

Members, Do Your Research, Then Vote for Our Board

by the Weavers Way Leadership Committee

IT'S THE TIME OF YEAR AGAIN TO VOTE for your chosen representatives on the Weavers Way Board of Directors! This year we have six excellent candidates vying for three open positions on the Board. See pp. 10-11 of this issue for the candidates' profiles, and check the member por-

tal for short, self-made videos from them.

The Board's role is to guide the management of the Co-op and provide strategic planning and governance for the benefit of all the member-owners. Every member household is eligible to participate in the election, which is a unique feature of the

cooperative model as compared to other businesses.

Democracy plays a significant role in the governance of the Co-op. While the boards of many nonprofits can nominate and approve chosen board members, our board is made up of members who have

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Community-Owned,
Open to Everyone

The Shuttle

APRIL 2025

Since 1973 | The Newspaper of Weavers Way Co-op

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Gtown Jazz Fest Will Spread Vibes Through Neighborhood

by Constance Garcia-Barrio,
for the Shuttle



Photo by Constance Garcia-Barrio.

Khadijah Renee Morgan, a jazz singer, sponsor and organizer of the festival.

MANY MUSIC HISTORIANS TRACE the origins of jazz to several sources, including the dancing and drumming of Black folks, enslaved and free, in New Orleans' Congo Square in the 1800s. This spring, miles and years from the genre's roots, the Germantown Jazz Festival will bring the rhythms and spirit that have long marked this music to the doorstep of Northwest Philly.

The free festival, slated for Apr. 25 to 27, will take place at various sites, including Vernon Park, the Nile Café, First Presbyterian Church of Germantown and Germantown Friends Meeting House. The lineup of performers includes the Josh Lee Trio, made up of Lee on baritone saxophone, Ben Singer on drums and Sam Harris on bass.

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Ambler Fridge Back in Business in a New Spot

by Kathleen Casey, Weavers Way Development Director



Photo by Randall Martin

Weavers Way Outreach Manager Nima Koliwad (third from left), Ambler Mennonite Church Co-Pastor Michelle Curtis (fourth from left) and others cut the ribbon to mark the return of the Community Fridge to the borough.

DOZENS OF COMMUNITY MEMBERS and elected officials gathered Mar. 29 at the reopening of the Ambler Community Fridge, which will provide free food to community members in need.

Elected leaders and community members in attendance spoke of the unique and important role that community fridges provide in addressing food insecurity, which is a growing concern as food banks experience cuts and residents face increasing economic uncertainty.

The fridge is now located at Ambler Mennonite Church, 90 E. Mt. Pleasant Ave. It operated at Weavers Way Ambler for two and a half years and served countless residents. While there, it had to be restocked daily to keep up with demand. Community members donated to the fridge and the Co-op stocked it and the pantry with products that were purchased at-cost and/or nearing expiration. Residents with plots at the Ambler Community Garden provided vegetables during the growing season.

The fridge was removed in October 2023 due to updated Montgomery County health regulations that prohibited its operation on the grounds of a grocery store. Since then, community members have worked to find a new home for it.

Once the church was identified as a new home for the fridge, a new one was purchased by the Co-op and sent to Fresh Artists, an East Falls-based nonprofit that works with kids to exhibit their artwork and supports art programs for public schools in need. They wrapped it with images of colorful fruits and vegetables made by children.

The fridge is in a shelter with an area for dry goods. It will be open every day to the public in the parking lot of the church.

According to Nima Koliwad, Weavers Way outreach manager, community fridges are a great way to combat food insecurity and tackle food waste at the same time.

"[They] work to connect and engage people by providing access to fresh,

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An offshoot of Weavers Way Co-op

Our Newest Grant Will Help Us Protect Urban Gardens

by Kiasha Huling, Food Moxie
Executive Director

FOOD MOXIE HAS BEEN AWARDED A \$175,750 grant from the William Penn Foundation to help protect and secure urban gardens in Northwest Philadelphia. This critical funding will support the foundation's goal of increasing the proportion of urban garden parcels protected from development or legal threats from 44% to 75% by 2035.

With this funding, Food Moxie will collaborate with citywide land stewards, advocates and community partners to provide technical assistance, education and resource sharing. The initiative will focus on securing and maintaining community-held land parcels in West Oak Lane, Germantown and Mt. Airy, ensuring that these essential green spaces remain available for generations to come.

The grant enables us to launch and expand several programs designed to help gardeners and land stewards navigate the complexities of land ownership and preservation. They include:

- **Know Your Rights Workshops** – Educating residents about land use

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Editor's Note

by Karen Plourde, Editor,
Weavers Way Shuttle



THE SHUTTLE STARTED RUNNING articles from our Diversity, Equity and Inclusion Advisory Committee in May 2021, and in the eNews right around then. Their contributions, which have mostly come from the intrepid Rosa Lewis, have evolved from full articles to blurbs that focus on an individual from the featured group (Hispanics, Asian Americans, Black people, etc.). And readers have counted on that content in both places for close to four years.

Make no mistake: That isn't going to change, even in a time when war has been declared on DEI and its practices. Some may scroll or page past the blurbs, but we continue to see value in them — even more so than before. I hope others do the same.

The big stories in the paper this month are the profiles of this year's Board of Directors candidates and the ribbon cutting for the relocated Ambler fridge. There are six candidates running for three slots, so members will need to do their homework before voting this time around.

Unlike many who run for office, these folks don't live by the sound bite and seem to want to serve. So it's a matter of figuring out who you think will do the best job of representing you and the Co-op.

If you've been following the saga of our community fridge in Ambler, you know that its return has been a long time coming and that it's a needed bridge for many in the area. So yay that it's back!

As those in power continue to double down on taking away the little some have, the need for food assistance will only increase. Community fridges and other efforts can only scratch the surface, but we need to keep them going for all who need them.

Well, this has been a happy little column, hasn't it? Let me turn it around quick: As I write this, the Phils are 3-1 and we've enjoyed some beautiful spring weather. Is that a little better?

Catch you in the pages next month.

The Shuttle is published by
Weavers Way Cooperative
Association.

Statement of Policy

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

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

No anonymous material will be published; all submissions must include an email or phone number for verification. The Shuttle retains the right to edit or refuse any article or letter. Submit to editor@weaversway.coop. Articles and letters express the views of the writers and not those of the Shuttle, the Co-op or its board, unless identified as such.

Advertising

Advertising for each issue is due the 1st of the preceding month, e.g., Dec. 1 for January. Ad rates are online at www.weaversway.coop/shuttle, or call 215-843-2350, ext. 314, or email advertising@weaversway.coop. Advertised products or services may not be construed as endorsed by Weavers Way Co-op.

2025 Assistant Farm Managers

A Third Season of Learning While Growing on the Land

by Brigitte Shackerman, Mort Brooks Memorial Farm Assistant Manager

MY CHILDHOOD IN South Jersey was made up of landscapes in varying degrees of development, including the pitch pine-canopied drive to my grandmother's in Ocean County and the Tetrakis-blocked highway strip malls that lined Route 70. This highly contrasted backdrop is a common dynamic in today's suburbs.



In our small town, my mom was an avid gardener and my dad a wood sculptor, and I found joy spending time in the dirt alongside them. In school, I studied human ecology, which looked at the diverse ways humans interact with their surrounding environments. I became interested in how we as humans are part of the ecosystems we inhabit and how culture, beliefs and values shape our relationship to the land. I wanted to explore and strengthen my relationship with the land, and to food specifically, so I spent a season apprenticing at the CSA at Genesis Farm in northwest New Jersey.

The formative experience of working on a production farm growing food for a tight-knit CSA community has greatly impacted my desires and dreams about farming. While seeking out other CSA-based farms, I found Weavers Way's. I'm now back for my third season with the farms and second as assistant manager of our Mort Brooks site in Mt. Airy.

Each season at the farms, I have worked with other growers who continue to shape my relationship with the land. It's been especially great to work with our incredible team of work-share members who show up each week before their jobs or on their days off to help in the field.

The community involvement with the farms made possible through the Co-op has been the most beautiful part of growing on this land the last two years. In a profession that is often hard to break into due to the systemic barriers of land access, underpaid/undervalued work and unrealistic hourly expectations, it feels special to cultivate a space where many different people are welcome to interact with the land. This season, I look forward to returning and continuing to deepen my relationships with the Awbury Farm and broader Co-op communities.

Building On a Childhood Of Working in the Dirt

by Elliott Rosenfield, Henry Got Crops Assistant Farm Manager

I'M THE NEW ASSISTANT farm manager at Henry Got Crops Farm at Saul High School. I'll be assisting with growing veggies and maintaining the farm, working alongside cooperators, students and interns.



I had a real "jack of all trades" upbringing. I helped a lot in my grandma's garden — we'd can jam and peaches every summer, dry flowers and cook together. She was a huge influence on my love of being in the dirt. I also grew up riding horses with my mom on her aunt's ranch in Colorado.

I moved around a lot as a kid and mostly lived in the Midwest. In 2016, I moved to Philadelphia from Chicago, and I love it here. I've been farming for five seasons, mostly on diversified vegetable farms in New Jersey and Pennsylvania. Some of my early farming experiences happened while I was living in Spain. The last two seasons, I worked at an urban farm in West Philly.

Prior to veggie farming, most of my time and experience with agriculture was spent working with animals, including goats, donkeys, pigs and horses. A few years ago, I went to farrier school to be trained in professional horseshoeing, but after that experience, I decided to switch my focus to growing food. For the last few seasons, I've concentrated on vegetable production and have been nerding out about soil health.

I recently took a soil biology course and other workshops through Cornell University's small farms program. Currently, I'm doing a diversified vegetable apprenticeship through PASA Sustainable Agriculture. I'm excited to be part of the DVA program and learn a lot of new technical skills alongside the other apprentices.

This year, I'm looking forward to getting more familiar with a BCS tractor (a two-wheel tractor that you walk behind) and learning all the systems unique to Henry Got Crops. The last few seasons I've learned a lot about cover crops, and I'm excited to continue to build and share my knowledge, especially at a new site.

Being able to do soil analysis and make observations while learning from a new space is exciting. I'm looking forward to meeting everyone and getting to know the space!



Fresh parsley can have real power in the kitchen. This herb, which is available year-round, can range from peppery to grassy in taste, with a touch of earthiness.

Parsley can serve as the backbone of a bouquet garni — a bundle of herbs tied together to flavor stocks, soups or braises that is removed at the end of cooking. The parsley is often paired with bay leaves and thyme, although other herbs like rosemary or even peppercorns can be included as well. A bouquet garni can be bound with cheesecloth to make removal from the finished dish easier.

