

<div>WEAVERS WAY SPRING GENERAL MEMBERSHIP MEETING</div> <div>SUNDAY, MAY 19 Summit Church Corner of Greene & Westview</div>	★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ AGENDA ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★														
	EAT & GREET • Food and beverages provided by WW				5:30-6:00	FEATURED PRESENTATION • Strategic Planning Presentation				6:20-7:20	ELECTION RESULTS CAKE & CONVERSATION				7:50-8:00 8:00-whenever
	BUSINESS MEETING • Welcome; Presidents Report; Approval of Spring 2012 GMM Minutes NOTE: VOTING ENDS AT 6:30 PM				6:00-6:20	GM REPORT - including Finance, Farm, & WWCP				7:20-7:50	<div>DON'T FORGET TO VOTE</div> <div></div>				
						• GM • Farm Report • Finance Report • New WWCP Exec. Director remarks									



The Shuttle

April 2013 Vol. 41 No. 4

A Cooperative Grocer Serving the Northwest Community Since 1973

Food For Life Classes Promote Vegan Diet

by Sheryl Wolff, Food for Life
Cooking/Nutrition Instructor

CHOOSING A vegan diet and lifestyle is a peaceful, compassionate way to live your life. It has a powerful, lasting effect on health, animal cruelty, and the environment. We need to be aware that what we prepare for dinner each evening will influence our ability to ward off disease, feed poor populations around the world, and preserve our natural resources. To quote Albert Einstein, “Nothing will benefit human health and increase chances of survival for life on earth as much as the evolution to a vegetarian diet.”

According to the American Dietetic Association, vegan diets are nutritionally complete and reduce risk of cancer, heart disease, arthritis, type 2 diabetes, autoimmune diseases, and obesity. Studies have

(continued on page 8)

Kiss Me, I’m Vegan



photo by Ellie Seif

Linda Louise of Pulse, a line of Vegan desserts, with her daughter, offering a delicious sample to an Irish Vegan goddess.

(continued on page 4)

Future of WW at Spring Membership Meeting

by Margaret Lenzi, President,
Weavers Way Board of Directors

WANT to see where Weavers Way will be in five years? Want to find out how we will get there? And along the way, want to vote for some folks who will help to guide our co-op in the next few years? A Strategic Plan for our Co-op’s future and elections for our Board of Directors will highlight Weavers Way’s Spring GMM, May 19, Sunday, 5:30-8 p.m., at Summit Presbyterian Church, 6757 Greene St, just a block from our Mt. Airy store. Save the date and mark your calendars for the perfect opportunity to Eat, Vote, and Engage in our future. What could be more important on a nice spring day in May!

PA Introduces GMO Labeling Bill

by Jon McGoran, Shuttle Editor

THE CAMPAIGN to label genetically engineered (GE) foods (or GMOs) is entering a new phase, with renewed energy both on the state and national fronts.

Pennsylvania took the center stage on March 12 with the introduction of a bill, sponsored by State Senator Daylin Leach and eleven cosponsors, that would mandate labeling of GE foods in Pennsylvania. Cosponsors of the bill include State Senator Leanna Washington, as well as Senators Smith, Hughes, Ferlo, Solobay, Farnese, Greenleaf, Fontana, Brewster, Wozniak, and Dinniman.

The bill, known as S.B. 653, was unveiled at a press event in Pennsylvania’s Capitol rotunda in Harrisburg, and

(continued on page 20)



From L to R first row: Liam Hart (Food and Water Watch), Rebecca Frimmer (Greensgrow), Sam Bernhardt (Food and Water Watch), Karen Stark (GMO-Free PA), Ann Murphy (GFPA), Annmarie Cantrell (GFPA), Jon McGoran (Weavers Way), Maria Payans (Peachbottom Concerned Citizens Group). From L to R second row: Leilani Nemeroff (Food and Water Watch), Sam Cantrell (GFPA), Zofia Hausman (GFPA), Brian Snyder (PASA). From L to R third row: Steve Todd, Johnny Walker.

Philadelphia Land Bank Bill

by Jon McGoran, Shuttle Editor

ON THURSDAY, March 7, 2013, Councilwoman Maria Quiñones Sánchez and Councilman Bill Green reintroduced legislation to create a Philadelphia Land Bank that would consolidate under a single entity the authority to quickly acquire and strategically dispose of vacant properties. Currently, city-owned vacant properties are controlled by four separate agencies, each with different rules and processes. The goal of the legislation is to help make it easier for city residents to transform thousands of vacant properties into productive assets, through urban farming, economic development, or other positive uses.

(continued on page 21)

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Editor’s Farewell



by Jon McGoran,
Shuttle Editor

TODAY IS my last day at Weavers Way. It’s been 30 years since I started working at Weavers Way, and 20 years since I became editor of *The Shuttle*. Not a lot has changed in that time.

Just kidding. But a few things haven’t changed. It’s more extended than when I first started, but the staff at Weavers Way is still a lot like a family. A family that publishes embarrassing old pictures of you the moment you’re out the door, but a family nonetheless. And the Co-op itself is still a force for good in our community: a place where people come together to celebrate the values they share and discuss the ones they don’t; where they create new friendships and maintain old ones; and where they discuss and debate and advocate for ways to make the world a better place. And where they do so right between you and what you need to make dinner.

Apart from that, though, most things have changed. (Especially my knees. My knees have changed a lot.) But that’s okay, because change is healthy and good (My knees notwithstanding. Or notwithstanding much). And change is in the air.


In May, I’ll be getting married to my lovely fiancée, Elizabeth. In July, I’ll see my next book published—*Drift*, an ecological thriller about genetically engineered crops and the blurring line between food and pharmaceuticals, largely informed by what I’ve learned and written about while here at Weavers Way. And next week, I’ll be starting my new job at *Grid* magazine. I’ve been a fan of *Grid* since it started, and I’m looking forward to being a part of all the great things they are accomplishing. I’m looking forward to new friends, new challenges and new opportunities. And most of all, I’m looking forward to figuring out a way to justify publishing in *Grid* some embarrassing old pictures of my so-called “family” here at Weavers Way.

I love you Weavers Way.

Now, please, if you could just step to the side, I need to grab a few things for dinner.

The Shuttle is published by Weavers Way Co-op
Deadlines for each issue are the first of the preceding month, e.g., December 1 for the January issue.
For information about advertising, contact advertising@weaversway.coop, or call 215-843-2350, ext. 135

Statement of Policy
Articles should be under 500 words and can be submitted on disk at Weavers Way Mt. Airy or by e-mail to editor@weaversway.coop. Be sure to include your name, phone number, and membership number within the document. The purpose of *The Shuttle* is to provide members with information about co-ops, health food practices, and other matters of interest to the members as consumers and citizens of the community. Articles express only the views of the writers and not those of the Co-op or the board of directors, unless identified as such. Articles, letters, comments, criticisms, and suggestions are welcome and should be directed to the editor. Space limitations require that the editor have the right to edit all articles. Ad rates are available upon request, at our stores, online at www.weaversway.coop, or via e-mail at advertising@weaversway.coop. All ads must be submitted electronically, or camera-ready with prior arrangement, and should be submitted with payment. Products or services advertised in this paper should not in any way be construed to be endorsed by Weavers Way Co-op.

 **The Shuttle is printed on 100% recycled paper**

Come Help Celebrate Arbor Day

by Shelley Hedlund, Farm Educator at Weavers Way Community Programs, with help from Phil Forsyth, Philadelphia Orchard Project

AN EDIBLE forest is about to be planted in our backyard! As the manager and educator at the Children’s Garden at the Mort Brooks Memorial Farm, I am always excited to see the expansion of educational opportunities on the farm. This last year, I have had the pleasure of working on a collaborative project that will culminate with an edible food forest that has many applications for increased engagement at the farm.

This collaboration is spearheaded by The Philadelphia Orchard Project (POP) and Awbury Arboretum, and also includes Weavers Way Farm and Weavers Way Community Programs (WWCP), with support from the Harlon Fund of the Philadelphia Foundation. The orchard has been designed as a permaculture-based Edible Forest Garden, with an overstory of fruit and nut trees and a diverse understory of berry bushes, perennials, and groundcovers that work together as a healthy, regenerative ecology. The orchard will function as an educational space that will demonstrate ecological approaches to fruit-growing and the diversity of fruit and other perennial edibles that can be grown in Philadelphia. The orchard will feature a wide range of fruit from apples, pears, and cherries to figs, persimmons, and pawpaws.

The orchard will be planted in two phases in 2013, with the first happening on April 27, which is the day the Philadelphia Orchard Project will be celebrating Arbor Day around the city. We will start by planting the principal trees, as well as adding several layers of mulch to the ground to help prepare the soil for the next phase of planting, which will happen in the fall.

Once the orchard has been planted, we will start to offer workshops and classes geared toward youths and adults alike. Awbury, POP, and WWCP are working together on an orchard-based curriculum that will teach school groups about food growing, cooking, and nutrition. POP will offer occasional educational opportunities to adults on more specific aspects of tree maintenance. Come be a part of this wonderful Northwest Philly Collaboration! We hope to see you out there!



photo by Phil Forsyth

Student tour of POP orchard at SHARE Food Program headquarters

Arbor Day Event at Awbury Arboretum April 27, 10 am - 3 pm

Help support your local orchard by assisting in the planting of all our fruit and nut trees.

Lunch will be provided

To sign up, please visit www.phillyorchards.org

The event will take place at 1011 East Washington Lane, Philadelphia, PA 19138



Come to the Second Annual Pre-Mothers’ Day Tea!

by Betsy Teutsch

THE ARTFUL table, colorful and laden with bite-sized treats...sipping brewed tea from china cups, while gazing out at the stately grounds of the Awbury Arboretum—what is it about a tea that brings out our better natures? Last year, Weavers Way’s three Dining For Women chapters collaborated to produce this memorable event, on the Sunday prior to Mother’s Day. Now partnering with WWCP, we both cordially invite you to our Second Annual Pre-Mothers’ Day Tea on Sunday, May 5, from 2 to 4 p.m.

Inspired by Nicholas Kristof’s idea to move the apostrophe—so Mother’s Day becomes **Mothers’** Day, a local AND global event—we created an experience that both delighted the attendees and supported low-income mothers. Among the highlights of last year’s tea were the May Pole dance and other rites of spring performed by The Morris Dancers, which was generally adored, and we are pleased to announce that the Morris Dancers are coming back for a repeat performance.

Tickets are \$25 (two for \$45) prior to April 30 and \$30 (two for \$55) after April 30. Tickets are available at check-

out at the Co-op—Stephanie Johnson, a beloved Weavers Way staff member and co-chair of the tea, will surely remind you if you shop at the Mt. Airy store! Tickets are also available at the www.weaversway.coop, via PayPal, or by check mailed to Weavers Way Co-op, 559 Carpenter Lane, Philadelphia PA, 19119). While tickets are discounted in advance, we also welcome walk-ins on May 5.

The tea is free to those 90 and older, as well as children under 10. For more information, contact Co-Chairs Margaret Guthrie, meg8337@verizon.net, Stephanie Johnson, Sjslj082728@aol.com, or WWCP Director Jill Fink, jill@weaversway.coop.

For more information about WW Dining For Women, check out our blog: www.wwdfwthursday.wordpress.com



photo courtesy of Betsy Teutsch

Morris Dancers and the May Pole are among the attractions from last year’s Mothers’ Day Tea that will be returning this year.

Baking in Bulk!

by Rebecca Torpie, Marketing Director

Ginger Lime Pound Cake

This was another hit at the bakery, especially in the spring and summer, when people wanted something sweet, but also refreshing and zesty. The trick to pound cake is making sure your butter is room temperature and whipped with the sugar to a near-white.

- 1 cup butter, softened
- 1 scant cup sugar
- 1 Tb freshly grated ginger
- 2 Tb lime zest
- 1/4 + 1/8 tsp salt
- 2 eggs
- 1/4 cup milk
- 2 Tb lime juice
- 1 3/4 cup all-purpose flour
- 1/2 tsp dried ginger
- 1/2 tsp baking powder
- 1/2 tsp baking soda
- 1 cup crystallized ginger, diced

Preheat oven to 325. Grease and flour an 8"x 4" loaf pan. Toss the crystallized ginger in a tablespoon of the flour to coat. Set aside. Sift flour, dried ginger, baking powder, and baking soda. Beat butter, sugar, zest, and salt until fluffy. Add eggs one at a time, waiting until each is incorporated. Scrape bowl. Add lime juice to milk.

Beat butter/sugar on medium, add flour mixture to mixer alternately with milk mixture, starting with the flour and ending with the flour. Stir in crystallized ginger.

Pour into loaf pan and smooth batter out. Bake for 20 minutes until skin forms and slit loaf down the center. Return to oven, baking for another 20-30 minutes, until tester comes out clean. If top starts browning too soon, cover loosely with greased foil.



You can find most of the ingredients for these recipes upstairs in The Incredible Bulk department in our Mt. Airy Store! Our baking section has also moved to the second floor, so it's now a one-stop baking shop.

I discovered ANZAC biscuits on a trip to New Zealand and fell in love—not too sweet and an easy, quick bake. They are sold commercially all over Down Under. I made them in my bakery for years; our customers who couldn't eat eggs would clean us out of them. This twist on the classic cookie uses honey instead of the traditional golden syrup.

WW ANZAC Biscuits

- 2 1/2 cups all-purpose flour, sifted
- 1 1/3 cups sugar
- 2 2/3 cups dried coconut
- 2 2/3 cups rolled oats
- 2 1/4 cups butter
- 1/4 cup honey
- 2 tsp baking soda
- 1 3/4 cup hot water

Preheat oven to 325. Spray or grease baking sheet and/or line with parchment paper.

Stir together flour, sugar, coconut, and oats in a large bowl.

Melt butter and honey together.

Dissolve baking soda in hot water and add to butter/honey mixture. Add to dry ingredients and stir until just mixed together.

Drop 1 1/2 oz dollops (about the size of a large Brussels sprout) on baking sheet. Squish down dollops to flatten just slightly.

Bake 8-10 minutes or until evenly golden.



New! Weavers Way Blend Coffee from One Village!

by Mel Marmer

THE NEXT time you are in our coffee department, look for the Weavers Way Blend, made expressly for us by One Village Coffee.

One Village is a local small specialty coffee roaster that practices high ethics and produces great tasting coffee. They employ 11 people in Souderton, PA—about half an hour northwest of Philadelphia. We already sell a small variety of their single-origin and blended coffees in our Mount Airy and Chestnut Hill stores. One Village sells to small coffee shops, three other co-ops in Southeastern Pennsylvania, and one large chain. The company also has a good story—they began in an unusual way through friends helping friends.

