestion.
- Create a designated space for restful sleep. The bedroom should be free of clutter, work, electronics, and exposures to light and sound.
- Develop routines such as sleep and wake times, as well as restorative evening practices such as yoga, journaling, and meditation to help get back in sync with nature’s rhythms.

Awaken Your Creativity!

Healthy sleepers use dreaming during REM sleep to consolidate memories, process information, and awaken with a heightened sense of alertness, focus, and creativ-

ity. Once our sleep rhythms are aligned, we are more capable of unblocking our creative consciousness! Creativity is the act of using the imagination or original ideas to produce new ideas, possibilities, and resolutions. We are all creative beings, regardless of occupation and talent; the trick is evoking this ability.

Start by incorporating the practice of writing “morning pages” before your Ego wakes up to influence you. Fill three pages with every thought, anxiety, desire, and question. Over time, these vulnerable pages will become your tough-love confidant, revealing patterns that push you towards truth and creative action. Take yourself on solo explorations of interesting places, allowing yourself to see the world as a benevolent place and enjoy the synchronicity of the people and things you encounter! Use a vision board to set intentions and display your dreams in action, remembering that every day is the first day of your desired future...

But for now, get to sleep!

Darian Leader is a certified Health Coach currently studying at The Institute for Integrative Nutrition and has a master’s degree in human services. Her primary focus is on helping clients set and obtain meaningful goals to find balance across various dimensions of holistic wellness such as physical, social, emotional, spiritual, and intellectual health.

Talking About Food For All

(Continued from Page 1)

“I know what I can afford to buy,” one said. “I look for basic staples, bulk items, sale items, that kind of thing.” As for targeted items, FFA shoppers favored bulk items – oats, lentils, beans, rice, pasta, cereal, and tea – and fresh produce. With many FFA shoppers dependent on public transportation, the proximity of the Mt. Airy and Chestnut Hill stores to bus routes was critical. Furthermore, without a vehicle, some shoppers were unable to purchase frozen or heavy items.

FFA shoppers greatly valued the warmth and welcoming atmosphere of the staff and members. “I love the welcoming atmosphere, the sense of community, and seeing familiar faces,” one program member said. They noted the tight spaces, abundance of expensive foods, and the difficulty with navigating the Mt. Airy store as an individual with a disability.

“It’s off-putting to see all the expensive items like meat, fish, and fancy cheeses that I can’t afford,” one member said. “But I understand that the Co-op needs to meet the needs of different members, and those fancy cheeses probably help pay for my discounted food.”

When specifically asked about the FFA program, interviewees appreciat-

ed the reduced member equity and that the FFA discount was not restricted like SNAP or WIC benefits. “Everything can be taken care of online and the discount is attached to your membership, so there’s no need for an additional FFA card,” one member said. “And there’s no feeling of being shamed.”

Participants recommended more in-store signage and online presence about FFA. “You can’t even find it easily on the [Weavers Way] website,” one member commented. They also stressed concerns about transportation, and offered ideas about how members may provide rides to those in need. Lastly, FFA interviewees agreed that greater discounts would allow them to purchase greater amounts and varieties of items.

The Shuttle will feature three more articles in this series in the coming months. They’ll include commentary from Co-op members on food insecurity, an analysis of overarching issues in Philadelphia and Ambler, and paths forward to real change.

If you’d like to participate in this series or in the FFA task force, email the Food Justice Committee at foodjustice@weaversway.coop.

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Take the Train, Not the Plane, For Your Next Journey

by Sandra Folzer, Weavers Way Environment Committee

MARSHA LOW'S ECO TIP IN THE MARCH Shuttle talked about the high carbon cost of airplane travel, and she inspired me to look further into the environmental differences between traveling by train versus plane.

Planes get you where you want to go fast, but when you go fast, there is little time to smell the roses. There is something special about being suspended in time, as happens on a long train ride. You aren't crowded into a postage stamp-sized seat that prevents relaxation. You have time to think and notice the world as it passes by your window. It is a gift not to be in a hurry, not to have to deal with security and lines at the airport, and to be able to change your plans at no cost, even to get a refund if needed.

Trains also use far less carbon — at least 90 percent less energy than traveling by plane. Additionally, planes emit carbon dioxide directly into the atmosphere, where it causes more damage.

While it's easy to criticize the U.S. rail system, few realize that we have the longest freight rail service in the world, extending more than 140,000 miles.

Freight trains moving cargo can travel 479 miles on a gallon of fuel, which is 11 times more energy-efficient than trucks. The reason rail travel in Europe is more popular is that it is owned and subsidized by the government, which makes it cheaper and more efficient. Amtrak and the two freight rail carriers in the U.S. are operated to make a profit.

About five years ago, my partner and I took a train from Philadelphia to the Grand Canyon and loved it. We paid a total of \$1,478 one way, and while that may sound expensive for a roomette, consider that all your meals for three days are included and you have a bed for two nights. If you consider the cost of restaurants and hotels, the price isn't bad. You can also travel coach

for the same distance for \$347 each. Aside from the scenery and the slow passage of time, I most enjoyed the diverse people we met, including an elderly Civil Rights attorney from the South and an Amish couple.

We also have taken the train to Montreal. We left early in the morning and arrived by dinnertime. The cost was \$152 for two adults one way, which was a bargain. A guide on the train pointed out places of interest along the way, and once we were in Montreal we had no trouble getting around the city.



eco tip



Terracycle Tunes into Instrument String Recycling

by Marsha Low, Weavers Way Environment Committee

Calling all musicians who play a stringed instrument: Has it ever bothered you that your used strings go straight in the trash? Did you know an estimated 1.5 million pounds of instrument strings go to landfills every year? Well, here's some good news!

TerraCycle and D'Addario have partnered to create a free recycling program for all types of instrument strings and clippings, including nylon, steel, and orchestral strings. Once collected, the metal and nylon strings are separated by type, and the metal is melted down and smelted into new metal alloys. The nylon is recycled into industrial plastic applications.

We won't be collecting strings at Weavers Way, but you can recycle them at Vintage Instruments at Broad & Lombard streets in Philadelphia, and A & G Music Center in Drexel Hill.

In addition, you can collect and recycle strings on your own by sending them to D'Addario through a program called "Player's Circle." Once you sign up and recycle strings through the program, you'll earn points toward new gear.

All the details about both programs are at this link: www.terracycle.com/en-US/brigades/daddario-playback.



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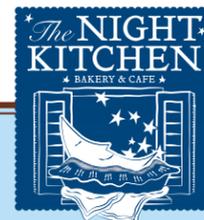
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The Endangered Rule That Protects the Water Above and Below Ground

by Gail Farmer, Executive Director, Wissahickon Valley Watershed Association

FRIENDS HAVE BEEN CALLING ME AND ASKING WHAT they can do to ensure that the water that comes from their tap is safe to drink. These questions were fueled by the discovery of local groundwater contamination with perfluorinated chemicals (PFCs) which are believed to have come from the use of fire retardant chemicals containing PFCs at the Willow Grove Naval Air Station. My answer? Get a reverse osmosis filtration system for your tap.

But the more complex and needed solution is to actually prevent pollution from entering our groundwater. Unfortunately, if the current administration is successful in rolling back the EPA's 2015 Clean Water Rule, we will be taking a step backwards in terms of protecting every American's right to clean water.

The EPA's 2015 Clean Water Rule clarified the definition of waters protected under the Clean Water Act to include streams with intermittent (seasonal surface waters), ephemeral (surface waters only for brief periods after rain events), and headwater (low flow) streams and wetlands. Note: "surface water" is the water that we see above ground. Between 44 and 56% of stream miles in Montgomery and Philadelphia counties are intermittent, ephemeral, or headwaters. Thus, the Clean Water Rule has effectively doubled the number of stream miles protected in our region under the CWA. Furthermore, the ar-

gument can be made that with this rule, the CWA finally protects the waterways with the greatest impact on water quality – headwater streams and wetlands.



The Clean Water Rule recognizes that even when streams and wetlands are not connected by surface water, they are still likely connected by water underground, and therefore their water quality is interconnected

as well. The vast majority of freshwater on this planet is underground, but since we can't see it, we often operate as if it doesn't exist or matter. But it does. For many of us, this is the water we drink.