While often used as a garnish for a finished dish, chopped parsley can pair well with several starchy sides, including cooked grains, potatoes and canned beans. Consider tossing some into your next batch of potato, pasta, chicken or tuna salad to balance and brighten it up.

Parsley is often included in green sauces across the globe: Spanish and Italian salsa verde, Argentinian chimichurri, gremolata and more. It's chopped or run through a food processor, then combined with oil, an acid, alliums like garlic, shallots, scallions or chives, and salt. Other additions can range from pepper or chili flakes to anchovies or fish

sauce, toasted nuts or seeds, or emulsifiers like tahini, mustard, yogurt and sour cream. These sauces are easy to whip up and are often made with ingredients you have on hand. They can be made to personal preference rather than sticking to a recipe.

Parsley jazzes up roasted or grilled meat or vegetables and can be added as a bright, herby twist to most dishes. The sauce will keep in an airtight container in the fridge for a week or so, and a little extra oil on top can help prevent oxidation to keep the sauce green.

A parsley-heavy green sauce can be an easy way to use up the rest of a bunch that might otherwise end up getting tossed onto the compost heap. And while parsley is the common herb of choice, green herb sauces can also be made with cilantro and bolstered with soft herbs like chervil, mint, sorrel, tarragon and more.



The Bee-Driven Beauty Behind Kara Jo Skin Care

by Karen Palmer, Weavers Way Ambler Wellness Buyer

VENDOR SPOTLIGHT

IF YOU'VE SHOPPED AISLE 2 AT THE AMBLER store, you've probably seen beauty products from local vendor Kara Jo Lehman, founder of Kara Jo Skin Care. I became a fan when I discovered her at the Ambler Farmers' Market and bought a beard balm for my husband about a decade ago. He is (ahem) notoriously difficult to please when it comes to his beard, and he practically gushed about how her serum helped his underlying skin and kept his beard healthy.

We slowly replaced our skin care items with her products: 2-in-1 cleanser and mask, wound salve, body butter and more. They're all-natural, with no additives or preservatives, and are made locally.

When I became the buyer for Ambler beauty, Lehman was the first person I reached out to. I felt she would get support from our members, who were looking for a local skin care line to support. And boy, do they ever support it! From the day we put her products out for sale, members have appreciated the meticulous care she puts into everything she produces.

At the heart of Kara Jo Skin Care & Bee Farm is a passion for nature, sustainability and wellness, all embodied by its founder. Lehman is a full-time teacher at Wissahickon High School, a beekeeper, herbalist, yoga instructor and skin care artisan. She has cultivated a life — and a business — that's rooted in the power of plants and pollinators. Her journey into skin care began in middle school, when she struggled with acne. After trying conventional treatments with little success, she turned to natural remedies, which were often found in her kitchen and garden.

Through years of exploration and study, Lehman developed a deep appreciation for the wisdom of historical beauty practices. This passion ultimately led her to create her skin care line, for which she crafts organic, chemical-free and fragrance-free products infused with the healing properties of beeswax, honey and medicinal herbs.

In 2014, Lehman and her husband, Greg, officially launched Kara Jo Skin Care & Bee Farm. Their farm located in Schwenksville, PA is home to a vibrant ecosystem of bees, goats, hens and lush herbal gardens — all of which are central to their mission of holistic, sustainable living. Beyond producing small-batch, handcrafted skin care products, Kara and Greg are deeply committed to educating others about the importance of pollinators and herbal medicine.

For the past three years, she and Greg have co-hosted the "Mind Your Hives" podcast, on which they share insights into beekeeping, nature's wisdom and natural health. Kara's dedication to wellness extends beyond skin care. She is a certified yoga teacher and meditation instructor who teaches at Camara-



Kara Jo Lehman

derie, an Ambler yoga studio and wellness space that fosters community and holistic health. Her classes incorporate movement, breathwork and mindfulness, and often draw inspiration from the natural world. She has a background in clinical herbalism and mindfulness training from Jefferson University's Mindfulness Institute, and her approach to wellness is deeply integrated and holistic.

When she's not formulating skin care products or teaching yoga, Lehman can be found hiking with her husband and two Australian Cattle Dogs, walking trails with her four goats or tending to her herbal gardens. Her lifestyle is a testament to her belief in the healing power of nature — something she shares generously through her products, classes and community outreach.

For shoppers interested in supporting sustainable, small-batch skin care, Kara Jo Skin Care offers a beautiful blend of science, tradition and nature's bounty. You can follow her journey at karajoskincare.com.

Gtown Jazz Fest Will Spread Vibes Through Neighborhood

(Continued from Page 1)

"This festival is going to be big," said Lee, a Grammy Award winner who played with the Count Basie Orchestra.

Vocalist Khadijah Renee Morgan, well known to the area's jazz aficionados, feels that Germantown deserves its own major event. She founded and leads the Community Education and Action Project, Inc., which seeks to provide low-cost holistic healthcare for marginalized Philadelphians and is a festival sponsor. Morgan, who will also perform, is a reiki master whose approach to healing often includes music.

Festival organizers are aiming to host a stellar event and create a movement that celebrates Germantown's jazz legacy. Past headliners included Rufus Harley (1936-2006), a longtime Germantown resident who became the first jazz musician to adopt the bagpipe as his chief instrument. He was inspired after seeing the Black Watch, a Scottish Royal Highland regiment, play at John F. Kennedy's funeral in 1963.

"Every musician in Philadelphia thought I was crazy," Harley said in a

2017 interview. But over time, he earned a respected place in the genre.

Artcinia, a nonprofit launched in 2021 that aims to connect "artists and audiences in places close to home," per its website, is also helping with the festival. According to Jake Kelberman, the group's artistic co-director and director of operations, the nonprofit brings music of all kinds to unexpected spaces, from houses of worship to sidewalks.

Artcinia believes that making affordable, high-quality performances available to communities enriches the lives of its residents. Kelberman, a jazz guitarist, composer and educator, believes that jazz has the power to bring together people of different backgrounds for celebration, an always-timely dimension of the music.

The fest is also working with Settlement Music School, one of whose six branches in Philadelphia is in Germantown. Organizers hope that the partnership will expose more budding performers to jazz and will perhaps lead them to explore it.

Besides music, the festival will feature a large pavilion of juried art sponsored by October Gallery, which recently celebrated 40 years of featuring African American artists. There will be art activ-

ities aplenty for children, and attendees can enjoy goodies from food trucks representing a range of cultures. For details, go to www.germantownjazzfestival.com.

APRIL 25 - 27

Vendor Market
Kids Activities

Festival Locations:

- Germantown Friends Meeting House
47 W. COULTER ST.
- Vernon Park
5818 GERMANTOWN AVE.
- Maplewood Mall
MAPLEWOOD AVE.
- The First Presbyterian Church
35 W. CHELTEN AVE.
- The Nile Cafe
6008 GERMANTOWN AVE.

FOR MORE INFO:
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www.germantownjazzfestival.com

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Conference Seeks to Improve Caregiver-Client Relationship

FIVE WEAVERS WAY members and shoppers are among the organizers and speakers at “Our Right to Care: Family Caregivers and People Who Depend on Their Care vs. the Care Industry”, an international conference taking place Apr. 10 and 11 at the University of Pennsylvania and Crossroads Women’s Center in Germantown.



The conference looks at how caring relationships based on promoting choice, independent living and mutual respect can be financially supported, according to Tree Muldrow, a member of the Co-op and a former caregiver who now receives care. She believes the care industry is focused on profits and exploitation, encourages dependence, and has low standards and low pay.

Pat Albright, another Co-op member and conference speaker, noted that caregiving for family members and other loved ones “is overwhelmingly done by women inside and outside the home.” “But despite keeping economies and society going, it impoverishes those who do it,” she said.

In addition to Muldrow and Albright, Co-op members Rosemary Barbera, Barbara Gurley and Carolyn Hill are also participating.

The lineup of speakers for the conference also includes Dorothy Roberts, a MacArthur Fellow and Penn professor who wrote “Shattered Bonds: The Color of Child Welfare” and 94-year-old Selma James, founder of the Wages for Housework Campaign and the author of “Sex, Race and Class.” Also featured is an interview with U.S. Rep. Gwen Moore of Wisconsin. She introduced a bill in Congress that would redefine work to include unpaid caregiving, which would entitle mothers and other primary caregivers to the Earned Income Tax Credit.

The conference will also draw out the essential role of caregiving for people and the land in the face of ecological collapse and the unraveling of the web of life. As part of that theme, a speaker from India’s Andhra Pradesh Community Managed Natural Farming will talk about the efforts of women’s self-help groups to collectively transform the food they grow, increase their income and improve their families’ health.

For more information about the conference and to register, go to: www.ourrighttocare.net/

Our Right to Care International Conference April 10 & 11, 2025

family caregivers and people who depend on their care vs the care industry



Keynote Speakers

Special Guest



Selma James



Dorothy Roberts



Rep. Gwen Moore (D-WI)

University of Pennsylvania & Crossroads Women’s Center, Philly



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The Weavers Watcher

“Chef” Is Stocked with A-List Actors and the Pursuit of Food Passion

by Jana Marie Rose, for the Shuttle

WHEN I GROW UP, I WANT DUSTIN HOFFMAN to play a bit part in a movie I write and direct. Is this too big a dream, since I’m not yet a movie director and Hoffman is currently 87 years old?

All right; let me be more realistic. When I grow up, I want Robert Downey, Jr. to play a bit part in a movie I write and direct. Is this more likely, since he’s only 59?

To get Hoffman and Downey, Jr. for bit parts in your movie, you’ve got to know people. So maybe I really want to be the next Jon Favreau, who wrote, directed and starred in “Chef,” which came out in 2014. He cast these great actors (and more) in small roles.

In the film, Carl Casper evolves from a hired hand at a high-end restaurant to a business owner, a better father and a chef revered by one of the best critics in Los Angeles. The story isn’t especially unique, and Casper isn’t much of a dreamer or an exceptional human being. He’s just a nice guy who likes food.

Casper is a divorced dad who still gets along with his ex-wife and sometimes shows his young son around an outdoor market. Life begins to change when a prominent restaurant blogger, Ramsey Michel (played by Oliver Platt), visits Casper’s restaurant and gives it a scathing review. The restaurant owner, Riva, played by Hoffman, doesn’t allow Casper enough independence. (FYI, Hoffman looks like all the car salesmen I saw at the Philadelphia Auto Mall when I was growing up and went to visit my mom at her job. They all looked like either him or Joe Biden.)