The President of One Village, Steve Hackman, explains that his son Scott began the company along with his friend Aaron in 2005. Scott and Aaron decided to start a business to help friends in a small village in Nigeria—coffee beans were their most abundant commodity. The little company with good intentions is now thriving—they've moved to a warehouse and roast more than 500 pounds daily.

One Village looks for like-minded folks to help. They partner with customers and businesses to help local causes, such as a neighborhood park in the Fairmount section of Philly, Fresh Artists, and others.



Nelson Floyd, Production Roaster, loves his job.



Steve Hackman and Mel Marmer holding One Village Coffee's Weavers Way Blend.

They now source coffee from small farmers around the globe and buy the choicest ones in micro lots of 15 to 20 bags weighing about 130 pounds. One of their newer sources, a farm in Mexico, and an "e-co-op," recently started an orphanage.

Steve is the company's representative you are most likely to see in Weavers Way at tastings offering our customers generous portions of his company's products. He will tell you with pride that they are a certified B-Corp—and that their roaster is certified Organic each year.

We are excited about the expansion of our partnership with One Village and proud that their coffee carries our name.



Organic, Fair Trade, and 100% Sumatra. \$12.99/lb.

Promising Career

by Dale Kinley, Fresh Foods Manager



Cashier in a turtleneck by day, New Wave cool kid by night.

I FIRST met Jon in 1982. I was the assistant manager of Weavers Way and we were hiring a new floor person. Jon was 18 years old, just graduating from high school. He had a long ponytail down his back and a large personality. He was looking for employment to support his primary interests: beer, women, and his band, Decca Dance. Jon has gone on to be both the face and heart of the coop. He knows every member by name and membership number. As longtime editor of the *Shuttle*, he has transformed the publication into the fun and informative paper that it is. As the Co-op's publicist, he has gotten our name known throughout the city. But the true testament to Jon's talent and perseverance is his transformation into a published novelist. It has been wonderful to be a part of all of it. Congratulations Jon! We will miss you at 559, but we will see you on the book tour!

Future of WW at Spring Membership Meeting

(continued from page 1)

BEING A food co-op, we love our food and enjoy sharing it with our members. So, we will naturally start off with food, from 5:30 to 6 p.m., and provide you with some delicious edibles from Weavers Way. This is your chance to schmooze with other Co-op members and even meet some of the candidates, and this time, it is not in the aisles of our stores.

Then there will be some democracy in action. In this issue of *The Shuttle*, you can read about the candidates running for the Board of Directors. You can vote on-line or by ballot before the meeting—the only voter ID you need is your membership number. But if you have not already voted, you can cast your ballot at the GMM up to 6:30 p.m. when voting closes. Those elected will be announced at the end of the meeting.

But what is all this talk about a Strategic Plan? A strategic plan is a roadmap to an organization’s future, which defines its direction and aspirations, and helps to determine how resources (including money and people) will be allocated in the future. Simply put, strategic planning determines where an organization is going over the next year or more, how it’s going to get there, and how it will know if it got there or not.

Over the past several months, the Strategic Planning Committee (SPC) of Weavers Way has been engaged in the challenging process of developing a Weavers Way Strategic Plan for the next 5 years. They received input from the board, staff, managers, member-owners, and community stakeholders. They reviewed and processed the many ideas generated

and shaped the basic themes that emerged into broad goals. We now have a vision for Weavers Way that will guide us for the next five years.

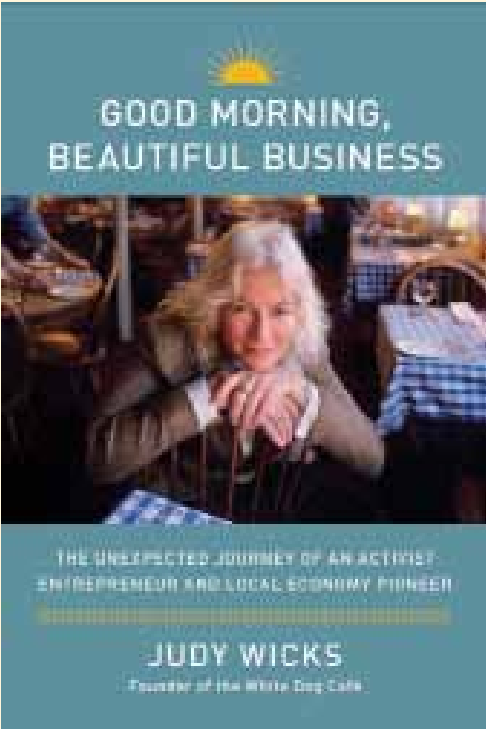
At the GMM, member-owners will have an opportunity for a discussion of the Weavers Way Strategic Plan, which contains things like growth/expansion, internal operations/finance/staff, farms, member engagement, and community involvement. Like all good organizations, Weavers Way needs a strategic plan to continue to grow and develop. And like all good co-ops, we very much value the engagement of our member-owners in this process.

Of course, you will also hear how Weavers Way is doing organizationally and financially in the here and now: there will be reports from the President, General Manager, Chief Financial Officer, and our Farms, and a special presentation from the new Weavers Way Community Program Executive Director Jill Fink. To top it all off, there will be cake and conversation to end the evening.

Weavers Way has been a thriving, growing enterprise for 40 years, in large part due to the involvement of our members. So we hope you will join us at the GMM for this critical conversation about where we are now and where we will be in the future.

BREAKING NEWS! Special surprises for those who attend the meeting—but we can’t tell you what they are—Guess you will have to come and find out! See you there.

Judy Wicks to Sign New Book at Weavers Way in April



Judy Wicks, good foods pioneer, author, and entrepreneur, will be signing her new book, *Good Morning, Beautiful Business*, at Weavers Way Chestnut Hill on April 6 from noon to 4:00 and at Weavers Way Mt. Airy on April 20 from noon to 4:00. Big Blue Marble Books will sell Judy’s book at the Co-op during both signings.

Come and meet a Philadelphia Local Foods Legend!



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FIVE FRIDAYS

The Five Fridays concert series is an outreach effort of Saint Paul's Church to benefit local charities that fight hunger and homelessness in the community.



Trio Galilei
Friday, April 5
7:30 p.m.

Tickets: \$25 General Admission
\$15 Student/Senior
Tickets may be purchased at the door or in advance visit www.fivefridays.org or call 215-242-2055

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Manager’s Corner

by Glenn Bergman, General Manager

What we are working on....

HERE ARE highlights, in no particular order, of some of the programs and plans that we are working on at Weavers Way:

1. Strategic planning: This process started back in the summer and we look forward to bringing this to the membership at the General Membership Meeting in May. It has been exciting to see what has come out of the many meetings led by our Strategic Planning Committee. The last strategic plan, created back in 2005, laid out the ground work for our expansion to multiple stores, the urban farm work, starting a non-profit, and bringing Weavers Way to the modern age of information technology.
2. Debt reduction: One of our major financial goals is to pay down our debt this year. We continue to do this, but I hope to accelerate the debt payment in the near future. While sales have been strong this year since the reopening of the Mt Airy store, we continue to see expenses higher than expected and are working to get these in line. The expenses have been in labor as we over-staffed for the renovation changes.
3. New WWCP leader: Jill Fink, the new executive director of Weavers Way Community Programs (WWCP), started in January. I am impressed by Jill’s background as a business owner and her work in community based service programs. Since Jill has started, the boards of Weavers Way and WWCP have been meeting, and plan to continue to meet, on a regular basis to ensure that our programming and support are in line. Jill has also been meeting with staff and admin staff to work on joint projects.
4. 40th Anniversary Event. Yes, this year marks the 40th Anniversary of Weavers Way’s creation. We have started meeting to plan an event for the fall and are looking for owners to get involved too. If you are interested in helping plan this event please contact Rebecca at 215-843-2350, extension 121.
5. Bulk in Mt Airy: We recently remanded the first and second floor of the Mt Airy store. So far so good. Our store is always a work in progress; we are clearly not, nor do we want to be, a cookie-cutter box store. What I have noticed is that our bulk department has clearly caught on with many members who are bringing containers, bottles, and their plastic bags to reuse on the second floor bulk. I know it takes longer to shop the second floor than just grabbing a bag of prepackaged product, but on the second floor, people can get what they want and the amount they want. I am sure there is more we can do to make the shopping experience better, so please tell us what we need to do for you.

will all miss Jon’s levity when things got tough and his way of making us all laugh. I wish him the best. Jon helped us put out the April *Shuttle* and also will support us as much as he can during the changeover. (And don’t forget his new book, *Drift*, will be coming out in July!)

Another person who left after 20 years was Chris Switky, Grocery Manager in Mt Airy. We thank Chris for all his hard work and dedication through the years. Taking over for Chris is Heather Carb, who has run Whole Food stores, was a pastry chef at the White Dog years ago, is on chicken committee, and lives right in the neighborhood. We are excited to have Heather taking the reins in Mt Airy.

~gbergman@weaversway.coop

Good-byes and Hellos

After 30 years of working at the Co-op, editing *The Shuttle*, providing great public relations support, and working in operations, Jon McGoran has left Weavers Way to become the editor of *GRID* magazine here in Philadelphia. I will miss Jon’s humor, his knowledge, and his true desire to make us a better group each day. We

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United Nations Series, 1946 by Violet Oakley (1874–1961). Charcoal, graphite, and chalk on paper, 10 1/4 x 13 1/8 in. Gift of Robert McClean, 1980;

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SUMMIT PRESBYTERIAN CHURCH

Earth Day Worship Service

SUNDAY, APRIL 21ST, 10:00 A.M.

Guest Speaker, Paul Halpern
Professor of Physics, University of the Sciences
Author of *Edge of the Universe: A Voyage to the Cosmic Horizon and Beyond*
.....
“Peace on Earth: A Cosmic Perspective for Earth Day”
.....
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SPECIAL EVENTS WITH SHARON SALZBERG

May 10th - Living from the Heart Award/Lecture
May 11th - Workshop: Meditation as a Tool for Compassion

ALSO THIS SPRING

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Movement Workshop	Advanced One-Day Retreats

Registration deadline April 25th (for most 8 week programs)
CE credits available for several programs.

(215) 615-2774
www.pennmedicine.org/mindfulness

Time4Time’s Launch Party on April 7

Bring a friend to the party and you both join for half-price!

TIME4TIME (T4T) Community Exchange is an inclusive, communitywide circle of people who share skills for time credits instead of money. T4T will open its “doors” for time-trading at its big launch party on April 7, 2013. The party will take place at The Presbyterian Church of Chestnut Hill, 8855 Germantown Avenue, from 3 to 5 p.m.

T4T is offering a 2-for-1 membership deal for party attendees. If you or your family wants to join T4T and you know a friend who wants to join too, come together to the party, submit your applications and you’ll pay \$15 each for an annual T4T membership, instead of the standard \$30 each. Families pay \$20 per family for one year instead of \$40 per family. You can pay by credit card, check, or cash. This deal is good only for those people who come to the party on April 7 and pay the fee.

Print out the T4T application directly from their website, www.Time4TimeXchange.org. Complete the application ahead of time and bring it with you to the party. T4T will have people at the party who will answer any questions you have about the application or timebanking.

T4T is also seeking volunteers who can earn time credits by helping T4T as a computer buddy, new member buddy, new member interviewer or public speaker, or by hosting a potluck for other T4T members in your neighborhood! Contact them at Time4TimeXchange@gmail.com!

T4T requests that you contact them to register your attendance by emailing Time4TimeXchange@gmail.com or by calling 267-536-5821.

ECO TIPS

from The Environment Committee

Got some out-of-date medicines you want to get rid of? There are local collection events where you can drop off your expired or unwanted medicines. (The U.S. Drug Enforcement Administration sponsors an annual National Prescription Drug Take-Back Day in September.) If you don’t want to wait for one of these events, make sure to dispose of your medicines the right way, as those disposed of incorrectly can end up in our drinking water and can adversely affect aquatic life. Whatever you do, don’t put them down the drain or flush them away! You can put them in the trash, but you should follow the following guidelines: Into an empty coffee can or other container, place coffee grounds or kitty litter, being careful not to overfill. Then dump your unwanted pills, tablets, or liquid into the container, seal it, and put it into the trash.

considering henry

Interested in learning more about the C.W. Henry School, a K-8 public school in Mount Airy?

Considering Henry is a group of current Henry parents that meets during the school year to provide neighborhood families with more information about the school and to help families make informed decisions about school choice. Meetings are held at the homes of Henry families.

To RSVP for a meeting or for more information about Considering Henry, please email us at consideringhenry@gmail.com



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APRIL CALENDAR OF EVENTS

Wednesday, April 3

CRASH COURSE IN FOOD JUSTICE: PT 1 7:30 pm
Life-long activist, teacher, spiritual leader Mordechai Liebling expounds on the components of a fair food system at Green on Greene in Mt. Airy, at the corners of Greene and Carpenter.

WELLNESS WEDNESDAY - SHIKAI 4 - 6:30 pm
Forty year old bath and body care company committed to quality and effectiveness. Across the Way, 610 Carpenter Lane.

ENVIRONMENT COMMITTEE MEETING 7:30 pm
Weavers Way Community Room, 555 Carpenter Lane

Saturday, April 6

WELCOME MEETING CHESTNUT HILL 10:00 am
Information Session about Weavers Way Co-op Membership at the Chestnut Hill Community Center, 8431 Germantown Ave. Open to New and Existing Members

JUDY WICKS BOOK SIGNING - CH Noon - 4:00 pm
Judy Wicks, fresh and local food pioneer and entrepreneur, will be signing her new book, *Good Morning Beautiful Business*. Books will be available for sale. Weavers Way Chestnut Hill, 8424 Germantown Ave.

Sunday, April 7

CHESTNUT HILL ROTARY CLUB CHILI COOK-OFF Noon - 4:00 pm
WW is participating! Chili and cupcakes competition. All you can eat \$10. Benefits the Rotary Club. Lutheran Theological Seminary, 7301 Germantown Ave.

Wednesday, April 10

WEAVERS WAY COMMUNITY PROGRAMS DAY
AT IRON HILL BREWERY 11:00 am to close
Eat, Drink, Be Merry and benefit Weavers Way Community Programs. Use your coupon to direct 20% of your money spent to WWCP (See p.5). Dine in only and one day only!

WELLNESS WEDNESDAY -Solgar Vitamin 4 - 6:30 pm
Heart health, EsterC, probiotics for the 40+ crowd, liquid B12. Across the Way, 610 Carpenter Lane.

CRASH COURSE IN FOOD JUSTICE: PT 2 7:30 pm
Life-long activist, teacher, spiritual leader Mordechai Liebling expounds on the components of a fair food system at Green on Greene in Mt. Airy, at the corners of Greene and Carpenter. Please join us even if you didn't attend Part 1!