Groundwater is connected to surface waters like ephemeral streams. Imagine a farmer who has a "wet ditch" (ephemeral stream) that shows up after storm events. With the Clean Water Rule, that stream may be protected by the CWA, which will likely result in the farmer needing to make changes to how the pasture is used. Some people might think that this is extreme — all that trouble and expense for a "wet ditch?" But when that stream dries up, the water doesn't just vanish into thin air. Some of the water likely will evaporate, but much of it will be absorbed into the ground to become part of our groundwater and, perhaps, end its journey in somebody's glass.



Like those PFCs sprayed at the Naval Air Station, pollutants have a way of hitching a ride with surface water on its hidden journey underground. While there is no single solution to protecting groundwater, I would argue that the Clean Water Rule was a step in the right direction. Not only does it help protect the water quality of the larger streams and rivers (by protecting the headwater streams & wetlands that feed them), but it also acknowledges and accounts for the relationship between surface water and groundwater. As I told my friends who were concerned about their tap water, out of sight, out of mind is just not good enough.

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FOW Celebrates 95 Years with Super Mega Service Day

by Maura McCarthy, Executive Director, Friends of the Wissahickon



THIS YEAR, FRIENDS OF THE WISSAHICKON marks 95 years of stewardship of Wissahickon Valley Park and celebrates an era of the organization's transformation. Founded in 1924 when a group of concerned citizens came together in response to a damaging winter storm, FOW was able to raise thousands of dollars over the next decade to plant native trees, shrubs, and wildflowers in the park.

Nearly a century later, this legacy of civic responsibility and environmental activism continues, with FOW working to ensure that the beauty and history of this extraordinary resource will remain for generations to come. The once-small group of concerned citizens has evolved into a vibrant, engaged community of members and friends more than 3,000 strong — and still growing.

At the core of FOW's many accomplishments since our founding have been our remarkable volunteers. Last year, 1,100 volunteers donated more than 12,300 hours in conservation and educational initiatives throughout Wissahickon Valley Park and surrounding communities. From Trail Ambassadors leading hikes, to the Sawyers Crew clearing fallen trees, FOW's vital volunteer presence can be seen and felt everywhere.

That will certainly be true at FOW's 95th Anniversary Super Mega Volunteer Service Day on Saturday, June 1. In celebration of this milestone anniversary, we will be teaming up with community partners at 10 different trailheads to make the park entrances more beautiful and welcoming for all visitors. We'll be cleaning up trash and recycling, removing invasive plants and planting native trees and flowers. Join us for this hands-on opportunity to help beautify your favorite section of the Wissahickon.

The service days take place simultaneously from 9 a.m.-noon at the following locations throughout the park:

- Ten Box and Historic Rittenhouse Town: Meet at the Upper Lot at Historic Rittenhouse Town.
- Ridge Avenue Trailhead: Meet at the Philadelphia Canoe Club.
- Blue Bell Hill: Meet at the Blue Bell Picnic Pavilion.
- Saylor's Grove: Meet at Wissahickon Avenue and W. Rittenhouse Street.
- Wigard Avenue Trailhead: Meet at Wigard Avenue off Henry Avenue.
- Mt. Airy Avenue Trailhead: Meet at West Mt. Airy Avenue and Mt. Airy Terrace.
- Lavender Trail and Covered Bridge: Meet at the Crefeld Street Trailhead.
- Wissahickon Environmental Center: Meet at the upper parking lot on Northwestern Avenue (Roxborough side).
- Bells Mill (East and West): Meet at Bells Mill Road and Forbidden Drive.
- Houston Meadow: Meet at Courtesy Stables.

For more information about individual locations and to register, visit fow.org/supermega. FOW partner organizations or businesses interested in supporting FOW's Super Mega Volunteer Service Day are invited to contact Sarah Marley at marley@fow.org.

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FISCAL YEAR 2018

annual report for members

FISCAL YEAR 2018 ANNUAL REPORT (JULY 1, 2017-JUNE 30, 2018)

Includes Membership and Farm Report from Calendar 2018 (Jan. 1, 2018-Dec. 31, 2018)

FROM THE GM

May 1, 2019

Dear Fellow Member-Owners,

My colleagues and I are pleased to present this year's Annual Report.

We hope that you'll take some time to review our accomplishments over the last year, and that in doing so, you will feel a sense of pride in our Co-op.

As we grow – and our growth as of late has been exceptional – we become a more influential organization. This increased influence manifests itself in many ways. It gives us a more powerful voice when speaking out on issues that are important to us. It allows us to insist our product vendors adhere to stricter ingredient integrity and sustainable business practices. And it means we can support an ever-increasing number of non-profits, charities, faith-based organizations, and community groups.

Our growing influence does not diminish our responsibility to ensure that you, our members, feel a meaningful sense of ownership. As we approach 10,000 member households – representing well over 20,000 individual owners – it has become more challenging for us to feel closely connected to one another (and my objective of memorizing 20,000 names has met with only limited success). Despite our growing size, we must each affirm our commitment to being engaged in the life of the Co-op.

In the year ahead, my colleagues and I will be focused on two goals of strategic importance, both vital to our long-term sustainability. One is to make meaningful progress in reducing our reliance on single-use plastics. The other is to make incremental increases to the Co-op's starting pay rate so that all employees can live securely. We take on these goals knowing they are important to you, and knowing that accomplishing them will enhance your pride in Weavers Way.

Thank you for your on-going dedication and patronage.

Jon Roesser



WEAVERS WAY'S 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.

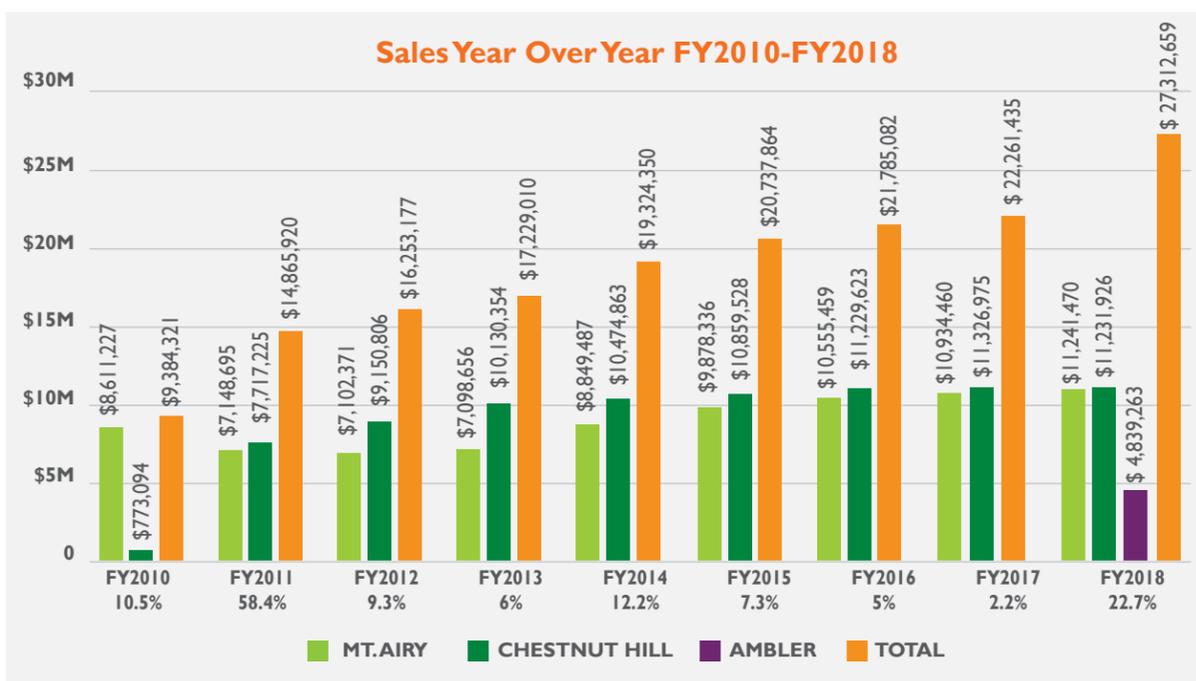
SALES

Sales in FY2018 increased 22.7%, reflecting the opening of our Ambler store. Mt. Airy store sales grew by 2.81%, a healthy pace of growth for a store that is largely at sales capacity. Sales in the Chestnut Hill store declined by 0.84%, reflecting sales migration to the Ambler store.