Casper is fortunate and unfortunate in his lack of knowledge about social media and its impact. After

the blogger trashes Casper’s boring fare, he finally learns what Twitter is — back in the days when it was still called Twitter. Through his son, Percy (played by Emjay Anthony), Casper learns that thousands of people are knocking his cooking, even though the restaurant itself still does a booming business.

Does this mean social media is not true to life? Maybe. Probably. Definitely. But in social media land, Casper is seen as a mediocre cook, and he wants to defend his art and his passion. He starts an online battle with Michel but realizes he can’t please him while working for someone else.

Only a man like Favreau, with friends and connections in Hollywood, would write an ex-wife who’s this accommodating. We know Sofia Vergara (“Modern Family” and “Griselda”) can play a real vixen. But as Percy’s mom and Inez in “Chef”, she is all sweetness and forgiveness while being rich, thin and successful at the same time. Never a harsh word passes between these parents, and I found myself longing for a custody arrangement in my divorce that was this harmonious.

Inez seems to always be available for Percy. She has plenty of help, and Casper can come and go as a dad whenever he wants. Does the world exist to support the Carl Caspers and Favreaus of the world? (Um, yes-ish?) Even the restaurant’s pretty hostess (Scarlett Johansson) comes over to Casper’s place for a late-night meal whenever he asks, and she doesn’t have



any problems with him being emotionally unavailable to her the next day.

(Let’s add Scarlett Johansson to my American movie dream. I want her in leopard boots with nose rings and a salty Delco accent in that auto mall.)

In his evolution from restaurant chef to food truck owner, Casper learns that social media impacts your life, even when we wish it didn’t. Also, spending time with your kid matters a lot, and enemies can become friends once they see

you living up to your potential.

I’m not sure that all the Cubano sandwiches Casper sells will help him fight heart disease, but that is a movie for another day. In this film, everyone has fun and overcomes their hurdles without too much pain. The stakes are never too high, and people can begin again after they make a mess.

“Chef” is a fun movie for the family, kind of like a dry chocolate lava cake. (A dry cake is better than no cake, eh?) So eat cake and pretend Twitter doesn’t exist. Jon Favreau and Dustin Hoffman probably want you to.

Jana Marie Rose is a writer, teacher, occasional performer and reiki practitioner. She has published a book for young women along with several short stories, and she writes about film weekly on her blog, The Ms. Wonderful Film Club (mswonderfulfilm.substack.com). You can find out more on her website: www.janamarierose.com.



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

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

Total Containers by Department (March 23, 2025)

| Store | Prep | Deli | Bulk | Produce | Beauty & Topical Remedies | Grand Total |
|--------------------------|---------------|--------------|--------------|--------------|---------------------------|---------------|
| Ambler | 5,446 | 1,329 | 2,298 | 4,188 | 0 | 13,261 |
| Chestnut Hill | 6,648 | 2,084 | 1,854 | 0 | 20 | 10,606 |
| Mt. Airy | 2,895 | 1,657 | 2,746 | 0 | 1 | 7,299 |
| Germantown | 8 | 0 | 146 | 0 | 0 | 154 |
| Totals Sold | 14,997 | 5,070 | 7,044 | 4,188 | 21 | 31,166 |
| Deposits Refunded | | | | | | 19,770 |
| Return Rate | | | | | | 63% |

How the Container Refund Program Works

1. Look for labels with a CRP logo on our shelves.
2. Buy the item – the cost of the container is tied to the product.
3. Once it’s empty, wash the returnable item and take it to the Co-op; you’ll get the cost of the container refunded. All CRP lids and containers must be returned fully prewashed and free of food residue.
4. Return containers in a timely fashion to prevent the Co-op from needing to keep buying more stock, and please do not write on or sticker CRP items.
5. Spread the word to family and friends, so they can help save the Earth, too!



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

The Spring Market is in Full Bloom!

The spring market blooms quickly... are you ready?
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L.E.T.T.E.R.S

Many Deaths from Avian Flu Are Intentional and Brutal

NORMAN WEISS WRITES IN HIS “Suggestions” column in the March Shuttle that egg prices have gone up because so many chickens “perished” due to bird flu. Unfortunately, that makes it seem as though they died natural deaths from illness. (Even his column’s use of words like “flocks” and “farms” is misleading, because such words imply that birds live in natural groupings in salubrious environments.)

Shuttle readers deserve to know the full truth.

While many chickens, turkeys and other birds used for human consumption die within 48 hours of contracting bird flu, more than 100 million have been intentionally killed in the United States since 2022 because of this deadly virus. Last July, according to Vox, a Colorado operation killed its 1.3 million hens; another operation in the same county killed its 1.78 million. They must do so to adhere to federal law, but the federal government compensates owners for financial losses rather than the loss of sentient, intelligent, innocent lives.

These helpless animals are killed through the most brutal and torturous methods. According to Reuters, their warehouses are super-heated (Please note: These are not “farms” in any way recognizable to a reader — they are factory warehouses). Or their ventilation systems are shut down to asphyxiate them. Or they’re sprayed with firefighting foam.

Most chickens, turkeys and other birds used for human consumption live in horrific conditions of desperate crowding, filth, sickness and injury. They are subject to unbelievable cruelty and random physical abuse by their handlers. These conditions have been captured on video and reported on by many activists in the United States, but the American consumer is generally protected from this reality and is usually unwilling to learn the truth.

These are the conditions in which the bird flu and other illnesses thrive. Readers can learn more from The Humane League, Humane World for Animals, People for the Ethical Treatment of Animals, Sentient and many others.

Suzanne Bring

Our Newest Grant Will Help Us Protect Urban Gardens

(Continued from Page 1)

policies, legal protections and advocacy strategies.

- **Vacant Lot Case Management** – Assisting individuals and community groups in securing legal ownership or long-term leases for garden spaces.
- **Gardening and Agricultural Education** – Providing hands-on learning opportunities to support sustainable food production and environmental stewardship.

Through these efforts, Food Moxie will help bridge the gap between informal community gardeners — many of whom are tending unclaimed land — and established land protection organizations such as the Pennsylvania Horticultural Society, Public Interest Law Center and the Neighborhood Gardens Trust. By connecting gardeners with these resources, the initiative aims to turn informal green spaces into legally protected urban gardens.

A Grassroots Approach To Land Security

One of the most exciting aspects of this project is its community-driven approach. While working alongside neighbors and local advocates, Food Moxie will develop grassroots strategies to officially secure several key parcels of land. These efforts will expand the urban greening movement in Northwest Philadelphia and ensure that more residents have access to safe, sustainable and legally protected gardens.

The grant comes at a pivotal time for us, because we’ve been refining our mission and programming to deepen our impact in the community. The proposal for this funding was a direct response to the needs of local gardeners and a testament to the power of collective action.

This initiative is strengthened by our partnerships with several respected organizations in the urban agriculture and

food justice movements, including:

- **Philadelphia Orchard Project** – Supporting the development of community orchards.
- **The People’s Kitchen** – Advocating for food sovereignty and mutual aid.
- **Land Based Jaws** – Educating and empowering Black women in land stewardship.
- **True Love Seeds** – Preserving and sharing culturally significant heirloom seeds.
- **Bartram’s Garden** – A historic public garden fostering urban farming and environmental education.

By working together, these organizations are creating a more resilient and sustainable urban landscape — one in which community gardens are cultivated and protected for future generations.

Expanding the Co-op’s Commitment to Community

As the nonprofit arm of Weavers Way, Food Moxie has long been committed to fostering food justice, environmental sustainability and community engagement. This grant allows the organization to extend its reach, deepen its impact and further the Co-op’s mission of supporting healthier, greener neighborhoods.

Over the next two years, this funding will empower residents, safeguard critical green spaces and strengthen the urban gardening movement in Northwest Philadelphia. With continued community involvement and support, we and the Co-op can make meaningful strides toward a future in which urban gardens are thriving and protected.

Stay tuned for upcoming workshops, volunteer opportunities and ways to get involved in this transformative effort. For more information, visit www.foodmoxie.org or email info@foodmoxie.org.

SHUTTLE LETTERS POLICY

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



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7:00pm Maundy Thursday Service ~ Sanctuary

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7:30 am ~ Sunrise Service, Church Lawn (dog friendly)
10:00 am ~ Sanctuary

Palm Sunday and Easter service will be live-streamed online: summitpres.net - ZOOM link top of page

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We're Well Positioned to Weather Future Rough Economic Seas

by Jon Roesser, Weavers Way General Manager

THESE DAYS, LITTLE REGARD IS PAID TO THE Securities Exchange Act of 1934, a Depression-era reform designed to keep investors better informed and stockbrokers from jumping out of windows. It's one of those institutional guardrails bemoaned by people who may come to regret their ignorance of history.

Change is coming fast and furious out of D.C. these days, and it has become the height of fashion to dismiss rules and regulations as arcane relics of a bygone era. But for now, the Securities Exchange Act of 1934 still stands, and, consequently, publicly traded companies continue to dutifully file their quarterly reports with the Securities and Exchange Commission.

Reading corporate SEC filings is a surefire cure for insomnia. But they are nevertheless refreshingly honest, because CEOs are compelled to provide shareholders with the unvarnished truth about business performance and what troubles might be on the horizon.

Recently, those SEC filings have advised shareholders of what financial market analysts are euphemistically calling "policy-related uncertainty." Unsure of what to expect next, CEOs are essentially telling investors to buckle up.

We don't file quarterly reports with the SEC, but as owners of the Co-op you should know that we, too, are anticipating economic turbulence in the near term. We are, however, well prepared.

So far, the Trump Administration has implemented tariffs on our three biggest trading partners: Mexico, Canada and China. All three countries have levied retaliatory tariffs against U.S. exports. Tariffs against other trading partners are being threatened.

Tariffs are paid by importers, who invariably pass the extra cost along to their customers. They in turn pass the extra cost down the chain, eventually reaching consumers.

“**Tariffs will impact not just us, but our whole industry.**”

We sell a lot of imported products. Some obvious examples are avocados (Mexico), maple syrup (Canada), bananas (Ecuador and Peru) and olive oil (various Mediterranean countries). But there are lots of less obvious examples — too many to list here. Think citrus fruits, berries, chocolate, coffee, cheese, etc.

As a retailer, in most cases we are three or four steps down the chain from the importers, so we can expect a bit of a lag between when the importers increase their prices and when we see increases in the prices charged by our suppliers. But there is zero reason to believe we won't see rising Costs of Goods Sold of imported products in the near term.