Saturday, April 13

PHILLY SEED EXCHANGE Noon - 4:00 pm
Weavers Way Farms and The Philadelphia Seed Exchange invite you to trade seeds in the name of preserving local biodiversity. Come trade! Weavers Way Mt. Airy, 559 Carpenter Lane

Wednesday, April 17

WELLNESS WEDNESDAY - VOLTA ORGANICS 4 - 6:30 pm
Lisa Volta will demo her all natural, Philadelphia-made bath and beauty products.

Wednesday, April 17

CRASH COURSE IN FOOD JUSTICE: PT 3 7:30 pm
Life-long activist, teacher, spiritual leader Mordechai Liebling expounds on the components of a fair food system at Green on Greene in Mt. Airy, at the corners of Greene and Carpenter. Please join us even if you didn't attend Parts 1 or 2!

Saturday, April 19

SPRING BLOOD DRIVE Noon - 6:00 pm
Blood Drive trucks at Mt. Airy and Chestnut Hill stores.

Saturday, April 20

JUDY WICKS BOOK SIGNING -MA Noon - 4:00 pm
Books will be available for sale. Weavers Way Mt. Airy, 559 Carpenter Lane

Monday, April 22

EARTH DAY Celebrate our planet: Recycle, Reuse, Grow, Love. All Day

Wednesday, April 24

WELLNESS WEDNESDAY- BIGGS & FEATHERBELLE 4 - 6:30 pm
Health conscious body care with a fun twist. Across the Way, 610 Carpenter Lane.

FOOD FOR LIFE COOKING CLASS PT 1:

Intro to How Foods Fight Cancer 6 – 7:30 pm
Sheryl Wolff Food for Life Instructor with The Physicians Committee for Responsible Medicine teaches how a plant-based diet can enhance your health and reduce your risk of cancer, diabetes, heart disease, obesity and other chronic diseases. Four Class Series. Delicious samples will be served. Registration required. Per class fee is \$10 WW members/\$15 non-members

Thursday, April 25

PRODUCT VETTING COMMITTEE INITIATIVE 5:00 pm
Join our new group to discuss what issues are important to you when we choose products to sell at the Co-op. Weavers Way Community Room, 555 Carpenter Lane

Friday, April 26

ARBOR DAY IS WEAVERS WAY “SHOP THE CO-OP” DAY AT IRON HILL BREWERY All Day
Iron Hill will have a list of specials all made with local ingredients you can purchase at the Co-op. Come celebrate and support all things local!

Saturday, April 27

SPRING GARDEN DAY
Henry School hosts a plant sale
ARBOR DAY AT AWBURY ARBORETUM 7:30 pm
Celebrate at Awbury with a BBQ Event (Glenn's grilling!) and the new Community Kitchen ribbon cutting.

Dining for Women

by Margaret Guthrie

THE WEAVERS Way chapters of Dining for Women are proving to be a successful adjunct to the cooperative as a whole. Adjunct is defined by *The Little Oxford Dictionary* as “a thing subordinate or incidental to another.” That would define the chapters of Dining for Women formed through the aegis of Weavers Way certainly, but the overall vision of the organization makes us a neat dovetail with the values of a cooperative. As stated in a recent e-mail to members, Dining for Women’s vision is “to create a new paradigm for giving—collective giving on an immense scale while maintaining the intimacy of small groups with a focus on education and engaged giving.” A recent e-mail added this: “By educating our members about the circumstances of women in some of the poorest countries in the world, our members become agents of change.”

Since Weavers Way spun off Weavers Way Community Programs in 2007 as a separate entity involved in improving nutritional choices and opportunities for our neighbors, Dining for Women’s mission also neatly expands the ambitions of a local cooperative. Dining for Women’s mission statement reads: “Our Mission is to empower women and girls living in extreme poverty by funding programs that foster good health, education, and economic self-sufficiency and to cultivate educational giving circles that inspire individuals to

make a positive difference through the power of collective giving.”

These are worthy ambitions and much has been accomplished over the course of Dining for Women’s brief history, but in an uncertain world, events can sometimes foil our best efforts, as may be happening in Kenya right now. Recently we selected Heshima Kenya as a grant recipient. Before funds could be distributed however, the Kenyan government issued a directive that all refugees should relocate to the refugee camps. It should be noted that at this moment, Kenya is home to the world’s largest refugee population. Conditions in the camps are dire. There are currently about 100,000 refugees in Nairobi, Kenya’s capital, rather than in the camps. Of those, the most at risk in both places are the young women and girls abandoned or who lost their families on the road to Kenya from Somalia, Eritrea, Ethiopia, and southern Sudan. These young women have nothing but the clothes they wear. This is the population that Heshima Kenya serves.

Dining for Women has requested and received a report from Anne Sweeney, Co-Executive Director of Development and Advocacy for Heshima Kenya. “More than ever, Heshima Kenya’s programs continue to be a lifeline for the girls we support. Our staff is working overtime to ensure that all the girls and young women are protected

and have remained safe. As of early February, the hostility against urban refugees has mitigated and we are working with the United Nations, partner organizations, and the Government of Kenya to support recognition that extremely vulnerable children and young women are a population that should be exempted from relocation. The High Court of Kenya also believes the directive to be unconstitutional and is currently reviewing whether the directive will hold. Despite the directive, all girls have attended our programs on a daily basis and it is business as usual—participants relayed that they are not going to let this stop them from receiving an education.” Dining for Women will monitor the situation prior to distributing the funds.


Because Dining for Women has grown exponentially and because the organizations with which it works are small, on-the-ground groups that handle can only modest amounts of money, a plan has evolved called sustaining grants. Each month, a previously funded organization whose work is achieving its goals is selected for a sustaining grant of \$15,000, awarded each year for a period of three years. For instance, each February for the next three years, Matrigha India will receive the money to support the group’s Health, Occupational Preparedness and Education (HOPE) initiative. The program includes health awareness camps and free outpatient clinic services; vocational training that includes garment making and fashion design; and literacy training designed for legal empowerment. The literacy rate in this province of India is 70 percent for men and 39 percent for women. Among

impoverished women the literacy rate is substantially lower than 39 percent.

Additionally, here from the Dining For Women website are some snapshots of missions we have supported:

- Helped hundreds of girls escape sex trafficking and receive safe havens, counseling, and education in the Philippines, India, and Cambodia
- Dramatically reduced maternal and infant deaths by providing sterile birth kits and trained obstetric workers to hundreds of women in remote Tibetan villages.
- Trained dozens of healthcare workers in El Salvador to detect and treat cervical cancer with an innovative, low-tech method. Cervical cancer is the #1 cancer killer of women in Latin America, Africa, and Asia.
- Supported a women’s crafts cooperative for Afghan women, who normally have few markets or opportunities to work.

Finally, and maybe most important of all, be sure to mark your calendars as our SECOND annual Mothers’ Day Tea is coming up. It will take place on Sunday, May 5 from 2 to 4 p.m. at the Cope Mansion in Awbury Arboretum. The Morris dancers will make a return appearance, the tea will be strong and the sweets and savories copious. Be sure to join us and support both Weavers Way Community Programs and Dining for Women.



Big Blue Marble Bookstore

Morning Madness!

This month shop with us on weekdays before noon and sale books are \$3 (paperbacks) and \$5 (hardcovers).

Also, celebrate Big Blue Marble's 7th Birthday with 15% off all purchases the weekend of Nov. 17-18! *excluding gift certificates*

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Saturday, April 13th
11:00am
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Mindfulness Meditation in Nature
with Kim Empson and Deborah Cooper
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April 14th - May 19th
1:30 - 3:00pm
\$100/6 weeks

'Bee' Aware Earth Day Celebration
with Bethany Linden
Sunday, April 21st
3:00 - 5:00pm
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For more information and registration, visit www.awbury.org/hearth-hort. Questions? Call 215-849-2855



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Food For Life Classes

(continued from page 1)

shown that vegan diets consisting of legumes, fruits, vegetables, whole grains, nuts, and seeds provide the nutrients our bodies need to grow, sustain energy, and live long healthy lives. It is recommended that those following a vegan diet should make sure they consume foods fortified with B12 or take a B12 supplement.

The National Cancer Institute estimates that dietary factors account for 30 to 60 percent of all cancers. Plant-based foods are rich in phytochemicals that can keep cancer cells from forming and also slow or halt the growth of cancer in your body. Animal foods do not contain these powerful nutrients. If you would like to learn more about cancer and disease prevention, sign up for the Food for Life classes to be held at Weavers Way.

Join Sheryl Wolff—Food for Life Cooking/Nutrition Instructor with The Physicians Committee for Responsible Medicine (PCRM.org)

- **Wednesday, April 24 – 6-7:30 p.m. Intro to How Foods Fight Cancer**
- **Wednesday, May 1 – 6-7:30 p.m. Fueling up on Low-Fat-High-Fiber Foods**
- **Wednesday, May 8 – 6-7:30 p.m. Discovering Dairy & Meat Alternatives**
- **Wednesday, May 15 – 6-7:30 p.m. Cancer Fighting Compounds & Healthy Weight Control**

Preregistration is required: E-mail sherylwolff@gmail.com. Cost is \$10 for members and \$15 nonmembers. Classes take place at Weavers Way's Community Room, 555 Carpenter Lane, Philadelphia, PA 19119.

sherylwolff@gmail.com

Delicious Raw Recipes:

Banana Mango Brew

- 1 cup water
- 1 frozen banana
- 1 cup romaine lettuce
- 1 mango
- 1 handful of spinach or kale

Blend water with bananas first, and add the mango and greens progressively and blend until smooth. Use more or less water to reach desired consistency.

Submitted by Linda Taylor, CHHC—Cook2raw.com

Tomato, Basil, and Millet Salad

Black-eyed peas mix with cherry tomatoes, fresh basil, green onions and red leaf lettuce in this colorful, flavor-filled salad. Experiment with different whole grains; millet, barley, or quinoa work equally well.

Ingredients:

- 1 cup uncooked millet, rinsed and drained
- 3 cups vegetable broth
- 1 (15-ounce) can black-eyed peas, rinsed and drained
- 1 cup chopped green onions
- 1/3 cup thinly sliced basil
- 1/4 cup olive oil
- 2 tablespoons balsamic vinegar
- Salt and pepper to taste
- 1 pint cherry tomatoes, halved
- 6 large leaves green or red leaf lettuce

Method:

Toast millet in a large skillet over medium heat, stirring constantly, until fragrant and just golden brown, three to four minutes. Remove skillet from heat and carefully add broth. Return to heat and bring to a boil over medium-high heat then reduce heat to medium-low. Cover and simmer until liquid is absorbed and millet is tender, 20 to 25 minutes. Remove from the heat and set aside to let stand, covered, for 5 minutes. Transfer millet to a large bowl, fluff with a fork, and set aside to let cool.

Add black-eyed peas, green onions, and basil to millet, toss gently and set aside. In a small bowl, whisk together oil, vinegar, salt and pepper, then pour dressing over millet mixture and toss to coat. Add tomatoes, then spoon salad over lettuce leaves and serve.

Per Serving (278g-wt.): 380 calories (190 from fat), 21g total fat, 3g saturated fat, 6g dietary fiber, 8g protein, 42g carbohydrate, 0mg cholesterol, 840mg sodium.

Serves 6

Submitted by Linda Taylor, CHHC—Cook2raw.com

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Yummy Nut Milk Shake

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- 3/4 cup almonds, soaked 2 to 8 hours or
- 3/4 cup cashews, soaked 1 to 2 hours
- 4 dates, soaked 1 to 2 hours (save soak water)
- 3 to 4 peeled frozen bananas
- 3 cups cold filtered water or apple juice

Optional flavorings:

- 1 tsp nonalcoholic vanilla extract
- 2 Tbs raw carob powder
- a few fresh berries
- 1 tsp ground cinnamon

In blender, combine water, dates, nuts, and, or juice until smooth. Break frozen banana into pieces, add to mixture, and blend until smooth. Add one or more optional flavors if desired. Pour into glasses. Serves four.

If using Vitamix blender, combine ingredients in order given and blend.

Submitted by Linda Taylor, CHHC - Cook2raw.com



On Friday, March 26, Iron Hill Brewery will feature “Shop the Co-op” dinner specials made entirely from ingredients that can be purchased at the Co-op!

See what the talented chef of Iron Hill does with ingredients from right next door. Enjoy a delicious meal and support Your Co-op!

Iron Hill Brewery, 8400 Germantown Avenue.
Call for reservations 215.948.5600

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american dance therapy assoc., breastfeeding
resource center, NOFA-NJ ... and dozens more.

As a small business owner in a previous incarnation of myself, it was important to me to support the nonprofit organizations that served my community and shared my values. The decision to invest profits back into the community that supported me was an easy one. Quite simply, it was the right thing to do, but the need in the community was always greater than what I was able to meet as one small business.

Now that I've returned to the non-profit community, I have an even greater appreciation of local businesses who willingly seek to share their time, energy, and profits with organizations like Weavers Way Community Programs. As funding for nonprofits becomes increasingly competitive, more organizations have turned to the private sector to help fill the gap. I know firsthand the number of requests for support that businesses field on a weekly basis, and how difficult it is to not be able to say yes to all of them.

with two local businesses in my short time with WWCP. Thanks to Scott Blunk (local compost guru and friend of WWCP and Weavers Way Farms), I was introduced to Tim Bennett, owner of Bennett Composting. Bennett launches curbside compost pick-up for Weavers Way members this month. Not only is Tim providing a discount on services to Weavers Way members, Bennett will donate a portion of the revenue from these new accounts to Weavers Way Community Programs. The more members who sign up for the service, the greater the percentage of revenue

that will be donated to WWCP. With super affordable curbside compost pick-up, you no longer need to feel guilty throwing those scraps of veggies into the trash.

The Chestnut Hill location of Iron Hill Brewery is committed to supporting the work of nonprofits and will support WWCP through its Give 20 campaign on Wednesday, April 10. Anyone who dines at Iron Hill for lunch or dinner will have 20% of their bill donated to WWCP when they present the coupon below. It's the perfect excuse to give yourself a night off

from cooking and treat your family to a night out. All of us at WWCP thank you for it.