The more recent sales trend continues to be encouraging, with sales in both the Mt. Airy and Chestnut Hill stores growing by about 3% over prior year, while sales growth in Ambler has been excellent, averaging about 15% over prior year.

New competition continues to enter our marketplace (Whole Foods' new Spring House location; Aldi's new North Wales location), and new natural foods competitors are testing the larger Philadelphia marketplace (Sprout's new South Philadelphia store; Giant's new Heirloom store in Southwest Center City). This new brick-and-mortar competition comes at a time of continued industry disruption, as traditional grocers (including Weavers Way) face increasing pressure from online grocers (especially Amazon).

In the near term, we can expect to see fairly robust sales growth, though we are also keeping an eye toward a possible economic downturn later in 2019 or in 2020.



LOCAL

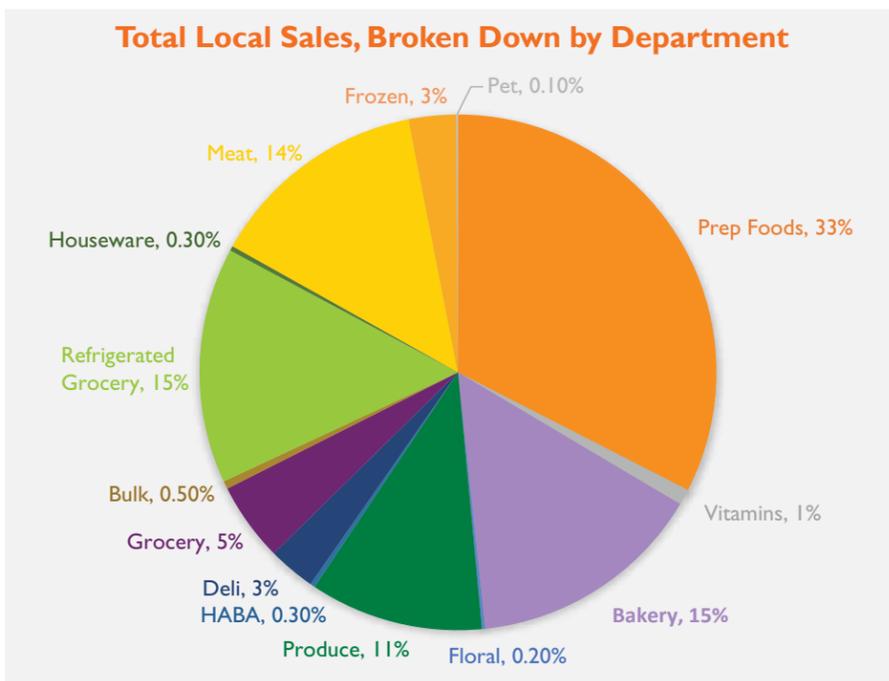
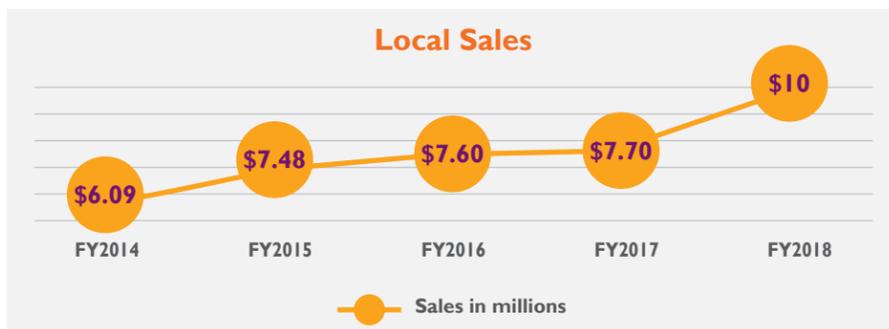
In FY2018, we sold more than 2,770 local products purchased from 260 vendors, up from 237 last year. (Weavers Way defines “local” as products grown or produced within 150 miles of Philadelphia.) Of those vendors, 170 were non-farm — businesses



that produce their product locally but whose primary ingredients are not local (i.e., hummus, bread, coffee, soap, etc.). The rest were “farmers,” or producers whose primary ingredient came from their own operations (produce, meat, cheese, yogurt, etc.).

We’ve continued to show growth in the amount of local products sold, but our ability to significantly replace non-local products with local products is diminishing. There will never be locally grown bananas or avocados, and many of our packaged grocery and frozen grocery items come from “corporate organic” firms based outside the Philadelphia region.

The \$10 million in local sales is distributed between local products, at \$7.6 million, and locally grown products, at \$2.4 million.



ENVIRONMENT

Packaging and Supplies

The Co-op consumes a great deal of packaging and supplies, including deli containers, foam meat trays, office paper, trash can liners, bags (paper, plastic and cellophane), toner and scale labels. Though we source sustainably to the extent we can and made some progress in FY2018, this is an area where there is still much room for improvement.

Where possible, we are increasing the availability of reusable items for staff and in the café in our Ambler store. The café offers stainless steel flatware, ceramic mugs, glass drinkware, and reusable breakproof plates for shoppers and staff. Later this year, we plan to introduce reusable soup bowls. Both General Membership Meetings held in 2018 were “Zero Waste” events. Members were encouraged to bring their own plates and utensils, and reusable plates and utensils were “rented” to those who did not bring their own.

Year-to-year comparisons of packaging costs and usage are challenging because of the opening of the Ambler store. We’ll be in a better position to track packaging trends when we have good comparative data next year.

Packaging is, for better or worse, a fundamental part of operating a full-service grocery store. However, there are steps we can take to 1) reduce packaging usage (which may decrease operating costs) and 2) substitute current packaging with more environmentally friendly alternatives (which will, almost certainly, increase operating costs).

We have formed a Plastic Reduction Task Force, a subsidiary of the Co-op’s Environment Committee, with an aim toward reducing the amount of single-use plastic packaging in our stores. The task force is only now beginning to do its work.

WEAVERS WAY FARMS

Our farms sustainably grow safe, healthy food for members of our community to purchase and consume. They also educate our CSA members, Co-op members and the larger community through volunteer opportunities and farm events. All of our products at the farm market are sourced locally, contributing to the local economy by supporting local vendors.

2018 Growing Year Summary (Calendar 2018):

Last year was one of the more challenging ones we’ve had at the farms from a production standpoint. In 2018, we received 67 inches of rain — 26 inches more than the annual average of 41 inches in Philadelphia. This resulted in low germination, slow growth and much rot. We also suffered losses from deer and groundhog predation.

But the news wasn’t all bad. Our farm market at Saul continues to grow in popularity, and the customer base is taking advantage of the assortment of farm-grown produce as well as additional local products. Customers are also learning about and engaging in the Co-op, the farm, and Saul High School. While farm yields and sales were down overall due to the challenging growing season, a better-than-expected farm market season kept our overall finances closer to budget.

2018 Growing Season Overview:

- Harvest weights decreased 23.5%; sales of farm product decreased by 8%.
- Sales from farm-grown produce were \$156,102, down from \$170,187 in 2017.
- Farm field staff hours increased 5.8%; Farm market staff hours increased 100%.
- Volunteer hours increased 14%, despite the cancellation of Harvest on Henry due to rain.
- Total sales from all outlets (farm-grown produce plus farm market resale product), totaled \$256,045 after discounts, up from \$235,474 in 2017.
- Sales at the farm market (farm produce plus resale product) totaled \$129,500, 40% higher than 2017 sales of \$92,400.
- Orchard product sales increased 47%.



MEMBERSHIP & OUTREACH

- In 2018, we added 849 new member households to end the year with 9,650 members.
- Since the rush of new members following the opening of the Ambler store in late 2017/early 2018, we have gotten into a pattern of signing up about 100 members per month, and losing about 25 a month.
- Participation in the Working Member Program declined by 1,075 to 3,081. This was anticipated, since we signed up well over a thousand new members in the months immediately following the opening of the Ambler store.
- The number of members participating in Food for All, our needs-based member discount program, grew to 178 from 142. Monthly savings in December 2018 were \$5,638, compared to \$4,042 in December 2017.
- Senior Discount Tuesdays participation increased to 1,220 from 1,134 the previous year. Members in this category saved \$16,537 in December 2018, compared to \$14,895 in December 2017.