Tariffs will impact not just us, but our whole industry, so as we feel pressure to increase prices due to rising COGS, competitors will feel pressure to do the same. Unfortunately, larger chains can absorb rising COGS easier than small businesses, so, as they did during the pandemic, count on big corporations like Walmart and Amazon to take advantage of inflationary conditions to capture additional market share.

There's more to be anxious about than tariffs. While the full extent and timing is unknown, all indications are that Congress is planning for significant cuts to food stamps (SNAP). This will directly impact the Co-op's

business, since 2.6% of our sales — roughly \$1.3 million — come from SNAP customers.

Our Germantown store, where more than 6% of the sales come from SNAP customers, will be hit the hardest. But even that impact is small compared to how these cuts could affect other city grocers, where SNAP customers can make up 25% or more of their business. Some won't survive.

Cuts to the local federal workforce, and to federal funds that support the work of various local businesses, schools, nonprofits and community groups will hit us, as those who are impacted, directly or indirectly, curtail their spending. So far, the Co-op has not yet experienced any direct adverse financial impact, but all of this could easily and quickly lead to a constricting economy.

The grocery industry, unlike, say, the hospitality industry, is comparatively recession resistant, but it's difficult to predict how and when consumers will react. Consumers seek value, and that can work for us (people stop dining out and buy more groceries instead), and against us (people start shopping at dollar stores).

It's clear that we are now, abruptly and deliberately, entering a new business cycle. The period of relatively low inflation and robust economic growth that began in the third quarter of 2022 is now over. What comes next is still unknown. But those corporate SEC filings don't lie: Corporate CEOs are feeling skittish.

Fortunately, we are excellently positioned. We have strong cash liquidity, manageable debt-to-equity, and a healthy revenue mix from diverse product lines. Above all, we have our incredibly resilient cooperative business model, based on members as owners, which is now more than 14,000 households strong. Our members instinctively look to support one another, as we've always done.

See you around the Co-op.

Members, Do Your Research, Then Vote for Our Board

nominated themselves. Their dedication to service, as well as their willingness to lend us their skills and time, are what make our Board special.

Please take the time as responsible and engaged member-owners to review the candidate materials and submit your vote. Our bylaws require that at least 10 percent of member households participate in the election for the results to be valid. Please remind your fellow members that it's election season!

Online voting will take place from Apr. 4 until 5 p.m. on Saturday, May 3, which is the start of the Spring General Membership Meeting. If you prefer to vote by paper, ask a cashier for a ballot at any of our main stores (Mt. Airy, Chestnut Hill, Ambler or Germantown) as well as the Farm Market. There is also a ballot included in this Shuttle, which can be printed, cut out and mailed to the Leadership Committee or submitted at any of the stores listed above.

(Continued from Page 1)

Paper ballots must be cast in-store by 8 p.m. May 2, or they can be mailed to: Leadership Committee, 559 Carpenter Lane, Philadelphia, PA 19119. They must be received by May 1.

Please vote early so that we can be sure we have met the 10 percent threshold required by our bylaws! Election results will be announced in person at the close of the Spring General Membership Meeting and via email to all members on the same day.

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Tip of the Month

Responding to Alerting Behavior

by Christopher Switky, for the Shuttle

GREETINGS, SHUTTLE READERS! I'm a certified dog trainer in Northwest Philadelphia and the founder of Positive Canine Concepts Dog Training. This is the first in a series of "Tip of the Month" columns, in which I'll be writing about training and/or management ideas for specific situations that dog owners frequently encounter.

This month, I'm focusing on appropriate responses for when your dog hears something outside or sees something through a window and engages in "alerting behavior" to let us know of their concerns. Alerting behavior is frequently vocalization, such as barking or growling, but can include pacing around the home or looking vigilantly out a window toward the triggering stimulus.

When your dog alerts you to something going on outside, walk over to the door or window where she is and have a look. It's good to speak calmly to your dog while doing this, saying something like "Thank you. I think we're fine here. Let's have a snack!" Then call your dog over to where the supply of treats is, ask her to "sit" (if she knows that cue), and reward her with a treat.

By keeping to this routine, you're acting like an effective leader by acknowledging what your dog is saying and checking out whatever is concerning her. We all want to be heard in our social groups, including dogs. You're also demonstrating that you're not worried about what she sees or hears; in fact, you're so



unconcerned that you can walk away and dig up a treat for her. Your dog, meanwhile, gets rewarded for following your lead and moving away from the triggering stimulus.

By doing this as often as possible in these situations, you may find that the intensity of your dog's alerting behavior will decrease over time. Instead of a lot of barking, she may bark just a few times, because she's learned that that's all she needs to do. She knows that you'll take charge of the situation from there.

Chris Switky is the founder of Positive Canine Concepts Dog Training and regularly teaches a "Basic Manners for Dogs" class through Mt. Airy Learning Tree. Go to MtAiryLearningTree.org for more details.

"A Golden Night" Fundraiser Set To Support Renovated OMC School

TWO YEARS AGO, OUR MOTHER OF Consolation Parish School in Chestnut Hill suffered a fire that gutted our school. In the wake of our tragedy, we witnessed God's grace in an outpouring of love and support from the Chestnut Hill and Mt. Airy communities.

We have rebuilt and are slated to move back into our beautiful new space for the start of the 2025-26 school year. And we are close to reaching our financial goals to ensure our students have what they need to thrive in their new space.

OMC is a diverse, inclusive community where people take care of one another. We value the academic rigor our students are afforded, and the loving environment in which they learn. The friends they make and the morals that are in-

stilled within the walls make this a special school. We proudly shape children who will model humility, gentleness and compassion in today's world.

"A Golden Night," OMC's largest fundraiser of the year, is set for May 10. Our goal this year is to raise \$65,000. All proceeds will go toward our new Innovation Lab and outdoor community spaces, where the children and community will be able to gather.

Please consider A Golden Night sponsorship in support of OMC. We are grateful for all sponsorships and donations. Learn more by scanning the QR code in the advertisement here or reaching out to OMCGoldenNight@gmail.com

On behalf of every child at OMC, Thank you!



OMC COMMUNITY BENEFIT

**Saturday, May 10, 2025
at 6:30 pm
Chestnut Hill College Rotunda**

**Please join us in support of
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Cleaning Up the Creek: A Tradition Rooted in Earth Day

by Gabrielle Fatula, Wissahickon Trails Communications Manager

IN 1970, WISSAHICKON TRAILS LAUNCHED ITS first creek cleanup to coincide with the first Earth Day. Fifty-six years later, it's still a cherished tradition.

This year, the Wissahickon Creek Clean Up will take place on Apr. 26, marking the end of Earth Week. We invite volunteers to come together to make a hands-on impact on their local watershed.

Each year, hundreds of volunteers gather along the creek, its tributaries and nearby trails to remove litter and debris, helping to restore and protect this vital natural resource. The event is self-guided, allowing participants to work at their own pace in an assigned section. Most volunteers begin around 9 a.m. and finish by 1 p.m.

After the cleanup, we encourage everyone to bring picnic blankets and enjoy the Talkin' Trash Picnic at Fort Washington State Park. While there, you can share stories and experiences with fellow volunteers.

Since cleaning up the Wissahickon can be a muddy job, we recommend wearing old shoes, rain boots or waders. Bags and supplies will be available for pick up the week before the event at the Wissahickon Trails office, located at 12 Morris Rd. in Ambler.

Whether you're a first-time participant or a returning volunteer, this event is a meaningful way to connect with nature, support a cleaner watershed and take part in a longstanding tradition of stewardship. Together, we can keep the Wissahickon clean and vibrant for all who enjoy it!

Share your creek cleanup experience by posting photos with #CreekCleanup and tagging Wissahickon Trails on Facebook, Instagram and LinkedIn. Registration is open now. Sign up today at wissahickontrails.org and be part of this significant and fun-filled effort!



Photos by Jamie Stewart

Volunteers of all ages have come out in past years to haul tires and other trash out of the Wissahickon during the annual Creek Cleanup.



Ambler Fridge Back in Business in a New Spot

(Continued from Page 1)

healthy food with no stigma," she said. "Take what you need, leave what you can; it's a simple motto that helps people care for others in need through small food donations."

State Sen. Maria Collett, State Rep. Melissa Cerrato, Ambler Borough Councilwoman Jennifer Henderson and the office of Congresswoman Madeleine Dean joined the community gathering. Each of them briefly addressed the audience.

"Every one of our neighbors deserves ac-

cess to healthy, affordable meals, but far too many are facing the devastating reality of food insecurity," Collett said. "While the federal government continues to cut programs that support working families, mutual aid initiatives like the community fridge in Ambler help fill critical gaps."

A staff member from Dean's office called the fridge "a testament to community — to neighbors coming together to support one another in difficult times."

Michelle Curtis, co-pastor of the church, said the fridge demonstrates the love of God and of neighbors.

"As a pastor, it's been a great joy to watch the church and wider community come together to share food with neighbors who need it," she said. "From connections with the Co-op and local food pantry who will help stock the fridge to individual volunteers who will paint the shelter and 'rescue' perfectly good food that would otherwise go to waste, it's a community effort all around."





Seniors

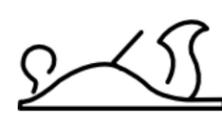
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2025

ELECTION FOR WEAVERS WAY CO-OP BOARD OF DIRECTORS

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

1. Why are you a member of Weavers Way? Describe your involvement in Weavers Way: shopper (at which of our stores), committee member, working member, special projects, other activities.
2. Describe your experience with oversight of a business or organization's budget and financial performance.
3. What do you perceive to be the long- and short-term challenges facing Weavers Way?
4. What volunteer or professional experiences have you had with other cooperatives or organizations that will help you strengthen the Weavers Way Board?

Ariel Baumet

1. When I joined Weavers Way in 2016, I had just moved to Germantown from West Philadelphia, where I was a member of Mariposa Co-op. Shopping at a co-op became a habit and I had grown to love products I could primarily find at smaller grocers. I was thrilled that I had the option of joining Weavers Way in my new neighborhood.



2. I've successfully managed small budgets in school environments as the science department chair and the director of a learning lab. While this experience is relevant to the finance and budgeting component of the position, there is so much more I can learn.

3. In a time of uncertainty and upheaval, I imagine the Co-op's long and short-term challenges will include how to best support the community – our neighbors, local farmers, small purveyors, independently-owned businesses – through the coming years. I think our needs will be shifting and dynamic. We'll need to lean in, understand one another's experiences and determine the Co-op's role in fostering strong, connected and sustainable communities.

4. I've been teaching in Philadelphia schools since 2016 and know my experience as an educator will strengthen the Board. I love a challenge and don't shy away from experiences that can be tough, especially when I know that the work is worth the effort. I am an effective communicator who's passionate about the work I do and invigorated by opportunities to collaborate.