There's no limit to what we can accomplish as a community rooted in shared values. Given the entrepreneurial spirit and endless creativity that thrives here in Northwest Philadelphia, I have no doubt that there are dozens more opportunities like those with Bennett Composting and Iron Hill Brewery. If you have an idea you'd like to discuss, please let us know.

jill@weaversway.coop

The image shows a coupon for Weavers Way Community Programs. At the top left, the word "Weavers" is partially visible. The coupon has a dashed line across the top with a scissors icon indicating where to cut. The main title "Weavers Way Community Programs" is in a large serif font. To its right, there are three lines of smaller text: "Coupons may not be distributed on Iron Hill premises.", "On-site solicitation will result in termination of your event.", and "Redeem only at Iron Hill Brewery in Chestnut Hill, PA". Below this, it says "Offer Valid 4/10/13 ONLY". The main offer is "GIVE (% 20)...means have lunch or dinner with us on Wednesday, 4/10, from 11:00 am – 10:00 pm and we'll donate 20% of your food bill (excluding alcoholic beverages) to Weavers Way Community Programs. Thank you for your support." At the bottom right, it says "IRON HILL BREWERY & RESTAURANT" in bold, followed by the address "8400 GERMAN TOWN AVENUE PHILADELPHIA, PA 19118", phone number "215 948.5600", and website "WWW.IRONHILLBREWERY.COM".

Weavers

Coupons may not be distributed on Iron Hill premises.
On-site solicitation will result in termination of your event.
Redeem only at Iron Hill Brewery in Chestnut Hill, PA
Offer Valid 4/10/13 ONLY

Weavers Way Community Programs

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The image features the logo for Six Senses Art Studio, which consists of six square icons arranged in a 2x3 grid. The icons represent various art forms: vertical stripes, a stylized face, a circle with a crescent, a solid circle, a star-like geometric shape, and a 3D bar chart. To the right of the icons, the text 'SIX SENSES' is written in large, stylized letters, with 'SIX' in red and 'SENSES' in teal. Below this, 'A COLLABORATIVE CLAY STUDIO' is written in a smaller, brown, serif font. Below the logo, the text 'Summer Art Weeks ~ Camp for children 5-15' is written in a bold, brown, sans-serif font. This is followed by a paragraph of text in a brown, serif font, describing the camp's activities and atmosphere. At the bottom, the dates and times for the camp are listed in a bold, brown, sans-serif font, followed by the studio's location and contact information in a brown, sans-serif font.



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Growing Mushrooms in Small and Shady Spaces

by Sarah Gabriel, Managing Director of The Home Grown Institute

“After hundreds of millions of years of evolution, functional alliances have become part of nature’s body politic. It is time for our species to partake in this ancient mycological wisdom.”

Paul Stamets in Mycelium Running

WHEN I talk about The Home Grown Institute, sometimes people say things like “my whole backyard is shady. I can’t grow anything!” Or “I live in an apartment and don’t have space to grow food.” Well, that can’t be no longer a valid excuse because as it turns out, one can cultivate mushrooms in both small and shady spaces.

One of the most exciting things about evolving a homestead is that each project

presents as a world of its own. Nowhere is that more true than with mushrooms. I had heard that mushrooms had antibiotic properties and also that they were a good source of protein. What I didn’t know was that in their most basic form—mycelia—they are a virtual neural network for all that grows green on the earth. Whereas I had thought that plants get nutrients through their roots from the soil, it turns out that actually they get their nutrients from nodules on the mycelia in the soil. And it gets more interesting when you discover that the mycelia actually “decide” which nutrients to send to which plants based on what is going on with a large community of living organisms. If you are interested in more about

mycelia, check out Paul Stamets’ book, *Mycellium Running* by Ten Speed Press. He’ll tell you about mycorestoration (cleaning up polluted and toxic soils using mushrooms); using mushrooms as antibacterial, antiviral, and anticancer agents; and even using mushrooms as pesticides. He’s most definitely The Mushroom Man.

The mushroom is fruit of the mycelium. In addition to all the uses mentioned above, it also is a culinary delight. While many varieties will grow only in the wild, and others only in laboratory environments, there are a few varieties that are easy enough for the urban and suburban homesteader. Here we go...

Oyster mushrooms are probably the best example. Toss some spores onto a substrate of straw or even coffee grounds, put it in a bag with some holes poked in it, and hang it somewhere not in the sun and within days the grayish mushrooms will start to fruit.

For those who have a little outdoor space and want a little more challenge, there is the wine cap wood chip bed. In the spring, dump a pile of hardwood chips (not pine or cedar) one foot deep mixed with spawn of stropharia rugoso annulata (wine cap), monitor the moisture and in a few months, the burgundy colored ‘shrooms will begin to show their caps. Leave a few beyond harvest time and they will drop their spores for the next generation.

For the most patient among us, there is the prospect of cultivating shitake mushrooms on oak logs. Logs that are 6 to 12 inches in diameter, 2 to 4 feet



photo courtesy of Sarah Gabriel

Oyster mushrooms can be easily cultivated at home, using a plastic bag and some straw or coffee grounds.

long, and fresh cut for highest sugar content—are best. After drilling 1.5 inches deep, you insert inoculated plugs into the holes and cover them with wax. Six to 18 months later, the fruits should be ready for harvest. And you are rewarded for your patience... the logs will continue to fruit for years.

The Home Grown Institute will take the plunge into mushrooms at its April 21 Up Close & Personal workshop. Visit thehomegrowninstitute.org for more information.

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You Spin Me Right Round

by Scott Blunk, Compost Tsar

WEAVERS WAY is now fully engaged in the circle of life. It’s not quite as dramatic as the Lion King circle of life but it is dramatic in its own small “save the planet” way. Here’s how it all happened.

As most of you know, Weavers Way operates three farms. The farm at Saul High School is very near the dairy barn; dairy barns are full of dairy cows; dairy cows do three things very well—they eat grass and grains, they make milk, and they poop. There I said it. This may be the first time “poop,” has ever been printed in *The Shuttle*, and probably the last, insuring that no one will ever ask me to write another article.

Anyway, as the story goes, Saul farmers, students, and adults shoveled the poop

into a big pile and there it sat. Near this big pile of poop, although nothing is ever very near piles of poop, was a big pile of compost that the Weavers Way farmers had just purchased to spread on the gardens. The importance of these facts will be clearer, keep reading...

Saul was originally supposed to compost their poop on campus, through a big grant that helped build a pervious rock base and purchase a special tractor and a giant tunnel composter. The grant did not anticipate the current financial situation in our schools. So the pile of poop and the equipment sat. For ten years, the pile got bigger and the equipment got rustier. Here’s where the Weavers Way farmers stepped in to save the day and how the ball

started to roll.

We asked the school district if we could have the poop and without a lot of negotiation they reluctantly gave it to us. We got a small grant (from me) to renovate the rusty compost turner and we began using the new Weavers Way tractor to build windrows. It’s important to note that none of this could have happened without that Kubota. (FYI...fundraising efforts continue to pay for this valuable asset.) Some of the windrows this little tractor built are 200 feet long. Using the big tractor from Saul we started turning the windrows as often as possible, monitoring the temperatures and slowly the giant pile of poop got smaller and the pile of compost got larger. We had it tested and the results were impressive.

Perhaps the most important component of this entire process is what happened next. The faculty and staff at Saul started to pay attention and soon classes were coming to visit the site, taking temperatures, making microscope slides, and writing papers on composting. Neighborhood people started to ask, “how can I get some of that for my garden?” This sounded like a great idea—let’s sell the extra compost! The students started sifting, bagging and tagging the bags of “black gold” and Henry Got Compost was born. The first customers were the Weavers Way stores but other outlets are in the works. The proceeds go right back to the farm and the school and will hopefully help pay for summer interns from Saul.

This is all important stuff but I haven’t gotten to the real meat of the White Paper. It’s still about the circle of life. There’s one more pile we are going to bring into the formula. The 2000-pound pile of vegetable waste that comes from the Weavers

Way stores every month. The vegetable waste from the stores is now transported to Saul for processing.

There are now three types of composting windrows at the Saul site, one from the dairy barn, one from the stores, and a blended pile. The non-animal piles are mixed with leaves, wood chips, hay, pampas grass, and other browns.

So the circle of sustainability is almost complete. Right now the farmers are busy seeding in the hoop houses in soil that has been amended with the compost that was created with the vegetables they grew and delivered to the WW stores last fall. The vegetables are trimmed by the WW produce staff, the trimmings are dumped into the gray barrels and returned to the farm. Circle, sustainable, vegetables...look at all those good words.

There’s still more. Not only is the finished compost being sold in the WW stores, we have enough available to sell to other farmers and gardeners and sales this Spring have been brisk. The students are busy bagging 200 bags of compost for Bennett Compost to distribute to their customers and 36 cubic yards, about 25 tons, is going to a tree planting project near the stadium complex.

Our new relationship with Bennett Compost is exciting. We will be processing curbside waste for WW members, a convenient and environmentally responsible thing to do.

Imagine bringing your children into the produce department and explaining to them that the crisp radishes you are buying for dinner were grown in the tomatoes you had last fall. It all makes for great dinner table discussions. It’s all about that circle of life stuff.



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New Member Benefit Benefits WWCP!

Weavers Way Members get One Month of Free Compost Pick-up when they sign up for a year of weekly pick-ups with Bennett Compost.

- Upon signing up, you will receive a lidded container from Bennett Compost.
- Fill the container with your kitchen scraps and food waste.
- Bennett picks up weekly from your home. Just place your container outside before 9:00am on your pick-up day and your compost will be picked up during the day!
- Bennett will work with you to find the right location for your container, whether it's near your building's dumpster or outside your front door.
- The compost will be delivered to Weavers Way Farm at Saul High School for local processing.

But The Best Part Is....

By signing up for a year of compost pick-up with Bennett Compost, you'll also be helping to support Weavers Way Community Programs. That's because Bennett Compost has pledged to donate a portion of the proceeds to WWCP! Here's how it works:

- For the first 50 WW members who sign up, Bennett Compost will donate 5% of the proceeds to WWCP.
- For new WW members signing up after the first 50, Bennett Compost will donate 10% of the proceeds to WWCP.
- Bennett Compost will continue to donate these proceeds to WWCP for as long as you are a compost pick-up customer.

The pick-up service costs \$15 per month, payable by check, cash or credit card. Contact Bennett Compost and tell them you're a Weavers Way Member!

For more information on Bennett Compost's pick-up program, go to www.bennettcompost.com.



Chestnut Hill’s Praxis Group One of State’s First “Benefit Corporations”

by Alix Rabin, Praxis Group

PRAXIS CONSULTING Group of Chestnut Hill was among the first wave of mission-driven companies in the state electing to adopt benefit corporation status when Pennsylvania’s new Benefit Corporation Act went into effect on January 22. Benefit Corporations are unique in that their directors must take into account social issues (e.g., employees, community, and environment) along with the financial bottom line when making corporate decisions. Pennsylvania is the 12th state to adopt this legislation, with similar laws pending in several other states.

“Governor Corbett’s number one priority is having a job available for every Pennsylvanian that wants one,” said Carol Aichele, Secretary of the Commonwealth of Pennsylvania. “The governor is working hard to make Pennsylvania attractive for businesses to locate and expand, and providing companies the option of registering as benefit corporations is one more way of doing that.”

According to B Lab, the 501(c)3 nonprofit responsible for developing and administering the stringent third party “triple bottom line” B Corp certification process, and a driving force in the passage of the PA legislation, “Benefit corporations operate the same as traditional corporations but with higher standards of corporate purpose, accountability, and transparency. Benefit corporations give business leaders legal protection to pursue a higher pur-

pose than profit, and they offer investors and the public greater transparency to protect against pretenders.”

Praxis became a founding B Corp in 2008, and is required to renew its certification biannually to ensure that it continues to meet or exceed recognized standards of corporate social and environmental responsibility and that its stated values are meaningfully put into practice. Praxis has been an active participant in and advocate for the emerging community of socially responsible businesses, both locally and with their clients across the country.

“Praxis has been a wonderful partner and advocate for the B Corp community since they were certified as one of the founding B Corps in 2008,” said Jay Coen Gilbert, B Lab co-founder. “They bring a unique value to our diverse community, not only in who they are, but also in their influence enhancing the sustainability of their clients ranging from employee-owned firms to nonprofits to other mission-driven enterprises. We are thrilled that they are again taking a leading role and demonstrating what a powerful force registered benefit corporations can be for all of us here in Pennsylvania and beyond.”

Praxis was formed in 1995 by Ginny Vanderslice and former Weavers Way Board President Alex Moss, who is now Vice President of the company. “Our Company’s vision is ‘good work, good

clients, good life’ and we try very hard to make sure that we always keep all three of those things in our sights,” says Vanderslice, who is now president of Praxis. “Good work for us is always, at its core, about making the world a better place. By becoming a benefit corporation, we are making a deeper commitment to monitor our behavior annually to ensure our actions are aligned with our mission and values.”


For over 25 years, Praxis Consulting Group has been assisting employee-owned, nonprofit, and other mission-driven organizations in developing high-performing, sustainable workplaces that benefit all stakeholders. Through services addressing three key areas—leadership, strategy, and culture—they assist client organizations in ensuring that their systems are aligned to achieve their goals and missions. Praxis has long-standing ties to Weavers Way. Alex Moss, Praxis co-founder, served as Board President of the Co-op and Praxis staff members Ginny Vanderslice, Alix Rabin, and Sarah James have been involved with the Co-op in the past through strategic planning projects, serving on the board and staff of the Co-op. Visit www.praxis-CG.com for more information or e-mail



Back row: Ted Freeman, Mike Shay. Center: Alex Moss, Alix Rabin, Sarah James, Ginny Vanderslice. Front: Linshuang Lu, Nancie Zane. (not pictured: Kathleen McInerney Kane)

info@praxisCG.com. Praxis Consulting Group’s company B-Corp profile can be found at <http://www.bcorporation.net/community/directory/praxiscg>.

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2013 Election for Weavers Way Co-op

★ ★ ★ ★ ★ BOARD OF DIRECTORS ★ ★ ★ ★ ★

Published below and on the next page are the responses of each candidate to the following five questions:

1. Why are cooperatives important to you and Weavers Way in particular?
2. How will your experience, skills, or unique perspectives strengthen the Co-op Board?
3. What do you perceive to be the long-and short-term challenges facing Weavers Way and how will you address them?
4. What volunteer experiences have you had with other cooperatives or organizations?
5. Is there any other personal information you would like to share, e.g. family, hobbies, work experience, special talents?

★ ★ ★ ★ ★ CANDIDATES ★ ★ ★ ★ ★

Howard Bilofsky



1. Weavers Way is iconic for the best values of our community—a balanced practical spirit of healthy living, reasonable cost and social cohesion. It allows all of us to leverage our available resources and strengths while working supportively. The Coop has for decades epitomized the inclusive and progressive values that define Mt Airy and environs. Weavers Way is important to me because it is a concrete demonstration that practicing such values can result in a successful commercial enterprise that gives back and enhances all our lives.