In 2018, our outreach team organized more than 120 small-format intensive educational opportunities engaging more than 1,200 members of the Co-op community and the public. Programs included monthly opportunities to access free one-on-one nutritional consultations, Ambler store tours, invitations to join community support groups, First Fridays in Chestnut Hill, open member forums and two General Membership meetings. The Co-op also participated in, collaborated on, or authored more than 80 special community events, including public street festivals, film screenings, farm and school events, senior community events, and health fairs.

Some of our most popular events were:

- Composting
- The Food/Mood Connection
- Meditation for Beginners
- The Sleep/Energy Connection
- Indian Cooking
- Allergies, Inflammation and Nutrition
- 28-Day Challenge Kickoff
- Making Delicious, Low Glycemic Desserts
- DIY Cheeseboard
- Bulk Gifts
- Strengthening Bones and Preventing Falls

MEMBERSHIP & OUTREACH *(continued)*

Community Partnerships

Weavers Way supported and collaborated with Food Moxie in the following ways:

- Primary supplier of prepared foods and labor for the annual Hoedown fundraiser, as well as the annual Farm to Table fundraising dinner at Awbury Arboretum.
- Major sponsor of the annual Urban Farm Bike Tour fundraiser.
- Promoted Food Moxie as the recipient of half of our monthly Giving Tuesdays and named them our National Giving Day recipient.
- Maintained and promoted our “High Five” program, in which working members can donate their discount to Food Moxie.
- Collaborated on six educational events and various social media campaigns designed to raise awareness about their work.
- Made our farms available for use as platforms for their educational initiatives, projects and events.
- Provided them with regular monthly column space in the Shuttle.

Additionally, we collaborated or partnered with the following area organizations:

- | | | |
|--|--|---|
| Act II Playhouse | Germantown Jewish Center | Philadelphia Orchard Project |
| Ambler EAC | Germantown United CDC | Plant Ambler |
| Ambler Farmer’s Market | Handweavers Guild | Ralston MyWay |
| Ambler Running Club | Health Center #9 | Robbins Park EEC |
| Ambler Main Street | Holy Cross Food Pantry | SHARE Food Program |
| Ambler Theater | Kensington Co-op | St. Luke’s Germantown Nutritional Ministries |
| American Red Cross | Lovett Library | Summit Presbyterian Church |
| Awbury Arboretum | MANNA | South Philly Food Co-op |
| Center in the Park | Mattie N. Dixon Community Cupboard | Teen Leadership Corps |
| Challah for Hunger | Meals on Wheels | Upper Dublin School District |
| Common Market | Montco Senior Adult Activity Center | UU House Outreach Program |
| Chestnut Hill Business Association | Mt. Airy Nexus | Wissahickon Valley Boys & Girls Club |
| Creekside Co-op | Mt. Airy USA | Wissahickon Valley Public Library [Ambler & Blue Bell branches] |
| C.W. Henry School | Ned Wolf Park | Wissahickon Valley Watershed Association |
| Delaware Valley Regional Food Co-op Alliance | Northwest Village Network | Wissahickon School District |
| Enon Tabernacle Baptist Church | Penn Environmental | The Waldorf School |
| Equal Exchange | Pennypack Farm & Education Center | W.B. Saul High School |
| Fair Trade Philly | Philadelphia Area Cooperative Alliance | West Chester Food Co-op |
| Friends of the Wissahickon | Philabundance | |
| Germantown Seventh Day Adventist Church Pantry | Philadelphia Goat Project | |



EMPLOYMENT

Wages & Benefits

- The Co-op’s starting pay rate for entry-level positions is \$10.50, with \$0.50 raises at the 6- and 12-month marks. We are working on a plan to raise this entry-level rate in 2019.
- Our current 227 active employees can be broken out into three broad categories:
 - 76 earn between \$10.50 and \$11.50. These are employees working in entry-level positions for less than two years.
 - 63 employees earn between \$11.51 and \$14.99. These are either entry-level employees working for more than two years or employees working in non-entry-level hourly positions (cooks, buyers, shift managers, etc.).
 - 88 earn \$15.00 an hour or more. These are either hourly employees with long tenure, hourly employees in higher compensated positions (chefs, butchers, etc.) or management.
- Priorities of a revised wage structure include:
 - Increasing in the starting wage.
 - Offering opportunities for more and larger step increase for entry-level staff.
- All Weavers Way employees receive the following benefits:
 - Staff discount (10% staff discount + 5% working member discount).
 - Paid time off benefits, including:
 - Vacation (1 to 4 weeks annually, depending on seniority)
 - Sick (1 week annually)
 - Holiday (seven recognized holidays each year)
 - Bereavement
 - Jury Duty
 - Health & Wellness benefits, including:
 - Medical (three plans offered; for those working 30 hours a week or more)
 - Dental
 - Vision
 - Short- and long-term disability (for those working 35 hours a week or more)
 - Life insurance (for those working 35 hours a week or more)
 - 401(k) retirement plan with employer match
 - Staff bonus (subject to business conditions, but paid out for the past seven years)
 - Employee Assistance Program
 - Staff social activities

Employment and Staff Diversity

FY	2016	2017	2018
Full Time	119	170	175
Part Time	67	91	52
Total	186	261	227
Gender Diversity (Total Staff)			
Female	92	126	112
Male	94	135	115
Total	186	261	227
Managers (Includes Assistant Managers)			
Female	19	31	27
Male	14	22	19
Age Diversity			
66+	15	24	24
56-65	29	27	29
46-55	24	32	33
36-45	24	44	44
26-35	62	91	70
16-25	32	43	27
Total	186	261	227

Note that the 2018 figures do not include employees of Food Moxie. Also worth noting: The decline in overall staff from 2017 to 2018 reflects the January 2018 reduction in force and subsequent efforts to reduce labor costs through attrition and consolidation.

Racial diversity is tracked using standard EEOC classifications. All newly hired employees are given an opportunity to “self-identify” their race based on guidelines provided by the EEOC. The data shown above is from the Co-op’s annual EEOC-I report filing (mandatory for all employers with a staff greater than 100).

Working with the newly-formed Diversity Equity and Inclusion Committee, we are committed to improving overall staff racial diversity in 2019.

Staff Diversity

	All Weavers Way		Admin		Mt. Airy		Chestnut Hill		Ambler	
	Total	Non-white %	Total	Non-white %	Total	Non-white %	Total	Non-white %	Total	Non-white %
2016	186	28	24	21	66	16	86	42	N/A	N/A
2017	261	28	34	18	66	19	84	44	68	25
2018	227	26	33	13	58	24	80	36	52	29

Staff Turnover	
2018	56.8%
2017	35.3%
2016	29.6%
2015	37.1%
2014	36.0%
2013	33.5%

The exceptionally high turnover figure for 2018 reflects the reduction in force in January 2018, as well as other efforts to reduce headcount over the course of the year.

More careful hiring practices, particularly in the prepared foods and deli departments, where turnover is always higher, should allow us to maintain a turnover rate below our target goal of 30%.

COMMUNICATIONS

Weavers Way maintains a well-functioning website, a Facebook and Twitter presence and a robust weekly email newsletter, as well as our own traditional monthly print newspaper, the Shuttle.

Our bi-weekly “eShopper” email informs recipients about sales, specials and product demos. Our weekly “eNews” email is about events and other happenings around the Co-op’s stores and the communities we serve.

Our various methods of communication support the Co-op’s Ends primarily in E4 (“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”), and E3 (“active collaborative relationships with a wide variety of organizations in the community”).

Like other Co-op departments, Communications also supports E6 (“The local environment will be protected”) by publishing as efficiently as possible, and E7 (“a welcoming culture that values diversity, inclusiveness, and respect”) by being mindful of a wide range of views.

Communications also supports E5 (“Members and shoppers will actively participate in the life of the Co-op”), because so many story ideas come from our talented members, along with much of the writing, photography and copy-editing.