Cedric Hardy

1. I am a working member, supporter and advocate for local businesses and locally sourced food. I live in Abington and often shop at the Ambler location.



2. In my professional experiences, I have functioned in senior staff or director roles with local nonprofits. These roles have included such responsibilities as departmental budget forecasting, management and stewardship.

3. Some long-term challenges facing Weavers Way are increasing market competition, inflation and increasing food costs, keeping wages competitive, reducing employee turnover, and increasing the membership base. Short-term challenges are reductions in federal funding, filling positions with qualified candidates, and increasing the base of working members.

4. I'm a former director of programs with Philabundance and am a current member of Lancaster Farm Fresh Co-op. I also currently function as director of education for Bartram's Garden, the nation's oldest botanical garden. These experiences have given me a deep understanding of the local food shed, the need for supporting local businesses and communities, and the importance of being of service to others.

Melissa Easy

1. I'm a working member of Weavers Way who values access to local, high-quality food at reasonable prices. I shop at the Chestnut Hill and Mt. Airy locations.



2. I founded and grew a company to 350 employees over 11 years before selling it to a Fortune 500 company. I continued growing the team for the next seven years; we now employ more than 3,500. My experience in financial strategy, organizational growth and cost management will help further the cooperative's mission.

3. I'm motivated to run for the Board in response to our current political and social climate. I am committed to supporting my local community and believe that organizations like Weavers Way are more essential than ever. In the short term, the Co-op needs to promote local community support, diversity and inclusion, and sustainability. We also need to look for ways to increase visits and spending from existing members. In the long term, the Co-op faces challenges around expanding membership, and staying competitive and relevant in a changing market. It will be critical to continue to address environmental and sustainability issues while balancing convenience. I am excited at the potential opportunity to contribute to overcoming these challenges and ensuring the continued success of our cooperative.

4. I believe I am well-suited to serve on the board because my professional background aligns with the financial and strategic needs of a Weavers Way board member.

Paul Kirk

1. Why wouldn't someone be a member of Weavers Way? I am a working member. I shop mostly at the Mt. Airy store.



2. For about seven years, I have been the director of operations for a nonprofit in Philadelphia. I work closely with our finance committee to create an annual budget. I also work closely with our accountant to prepare monthly statements.

3. From a long-term perspective, I think Weavers Way should focus on making sure it can maintain its philosophy of making everyone feel welcome and valued while still growing the business. In the short term, it's clear that prices for most of the things we need to buy daily are rising too quickly and too often. It will be interesting to see how the organization maintains a fair pricing structure while also fairly compensating its staff.

4. I think my volunteer work with the individuals who created the EcoLab has given me new perspectives on how well-rounded and talented our neighbors are. Also, starting the pollinator garden in front of the Carpenter SEPTA station has reinforced the idea that community organizations are incredible resources for those who need help, as well as those who want to help meet the community's needs.



Save the Date

Spring General Membership Meeting 2025
Saturday, May 3, 4-5:30 p.m.

The Gym at Ambler Borough building
 131 Rosemary Ave, Ambler PA 19002

RSVP www.weaversway.coop/GMM

Board election results will be announced at the meeting.
 Online voting ends at 5 p.m. on May 3



Nicholas Semon

1. I'm a member because where we spend our money matters. Weavers Way keeps my money local, and I feel better knowing that my dollars support a co-op with values that align with my own, employees who are paid fairly, and a vested interest in being a good community member.



2. As a senior director at a nonprofit, I have direct experience with setting and meeting budgets. I track my department's progress toward our financial goals and work with funders and clients to scope work in a way that ensures we are paid fairly. I've also produced theater and had responsibility for setting and meeting budgets at a smaller scale.

3. Rising costs due to tariffs and avian flu are short-term challenges because the Co-op doesn't have the capacity to discount goods as much as larger chains do. Longer term, the decision to renew the lease in Ambler, buy outright or move will be highly impactful. Additionally, there is significant economic uncertainty in general. Lower incomes or higher inflation run the risk of having long-term impacts.

4. I worked at two nonprofits directly, with experience in budgeting and financials at the project and team level. I have worked closely with real estate developers and architecture teams and gained exposure to real estate finance and budgets. Additionally, I was a founding member and previous president of the PA Green and Healthy Schools Partnership and was an authoring member of our bylaws and financial covenants.

Nicholas Taylor

1. The co-op's Ends align closely with my own. I believe in supporting businesses that prioritize people and the planet over profit. The Co-op's a perfect fit for my needs because I value the community we foster, the ethically sourced products we select, and the sustainability efforts we undertake by choosing hyper local. I've been a working member since 2020. During this time, I contributed to special projects like the 50th anniversary celebration, as well as various farm to table events. I shop at all the stores as often as I can!



2. I had 10+ years of experience overseeing a luxury small business in Philadelphia, where I managed budgeting and financial performance. My responsibilities included payroll, retail purchasing, inventory and staff training. I assisted with accounting tasks such as financial statements and P & L reports, and created a daily stats tracker to monitor budgeting and performance.

3. Long term, Weavers Way may face challenges with staff growth, recruitment and training while maintaining product and community values amid further expansion. Short term, federal funding could be impacted by the current administration, creating a need for alternative funding sources along with rising food costs and community safety concerns.

4. Professional Experience:
- Spa director, Richel D'Ambra Spa and Salon at the Ritz Carlton Philadelphia
 - Staff manager at the Gateway Clipper Fleet
 - Office manager at Sears Roebuck and Co.
- Volunteer Experience: Philabundance, Face to Face Germantown, East Falls Community Council, East Falls Development Corporation, State Rep. Tarik Khan's office, Philly Goat Project.

TO VOTE with Paper Ballot

Place ballots in the ballot box at the Ambler store, 217 E. Butler Ave., the Chestnut Hill store, 8424 Germantown Ave., the Germantown store, 328 W Cheltenham Ave., the Mt. Airy store, 559 Carpenter Lane, and the Farm Market, 7095 Henry Ave., by 8 p.m. Friday, May 2, 2025.

2025 OFFICIAL BALLOT Election for Weavers Way Co-op Board of Directors

Voting in the stores will end at 8 p.m.
Friday, May 2, 2025.

To vote online: See the instructions in the Online Member Center at members.weaversway.coop (login required) or follow the directions in your election reminder email. Note that the order of the candidates in the online ballot is randomized, rather than alphabetical, as in the paper ballot. Online voting will end at 5 p.m., Saturday, May 3.

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

To vote in stores: Place ballots in the ballot box at the Ambler store, 217 E. Butler Ave.; the Chestnut Hill store, 8424 Germantown Ave.; the Mt. Airy store, 559 Carpenter Lane; the Germantown store, 328 W. Cheltenham Ave.; Farm Market, 7095 Henry Ave. Paper ballot voting will end at 8 p.m., Friday, May 2.

AT-LARGE DIRECTORS

Vote for no more than three (3), including any write-in candidate you propose. All winners will be announced in an email to all members and at the end of the General Membership Meeting on Saturday, May 3.

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

- | | |
|--|----------------|
| <input type="checkbox"/> Ariel Baumet | Write In _____ |
| <input type="checkbox"/> Melissa Easy | _____ |
| <input type="checkbox"/> Cedric Hardy | Write In _____ |
| <input type="checkbox"/> Paul Kirk | _____ |
| <input type="checkbox"/> Nicholas Semon | Write In _____ |
| <input type="checkbox"/> Nicholas Taylor | _____ |

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

Date _____ Member # _____

Print name _____

Signature _____



For their video statements, candidates were asked:

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

To view the candidates' video statements, visit
www.weaversway.coop/VOTE-2025

TO VOTE ONLINE

April 1 - May 3

Online voting will end at 5 p.m., Saturday, May 3

Log into members.weaversway.coop and select "Weavers Way Elections" under "My Co-op."

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

or

if you prefer a paper ballot, see above.



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The Great Foodscape

A Brief Introduction to the Principles of Permaculture

by Boris Kerzner, for the Shuttle

YOU MAY HAVE HEARD OF PERMACULTURE BEFORE, perhaps while reading an article or browsing the web. I came across it about eight years ago and when I did, it changed my life.

Permaculture is a system of sustainable design principles and practices developed in Australia in the 1970s by two naturalists, Bill Mollison and David Holmgren, who were inspired by Tasmanian Aboriginal and other traditional practices. The term blends “permanent” and “agriculture,” and the system is based on the cultivation of nut and fruit trees which produce year after year, as opposed to large farm fields of annuals such as corn, wheat and soybeans.

The Case For Permaculture

Increasingly dire environmental news begs for some kind of meaningful personal response. Incorporating permaculture-inspired practices can help us feel empowered and more hopeful, connect us to nature and each other, increase our self-reliance and reduce our carbon footprint.

Some environmental messaging subtly casts humans in the role of villains, which deflates and demotivates us. Permaculture acknowledges that humans are a part of nature, have needs that are ok to satisfy, and can genuinely improve the landscapes around them. This hope and positive vision are what first attracted me to permaculture. Yes, there are problems, but we can do something about them. We are not doomed to be agents of blight.

Three ethical principles undergird the permaculture system: Earth care, people care and fair share. We are to care about the Earth, people and making sure everyone gets their fair share.

Permaculture encourages us to spend a long time observing a site before starting to design it. New homeowners should wait a year through all four seasons before making any changes. This can be hard, but it speaks to the need to really understand something before trying to change it. Design should proceed from patterns to details: Focus on the big picture first, then fill in the rest.

The system also promotes the value of diversity. Solutions should be small and slow. Integrate rather than segregate. Catch and store energy. For example, harvest rainwater from your roof to use in the vegetable garden and utilize the free and abundant energy generated by the sun to line dry your clothes.

Permaculture also believes that the landscape should generate yields for humans — an acknowledgement that abstract ideals are not always enough. Many of us will

be more motivated to put in work maintaining sustainable systems if they generate yields for us, and that yield can be food, beauty, medicine from plants or firewood.

The system also values stack functions — the idea that one design element can (and should) serve several different purposes. For example, a wide hedge at the property line can provide us with berries, fruits and nuts. Flowers at bloom time provide nectar for pollinators. Dense growth provides privacy. Coppicing appropriate species in the hedge can yield biomass for burning in a wood stove in the home. That’s four functions in one design element!

The idea here is density of function, species and dense plantings. Produce no waste. Instead, the waste of one system should be an input to another element in the system. Ideal permaculture systems take in few inputs once they’re established.