2. Past Board member of WMAN and MACC. Participating in the GJC Social Action Committee and The PA Voter ID Coalition. A trained Scientist, I have been an

international consultant, manager in Pharma R&D IT and now a biotech start-up co-founder. Shared my informatics, management and teamwork skills with these groups and hope to do the same for Weavers Way.

3. The immediate challenge is the Chestnut Hill business climate. This requires vigilance, preparation, and willingness to act. Outreach is a long-term multi-dimensional challenge, especially increasing inclusion of young families and minorities. Perhaps a “Baby Valet” or seniors sharing Work Credits with young families. The Coop’s brand should be leveraged for greater community visibility and social impact.

4. See 2

5. Cherish living only two blocks from the Coop in Mt Airy. Retired though active professionally and in the community. Grew up in the Bronx projects. Attended CUNY. PhD. Worked in Cambridge for years and Heidelberg, Germany for 3 yrs before moving here in 1993.

Joshua Bloom



1. I value Weavers Way as a business that directly serves its member-customers who are also its owners. I also value its history of evolving to meet members’ changing needs. I moved to Mt Airy a year ago and I see Weavers Way as a community anchor.

2. In my work life, I help communities revitalize historic downtowns (primarily outside Pennsylvania). I have a particular interest in community entrepreneurship (cooperatives, community-owned stock corporations, community investment funds, and the like). My perspective tends to be “market-based,” meaning I like to think pragmatically and strategically about how Weavers Way serves its member (and non-member) shoppers.

3. Despite Weavers Way’s special position as a cooperative, I see it competing in the broader grocery sector and having to confront and respond to external changes. The grocery business has seen systemic shifts nationally—and locally, as new competitors enter the marketplace. How Weavers Way responds will be critical to its sustainability over the next several years and the next forty years.

4. I am an active member of Indy Hall, the co-working space in Old City. I also volunteer with my neighborhood’s “Town Watch” program in Mt Airy.

5. I’m a historic preservation-based economic development consultant by profession and an amateur carpenter by avocation. In fixing up my house over the last year, I’ve discovered you can learn how to do anything on YouTube. I think good community work requires both a sense of purpose and a sense of humor. I will try to bring both to Weavers Way.

Chris Hill



1. Cooperatives are driven by values. They:
Care about living wages for workers
Give an equal voice to members
Invest in broader community
Support local businesses
Care about the environment

For me personally, Weavers Way has been a center of community life for 30 years.

2. Board member of Weavers Way for seven critical years (4 as treasurer) when it decided to open a new store, and to support start-up co-ops in the region. I understand and embrace the board’s policy governance

model, which provides oversight while freeing staff to creatively meet the co-op’s goals. Care deeply about our urban farming initiatives: early member of the farm committee; for seven years have organized an urban farm bike ride, introducing people to farms in the city while raising money for WWCP.

3. Short & long-term: ensuring that the two stores and two staffs work together closely, embracing the same values and goals; providing board support in meeting the challenges of new business competition; growing a member culture of work/active involvement.

4. Member of Minneapolis’ Wedge Co-op in the 70s; helped start Mid-Atlantic Food Cooperative Alliance; active on Philadelphia Area Cooperative Alliance steering committee ... a co-op of cooperatives; on Mill Creek Farm board (West Philly).

5. Active gardener. Son Adam: farmer/greenhouse specialist for PHS. Wife Ellen: director of Drexel’s Dance Movement Therapy graduate program. Daughter Maren: getting Master’s in Urban/Regional Planning at Cornell. Founded Philadelphia City Paper. Worked 20 years for Rodale Press and Institute. Owner, Chris Hill Media; first job—redesigning Weavers Way website.

Lisa Hogan



1. Co-ops turn the simple activity of shopping into an opportunity to demonstrate values, contribute to the community, and to develop relationships. WW has a record of building community while providing healthy food at competitive prices. I have been a proud member/owner for 35 years.

2. I worked for 35 years in the non-profit world, managing services for adults with mental illness. I developed groups, completed strategic planning, implemented change and survived due to flexibility. I answered to stakeholders, including consumers, families, management, Board, City, and State. I have extensive experience

with union and non-union negotiations, human resources, grievances, staff development, and fiscal accountability.

3. WW must increase its membership and expand its community leadership. Our size and mission impel us to support local agriculture and leaders who share our goals. Strong customer service sets WW apart from supermarkets. We can develop more partnerships to teach children and adults healthy eating choices to further their physical and financial health.

4. I was Board President of a day care center, delegate from J.S. Jenks Home and School to Chestnut Hill Community Association, and officer and sport commissioner for the Chestnut Hill Fathers’ Club. All volunteer positions fostered community relationships and services to others.

5. I live in Northwest Philadelphia, raised a family here, and am now retired. I travel extensively and visit food markets around the world. I love to cook and know that sharing food and drink provides a perfect opportunity to foster communication and healthy relationships.

★ ★ ★ ★ ★ ★ ★ CANDIDATES ★ ★ ★ ★ ★ ★ ★

Stu Katz (Incumbent)



1. While we provide good food and other products, I believe that at the core our mission is to create, build and sustain community. This community is a small but important building block in making our community & the world a better and more equitable place.

2. Having served as a member & an officer of the board for many years I understand how our board functions and carries out its fiduciary responsibilities. I believe I possess both the knowledge of our history and the vision to help guide the Co-op for the future.

3. The risks of more competition for the Co-op are real! And importantly, there are real opportunities before us as well.

It is my strong opinion that nothing prepares us better for an uncertain future than maintaining a strong and efficient business while reducing and minimizing our debt. Achieving these goals while maintaining & building upon all that is special about WW is a major objective of mine. In the longer term, I hope to help build upon our strong relationship with WWCP in order to grow our social, educational and local farming missions as well as to partner with like-minded organizations locally, regionally and nationally to further all of our goals.

4. Past-president of WW Board, Currently Treasurer, past-Chair of the Member Loan Campaign.

5. Member since 1986. Administrator at City Health Center # 6, Married to Phyllis Hochberg (graphic artist & Blues singer), Two daughters: Lily (a special Ed teacher) & Rebecca, (aka: Becca, a WW Cashier).

Pat Paulus



1. Cooperatives—ownership, cost savings, like-minded co-owners, sharing benefits, unified goals Weaver’s Way (WW)—healthy people, pet product one-stop shopping: food—organic, free range, whole grain, raw dairy, local, allergen-free, gluten-free, local, color-coded, well-labeled; green cleaners, wellness, personal care; members specials, recycle program, WWCP, hires within, educates; shared beliefs - philanthropy, diversification, community.

2. Toastmasters—listening, speaking, communicating, leading; meetings—follow agendas, very time efficient, productive, focused, on time, prepared, no tangents, no time wasters, visionary, free thinker, logical thinker, analytical thinker, problem solver, both left and right brained, crack-filler.

3. Under-aware potential shoppers, shoppers, new members, all members—increase WW awareness, beliefs, involvement, visibility, communication—ask what they want, timely—collect once, distribute many ways—more ways; identify what, to whom, how, when, where information is shared; easier access; Expansion—research most successful cooperatives, food markets, past WW expansions; determine best expansion strategies, WW numbers; plug WW numbers into best expansion model. When can expand without dipping into reserves, no debt—expand 1 store.

Loose board meetings—ask board members to join Toastmasters.

4. ESSC college union board - member, treasurer, committee chair, member 5 different committees—setting, upgrading, changing, deleting board and board committee policies affecting entire student body (4,000+).

5. Likes—travelling, giving back, helping like-minded people, diversification, inclusion Mission: To help people and pets get and stay healthy, lose weight, reduce plastic bottle mountain growth, start one non-profit to help non-profits like WWCP with their fundraising. Association of Fundraising Professionals, Greater Philadelphia chapter.

Laura Morris Siena



1. Knowing I can ask a staffer, “Do WE have such-and-such an item” instead of “Do YOU have...” is the signature of cooperatives to me—it’s Weavers Way. That “we” is threaded through my identity, extending past grocery shopping to my whole sense of community.

2. I am involved with regional sustainable agriculture initiatives in two ways: through my leadership of Lundale Farm, Inc. (www.lundalefarm.org), a sustainable farming community that is a place of inspiration, innovation and opportunity for new farmers, landowners, and others committed to locally grown food, and through my service on Weavers Way Community Programs’ (WWCP’s) Board. Together,

these give me a broad perspective on our local food system of which Weavers Way is an important and dynamic part.

3. The Co-op faces many challenges: increased competition and costs; retaining a sense of community while growing, to name two. However, Weavers Way is in an enviable position of leadership in many areas, including promoting the cooperative model; demonstrating what co-ops’ community impact can be; and making real connections between farmers and eaters in our developing local food system. Leading in these areas will strengthen WW to meet any challenges.

4. I have served as Board member and for five years as Executive Director of West Mt. Airy Neighbors (WMAN), as Board member of Mt. Airy Community Services Corporation (parent of WWCP), in addition to other volunteer involvements including those noted above.

5. Nonprofit executive and diversified community activist; quarter-century+ resident of NW Philadelphia; chicken owner; married; mother of two grown children.

2013 BALLOT
for Election for Weavers Way Co-op
Board of Directors

Voting ends Sunday, May 19, 2013 at 6:30 p.m.
at the General Membership Meeting
Summit Church at 6757 Greene St, Philadelphia, PA

To vote online: Please see the instructions on our website. Please note that the order of the candidates in the online ballot will be randomized when you call up the ballot.

To vote by mail: Ballots will be accepted by mail if received by May 19. 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 any Weavers Way store by 4 p.m., May 19.

To vote at Membership Meeting: Place ballots in the box provided at the Membership Meeting by 6:30 p.m., May 19.

Please Note: Only one vote per member household. Once a vote has been cast it cannot be changed. The four candidates with the highest number of votes will be declared winners, with the candidate receiving the least winning amount of votes filling the vacant one-year term.

AT-LARGE DIRECTOR

(Vote for no more than four; three top elected will serve three-year terms and the fourth will serve a one-year term to fill a vacancy due to a resignation.)

- | | |
|--|---|
| <input type="checkbox"/> Howard Bilofsky | <input type="checkbox"/> Stu Katz (Incumbent) |
| <input type="checkbox"/> Joshua Bloom | <input type="checkbox"/> Pat Paulus |
| <input type="checkbox"/> Chris Hill | <input type="checkbox"/> Laura Morris Siena |
| <input type="checkbox"/> Lisa Hogan | <input type="checkbox"/> _____ |

Fold in half for a confidential vote. Every effort will be made to maintain the privacy of each member’s ballot. This information is mandatory for your vote to be counted. One vote per member household and the first vote registered online will be the vote that counts. Any paper ballots received after an online ballot is cast will not be input and will not count.

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Name _____

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Girl Rising, a new feature-length film about the strength of the human spirit and the power of education to change the world, will be screened at SCH Academy in the opening week of the film's release. The film follows a group of remarkable young girls from around the world, born into unforgiving circumstances, pursuing their education, and attempting to create a better future for themselves.

The film is the heart of 10x10's global action campaign designed to inspire individuals to take action for girls internationally. Its goal is to educate girls in order to dramatically improve the well-being of their families, their communities, and their countries. 10x10 partners with forward-thinking nonprofits, celebrities, policy leaders, corporations, and concerned citizens to build a global movement to demand equal opportunity for girls. *Girl Rising* is directed by Academy Award-nominated Richard E. Robbins with voice performances by Meryl Streep, Priyanka Chopra, Alicia Keys, Kerry Washington, Selena Gomez, and other acclaimed actors. For more information, see: www.10x10act.org/girl-rising.

Introduction by nationally acclaimed local author Homa S. Tavangar, *Growing Up Global: Raising Children to Be At Home in the World* (Random House).

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Chestnut Hill Rotary Chili Cook-Off



2012's 3rd Fire Team Winner, John Arena, Chef, Chestnut Grill, with Susan Bray, President of the Chestnut Hill Rotary Club.

We're geared up for the Chestnut Hill Rotary Club's Chili Cook-off on Sunday, April 7 from 12 to 4. Weavers Way's Pat Piro is going to work her chili magic again! Thank you, Pat!

Contestants will be fired up at the Brossman Center at the Lutheran Theological Seminary. Weavers Way is entering with two delicious chili recipes, and we need one cooperator for each shift: 1-3 p.m. & 3-5 p.m. to help serve the chili to over 500 attendees. Contact Bettina at outreach@weaversway.coop. Of course, you don't have to work to participate in this awesome event. Tickets are \$10.

Spring, 2013 Household Hazardous Waste Drop-Off Event

A household hazardous waste drop-off event is set for **Saturday, June 15, 9 a.m. to 3 p.m. at the Northwest Transfer Station**, Domino Lane and Umbria Street, in the Roxborough section of the City. Items that will be accepted include solvent-based paint and thinners, flammable materials, pesticides, motor oil, aerosol cans, fluorescent light tubes and CFLs, rechargeable and lead acid batteries, mercury, and bath or kitchen cleaners.

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Lunafest a Wonderful Success

by Sylvia Studenmund, Board Member, St. Catherine Labouré Medical Clinic

“THANK YOU” hardly seems adequate to express St. Catherine’s appreciation to the Chestnut Hill Hospital, Chestnut Hill Women’s Center, and Weavers Way Co-op for partnering to bring the LUNAFEST to our area and for designating St. Catherine Labouré Medical Clinic as recipient of the benefit proceeds.

The evening was a great success, with beautifully artistic and touching films, fabulous food by the ever famous Weavers Way, a warm welcome from our host volunteers from Chestnut Hill Hospital and St. Catherine, and the coming together of community to support St. Catherine in our mission to care for the uninsured.

The opportunity to work with Bettina de Caumette, Outreach Coordinator, Weavers Way, Linda Murphy, Administrative Director, Chestnut Hill Women’s Center, Cathy Brzozowski, Marketing Director, Chestnut Hill Hospital, Kevin Boyle, Chestnut Hill Hospital Chief Chef and the many exceptional volunteers was a very special privilege. Our thanks to all!



photo by Bettina DeCaumette

Happy staffers gear up to serve hors d'oeuvres catered by Weavers Way.

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The Passionate Gardener

Spring at Last!

by Ron Kushner

SPRING AT last! This is surely a wonderful time to be in the garden. So much promise of things to come, spectacular color from spring-blooming bulbs, plants leafing out, and oh, so much to do! Where do we begin?

If not done already, all of last year’s dead, brown stems and leaves can be cut away. Weeds are sprouting and our removal process begins (and continues all season). Be especially attentive to your watering. Even so-called “xeric” plants need water when planted throughout their first year until they are mature with a well developed root system.

Mulch can be added this month to all beds, shrubs, and trees. Shredded leaves provide wonderful mulch, if available. Two to four inches deep is all that is needed. Keep the mulch from actually touching stems and trunks. Make sure to remove left over leaves, stems and other debris from under plants prior to installing mulch. Also, fertilizer can be added at this time prior to mulching.