The Shuttle

Over the course of 2018, about 40 Weavers Way staff members contributed content to the Shuttle. A similar number of Weavers Way members contribute stories. The regular contributions of the Health & Wellness and Environment committees, the Board, GM and purchasing manager, as well as Food Moxie, provide a foundation for content but really only scratch the surface. In addition, about two dozen members are regular proofreaders. We cover many community entities either through more-or-less established partnerships (Awbury, Friends of the Wissahickon, WVWA, the Schuylkill Center, WMAN, EMAN, Henry School) or on a story-by-story basis.

The eNews & eShopper

The eNews and eShopper have more than 11,000 subscribers and can also be accessed from the website. Our open rate has stayed steady, ranging from 21 to 27 percent week-to-week for more than two years.



The Website

Weaversway.coop is an important tool for member service and retention, and also a good way to reinforce and archive both news and marketing initiatives. We continue to offer opportunities for online commenting.

Social Media

The Co-op maintains active social media accounts, especially on Facebook and Twitter, though we believe there’s much more we can do to utilize social media. We are working to try to get more participation from operations (especially prepared foods, but also produce, cheese, and meat & seafood).

Press Coverage

In the past year we have received extensive media coverage, including the following:

- Philadelphia Inquirer & Philly.com (multiple stories)
- Philadelphia Daily News
- Metro Newspapers (multiple stories)
- Ambler Gazette (Montgomery Newspapers)
- Enterprise
- Grid Magazine
- Fox 29 (multiple stories)
- 6 ABC
- Cooking Light Magazine
- Chowhound (multiple stories)
- Philadelphia Business Journal
- Eater Philadelphia (multiple stories)
- Chestnut Hill Local (multiple stories)
- Philadelphia Magazine (online edition)
- Pennsylvania Patch
- Main Line Today (online edition)
- Around Ambler (multiple stories)
- Food & Drink International
- Philly Bite Magazine



2019 VOLUNTEER LOCATIONS & MEETUP SPOTS:



SATURDAY, JUNE 1 | 9 AM-12 PM

Help Friends of the Wissahickon celebrate 95 years of conservation stewardship! We're going to make these entrances to the park more beautiful and welcoming for all who visit! Improvements will include cleaning up trash and recycling, removing invasive plants, and planting native trees and flowers.

- 1 Ten Box and Historic Rittenhouse Town, meeting at the Upper Lot at Historic Rittenhouse Town
 - 2 Ridge Avenue Trailhead, meeting at the Philadelphia Canoe Club
 - 3 Blue Bell Hill, meeting at the Blue Bell Picnic Pavilion
 - 4 Saylor's Grove, meeting at Wissahickon Avenue and W. Rittenhouse Street
 - 5 Wigard Avenue Trailhead, meeting at Wigard Avenue off Henry Avenue
 - 6 Mt. Airy Avenue Trailhead, meeting at West Mt. Airy and Mt. Airy Terrace
 - 7 Lavender Trail and Covered Bridge, meeting at the Crefeld Street Trailhead
 - 8 Wissahickon Environmental Center, meeting at the upper parking lot on Northwestern Avenue (Roxborough side)
 - 9 Bells Mill (East and West), meeting at Bell's Mill Road and Forbidden Drive
 - 10 Houston Meadow, meeting at Courtesy Stables
- 1 Volunteer Picnic | 12:30-2:30 pm at Historic Rittenhouse Town



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The Ins and Outs of Detoxing

by Nicole Schillinger Vogler, Weavers Way Neighborhood Nutrition Team

“DETOXING” HAS BECOME A COMMON WORD IN OUR SOCIETY. There are many ways to detox, and many benefits of detoxing. Some people report feeling more focused and energetic during and after detox diets. We can detox certain organs, such as our brain, gut, and liver. Detoxing should be done twice a year to reset the body.

Detox diets can include total starvation fasts of not eating all day long, juice fasts, and food modification approaches, and often involve the use of laxatives, diuretics, vitamins, minerals, and/or cleansing foods. If you're doing a juice fast, it should only last three days at the most to avoid protein deficiency. There are also fasts that limit the times you eat in order to detox.

A healthy diet is the most important way to detox. For lasting results, your best bet is to eat a diet based on fruits and vegetables, whole grains, and lean sources of protein. You can incorporate herbs such as cilantro and parsley that help support detoxing the body and liver. I like to add these on my salads and in smoothies — fresh is always best.



Dandelion root and milk thistle have been seen to support liver functioning and the detox process. I like to use these in a tea form or a tincture I can drop in my water or smoothie. Chlorella is a great detoxifier of metals from the body. This type of green algae is considered a superfood and can bind to lead and mercury in the body and brain — just a small amount goes a long way. Look for broken cell wall Chlorella and try adding it to your detox regimen!

To start a detox, first remove foods that interfere with the detox process or make you more toxic. Fructose is a good place to begin — this simple sugar correlates with chronic inflammation and oxidative stress, which contributes to obesity. It's mostly found in fruits, which is why we only need a limited amount per day. Fructose is also found in sweetened drinks, flavored coffee creamers, jellies, and many boxed products.

Other foods to take out of the diet are sugar, trans fats, fried foods, and highly processed foods. Food sensitivities can also stall weight loss and exacerbate toxicity by making your gut more permeable and allowing toxins to enter the bloodstream. Gluten, dairy, soy, and corn are among the common food sensitivities. When considering detoxification, try eliminating these foods for three to four weeks.

Intermittent fasting is another form of detoxing. This involves allowing the body and organs to rest versus being in a fed state all the time. The most common intermittent fast is 16/8: You eat within an 8-hour period during the day and then fast for 16 hours between dinner and breakfast the next day. For example, you could start with breakfast at 10 a.m. and not eat after 6 p.m. This does not limit what you eat, it just limits what time you eat. I have seen this be useful for weight loss and glucose control.

Did you know exercise can help you detox? Among its many benefits, exercise can help your body better excrete toxins and burn fat more effectively. Whether that involves hot yoga or high-intensity interval training, find a consistent workout plan that fits your preference and schedule.

Start this spring with a detox of removing harmful foods, sweating during exercise, drinking plenty of clean water, adding in herbs and other foods that support the detox process, and trying the 16/8 intermittent fast method. Your body will thank you!

Nicole Schillinger Vogler, RD, LDN is a certified personal trainer, group exercise instructor and a member of the Weavers Way Neighborhood Nutrition Team. She directs the Functional Health Center (www.functionalhealthcenter.net), her own private practice, in Ambler.



What the Team Has in Store

MAY: Recharge, rejuvenate, and renew this Spring by detoxing your body! This month the Neighborhood Nutrition Team will cover workshops on herbal detox, intermittent fasting, and juicing and smoothies so you can jump-start your body for a more active and healthier YOU!

NEIGHBORHOOD NUTRITION TEAM OPEN HOURS AT WEAVERS WAY AMBLER:

- Tuesday, May 7, 4-6pm
- Tuesday, May 14, 4-6pm
- Tuesday, May 21, 4-6pm
- Tuesday, May 28, 4-6pm

WORKSHOPS

See listing on Page 22, or visit www.weaversway/coop/events.

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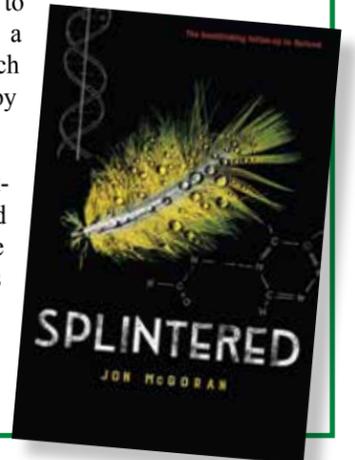
McGoran Launch Party Set for Sequel



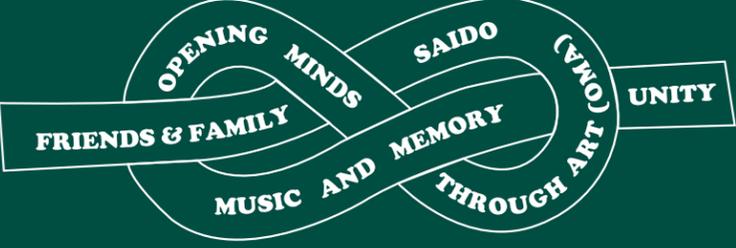
FORMER SHUTTLE EDITOR AND CO-OP STALwart Jon McGoran is back on the new book track. He will be celebrating the publication of his latest young adult fiction novel, “Splintered”, at a launch party in the Skyline Room of the Free Library of Philadelphia’s Parkway Central Library on Tuesday, May 14 at 6:30 p.m.