A vegetable garden and a compost pile are one example of this. Scraps from the garden get placed on the compost pile. They turn into compost, which is then placed back into the garden to add fertility. This, at least in theory, is a closed loop.

Vegetable gardens and chickens work in a similar vein. Vegetable scraps can be fed to the chickens, whose high-nitrogen poop can later be added to the garden for boosting yields (plants like nitrogen!) The eggs you get from the chickens are a bonus.

The Value Of Circular Thinking

With permaculture, waste is minimized, and interdependency is increased. Diverse systems are more resilient. Backup systems are encouraged. Renewable resources and services are always preferred. Shop at thrift stores, get your next piece of furniture in your local Buy Nothing Facebook group, bike or walk when you can.

If you’re building a new house, use the principles of passive solar design, which help heat it using the energy of the sun. This will reduce your heating costs and



make the house more sustainable. You can also install a rocket mass heater — a next-level wood stove that uses insulation and radiant heat — on a slab in the middle of the house. It’s said to reduce heating costs by up to 90% and is much less specific about the dimensions of the firewood it takes, so you can use it to burn your yard waste. In addition, the higher-than-normal heat generated by the stove’s insulation ensures that the exhaust from the heater is cleaner than that from a wood stove.

If you don’t want to build a rocket mass heater from scratch, consider the Liberator rocket heater, a fully approved and certified model available for purchase. (This heater doesn’t include the “mass” part of the rocket mass heater, but you can work with a builder to set that up.) Home-scale biodigesters can serve as an alternative to a compost pile that also produces safe natural gas you can use to cook with. Solar ovens use sunlight to cook food — there’s no need to turn on your electric induction stove or gas-powered range.

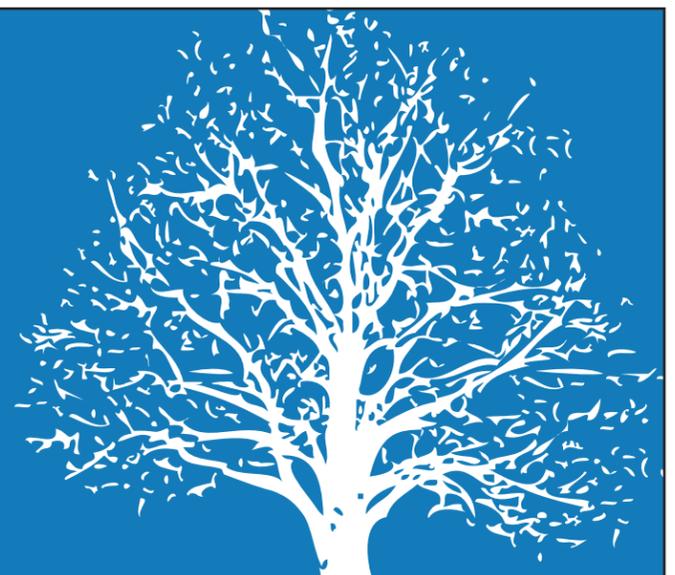
Many great solutions already exist. I hope this introduction excites you, gives you hope and inspires you to learn more. The next time I write about permaculture, I hope to discuss larger-scale ideas and solutions that go beyond the home yard.

Boris Kerzner is the owner of Grow Our Food, an all-service gardening company helping people grow their own food & beautiful native plants. We service the Greater Philadelphia area. Reach us at 267-415-6076 or www.growourfood.com/contact.



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Teach-In, Old House Series Highlight WMAN's Spring Schedule

MANY OF US ARE LOOKING for small ways to show up for one another and our community during these stressful times. Stewarding our tree canopy here in Northwest Philadelphia is one way we can make a meaningful impact through relatively easy actions.

With cuts in federal funding limiting the investment in the Philly Tree Plan, and the Pennsylvania Horticultural Society stretched thin, we need to identify areas of collaboration and mutual support to strengthen our collective ability to nurture our trees. One of those is the Community Tree Equity Teach-In on Apr. 25 from 5 to 7 p.m.

Whether you're already involved in re-treing our neighborhoods or are new to the tree scene and looking to jump in, join us for this participatory and action-oriented Arbor Day event. Explore the far-reaching impact of tree cover on cooling down our homes, streets and neighborhoods while raising property values, reducing crime and building mental health. Help identify what we as residents can do to get more trees planted, pruned and maintained in our communities and how our individual actions can add to a cooler city. Connect with fellow residents to build a community of tree-invested individuals while snacking on locally grown fruits and veggies and enjoying a glass of wine. What could be better? Learn more and register through Mt. Airy Learning Tree.

For several months, Grace Bingham, Liz Hersh and Jo Winter have been leading a hyper-local effort, "Tree Equity Across Northwest Philadelphia." It specifically targets heat island blocks, on which residents experience average temperatures that are 20 degrees higher than nearby tree-lined streets. Our efforts are focused on empowering a new generation of tree activists from Northwest Philadelphia by ensuring that residents have access to the resources, skills and support needed to grow our tree canopy.

Want to do more? Apply for a free street tree (wman.net/free-tree/) by May 4 for your tree to be planted in November. Or maintain the trees we have by joining the pruning club: Contact lmilesknapp@gmail.com. You can also become a certified tree tender through PHS' on-demand, online training. WMAN has scholarships available. Contact josephine.g.winter@gmail.com.

—Liz Hersh



Photo courtesy of WMAN

A group of cheery tree planting volunteers in Mt. Airy last fall.

Old House Care Series Returns This Month

The West Mt. Airy Neighbors Historic Preservation Initiative is made up of dedicated neighbors who are working to identify and protect our historic-built heritage while championing the economic, environmental and community benefits of saving our historic places. As part of that effort, this spring HPI is partnering with Cliveden of the National Trust to offer a three-workshop series on Old House Care.

The series, which was last offered in 2023, will feature both new and returning workshops. Ray Tshoepe and Andrew Staples will return with their popular workshop, "Masonry: Mortar and Brick." Tshoepe and Staples both worked at the Fairmount Park Conservancy as director of conservation and conservation supervisor, respectively. This class will explain the varied components of traditional mortars and demonstrate color matching, mortar mixes and re-pointing techniques. The workshop will include live demonstrations, the opportunity to ask questions and the chance to try the work yourself.

New topics this year include a workshop on roofing led by Steve Kurtz, who has over 50 years of experience with providing residential roofing services in Northwest Philadelphia and beyond. Another new workshop, taught by John Siemiarowski, is entitled, "Electrical Systems in Historic Houses." John has over 60 years' experience in the electrical industry and has been running his own business since 2004.

Workshop Schedule:

- Apr. 22: "Masonry: Mortar and Brick" 6:30-8 p.m.
- April 29: "Roofing" 6:30-8 p.m.
- May 6: "Electrical Systems in Historic Houses" 6:30-8 p.m.

All the workshops will take place at the carriage house at Cliveden of the National Trust, 98 E. Cliveden St. in Mt. Airy. The carriage house is located at Morton and Cliveden streets. Suggested donation for the workshops is \$10 each or \$25 for all three.

Registration is recommended but not required, and space is limited. To register, scan the QR code on this page or visit <https://bit.ly/house-care-workshops-2025>.



In addition to offering workshops, HPI organizes house tours, publishes histories on buildings in Mt. Airy, and prepares nominations for designation on the Philadelphia Register of Historic Places. Their most recent accomplishment is the successful designation of the Northwest Philadelphia Apartments Thematic Historic District.

HPI is proud to be involved in the active stewardship of our historic resources for the benefit of the community. To learn more, visit www.wman.net/neighborhood-transformation/historic-preservation-initiative. To get involved, email wmanhpi@gmail.com.

—Monica Gonzalez and WMAN





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Part II of II

How to Succeed at Hydroponics (Note: Trying is Required)

by Sally McCabe, for the Shuttle

I'VE LONG BEEN CURIOUS ABOUT INDOOR HYDROPONICS as a convenient way to grow fresh produce year 'round. Recently, I made the leap to purchasing a kit.

If you've been curious about indoor hydroponics or want to assess whether investing in a kit is worth your while, this guide offers practical advice for beginners. It includes what I've learned about plant selection, water management, different types of setups and more considerations to ensure your indoor garden thrives.

Tips for Indoor Hydroponic Gardening Success:

Choose a plug-and-play type of kit with all the ingredients included, especially if you're a beginner. I suggest a simple DWC type with a reservoir and a bubbler. There are plenty of these available for less than \$100, so for cheap you get your feet wet, kill some plants, work out the kinks and hopefully learn a lot. Once you become more experienced, branch out and try more challenging options.

Pick easy plants. I recommend herbs and leafy greens for beginners; you can easily eat your failures and try again. Keeping stuff alive long enough to ripen fruit takes experience and a lot of luck!

Take care of your water. Keep reservoirs dark to prevent algae growth. Use filtered or distilled water, or rain-water if you can get it. If you use tap water in Philadelphia, it usually comes with both chlorine and chloramine. Letting it sit out for a day helps remove the chlorine, but setting it in the sun is better, since UV light helps evaporate the chloramine.

Maintain proper water and nutrient levels. Sometimes there's an app for that; other times you have to learn

science and use pH tapes! Often kits will have lights and dials to warn you when water and nutrient levels need attention. The plants will also warn you, especially when water levels are too low!

Keep it clean. Growing in water might help avoid soil-borne pests. But aphids, whiteflies and mealybugs are contagious and happily move from other plants to the newcomers.

Maintain an air flow. Small quarters set the stage for mildew. Run a fan if you need to keep humidity down between plants. Again, keep surfaces around your setup clean.

Lastly, don't be afraid to DIY your own hydroponics setup, and talk to other gardeners about their experiences with indoor hydroponics. Trade ideas, take a class, join a gardening club or read up on the subject. Remember, don't give up your outdoor garden—you still need to touch dirt!

What I've Learned About Indoor Hydroponics

I analyzed my space and decided not to use the windowsill. It's too cold at night, and the cats complained. Also, If the grow lights are going to be on 14 to 16 hours a day, this machine needs to operate where it's not going to keep people awake.

I chose a GardenCube because it seemed like a good learner model. It was cheap (under \$50), and it looks like replacement nutrient solutions and planting plugs will be easily available. Also, it's straightforward and easy to see all the parts if I need to. I should be able to start seeds in it for my outdoor garden or root cuttings from other plants.

I'm not yet ready to run things from an app. I'm also



going to explore the option of a garden tower when I get better at this to see if it will work outdoors or even in a classroom. But I'm not giving up my outdoor garden, and neither should you!

The darkest weeks of winter are behind us. Indoor hydroponics offers a fun, space-saving way to start seeds to be transferred outdoors in warmer weather or simply to bring a bit of our outside gardens inside.