Apply corn gluten meal to your lawn for organic control of weeds and to add some nitrogen. Pre-emergence herbicides may be applied to prevent crabgrass for lawns that are not being maintained organically. Mowing should begin this month and late April through May is time for biological control of grubs.

Fertilize roses once new growth is showing. Also, don’t forget liquid fish fer-

tilizer on veggie seedlings twice a week.

Crape myrtles leaf out late. Don’t worry if you don’t see new leaves forming. It could be May 1 before new growth is visible.

Plant an asparagus bed. This can be done either in the ground or better yet, in raised beds. A minimum space of three feet by eight feet can provide plenty of spears for two people. Full sun is best. Remove weeds and add lots of compost and fertilize. Add lime if the pH is below 6.0 - 7.0. Buy crowns and plant one foot deep and eighteen inches apart in all directions. If planting into the ground, leave a wide space between rows for walking and harvesting. Cover the crowns with two to three inches of soil and continue to fill in the hole as the spears grow. Keep the new bed watered for the first year. After that, the only additional irrigation my bed gets is from a nearby rain barrel during periods of draught.

Don’t harvest any spears the first year. In the second year, harvest a few of the thicker spears here and there. In the third year you can harvest all of the spears that are not too thin and spindly. June 1 is the end of the harvest period regardless of how old the bed is.

Cut the fern-like growth down to the ground in late fall or early winter, once it turns yellow. The entire bed can then be mulched with compost, shredded leaves, or manure for the winter.



photo by Ron Kushner

The view from Ron’s deck in April

Potatoes are perhaps the easiest vegetables to grow, whether in the ground, a raised bed, or practically any size container. They require very little care to produce a decent size crop. Potatoes like a more acid soil (pH between 5.5 and 6.5), well-drained with plenty of compost and a little bonemeal. The soil temperature should be at least 50 degrees F. prior to planting. Use seed potatoes that are certified “disease-free.” Cut the potatoes so that each piece has at least two “eyes.” It is not a bad idea to dust the pieces with some sulfur in a paper bag to discourage fungi. Plant each piece in a hole about eight inches deep

and eight inches apart. Cover with a few inches of soil, mounding the soil up over the stems to just below the top leaves until the holes are full. Water only when the weather is extremely dry (more often if growing in a container).

Once the plants flower, “new” potatoes can be dug up. These are simply tiny potatoes not yet mature. After the foliage dies back completely, all can be harvested. The sweet, rich taste of home-grown potatoes is quite a treat and very different from store bought, commercial varieties. For questions or comments: ronkushner@comcast.net.

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- Mt Airy Animal Hospital

“Give Kids Sight Day”

Steven E. Fynes, Public Citizens for Children and Youth (Information and Events Coordinator

PCCY ANNOUNCED that its 2013 “Give Kids Sight Day” will be held at Jefferson University Hospital, Alumni Hall at 10th and Locust Streets from 8 am to 2 pm on Saturday, April 13. The day includes free eye exams and glasses for children on a first come first served basis.

PCCY also reissued its updated “Guide to Vision Care Services for Philadelphia’s Children & Adolescents,” offering a valuable resource to families on Medical Assistance (MA) and CHIP benefits looking for affordable eye care.

“Far too many kids are suffering with poor vision because their parents do not realize that eye exams and glasses are covered under MA and CHIP benefits,” said Donna Cooper, PCCY Executive Director. “This Guide is an easy-to-use tool for parents who may not know that free eye care is right in their neighborhoods.”

The Guide lists more than 100 eye care providers who deliver care to children who have MA or CHIP health insurance.

It includes offices open on evenings and weekends, with staff who speak languages other than English, and care for kids with special health care needs. The guide also provides an easy-to-read map that shows parents where offices are located in their neighborhood.

“Many students could be doing better in school if they could simply see better,” stated Philadelphia School District Nurse Coordinator Rhona Cooper, R.N. “This is an easy health problem to fix and this guide helps make that possible.”

Nurse Cooper said school nurses provide a vision screen to each student annually, 60% of whom fail, and one of the main reasons parents say they do not take their kids for follow-up care is because they do not know where to take them.

“PCCY’s vision guide is a welcome and much needed ‘at your fingertips resource’ for school nurses to inform parents that MA and CHIP do pay for vision services and it shows parents the locations

of eye care providers where they live,” said Cooper.

Eye doctors say children should have their eyes screened every year during their physical exam or by the school nurse. Some signs of poor vision include squinting, closing or covering one eye, headaches, excessive clumsiness, using a finger to assist reading, or excessive eye rubbing. If a problem is found, parents should follow up with an eye care provider. Almost every child in Pennsylvania is eligible for MA or CHIP. No family makes too much money to qualify. Which program you are eligible for mostly depends on your family size and income.

To download the Vision Heath Resource Guide and for more information about “Give Kids Sight Day,” visit www.pccy.org/vision or call PCCY at 215-563-5848 ext. 21. If you need help finding eye care for your child or signing up for health insurance, call PCCY at 215-563-5848 ext. 17.

PA Introduces GMO Labeling Bill

(continued from page 1)

featured speakers that included Weavers Way’s outgoing communications director and *Shuttle* Editor Jon McGoran, as well as Sam Bernhardt, Pennsylvania Organizer for Food & Water Watch; Karen Stark, GMO-Free PA; Rebecca Frimmer, General Manager of Greensgrow Farm; Brian Snyder, Executive Director of Pennsylvania Association for Sustainable Agriculture; and farmer Roman Stoltzfoos. Pennsylvania joins more than 30 other states currently pursuing statewide label initiatives and legislation.

On the national front, Organic Voices, which had been spearheading the Justlabelit campaign, is powering forward with a new collaborative relationship with the Environmental Working Group (EWG). Scott Faber, vice president for government affairs at EWG, will now serve as Organic Voices’ executive director. For more information on the effort to label GE foods, visit www.weaversway.coop and click on the “Let Me Decide” icon.

~ jonmcgo@weaversway.coop

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Philadelphia Land Bank Bill

(continued from page 1)

The legislation was originally introduced by Councilwoman Sanchez in 2012, following the passage of a Pennsylvania state law that made such structures legal. According to Sanchez’s office, the new council bill reflects input “from Council, the Nutter administration, and citywide coalitions representing nonprofit community organizations and for-profit developers,” and is “based on national best practices.”

The Campaign for Healthier Foods and Greener Spaces, which was instrumental in preventing this winter’s proposed new restrictions on urban farms and community gardens, is still studying the bill, but is very supportive of the landbank effort. “The campaign looks forward to working in collaboration with other efforts to ensure passage of a land bank that benefits all Philadelphians,” said Amy Laua Kahn, of the Public Interest Law Center of Philadelphia and one of the leaders of the Campaign.

Rick Sauer, executive director of the Philadelphia Association of Community Development Corporations (and a member of Weavers Way) strongly supports the legislation. “A Land Bank will put Philadelphia ahead of other major cities that have been grappling with vacant property issues. PACDC and its allies applaud Councilmembers Sánchez and Green for moving us one step closer to creation of a Philadelphia Land Bank.”

~ jonmcgo@weaversway.coop

Chestnut Hill Meals on Wheels

by James M. Kohler, CHMOW Tailgate Party PR Committee Volunteer

ON THURSDAY, April 25, Chestnut Hill Meals on Wheels (CHMOW) will host its 3rd Annual Tailgate Party, an informal evening for adults to enjoy, at the Flourtown Country Club. The event’s theme, Fighting Hunger Is a Team Sport, reflects CHMOW’s mission and community-based approach. There will be something for everyone, including new cars to inspect, DJ entertainment, delicious food and drink, tailgate games, and a silent auction. Attendees will have an opportunity to bid on a ski package to Sun Valley, Idaho; a trip to Boston with tickets to a Phillies/Red Sox game; a year of date nights with restaurant gift cards, a kids’ summer camp package, and much more. Join your neighbors and friends from 6:30 to 9:30 p.m. for the ultimate tailgate, having fun while helping area residents who are homebound.

Glanzmann Subaru in Jenkintown is the presenting sponsor of this year’s event. “We are thrilled to have Glanzmann support this event for the second year,” says CHMOW Board Member and Glanzmann client, Doug MacBride. “This gives us

a great opportunity to showcase their ‘wheels’ in connection with our ‘meals’—and fits perfectly with our tailgate theme”, adds MacBride. To learn how you or your company can become a sponsor or make a donation to the silent auction, contact event co-chairs Nancy Ryan and Kathleen Novasack at silentauction@chestnuthill-mow.com.

Founded in 1975, Chestnut Hill Meals on Wheels is a non-profit 501(c)(3) organization devoted to meeting the daily nutritional needs of area neighbors challenged by illness, disability, or age. Last year’s CHMOW tailgate fundraiser raised \$24,000, enough to deliver 3,429 meals. “This year we need you more than ever” reports CHMOW’s Executive Director, Lynne Mason. “We struggle to maintain the lifeline of food and human companionship to area homebound residents who rely on our services.” Successful fundraising efforts enabled CHMOW to deliver nearly 20,000 meals in 2012.

A rotation of more than 50 volunteers delivers two meals a day to an average of 40 clients per week, five days a week, 52 weeks a year. CHMOW clients are seniors and other homebound individuals living in Chestnut Hill, Wyndmoor, Mount Airy, Flourtown, Erdenheim, Oreland, and parts of Germantown. The daily charge to clients for two (one hot, one cold) meals is \$7. Full and partial subsidies are given to clients who qualify, as funding permits. All other program expenses are covered by grants, private donations, and the annual tailgate fundraiser.

So, get ready to party and support CHMOW team’s fight against hunger on Thursday, April 25, at the Flourtown Country Club. Visit www.chestnuthill-mow.com or on Facebook to purchase tickets to the Tailgate Party (\$50 per person in advance, \$60 at the door), sign up for a rousing Bag-O tournament at the event and/or make a monetary donation to help CHMOW beat hunger.

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Jon McGoran: A Wonderful Co-op Leader

WHENEVER I look at the picture of Jon McGoran and the gang of young people from the ‘80s, I can see in the eyes that fun-loving guy who knew that the future of the Co-op would be his too. All of them were involved, committed, engaged, and optimistic about the future. They had a right to feel that way, the mission was true.

For 30 years, Jon has been one of the important threads that have kept this Co-op together. He engaged members to write for *The Shuttle*, to speak out, to educate us, and to be part of something bigger than this corner grocery store. He was what Malcolm Gladwell called a “Connector.” A person who knows everyone and can speak to all and connect them such that they do not know it has even happened.

We all have great Jon stories. In 2004, I remember Jon who was not only editing *The Shuttle*, published six times a year back then, but also managing the cashiers and doing cash recs at a desk in the finance office. He also handled ads. Jon was the only cashier who could check out two customers at one time and also discuss the next *Shuttle* article the next person in line was going to write for *The Shuttle*. If you had not written your check yet for your purchases, he would flip over to the next register and start the next transaction. It was fun to watch this show.

You did not have to give Jon your number, he had you memorized, who needed computer systems when you had McGoran at the register. When I walked around Mt. Airy, or was downtown at a



Jon McGoran (Dek A Dance shirt), Jeff Iadicicco (center) and Hugh McGoran (right)

meeting with him, and we came across a WW member, he would know the person’s number and their name. It was fun to watch, and put a smile on the person we met. He was “connecting” that person to the larger ownership of the Co-op. He knows what this Co-op truly stands for as an entity, better than almost anyone else.

When I started at the Co-op in March 2004, I had planned to stay perhaps two or three years. I had in my mind that once the Co-op was stabilized and building cash again and had a reserve I would move on and give the reins over to someone with more Co-op grocery experience. But then I met people like Jon.

Instead of just welcoming me to the Co-op in his Editor’s Note column, he wrote, “Once again an experienced professional with great prospects has made a tragic career miscalculation, and WW is the richer.” In this one line of text, I knew that Jon was not only funny, but also an Irish “mensh.” He continued, “In a move (my accepting the position at WW) Calls his judgment into question...” I remember to this day laughing so hard that

tears came to my eyes. For I too had questioned my career decision to take the position at the Co-op. So instead of a writing some cute welcome piece for me to the membership, he made us laugh. It has been that way ever since.

Jon joined the Co-op in his late teens, child labor prevented us from hiring him earlier, and has been here for 75% of the Co-op’s life. His knowledge and stories, that I wish he had written down, could fill a few volumes. Perhaps one day when I am in the co-operative member-owned nursing home, he will come by and tell me some stories.

I had hoped that Jon would have received a movie or TV contract and moved on to Hollywood with one of his great mystery books he has written over the years. I kept saying to him, as each book was released, “Please just give us a few weeks notice and help us pay down our debt with your first check.” I still see a movie contract in the future for him. Look for the release of his latest book this spring.

As Jon moves on to GRID magazine, I will miss his ability to lighten up the room, enable us to laugh at ourselves for taking our Co-op mission so seriously (and we should), and supporting our members, the co-op movement, and making our lives just that much better. He will continue to do that, just not here. I look forward to reading his future books, magazine pieces, and his statements that will improve the common good of us all. Good luck and the best to you Jon, we will miss you.

Glenn Bergman, General Manager

MY MOST memorable memory of Jon demonstrated his commitment to serving members and his priority as a staff person. It was somewhere around 1987 or so. Jon was working “Floor,” which mostly involved running back and forth from back stock areas to displays to keep the displays filled. Jon played bass in a band with his brother Hugh (who was also a WW staff member), and they frequently had gigs in Philly. I think Jon was around 21 or 22. One of their main show promotion vehicles was accosting members as they shopped with news of upcoming shows. Jon and Hugh were also huge flirts so went out of their way to tell 20-something women about their gigs. One day I was watching Jon on the floor, he was carrying a case of green beans out from the walk-in to put on display. Jon got to about 3 feet from the display when a young female shopper strolled by to peruse the produce displays. As soon as Jon saw her he literally dropped the case of green beans on the floor, just let go of it, so he could stroll up to the shopper to start flirting and promoting his upcoming gig. I stood there in awe as the green beans hit the ground and Jon used his pickup and concert promo lines on the young women. I admired Jon for his priorities, glibness, and dedication to the job of keeping green beans stocked no matter.

Norman Weiss, Purchasing Manager

Jon McGoran made me laugh every single day! And for those of yinz who know me that ain’t easy.

Annette Aloe,
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Suggestions

by Norman Weiss,
Purchasing Manager

Greetings and thanks for writing. As usual, suggestions and responses may have been edited for brevity, clarity, and or comedy.

I want to share a realization I’ve had in the last few years—it’s normal to be schizophrenic. Bear with me for a little. There has been much buzz in the natural foods and co-op world about GMOs and a proposed boycott of natural and organic brands that are owned by large companies that contributed money to block proposed GMO labeling laws.