“Splintered” is McGoran’s sixth book under his own name and is the sequel to “Spliced”, published in 2017. Both books explore a near future transformed by climate change in which young people called chimeras modify themselves by splicing animal genes into their own.

The launch party will feature beer from Workhorse Brewing Company of King of Prussia and treats from High Point Café. Books will be available for purchase from Open Book Bookstore of Elkins Park. The event is free and open to the public, but you must pre-register via Eventbrite: <http://bit.ly/Splintered-Launch>.



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WEAVERS WAY WORKSHOPS



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

RSVP on EVENTBRITE

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

Go online at **Eventbrite** or RSVP via the Events Calendar, www.weaversway.coop/events/workshops. 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.



WORKSHOPS ARE HELD:

- 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

Cooking Class: Crunchy Spring Salads and Fruit Salsas for Al Fresco Dining

Tuesday, May 7, 6:30-7:30 p.m.

Weavers Way Ambler

Local blogger and Weavers Way friend **Seema Vaidyanathan** is back with delicious recipes and tips for al fresco dining. She'll lead us through the vegetables and fruits that make the best salads packed with a crunch, as well as tantalizing salsas. Free.

Neighborhood Nutrition Team: Herbal Detox

Thursday, May 9, 6-7:30 p.m.

Weavers Way Ambler

Sluggishness, poor digestion, headaches and sleep disturbances may all be signs of imbalances linked to poor detoxification. Neighborhood Nutrition Team member **Wendy Romig** will lead this workshop, in which you'll learn a few great herbs that can help kickstart your gut and boost your energy. Free.

Cookie Decorating with Crust Vegan Bakery

Sunday, May 12, 5-7 p.m.

Weavers Way Mercantile

542 Carpenter Lane, Mt. Airy

Celebrate Mother's Day at this cookie decorating workshop with **Meagan Benz** from Crust Vegan Bakery. Meagan will teach some basic techniques, followed by an hour of hands-on attention while you decorate your own cookies. You'll go home with a variety of delicious treats, and there will be plenty to snack on while you decorate. \$25.

Rain Check: Managing Stormwater at Your Home

Monday, May 13, 6-7:30 p.m.

Summit Presbyterian Church

6757 Greene St., Mt. Airy

Help make Philadelphia a greener city — learn the basics and benefits of residential

storm water management. Participants will be eligible to receive a FREE rain barrel and will have the opportunity to access reduced pricing on downspout planters, rain gardens, depaving plans and permeable pavers. Free.

Belly and Back Health for All

Tuesday, May 14, 6:30-7:30 p.m.

Sage Integrative Health

538 Carpenter Lane, Mt. Airy

Working member, health educator and nurse-acupuncturist **Margaret Kinnevy** will discuss current research and simple and powerful practices to restore health, ease pain and support the internal and external functions of the belly and the back. Free.

Learn to Be Pain-Free

Thursday, May 16, 6-7:30 p.m.

Mt. Airy Nexus, 520 Carpenter Lane

It's likely your brain has been unconsciously telling your muscles and joints to tighten too much. Find out how to relax that unconscious tension in this workshop led by Weavers Way member **Joseph Arnold**, Alexander Technique teacher and founder of the "Learn To Be Pain-Free" method. Free.

Neighborhood Nutrition Team: Juicing and Smoothies 101

Friday, May 17, noon-2 p.m.

The Backyard at Weavers Way Chestnut Hill

Join Neighborhood Nutrition Team Members **Dorothy Bauer** and **Beth Chiodo** to learn all about the similarities and differences between juicing and making smoothies. Discover the health benefits of both, when each is most appropriate, and also get tips on maximizing nutrient absorption. Free.

DIY Hand-bound Notebook & Mini Zine

Friday, May 17, 6-8 p.m.

Weavers Way Mercantile

542 Carpenter Lane, Mt. Airy

Learn how to make your own soft-cover hand-bound notebook or sketchbook and

mini zine with illustrator and designer **Rachael Amber**. She'll show you basic book-binding skills and how to turn a sheet of printer paper into a mini 8-fold/6-page zine. \$20 includes the materials to make your own notebook or sketchbook and mini zine.

Awaken Your Creativity

Wednesday, May 22, 6-7:30 p.m.

Mt. Airy Nexus, 520 Carpenter Lane

Working member **Darian Leader** leads this workshop on how to utilize healthy sleep practices and morning rituals to invoke creativity and goal-setting for the future. You'll learn about the positive effects of a good night's sleep on clarity and creativity, and create a vision board to visualize the life you want and deserve. Free.

The Cultured Trilogy, a Way to Gut Health

Tuesday, May 28, 6:30-7:30 p.m.

Henry Got Crops Farm

Have you heard about nutritious and probiotic-rich cultured (fermented) foods and their power to alleviate allergies, skin problems, digestion issues, and even bipolar disease? Join us for an interactive talk about "The Cultured Trilogy" of kefir, kombucha and cultured veggies and the CulturedFoodLife.com movement led by working member and cultured food connoisseur **Karoline Wallace**. There will also be a tasting and a demo of how to make them. Free.

Neighborhood Nutrition Team: Intermittent Fasting

Thursday, May 30, 6-7:30 p.m.

Weavers Way Ambler

What is intermittent fasting? How can it help you lose weight? Join Neighborhood Nutrition Team Member **Nicole Schillinger** and learn about the three different types of intermittent fasting, the pros and cons of each, some concerns with fasting, and what a day of meals would look like. Free.

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



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The Board Retreats and Delves into Our Working Member Program

by Esther Wyss-Flamm, Weavers Way Board Member

EVER WONDER HOW THAT WORK REQUIREMENT OF SIX-HOURS-PER-HOUSEHOLD-MEMBER FITS INTO THE flow of business at Weavers Way Co-op? The Board recently took a deep dive into reviewing the working member program during our annual Board retreat, with an eye toward ways the program might need to shift to ensure the Co-op continues to thrive in the midst of changing times.

We learned about the evolution of the work requirement, which was established when Weavers Way was founded. At that time, the Co-op had no regular staff; today, the three stores are run by full-time employees. We found that our program has different levels of participation and operational impacts in each of our three stores. We also heard about how other co-ops have maintained, reduced or dropped member work requirements. We learned that some working member programs are connected to discounting, while others are not. And we discovered the options are complicated.

Here is a Q&A summary of what went down that day:

Q: Are we changing the working member program?

- Not right now, but maybe in the future. Overall, we have seen a long-term, steady decline in participation.
- We think there might be alternative meaningful ways to engage as Co-op members in our communities.
- We have learned that some co-ops have faced potential legal challenges to their working member programs, and we want to protect Weavers Way from possible legal and financial threats.

Q: Is our working member program compliant with labor and tax laws?

- We are trying to answer that question. State and federal law is not 100 percent clear on this, so we are looking at what other co-ops are doing. We are also consulting with attorneys and other advisors to make sure we are interpreting the law accurately.

Q: What's going to happen to my discount?

- Nothing. For the time being, the program with its 5 percent discount will remain as is. If we consider specific changes in the future, you can be sure the Co-op will work with the membership along the way.

Q: What's so important about the working member program? Why do we want to keep it?

- It helps the Co-op meet its Ends of having members actively contribute to the life of the stores and the community.
- Working members are among the most engaged and involved within the overall membership. They are also our biggest shoppers.
- The program creates a unique identity for those who participate; it also enhances the sense of ownership.

Q: If members don't work at the store, what makes the Co-op different from any other store?

- Our stores are member-owned.
- Members receive patronage rebates.
- Unlike other stores, the Co-op focuses on promoting local food, building the local economy and engaging in the community.

Q: How would the Co-op change if we changed the working member program?

- We would only make a change if we thought it would make the Co-op better. The Board will periodically evaluate the program over the next 12 months. We encourage members to email us, attend regularly scheduled member forums or come to a board meeting with their ideas or opinions on this topic.

★ Election for Weavers Way Co-op ★
BOARD OF DIRECTORS



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 _____

DON'T FORGET TO VOTE!

Election for Weavers Way Co-op BOARD OF DIRECTORS



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.