Sally McCabe is associate director of community education for the Pennsylvania Horticultural Society.



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Wissahickon Trail Classic Returns to Raise Funds, Challenge Runners

by Garrett Trego, Board President, Friends of the Wissahickon

AS THREE DAD FRIENDS AND I DROVE OUT FROM Fairmount early on a June morning for the 2023 Wissahickon Trail Classic, I cluelessly told the group, “The race will be nice and smooth; I am pretty sure most of it is on Forbidden Drive.”

This was sure to set my friends at ease, particularly the one who signed up reluctantly and was concerned about spending “too much time in nature.” I felt reassured with the thought, though I second-guessed that beer I had the night before.

Friends of the Wissahickon worked with the Wissahickon Wanderers to bring back the 10-kilometer (6.2 mile) trail race after a three-year hiatus. Our staff and volunteers spend months planning the event as a fundraiser for the organization — it’s one of several events intended to help users find a new way to enjoy the park and attract new people to discover it. We host the race every year on the first Saturday of June, National Trails Day.

We parked in a convenient spot (the location of which I’m not prepared to share) and sauntered to the starting line in front of the Cedars House Cafe, sipping our coffees along the way. The race area was populated with a surge of runners, nature lovers, community members and FOW volunteers and organizers. The area was full, but not crowded like a big road race, because only about 500 would race that day.

Like so many FOW and Wissahickon events, the pre-race atmosphere was friendly and positive. Ruffian Tittmann, FOW’s executive director, gave a rousing welcome, and one of our race sponsors, McKenzie Sports Therapy, led us in a group stretch and warmup. Runners chatted and offered each other words of encouragement.



The starting bell rang, and we took off heading south down Forbidden Drive, just as I promised my nature-skeptic friend. We didn’t make it more than a quarter of a mile, though, before the course took a hard right turn up the steep, rocky slopes of the Yellow Trail. From there we crossed through the wildflower fields in Houston Meadow, came back down into the valley and crossed the Rex Avenue bridge as I looked longingly at the relatively flat Forbidden Drive. Then we wound up and down the White Trail and the Lavender Trail, crossed the Thomas Mill red covered bridge, and finally spent a few more minutes on Forbidden Drive before heading back uphill to the Wissahickon Environmental Center and back down to the finish line in front of Cedars House.

The course was not exactly smooth, but was a healthy challenge with beautiful scenery. When the race was over, I wasn’t sure exactly how many “big” hills we ran up. My friends were quick to point out how uninformed I was about the race, but we all finished and felt a real sense of accomplishment.

Running the classic has been the most fun I’ve had in organized running. The same friends were back for 2024, and even the nature-skeptic has promised to return in 2025.

Last year, the race raised around \$30,000 for FOW. The funds raised help support park programs and improvements, and even ambitious projects like the new Valley Green Run Restoration and Lida Way Pedestrian Bridge.

The event includes a one-mile, family-friendly nature walk and the 10k trail race. I hope you’ll join us on June 7! You can register now at fow.org/wissahickontrailclassic.



Photos by Stacey Gray.

Top, the author crossing the red-covered bridge during last year’s race. Below, runners blaze a path through Houston Meadow.

A Powerful Woman Who Broke Through Gender Barriers

THIS MONTH, THE CO-OP’S DIVERSITY, EQUITY and Inclusion Advisory Committee recognizes the contributions of Arab Americans as part of National Arab American Heritage Month.

Lubna Suliman al-Olayan (b. 1955) is of Saudi-Lebanese heritage and is the youngest of four children. She is one of the world’s most powerful women, having led one of Saudi Arabia’s multinational conglomerates, the Olayan Group.

Olayan grew up in Saudi Arabia, where tradition limits the roles of women. Despite these restrictions, her household promoted education, especially study abroad.

Determined to strengthen the family business that was founded by her father in 1947, Olayan earned a bachelor’s degree in agriculture from Cornell University and a master’s from Indiana University in finance. Both were pioneering attainments for Saudi women.

In 1983, Olayan became CEO of the Olayan Group’s estimated two-billion-dollar finance company. Before retiring in 2019, she managed Olayan’s \$8 billion in investments and 50-plus companies, including finance, retail, consumer goods, real estate, health and pharmaceuticals.

—Rosa Lewis



Lubna Suliman al-Olayan



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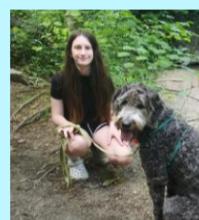
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There's a World of Solutions for Affordable Housing

by Sandra Folzer, Weavers Way Environment Committee

ALL OVER THE WORLD, COMPANIES, individuals and others are working on Earth-friendlier ways to build homes and address the lack of affordable housing. Tiny houses have emerged as one option.

Tiny houses benefit the environment and serve many essential needs for those who are easily overlooked — the homeless, for instance. They also need fewer resources to build and maintain. Less space means less heat, air and light that needs to be used. They also can use recycled materials and can be powered by solar panels more easily.

Because they have less storage space, those who live in tiny houses are not likely to order frivolously from Amazon, meaning they have less waste. This style of life may be bad for capitalism, but it's good for the environment.

IKEA has designed a specialized tiny home which is trauma informed. Spaces filled with natural light create a space for healing. The company also built a village in San Antonio, TX for homeless seniors last fall. They hope to establish similar projects across the country, and are offering training courses for future tiny home projects.

At age 16, Renee Wang was inspired to create tiny homes in California. There were 187,000 homeless people in the state sleeping on the street or in shelters as of January 2024, according to the website Cal Matters.

Wang was inspired by Lego bricks and Rubik's cubes to find an easy way to construct tiny homes on a massive scale. They would be assembled by interlocking prefabricated 3D components made of sustainable materials like bamboo or recycled plastic. Her models would be off the grid and would feature an independent plumbing system, which would be helpful in natural disaster areas. They would generate electricity using solar panels. Wang asked for input from the homeless while she was working on her project. She hopes to build these homes for a one-time cost of \$30,000.

Building Homes from Discarded Materials

People have always used available resources to build homes; that's why we have sun-dried mud houses in the Southwest and wood homes in the East, where trees are abundant. In war-torn Ukraine, where homes have been demolished and resources are nonexistent, an Australian company, Mobile Crisis Construction, is using rubble from destroyed homes to build new ones. They have mobile units that can make bricks from rubble, along with a little clay, cement and water. A single machine can make 8,000 bricks in one day. These bricks are earthquake and fire

resistant and have slots, so they fit easily together, which makes them stronger.

Another Australian group, Block Texx, was able to make concrete from textile waste and carpet fibers. Since 92 million tons of textile waste is created every year, according to the UK website Business Waste, it makes sense to create something from the waste. Concrete from fabric and fiber also makes a stronger product.

Using available resources, Korean architect Shigeru Ban created temporary houses from Hanji, Korean traditional paper. Temporary homes are useful in Korea, where earthquakes, floods and tsunamis are common.

While a house from paper sounds like something from "The Three Little Pigs," it seems to work. Paper tubes are used for columns and paper honeycomb boards are used for wall panels. Since the materials are so light and easy to handle, houses can be built without skilled contractors and can be taken apart and rebuilt elsewhere with the same parts. The foundation uses recycled crates, which are abundant because they are used for makgeolli, a popular rice wine. Ban has already designed temporary houses in Japan and Morocco.

Namibia has a problem with invasive acacia bushes, which displace native grass. The company MycoHAB grinds down these bushes and uses them to grow gourmet oyster mushrooms. Once the mushrooms are harvested, the waste is compressed and baked into blocks, which become building materials. The project is still experimental, but it could be a model for using waste material for building.

Another project that employs innovative building materials also uses 3D printing. Europe's first housing project in Dundalk, Ireland shaved at least a third of the time off traditional construction methods, according to a Jan. 25 article in Architects' Journal. They hope to set a precedent for building more quickly and cheaply to solve the housing crises in Ireland and elsewhere.

Repurposing Buildings for Use as Housing

Many churches have declining membership and so face the dilemma of what to do with their underused buildings and land. Despite legal challenges, some are repurposing their property in ways that reflect their faith by helping the homeless.

The Episcopal Diocese of Los Angeles, Emory United Methodist Church near Washington D.C., Arlington Presbyterian Church in Virginia, St. Austin Catholic Parish in Austin, TX and Peace Presbyterian Church in Eugene, OR have all used their properties to develop affordable housing. Arlington Presbyterian

also established a bilingual culinary job training facility and café on their campus.

In Lancaster, CA, the Sands and Tropic Motel, which was once crime ridden and dilapidated, was purchased by Hope the Mission and transformed into The Sierras, a homeless shelter for families. The campus includes support services, a commercial kitchen, a playground, an amphitheater and a dog park.

Bright colors are used throughout the buildings to bring joy and reflect solar heat gain to cool the units. The living quarters are small but seem larger because of colorful pathways and community gathering spaces. Hope the Mission hopes to acquire more hotels and motels for additional transitional housing.

Alex Trebek, the legendary host of "Jeopardy!", provided funds in his will to Hope the Mission to provide for the homeless. The organization purchased Skateland, a former roller rink, and transformed it into the Trebek Center, which maintains transitional units for the homeless as well as support services for counseling and job training.

Sacramento, CA built a community on 13 acres for 350 homeless people, with services for mental health and employment. While expensive, the projected cost per person of \$3,600 is far cheaper than the \$45,000 presently spent on public services.

Addressing the Problem of Homeless Veterans

Veterans are one of the largest groups of homeless people in America. According to the U.S. Department of Housing and Urban Development, there are just over 40,000 homeless veterans on the street on any given night.

In Denver, Mayor Mike Johnson is working toward giving every veteran a safe, private room. While these aren't houses, the vets are given support services, including addiction counseling and job training, to rebuild their lives.

In Canada, 1.6% of emergency shelter users were veterans, according to 2019 statistics from the Canadian government, and there may be more homeless who don't use the shelter system. Homes for Heroes Foundation has been building tiny homes since 2019 in Calgary and Edmonton, Alberta; Kingston, Ontario and Winnipeg, Manitoba. The villages are made up of 15 to 20 tiny homes with communal areas for gathering, as well as community gardens and a recreation space. Having a "village" allows for peer support from others who share their struggles, which promotes recovery.