This brings up many issues including how the natural food industry evolved from idealistic startup companies seeking natural alternatives to commercially available food to large, profit-driven corporations (see list below). Another issue it raises is the role of boycotts in co-ops. The issue it brings up for me is simple—a company or person acting schizophrenic is common and normal and we should not be surprised by it when we encounter it. I’m using this definition of “schizophrenic”: “of, relating to, or characterized by the coexistence of disparate or antagonistic elements.” There are so many examples in our society and in our Co-op. My favorite example is how well Vintage Seltzer sells in our stores. It’s one of our top sellers. Carbonated water in plastic bottles, an item no one actually needs to live, containing no nutrients and whose production, packaging, and transport contribute to the demand for fossil

fuels (for which wars are fought) and also pollutes our environment. The Co-op is an organization that holds itself in high regard for its values, ethics, and environmental consciousness. This seems schizophrenic to me. When I look at my own behavior, every time I drive a car when I could bike, I think I am acting schizophrenic. We all have these “antagonistic elements” in our lives which make being somewhat schizophrenic somewhat normal. So when I see companies like Cascadian Farms, originally committed to organic farming as a way of caring for our world and still opposed to using GMOs, now owned by General Mills, who is committed to supporting the use of GMOs, I see this as the same schizophrenic behavior I see in myself and all of us, just on a much larger, and unfortunately, much more frightening scale. As far as boycotts go, I think that’s too complicated an issue to discuss here, they are difficult at the Co-op, but if you are interested in doing a personal boycott, here is a list of the brands and the companies that own the brands being called out for boycotts due to their normal, schizophrenic behavior:

Alexia (CON-AGRA), Bear Naked (KELLOGG’S), Ben & Jerry’s (UNILEVER), Boca Burgers (KRAFT), Cascadian Farm (GENERAL MILLS), Dagoba (HERSHEY’S), Gardenburger (KELLOGG’S), Honest Tea (COCA-COLA), Horizon Organic (DEAN FOODS), Hunt’s Organic and Natural Brands (CON-AGRA), Kashi KELLOGG’S), Larabar (GENERAL MILLS), Lightlife (CON-AGRA), Morningstar Farms (KELLOGG’S), Muir Glen (GENERAL MILLS), Naked Juice (PEPSICO), Odwalla (COCA-COLA), O Organics (SAFEWAY), Orville Redenbacher’s Organic (CON-AGRA), R.W. Knudsen (SMUCKER’S), Silk (DEAN FOODS), Tostito’s Organic (PEPSICO), Tropicana Organic (PEPSICO), White Wave (DEAN FOODS).

suggestions and responses:

s: “Would it be possible to carry unsweetened carob chips? Either bulk or packaged. (We do have the Sunspire Carob Chips—with sugar.) Thanks!”

r: (Heather MA) We have these upstairs with the other bagged chips. Sunspire brand.

s: “Plantain chips?? Grade B maple syrup??”

r: (Heather MA) We have plantain chips in the cracker section. There is grade B maple syrup (Coombs brand) upstairs in the bulk department with the other sweeteners, bottom shelf.

s: “Fiesta Friday! Bring it back!”

r: (Rick, MA) Thanks for feedback, we’ll see about bringing it back.

s: “Can you carry Quorn brand veggie frozen protein @ Mt. Airy WW (it’s at Chestnut Hill WW). Thank you. Love you guys.”

r: (Heather MA) As you can see when you look in our freezer case, there is not much room to spare, so bringing in a new item means getting rid of another. I am going to cut back on the amount of ice creams and will be bringing in more fake meats. (Norman) Quorn is an interesting product, some people don’t really consider it natural food as its main ingredient “mycoprotein” is actually a mold grown in a lab. Also, Quorn products are not vegan so stocking them does not cover the vegan contingent of vegetarians.

s: “Missing Eden’s Chili, plans for restocking? (Amy’s not as tasty!). Missing Ethnic Gourmet Bombay Curry Simmer Sauce.”

r: (Heather MA) I’m sorry to say both of these items were discontinued due to slow sales. You can always pre-order a case. (Norman) As part of the Mt. Airy renovation we took a look at some of our slower sellers and deleted them as it was judged they were not worth the energy (shelf space and inventory dollars) to maintain them. We are actually doing this slowly throughout the Co-op; in the business it’s called “SKU rationalization (a “SKU” is an item, stands for “stock keeping unit”)”. Doing this involves a bit of trial and error so bear with us as we tweak how we use our shelf space. At this time I won’t go into how the concept of “SKU rationalization” came into being and why the fact

that it even exists means we are part of a very broken food system. OK, I can’t resist going in to it very briefly. . . “SKU rationalization” begs the questions 1) Why do so many products exist to begin with and 2) is this what a healthy food system looks like? The answers: 1) Capitalism. 2) No.

s: “The Philabagels that were here on Saturday are very good. Could they be a regular item? They are much better than the Goldberg that is the standard one.”

r: (Molly MA) I’m working on it. I would like to get them all the time but there are a few delivery details I have to work out. The prices will have to go up a bit as well.

s: “If possible, I would find it helpful to have a list of the types of veggies and fruits that are most affected by pesticides so that I can make more informed decisions on which items to buy organic vs. which to buy conventional. I’d personally rather support all organic and IPM as I’m not a fan of having our water supply contaminated around the world by chemicals. This concerns me far more than the genetic manipulation issue, though that is not great either. Regardless, I love the fact sheets you guys offer. If you could add this one, I would be really grateful.”

r: (Jean) Done. The EWG’s guide to pesticides in produce is now posted. Ask a staff member if you don’t see it.

s: “Please stock 3-cheese tortellini.”

s: Heather MA) I just brought in Celentano brand cheese tortellini, in the freezer.

s: “I often find there is no more arugula left—could you order more? Thanks.”

r: (Jean MA) There is often no arugula at all because of weather conditions in California—for the last several weeks we’ve had trouble getting arugula. However, we are now carrying locally grown micro-arugula in the packaged salads case. They are from Blue Moon Acres. They’re tiny, tender, yummy, and cute as punch.

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Japanese Cherry Blossom Festival

by Susan Crane, Director of Marketing, Morris Arboretum

THIS SPRING, the Morris Arboretum will once again host its annual Japanese Cherry Blossom Celebration, in partnership with the Subaru Cherry Blossom Festival of Greater Philadelphia. The Subaru Cherry Blossom Festival is an initiative of the Japan America Society of Greater Philadelphia with the goal of fostering a better understanding of the cultural, social, and educational customs of Japan in the United States.

In the early 20th century, John and Lydia Morris (founders of the Morris Arboretum) established one of the region’s finest collections of Japanese plants and gardens at their home, Compton, which would later become the Morris Arboretum. To commemorate this heritage, Morris Arboretum celebrates the Japanese Cherry Blossom Festival with a variety of activities each April. The events are for both children and adults, and will celebrate the art, culture, and gardens inspired by the 35 varieties of cherry trees that grace the Arboretum with their blossoms each spring.

On Saturday April 13 and Saturday April 20, the Morris Arboretum will mark this unique aspect of Japan’s rich culture and heritage.

Japanese Cherry Blossom Festival Events:

Saturday, April 13, 2013

Experience the beauty of Morris Arboretum’s cherry tree collection in bloom. Both Saturdays will feature traditional Japanese cultural activities. Free with regular admission.

Hoh Daiko Drummers
11 a.m., Haha Wall (nice weather) or Widener tent (rain)

Zen Archery Demonstration
12 noon, Lawn across from Widener (nice weather only)

Traditional Japanese Tea Demonstration
1 to 2 p.m., Azalea Meadow (nice weather) or Upper Gallery (rain)

Japanese Elements Tours
2 to 3 p.m. To follow the Tea Demonstration, begins from Azalea Meadow or outside of Widener.

Saturday, April 20, 2013

Samurai Arts Group
11 a.m. to noon, 12 noon, Lawn across from Widener (nice weather only)

Zen Archery Demonstration
See left

Kimono Dressing Demonstration
1 to 2 p.m., Upper Gallery of the Widener Visitors Center
Young and old alike will delight in the beautiful kimonos exhibited by Fumiyo Batta. As a “Cultural Ambassador” for the Subaru Cherry Blossom Festival, Mrs. Batta has given seminars on the art of kimono, traditional Japanese attire, since the festival’s inception in 1998, and has been considered a significant Japanese cultural asset in the Delaware county area for the past two decades. As an extensive collector of kimonos, she will talk about the history of the kimono and demonstrate how to wear them. Participation from the audience will be welcomed.

Japanese Elements Tours
2 to 3 p.m. Begins outside the Widener Visitor Center.

For more information about any of these events, please call 215-247-5777 or visit Morris Arboretum online at www.morrisarboretum.org.

A Botanist in a Botanic Garden

Lecture at Morris Arboretum

by Susan Crane, Director of Marketing, Morris Arboretum

ON SUNDAY, March 24, Morris Arboretum will host Dr. Susan Pell, Director of Science at the Brooklyn Botanic Garden, for a lecture entitled, “A Botanist in a Botanic Garden: Field and Laboratory Adventures.”

People often marvel at the idea of scientists working at public gardens and arboreta. Come on a botanical journey around the globe and through the lab as Dr. Susan Pell shows you some of the research she has conducted at The New York Botanical Garden and the Brooklyn Botanic Garden. Dr. Pell has participated in numerous international field expeditions to conduct molecular research on a diversity of topics from cashews to lilacs. In this lecture, she’ll share stories from her adventures and talk about the role of botany in public gardens.

This Barnes-Endowed lecture begins at 2 p.m. and will be followed by a reception with refreshments at the Widener Visitor Center. This lecture is presented annually with support from the Laura L. Barnes Horticulture Lecture Fund, and is free with admission, however reservations are required and space is limited. Please register at <https://online.morrisarboretum.org/classes/barneslecture> or by calling 215- 247-5777, ext. 125.

The Morris Arboretum of the University of Pennsylvania is located at 100 East Northwestern Avenue in the Chestnut Hill section of Philadelphia. The 92-acre horticulture display garden features a specu-



Learn and explore at Morris Arboretum this spring. It’s a wonderful destination for anyone interested in the outside world.

lar collection of mature trees in a beautiful and colorful landscape. The Arboretum includes numerous picturesque spots such as a formal rose garden, historic water features, a swan pond, and the only remaining freestanding fernery in North America. A new permanent nationally award-winning exhibit, “Out on a Limb—a Tree Adventure” adds to Morris Arboretum’s allure by transporting visitors 50 feet up into the treetops on a canopy walk that requires no climbing. The Morris Arboretum’s new Horticulture Center Complex has received Platinum Level LEED® Certification, the highest sustainability rating of the U.S. Green Building Council. For more information, visit www.morrisarboretum.org.

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“Ruined” Comes to Stagecrafters

by Steve Brady, Media Liaison, Publicity & Public Relations

THE STAGECRAFTERS theater presents the passionate and powerful “Ruined,” by award-winning author Lynn Nottage, set to open on Friday, April 12. The story, set during the horrific and seemingly endless civil conflict raging in today’s Democratic Republic of the Congo, centers on Mama Nadi, a shrewd businesswoman who runs a bar and brothel near a mining town. Her place is both a ‘neutral zone’ for rebel and government soldiers looking for a good time, and a refuge for the scarred and suffering women she both profits from and protects. As the action unfolds and warring factions battle it out, women driven to the limits of what the human spirit can bear struggle simply to survive. Based on true reports of conditions endured by those caught in the hell of war, this play affords a haunting portrayal of compelling and resilient characters and draws the on-looker into a narrative that grabs attention and doesn’t let go. In the words of the critics: “Strong and absorbing... raw and genuine agony pulses within... a clear-eyed celebration of endurance...”—*The New York Times*; “...a richly stirring and complex drama... including generous doses of humor.”—*The New York Post*.

Born in 1964, Nottage holds an M.F.A. in playwriting from Yale School of Drama. Over the past two decades she has authored nearly a dozen plays that have enjoyed wide recognition. In 2007, she was named a MacArthur Fellow (accompanied by the famed “genius grant”), which solidified her status as a major voice in theatre. “Ruined” premiered in 2008 at The Goodman Theatre in Chicago and went on to production at Manhattan Theatre Club in New York City, where it ran for eight months. Winner of the 2009 Pulitzer Prize for Drama, the play also won the Drama Desk and Outer Critics’ Circle Awards for Outstanding Play, and the Obie Award for Best New American Play. Two other plays by Lynn Nottage have been produced at The Stagecrafters: “Intimate Apparel” in 2008 and “Mud, River, Stone” in 2011.

Performance dates are April 12, 13, 18, 19, 20, 25, 26, 27 at 8 p.m., April 14, 21, 28 at 2 p.m. Tickets are \$17 online (no service charge), \$20 at the door. (Thursday evening performances are “Two for \$25”). Students with valid ID \$13 at the door. Group rates available. The box office opens 45 minutes before each performance. For information, call 215-247-8881; for reservations, call 215-247-9913. The theater is located in the heart of Chestnut Hill at 8130 Germantown Ave. Visit www.thestagecrafters.org for details.

Special NOTE: A “Meet the Cast and Director” Q & A session will be held following the performance on Friday, Apr. 19. All attendees at that performance are welcome to stay.

sbrady@thestagecrafters.org

Gina Gruenberg Visiting Artist at Six Senses Clay Studio

by Cornelia Kietzman, owner of Six Senses Clay Studio

ON SATURDAY, April 27, from 6 to 8 p.m., longtime Co-op member and eclectic visual artist Gina Gruenberg will lead the Visiting Artist evening at Six Senses Clay Studio, 20 E. Mt. Airy Avenue. Gina will demonstrate on a pregnant belly how to create a belly-cast with medical-grade plaster of Paris strips. Belly-casts are a beautiful and personal way to remember the pregnancy experience. Participants will then get a chance to ask questions and try their hand, perhaps literally, at plaster-casting by experimenting with the casting materials on their own fingers or hands. Cost is \$5 at the door (free to studio members).

For examples of Gina’s work, visit www.philasculptors.org/members/ggruenberg.htm. To follow up this wonderful opportunity, Gina will offer one-on-one or small-group workshops on body-casting.

Also at Six Senses Clay Studio, I will be offering a series of classes to create a “belly bowl” out of clay, using a belly cast as a mold. An heirloom that can be handed down from generation to generation; practical, beautiful, emotionally dear, these bowls can be used or displayed as artwork. To sign up for this series of five classes, visit us online at sixsensesclaystudio.com or call 267-650-1757.