STILL SMOKING?

Up In Smoke: A Debit/Credit Strategy For Smoking Control

by Erick Redwood, for the Shuttle

“I’M GOING TO STOP!” IS A FAMILIAR REFRAIN FROM people who are still smoking cigarettes. In fact, the intent to stop often is used to justify uncontrolled smoking. Intent, however, can be a diversionary tactic, while flowing toxins continue unimpeded until the smoker actually tries to quit. And because smokers find fewer places to indulge their habit, many indulge wherever and whenever they can.

Whether you or someone you are close with identifies with this behavior, the will is often not the deed. The actual deed involves slow withdrawal through control. In this way, your body can avoid ravenous fixes.

In this strategy, you’re competing against yourself, or more aptly, you’re competing against nicotine. Either way, the program is flexible, and one that I have been able to constructively implement with a few smokers. Its appeal is that it doesn’t rely on invasive chemical fixes (e.g., nicotine patches).



the month; that totals a 682-cigarette allowance for May. The total of packs for the month will be 34 plus two additional cigarettes, which can be taken from a pack for surplus cigarettes only and labeled accordingly. Hopefully, being aware of the number of cigarettes being smoked will spur the desire to maintain control.

RULES/GUIDELINES

All cigarettes must be taken from labeled packs. If you have smoked up your allowance for the day, you can borrow from yourself forward and smoke into the next day’s allowance. But your goal is to catch up with yourself, so you don’t end up in arrears by the end of the month.

The goal is to maintain stability for the month before you re-estimate for the next month and make adjustments in your numbers. Hopefully, you might end up ahead of yourself for the month, in which case you may stockpile cigarettes for an “emergency.” Doing so is a strategy to back up difficult days. Put a few cigarettes from your daily allotment in a separate place.

STEP THREE: RECONCILIATION FOR THE NEW MONTH

On or before the last day of each month, you need to assess your success to determine whether you are in credit or debt mode. If in May you’ve borrowed five cigarettes from June (J1), you will need to reconcile to end May out of debt to yourself. Never increase your monthly allowances; you can only borrow ahead. If you have no stockpile, you need to ration yourself down.

Do not increase beyond your original numbers, even if it takes months to catch up with yourself. If you didn’t smoke up all of May, you are ready to reassess your monthly allotment for June. You can then do a cut for the

oncoming month. You might decide to try keeping to one pack per day for the month.

When you go through the entire month within your parameters, it’s time to number for June — from J1 to J30. If you decide, for example, to cut down to 20, you would be down to 600 cigarettes, thereby having cut a full pack of toxins for the month. Keep in mind that every cigarette you cut per day will cut a full pack and a half for the month.

WILD CARD

You can “bum” cigarettes as long as your smoker friends will tolerate it. However, in order to activate this wild card, you’re required to inform anyone giving you cigarettes about your program. Then they can choose to help, enable, or even try the program themselves.

PICK YOUR BEST TIMES TO SMOKE

When you’re smoking, it should be within “preferred” times as much as possible. Preferred times describe when the cigarette is most enjoyed and sought: after meals, during a coffee break, while working on a project, etc. Avoid mindless times, when you don’t really need to smoke but do so because you can.

You should especially avoid forbidden times: first thing in morning (before food), while eating and during meals, or in the car. Also restrain yourself from chain smoking.

Cigarette smoking is often an activity that is a reflex stress-reducer, like toxic worry beads. A significant factor for control is to be conscious of when you smoke. This strategy can be fun and compelling; I hope it helps to provide an alternative for anyone who’s been struggling to beat the beast.

Erick Redwood, M.Ed., does relationship counseling via cognitive behavioral therapy. He has worked with dogs and their humans in this venue, as well.
erick.redwood@gmail.com

STEP ONE: ESTIMATION

Estimate how much you smoke per day — you need to give yourself an exact number. It should err on a realistic figure, not an optimistic one. For example, let’s say you’re smoking more than a pack (20 cigarettes) per day, but not much more than that. Count it as 23 cigarettes per day.

Re-Estimation: After estimating, ask yourself if you can get by with 22 per day (even numbers are preferable). If so, use that number.

STEP TWO: NUMBERING

Basically, count the cigarettes and number them. With a magic marker, mark every pack you buy on its face. May has 31 days, so your first pack will be M-1. Multiply the 22 in our example by the number of days in

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SEPTA, Activists Continue Their Battle Over Wayne Junction Power Plant

by Larry Schofer, for the Shuttle

SEPTA IS A TRANSPORTATION COMPANY DEEPLY INVOLVED in local politics because so much of its funding comes from federal, state, and city sources. Its board has many members appointed by politicians, and as such, it is especially sensitive to political pressure. The connections and larger issues involved were explored by Peter Winslow, local community environmental activist, in a public presentation sponsored by Northwest Village Network in late February and updated last month.

Since the spike in the supply of natural gas due to enhanced fracking from the Marcellus shale formation in northeastern Pennsylvania, producers have been looking for customers and additional pipelines to bring their product to major cities and seaports. Winslow believes that political pressure has been exerted on SEPTA to be a larger customer for this material, which explains why they built a power plant fueled by natural gas at their Wayne Junction site in Nicetown. The plant was completed in January, but has not yet been opened due to significant community opposition.

The Wayne Junction substation is a major point within the SEPTA system, and the authority owns a large amount of property in the area. A large number of trains come through this station, and the current Midvale bus depot is the largest in the city, with 315 buses.

“These buses cause an enormous amount of pollution, probably more than the gas plant,” Winslow said. “The pollution from the nearby Roosevelt Expressway adds even more contaminants, but we’re hoping to curb this environmental racism by opposing the gas plant.”

Asthma rates in Nicetown are among the highest in the country. Hospital admissions of children in the neighborhood due to asthma are approximately four times as great as the national rate.

The major opponent to the power plant has been 350 Philadelphia, the local chapter of 350.org, in cooperation with other neighborhood organizations. The number 350 refers to the tipping point for parts per million of carbon dioxide in the air; the level in Nicetown is over 400. The organization would like SEPTA to invest in clean, renewable energy. As an example, it has



been proposed that the buses at the Midvale bus depot be converted to electric power.

SEPTA has been accused of various subterfuges to justify its investment in what is considered by outsiders to be a superfluous power plant. The authority contends the new line of power is necessary in case of outages, but Winslow noted that neither of the two underground lines has ever gone down. Problems usually occur in areas with overhead lines, not in the power generated by the Wayne Junction substation.

Critics of the plan have accused SEPTA of environmental racism because of the disparate and adverse impact on an area that has already been designated as an environmental justice area, defined as any census tract where 20 percent or more individuals live in poverty, and/or 30 percent or more of the population is minority. Appeals have been made to the Philadelphia Department of Licenses and Inspections, and a complaint has been filed with the Environmental Protection Agency. A final hearing for the appeals board of L&I is set for this spring. If the protestors lose that appeal, the most likely avenue left is a lawsuit.

The power plant can be opened at any time if permission is granted by licensing and legal authorities. Mayor Jim Kenney’s office has declined to oppose it, stating that it will have only a minimal impact on the environment in the area.

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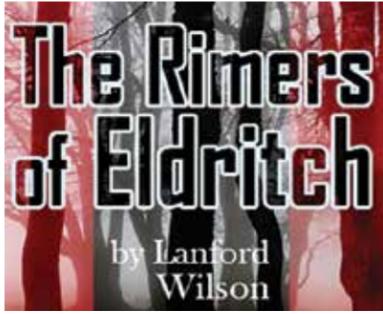
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Playcrafters to Stage "Rimers of Eldritch"



PLAYCRAFTERS OF SKIPPAK PRESENTS THE LANFORD WILSON play "The Rimers of Eldritch" for nine performances this month at their theater, located in the center of Skippack at 2011 Store Road.

The play is set in the mid-20th century in Eldritch, a dying Missouri Bible Belt town. The aging local hermit has been murdered, and the townspeople want to know who did it and why. A senile old woman and a physically challenged young girl hold the key to solving the mystery.

The ensemble presentation of the play, directed by Chuck Yerger, features all the actors on stage throughout the performance. "Rimers" is not told in traditional linear fashion from beginning to end, so the audience will sometimes see the results of an action before it occurs.

Show dates are May 9, 10, 11, 17, 18, 23, 24, and 25 at 8 p.m.. There will be a matinee performance on May 19 at 2 p.m. A wine and cheese party will take place after the opening night performance on May 9 for everyone who attends. Please note that the play contains adult language and themes.

Tickets are \$17 and can be reserved by calling (610) 584-4005 or online at www.playcrafters.org.

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Nexus Celebrates Spring and Offers a Coworking Deal for Co-op Members

by Jolea Augustine, for the Shuttle

WHEN MT. AIRY NEXUS CO-working space opened last September, there was no fanfare, no grand opening banner, no party — only a sandwich board in the courtyard, a Facebook invite and a few notices to surrounding businesses. The understated debut was done on purpose, according to Manager John Autin.

“We opened while we were still doing some finishing touches on the space,” Autin said. “We were anxious to get our community started, but it didn’t feel quite right to make a big announcement.”

Since then, the space, located in the basement of 520 Carpenter Lane, has established itself as a thriving coworking hub. Now they’re looking to build on their success by offering one month of free membership to Co-op members who purchase a three-month commitment to any plan.

“We are so excited to offer this deal to new members who are also members of Weavers Way,” Autin said. “We so much value our partnership with such a closely mission-aligned organization.”

Nexus has been offering its stylish

and eco-friendly space to local nonprofits since its inception. The Co-op has been a frequent user for assorted meetings and new member orientations.

“Having Nexus here helps meet a critical need for community gathering space,” said Weavers Way General Manager Jon Roesser. “We’re not sure how we made do in the past without it.”

While it offers conference rooms and large spaces for meetings and events, by day Nexus is an active coworking space, with more than 50 members using the space at different levels. The cross-section of workers includes those from larger nonprofits such as the Sierra Club (who occupies one of the private offices) and HIAS, to larger businesses such as PayPal and Murray’s Cheese, as well as individual nonprofits and startups. Efforts have been made to help inspire creativity and collaboration throughout the space, including rotating art installations and the use of upcycled functional items.

Members have access to free High Point coffee, tea, high-speed internet, members-only events, printing, scanning, and faxing. In addition, there is a program in which members can earn credit hours

toward the use of different-sized conference rooms. Soon, Nexus hopes to offer discounts at select Mt. Airy Village businesses.

“I enjoy Mt. Airy Nexus as a part of my community life and, on occasion, in my professional life,” said West Mt. Airy Neighbors Executive Vice President Kathleen Woestehoff. “Working from home and being on conference calls all

day can be an isolating experience. My visits to Mt. Airy Nexus boost my mood in the ways only community can: by reminding me of the fantastic environment in which we live, the kind people I get to call neighbors and the good work being done right here.”

For further information about the deal for Co-op members, contact Autin at john@mtairynex.us or (267) 223-5423.



Top Left: Members work in the main space, which has also been host to theater events and Weavers Way new member orientations.

Bottom Left: The Oceania conference room, outfitted with recycled plastic bottle chandeliers.

Top Right: State Rep. Chris Rabb’s team hosts a brunch for millennials in the Nexus living room to discuss their community concerns.



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All Hail Judge Jeannine

Weavers Way Programs Coordinator Jeannine Kienzle was pressed into service to help judge this year's Vegan Cheesesteak Party and Cabaret April 14 at the Rotunda in West Philly after one of the judges had to bow out. She and three other celebrity judges sampled and voted on the top three vegan cheesesteaks in the city, and chose Triangle Tavern of South Philly as the winner. She and Vegan Alert! Co-Writer Norman Weiss would like to thank journalist Vance Lehmkuhl for the invite and the local vegan community for their warm welcome and delicious food. They'll be back next year!



Photo credit: Robert Stolpe

L-R (including all judges and emcee): Kimberly Garrison, Christina Pirello, Frank Olivieri, Jr., Myq Kaplan, and Jeannine Kienzle

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STAFF CELEBRITY SPOTLIGHT

Liana Orazi

Job: POS (Point of Sale) clerk
Since When: September 2018
Age: 30

Where she's from/where she lives now:

Avenel, NJ/Germantown, with her boyfriend, Dan Cohen, a chef at Jansen restaurant in Mt. Airy who was formerly the Prepared Foods manager in Mt. Airy. They're also parents to Bill Murray, Li's 10-year old orange tabby.

How she got to Weavers Way: She found out about an opening in the Chestnut Hill store and moved to Philly. She was hired to work in Grocery, but within a week was hired as the store's wellness buyer (this was pre-Next Door, when the wellness department was in the main store).

Other Weavers Way jobs: She's worked in wellness at Across the Way, as a cashier and manager on duty in Chestnut Hill, and at the spring-fall edition of the Mercantile in 2017.

Outside pursuits: She recently earned her midterm certification in an online health coach training program through the Institute for Integrative Nutrition. She also has an associate's in education from Middlesex County College in Edison, NJ.

Future plans: She'd like to have her own health coach practice.

Favorite Co-op products: She's a huge fan of the Ambler produce department ("They typically have what I'm looking for."), and BobbySue's Everything Goes Nuts seasoned mixed nuts.

Thoughts on her current job: "It's so different...I went from all these positions where I'm on my feet all the time, running around, and now I'm seeing the Co-op from this different angle, behind the scenes. I'm almost, like, orchestrating all of the madness."

Thoughts on the Co-op: "I've seen a lot of different sides of the Co-op, good and bad...I really thoroughly enjoy being here, and the connection you make with people that you interact with as customers and members, [and] people that you work with. It's a great place. I've met a lot of beautiful, wonderful people here who have inspired me."



—Karen Plourde

COOPERATOR OF THE MONTH

Rochelle Albert

Joined Weavers Way: 1979

Lives in: West Mt. Airy with her husband, Walt Fellman

Former job: She retired in 2014 after 40 years of teaching elementary science for the School District of Philadelphia. She's now a trail ambassador with the Friends of the Wissahickon, and is working on a memoir about her first 20 years in South Philly.

Family facts: They have a 32-year-old daughter, Jennifer, who's a cabaret singer in New York. She's releasing a CD in September, tentatively titled "Forbidden Drive."

Why she joined: "I liked the idea of a small store. At that time, I don't know if I understood all the concepts. I grew into the cooperative idea."

Co-op job history: Packing flowers; working in the deli with Linda and Devon in Mt. Airy.

Favorite Co-op products: Anything organic, greeting cards, Maggie's socks, crabcakes and the whole roasted chicken in Prepared Foods. She estimates she does 90% of her shopping at the Co-op.

A big chunk of Co-op love: "It's the food, but it's become more than the food... People say to me, 'Why are you in Mt. Airy?' Three things: the Wissahickon, the Co-op, and Germantown Jewish Center."

—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, May 7, 7 p.m.**, upstairs at the Chestnut Hill Community Center, 8419 Germantown Ave.

For more information about board governance and policies, visit www.weaversway.coop/board. 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.

2017-2018 Weavers Way Board

President: Josh Bloom
Vice President: Lisa Hogan
Treasurer: Joan Patton
Secretary: Toni Jelinek
At-Large: Eric Borgstrom, Olga Corrias Hancock, Larry Daniels, Meg Gruwell, Chris Hill, David Woo, Esther Wyss-Flamm.

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Weavers Way Mt. Airy

559 Carpenter Lane
8 a.m.-8 p.m. daily
215-843-2350

Weavers Way Across the Way

610 Carpenter Lane
8 a.m.-8 p.m. daily
215-843-2350, ext. 6

Weavers Way Chestnut Hill

8424 Germantown Ave.
Monday-Saturday, 7 a.m.-9 p.m.
Sunday, 8 a.m.-9 p.m.
215-866-9150

Weavers Way Ambler

217 E. Butler Ave.
8 a.m.-8 p.m. daily
215-302-5550

Weavers Way Next Door

8426 Germantown Ave.
9 a.m.-8 p.m. daily
215-866-9150, ext. 221/222

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Upcoming Orientations

Nexus Co-Working Mt. Airy, 520 Carpenter Lane
Wednesday, May 15, 6:30-8 p.m.

Ambler Senior Center, 45 Forest Ave.
Thursday, May 23, 6:30-8 p.m.

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

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photos by Ellie Seif

photos by Christine and Robert Raines

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