Celebrating the End of Passover

by Rabbi Yitzchok Gurevitz

CHABAD-LUBAVITCH OF Northwest Philadelphia will be hosting a special celebration marking the end of the Passover Holiday, on Tuesday, April 2, 6:30 p.m. at 7334 Rural Lane in West Mt. Airy.

The 18th-century mystic, the Ba’al Shem Tov, instituted the custom of partaking of a “Moshiach’s Meal” on the afternoon of the last day of Passover. As at the Seder, this meal includes Matzah and four cups of wine, as well as singing, inspiration, and a feeling of yearning for personal and communal redemption. This custom is now observed in many communities worldwide.

Chabad invites the community to join in this tradition. A light dinner will be served, along with Matzah and the four cups, followed by Havdallah at 8:07 p.m.. There is no charge to attend. RSVP appreciated at www.ChabadNWP.org or call Rabbi Yitzchok Gurevitz at 215-438-5327.

SHUTTLE STAFF

Editor & Advertising Manager

Jonathan McGoran

Advertising Billing

Susan Beetle, Virginia Harbaugh

Graphic Design

Annette Aloe

Proofreaders/Editors

Jill Karkosak, Emily Law

Contributors

Glenn Bergman, Scott Blunk, Steve Brady, Susan Crane, Jill Fink, Stacia Friedman, Steven E. Fynes, Sarah Gabriel, Rabbi Yitzchok Gurevitz, Margaret Guthrie, Shelley Hedlund, Cornelia Kietzman, Dale Kinley, James M. Kohler, Ron Kushner, Margaret Lenzi, Mel Marmer, Jon McGoran, Alix Rabin, Sylvia Studenmund, Linda Taylor, Betsy Teutsch, Rebecca Torpie, Norman Weiss, Sheryl Wolff, David Woo

Photographers

Ellie Seif, Elizabeth Corbett, Bettina de Caumette, Phil Forsythe, Sarah Gabriel, Ron Kushner, Jon McGoran, Betsy Teutsch, Mel Marmer

Weavers Way Community Programs

www.weaversway.coop/wwcp

Executive Director

Jill Fink, 215.843.2350 x319
jill@weaversway.coop

Marketplace Coordinator & Office Manager

Carly Chelder, 215.843.2350 x312
marketplace@weaversway.coop

Farm Education Coordinator at Henry Got Crops! CSA

Clare Hyre, 215.827.7482
henryeducation@weaversway.coop

Farm Education Coordinator at Mort Brooks Memorial Farm & Stenton Family Manor

Shelley Hedlund
educator@weaversway.coop

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Managers/Department Heads

General Manager

Glenn Bergman, 215-843-2350 ext. 131 (cell) 215-913-9437
gbergman@weaversway.coop

Purchasing Manager

Norman Weiss, 215-843-2350 ext. 103
normanb@weaversway.coop

Chief Financial Officer

Michael McGeary, 215-843-2350 ext. 116
mmcgeary@weaversway.coop

Communications Director/ Shuttle Editor

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

Membership Manager

Jonathan Leeds, 215-843-2350 ext. 119
member@weaversway.coop

Outreach Coordinator

Bettina de Caumette, 215-843-2350 ext. 118
outreach@weaversway.coop

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Whether you are a new member or thinking about becoming one, Weavers Way Welcome Meetings, or Orientation Meetings, are a great way to find out more about what Weavers Way is all about, and what membership offers. And now you get two hours work credit just for attending! Limit two hours per household. See below for times and locations.

Weavers Way Co-op Welcome Meetings



We encourage all new or prospective members to attend an orientation meeting, where they can learn all about our co-op, our stores, and our member work program. If you have not already joined, you can do so at the meeting, and you will also learn more about Weavers Way and all that your co-op has to offer, including member benefits and our Working Member program.

Orientation dates are listed below and are also posted on our web site at www.weaversway.coop. Please complete the form below and return it to any of our stores, so we will know which meeting you will attend. Meetings last approximately 45 minutes to an hour and will include a brief store tour. We look forward to seeing you there!

Mt. Airy

Weavers Way Community Room, 555 W. Carpenter Lane (next door to WW Mt. Airy Store)
Thursday, April 25, 7:00 p.m.

Chestnut Hill

Chestnut Hill Community Center,

8419 Germantown Avenue
second floor boardroom
Saturday, April 6, 10 a.m.

PLEASE PRINT CLEARLY

Name _____ Orientation Date _____

Address: _____

City _____ State _____ Zip _____

Phone number _____ E-mail _____

Please return this form to a cashier, mail to Weavers Way Co-op, Attn: Membership Department, 559 Carpenter Lane, Phila. PA, 19119 or fax to 215-843-6945, Attn. Membership Department. You can also call 215-843-2350, ext. 118 or e-mail outreach@weaversway.coop.

Plenty of Thrills When a GMO Plague Is on the Menu

by Stacia Friedman, Chestnut Hill Center for Enrichment

ON WEDNESDAY, April 17, Chestnut Hill Center for Enrichment invites you to meet author Jon McGoran, longtime communications director at Weavers Way and editor of *The Shuttle* as he reads from and discusses his newest book, *Drift*. McGoran has been writing about food issues for years. But in his new ecological thriller *Drift*, coming July from Tor/Forge Books, McGoran focuses on the darker side of the food chain.

“I’ve noticed that with each passing year, the news got stranger and stranger: irradiation and cloning and genetic engineering. The more I found myself writing about Genetically Modified Organisms (GMOs), the more I realized that the topic was perfect for a thriller,” said McGoran. “My main goal in *Drift* is writing an entertaining thriller, but by taking a very slightly magnified look at some of the more unsettling aspects of what is going on with our food today, I am hoping to spur more people to question what they are eating.”

In *Drift*, Philadelphia Narcotics Detective Doyle Carrick plans to spend a 30 day suspension in the country, but finds

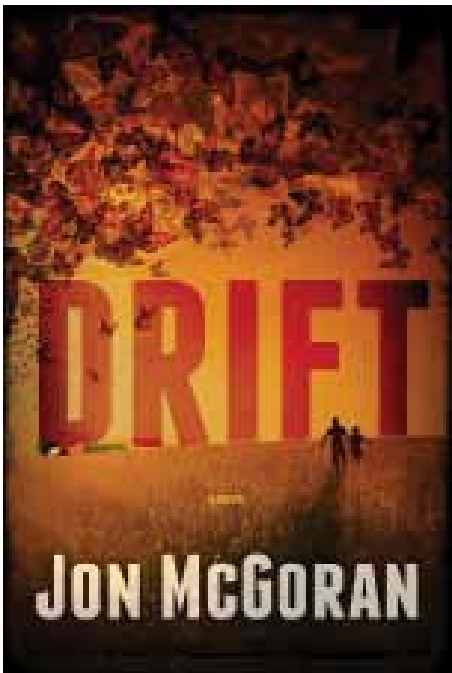


photo by Elizabeth Corbett

Drift, an ecological thriller, is the newest book from former *Shuttle* editor Jon McGoran (right), who will be at the Chestnut Hill Center for Enrichment, April 17. The public is also invited to the *Drift* launch party at the Academy of Natural Sciences on, July 9, the official release date.

himself in a race to stop a drug gang from unleashing a deadly new plague that could kill millions, and earn billions for those

who control the cure. McGoran’s previous novels, written as D.H. Dublin, focused on forensics. Why the change? “Deep down

I’m a bit of a science geek, and the science behind forensics has always fascinated me,” says McGoran. “The same is true with *Drift*. I do a lot of research for all my books, but for *Drift*, the research was about things like genetic engineering and biopharming [engineering crops to produce pharmaceuticals].”

For anyone who spends time schmoozing with McGoran at Weavers Way, it’s difficult to imagine how such a “nice guy” has all these evil characters inside his head. “You often hear actors saying how much fun it is to portray villains—we’ll writing them is a lot of fun as well. I love my villains. Almost as much as my hero.”

Jon McGoran will read from and discuss his new thriller Wednesday, April 17 at 7 p.m. in the Bombay Room at the Chestnut Hill Hotel. Wine and cheese reception will follow. Have dinner at the Chestnut Grill and receive a 10% discount on food. Proceeds benefit the Chestnut Hill Center for Enrichment. \$10 in advance; \$12 at the door. RSVP 215-248-0180 or www.chenrichment.org.

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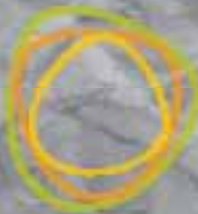
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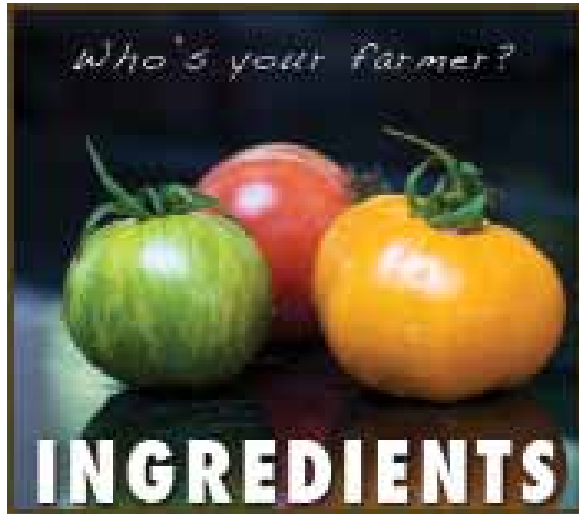
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open house

Join us: 7500 Germantown Ave | Mount Airy
March 9 @ 10 am

Pennypack Film Series Continues with "Ingredients"

Do you like beer & cheese? Would you like to learn more about where the ingredients in your food come from? Then join us for the final film in Pennypack Farm's Sustainability Film Series on Tuesday, April 9 at the Ambler Theater. There will be a beer and cheese tasting in the theater lobby at Pennypack's Sustainability Expo, which begins at 6 p.m. You can meet the sponsors and talk with them about their projects in the community. At 7:30 p.m., they will screen *Ingredients*, a film about the sourcing of the food we eat. A panel discussion will follow where viewers can ask questions about the topics discussed in the film. Tickets are \$10 each and the Ambler



Theater is located at 108 E. Butler Ave. in Ambler, PA. For more information and advance tickets, visit www.amblertheater.org/pennypack.

Call for Nominations: Board of Governors Mt. Airy Learning Tree



Nominations are due via e-mail by Monday, April 15th to info@mtairylearningtree.org. Self nominations are encouraged. Nominations should include: a phone number e-mail address, a statement of interest, contact info for two references and a resume.

SPRING BLOOD DRIVE

Weavers Way will be hosting a blood drive on Friday, April 19, from 12 Noon to 6:00 p.m.

Once again, we've partnered with the American Red Cross, who will bring their mobile blood drive units to both Weavers Way stores. In Mt. Airy, the blood mobile will be parked on Carpenter Lane; in Chestnut Hill, it will be parked right on Germantown Avenue in front of the store.

While walk-ins will be accommodated as much as possible, we'd really like to get people to sign up ahead of time.

To make an appointment, call Jon Roesser, Weavers Way human resources manager, at 215-843-2350 ext. 132, or send an e-mail to hr@weaversway.coop.



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Summer Adventures! Summer Camps at Awbury Arboretum

Camp Katniss

-2-Week Session

Learn how to survive in the wilderness, like your favorite character from *The Hunger Games*! Trail marking, outdoor cooking, orienteering, bird calls, knots...
June 17th through 28th
Ages 9 to 13
\$400.00

Bee and Bug Camp

-One-Week Session

Explore the insects that live in our backyards as well as some exotic visitors! Catch water bugs, see inside our bee hives, release ladybugs hunt for praying mantids and build an ant farm!
July 8th through 12th
Ages 6 to 10
\$175.00

Art Cafe!

-2-Week Session

Love to get your hands messy? Love to create? Come spend two weeks at Awbury creating your own nature-inspired crafts and place-settings and learning how to cook delicious food from our farm to fill it.
July 29th through Aug. 9th
Ages 8 to 13
\$400.00

5% off for Weavers Way Members!
10% off for Awbury Members!

Build It!

-One-Week Session

From small gnome homes to giant teepees and wigwams, come and build with natural materials and explore nature's own structures through trees and plants.
August 12th through 16th
Ages 8 to 13
\$195.00

Lazy Days of Summer

-Two-Week Session

Slow down, take nature walks, paint and draw outside, braid lanyards and friendship bracelets, have picnics by the pond. Campers can play games, make homemade popsicles, lounge in the shade of the trees, and have plenty of "choice time" doing the things they like to do.
August 19th through 30th
Ages 8 to 13
\$400.00

Summer Registration opens Jan. 15th. Visit www.awbury.org to register online. Call 215-849-2855 with questions.



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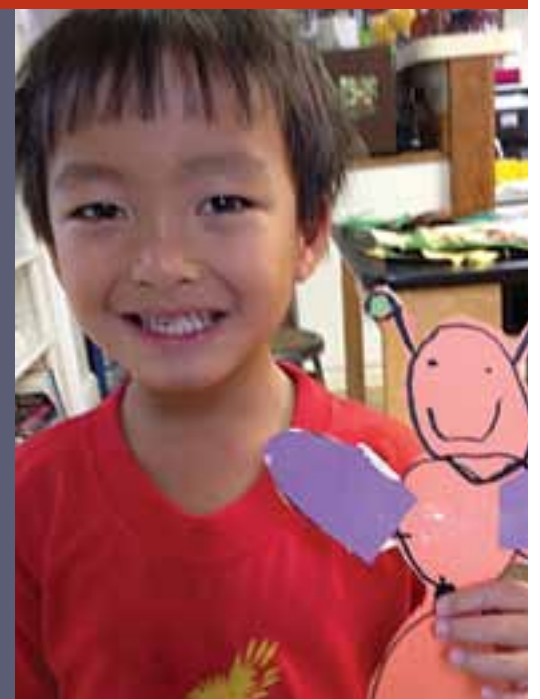
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- 4.3 Shikai**
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- 4.10 Solgar Vitamins**
Heart health, EsterC, probiotics for the 40+ crowd, liquid B12
- 4.17 Volta Organics**
Lisa Volta will demo her all natural, Philadelphia-made bath and beauty products.
- 4.24 Biggs & Featherbelle**
Health conscious body care with a fun twist, located in Baltimore.
- 5.1 Nordic Naturals**
This company is a leading supplier of fish oils worldwide, offering a variety of flavors, concentrations and delivery forms to meet personalized nutritional needs.
- 5.8 Country Life & Desert Essence**
Topics highlighted will be for women & babies - bone health and calcium, Vitamin D, multi-vitamins from Country Life & baby care and personal care from Desert Essence
- 5.22 Andalou Naturals**
A fully Non-GMO verified Natural Personal Care Line. Our demo person will be the Northeast Region Sales and Training Manager.

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