In 2023, the Green Bay Packers addressed the project of homelessness among veterans by building a village of tiny homes. They hope that the residents



eco tip 

Concert with Local Artists Will Benefit Grants Program
by Marsha Low, Weavers Way Environment Committee

Come out on May 4 to a fundraising concert for the Environment Committee's Grants Program. Here are the details:

Ken Ulansey and Phyllis Chapell, well known in the Philly area, have been blending their instruments (Ken: saxophone, clarinet and penny whistle; Phyllis: guitar) and voices together for over 20 years. As a duo, they draw from traditions as diverse as the Middle East, Eastern Europe, Brazil, Ireland, India and the American songbook.

Dave Posmontier a jazz keyboardist, is also on the bill. He's been one of the most popular pianists in Philly for many years, and is well known for performing, composing, arranging, teaching and participating in educational jazz concerts, workshops and clinics in schools. For this concert, along with solo numbers, he may also play with Ken and Phyllis, since they sometimes perform together.

The concert will take place from 3 to 5:30 p.m. at a home in Mt. Airy; suggested donation is \$20. Those who wish to attend should email me (marshalow14@gmail.com) to reserve a seat and get the address.

become self-sufficient by offering health and employment services along with housing.

In Atlanta, Wanona Satcher's company, Makers Studio, uses recycled shipping containers to provide affordable homes for veterans. Her shipping containers use sustainable materials, low-VOC paints and insulation from materials like hemp. The units are also reinforced to maintain energy efficiency. One container recycles about four tons of steel and uses fewer materials, reducing construction landfill waste by 50%.

At present, the company is building homes in Durham, NC for veterans. Besides the small homes, they are creating courtyard space and wraparound services to promote a better quality of life.



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

Suggestions

by Norman Weiss, Weavers Way Purchasing Manager

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

Recently, we moved some of our administrative offices to Summit Presbyterian Church in Mt. Airy, and we needed some new desks and such. Some of them came from Ikea, which has an interesting approach to communicating assembly instructions. Apparently, using words is banned. (Numbers are ok.)

Communicating instructions using only pictures instead of words got me wondering about prehistoric cave wall paintings. Maybe they weren't just artistic expressions; maybe some were visual instructions on how to use a bow and arrow to kill deer.

In recent food news, I read some interesting information about egg pricing. Apparently, there are five companies that produce most of the conventional eggs sold in the United States: Cal-Maine Foods (44.26 million hens); Rose Acre Farms (27.59 million hens); Hillandale Farms (20 million hens); Versova Holdings (19.95 million hens); and Daybreak Foods (14.48 million hens). There are suspicions that some or all these companies enjoyed higher-than-normal profits due to the price increases attributed to bird flu, and there may be price-fixing investigations and class action suits as a result.

I've been surprised that due to the bird flu outbreak, mass-market conventional eggs became more expensive than our locally grown, free range, certified humane eggs (known in the food biz as "specialty eggs"). This is because the fixed price model many smaller, local egg producers use is more stable price-wise, even when there are fluctuations in the market.

One of our suppliers, Restaurant Depot, is known for being one of the lowest cost suppliers of conventional foods for commercial kitchens. They're currently



charging over \$7 per dozen wholesale for a dozen large eggs. Our retail for a much better "specialty" egg (Nature's Yoke) is \$4.99. A conventional Restaurant Depot item being more expensive than its counterpart in the "natural channel" is something we don't see much, if at all, in the food industry.

Note that the price of eggs is one of many impacts of bird flu. Most people are probably unaware of the impact of the infection that results in the killing of nearby chickens and how that is accomplished. See the letter to the editor from Suzanne Bring (p.6).

suggestions and responses:

S: "I've been a member for years but have only really shopped in two locations; I used to shop on Greene Street and now shop in Ambler. I shopped on Greene Street yesterday, and it seemed the foods available were different. Perhaps it was just the layout, but there seemed to be much more in the way of bulk items (grains/nuts), bulk spices and bulk liquids (oils/vinegars). Do the various stores "specialize" in certain types of food? If I'm particularly interested in the bulk items I mentioned above, is there a location that has more variety than the others?"

R: (Jess) Thank you for reaching out. Each of our stores carries a slightly different product mix, which is influenced by the store's size and the local customer base. While we maintain a core set of products across all locations, we also embrace variety. This allows each store to reflect the unique character of its neighborhood.

Our Mt. Airy location features our largest bulk department, with the widest selection of spices, oils and similar items. However, it has a smaller selec-

(Continued on Next Page)

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(Continued from previous page)

tion of packaged groceries, frozen foods and refrigerated items. On the other hand, our Ambler store —our largest location— offers a significantly broader range of traditional grocery items alongside a large prepared foods section. We encourage shoppers to visit all our locations, because they're all unique.

Our Chestnut Hill store features our own kitchen-made items and a grassy, tree-dotted backyard with tables. Our Germantown store is our newest, and features our products in an adaptive, re-used building close to a large portion of our members. It has tables on the sidewalk for dining and relaxing. Our farm market features locally grown and produced items. It's located on a working urban farm and has a few tables outside.

s: “How about putting more chicken in the Prepared Foods chicken pot pies? I'm not the only one who thinks they could use more poultry.”

r: (Bonnie) I'm sorry the pot pie did not meet your expectations. We used to cut the chicken by hand and now we shred it, so it may seem like there is not enough chicken. But it's the same recipe with the same proportions. I'll review the recipe with the chefs to assure they are following it correctly.

s: “I suggest that you add organic rotisserie chicken to your prepared foods offerings. Any chance this could happen?”

r: (Jess) While I wish this were an easy addition to our programming, I want to share the challenges we face when considering this idea. Our stores are small, even though we do high volume. Adding a second type of rotisserie chicken would strain our back storage. We'd need to keep enough organic birds on hand all the time to match the availability folks expect from our regular rotisserie chickens. Raw chickens for the rotisserie program already take a significant portion of our prepared foods walk-in refrigerators.

Additionally, rotisserie chickens are already loss leaders for us, and adding a higher-cost organic option would lead to more expensive shrink. While we do our best to repurpose unsold chickens, the additional cost of the organic meat would not be recaptured when used in chicken salad or soup. We're always trying to balance new options with what works in our spaces and offer the highest quality products while maintaining reasonable prices for our customers. I really appreciate you bringing this up — member suggestions like yours help us figure out what matters to our community.

s: “I keep seeing all the buzz about Pizza Freak, but I'm vegan and haven't seen the tomato pie in our stores. Can we order some of the tomato pies?”

r: (Virginia) We have them at our Chestnut Hill store and are considering them for Ambler.

s: “I noticed that the So Delicious quart-sized vanilla ice cream (the soy milk-based product) has not been at the Mt. Airy store, where it had been previously. I hope the Co-op will get it again; our family enjoys it. We are vegan, and we like soy-based products over coconut or oat or other non-legume vegan ice cream. Soy is nutritious due to its type of protein and being low in saturated fat.

I believe that So Delicious is the only soy-based ice cream product (except for the mini ice cream sandwiches that have sometimes been stocked) in any of the Weavers Way stores. In addition, it has a nice taste



The fixed price model... smaller, local egg producers use is more stable pricewise



and texture and takes to many toppings and sauces.”

r: (Virginia) Freezer space is some of our tightest, particularly in Mt Airy. When we review our frozen sets, we look at our sales data and see what we can part with in order to maximize that space. Unfortunately, the quart size hasn't performed well enough to earn its place on the shelf. If you have the room, it's easy to preorder for quantities of six of the same flavor to be picked up at any store. See a grocery staffer for more info.

s: “We're big peanut butter eaters in our household, both smooth and chunky. We've recently discovered a brand called Teddie's that has no added sugar or palm oil —just peanuts and salt. It doesn't separate much and comes in glass jars to boot! It's the Platonic ideal for spreadable nut butter. Is there any way you can stock this product?”

s: “I would like the Co-op to carry peanut butter in a glass jar instead of the brands that are in plastic containers like Field Day. Smucker's organic and all-natural peanut butter and Teddie's are in glass jars. Many of us (including a Co-op committee!) are reducing our use of plastic.”

r: (Danielle) Plastic reduction is a focus of mine, and a strategic part of my job. When available, we try to make sure we have options in glass for whatever products we can. Currently, we carry several peanut butter options in glass jars across our stores, including Santa Cruz, Maranatha, and Once Again, which I think is your best bet if you're looking for just peanuts and salt.

If you're not seeing Once Again at the location where you shop, let me know and I can make sure we have it available for you. For an even more sustainable (and much less expensive option), I'd recommend purchasing peanut butter from our bulk department. We have nut grinders at every location that dispense organic peanut butter. You can either bring your own glass jar, or if available, use a glass jar from our Jar Library.

Shopping bulk cuts down on the freight associated with shipping peanut butter and eliminates the use of resources for labeling, sealing and packaging jars in cases. I'm a huge peanut butter eater and can speak from personal experience that our fresh ground doesn't separate. We appreciate the brand recommendation! If we have room to add another glass-jarred peanut butter, we will keep Teddie's in mind.

s: “Hi, I noticed that the bulk pearled farro has been out of stock for some time at the Ambler location. Is this due to a supplier shortage or another issue? Do you know if or when it'll be restocked?”

r: (Ross, Ambler) Pearled farro has been unavailable for some time from our usual distributor, which has annoyed me as well as our customers. I have finally been able to obtain a new supply from an alternate distributor. It's now back in stock in Ambler.

s: “Reaching out to request locally milled flour to be added to the bulk section in Germantown (like at the Mt. Airy store). I specifically want rye flour, but the all-purpose and white whole wheat would be awesome, too! Germantown is closest to me, and I would love not to have to make extra trips to Mt. Airy when I need flour.”

r: (Danielle) I'm always happy to hear when home bakers are excited about local flour. Keeping money flowing to local millers who support small-scale agriculture is important as we seek to deepen our local economy. I know you must be an avid baker, because we've spoken about malt powder before.

We've decided to bring rye flour from Small Valley Milling Co. to our Germantown store. We were pleasantly surprised that when viewing customer suggestions and sales data for our bulk sets in Germantown, the baking set was more popular than we initially expected. We're planning on bringing in rye flour as well as spelt flour and a gluten-free flour from Bob's Red Mill to round out our flour offerings and see how they do. We're also in the process of sourcing additional scoop bulk bins, which is more complicated than it might seem. We should have rye available by the end of the month.

s: “When I was a kid, we'd walk to a neighborhood place with a soda fountain to get milkshakes. Seems like milkshakes were never packaged (or patented) for modern distribution like soda and milk and other drinks. Now many children have never experienced a milkshake. Can we serve milkshakes at our stores?”

r: (Norman) We cannot, because once again, our value of accuracy in literacy is an obstacle. I am old enough to remember soda fountain milkshakes. When you ordered a milkshake, the soda jerk scooped ice cream into a large metal cup, poured milk over it, and then placed the cup in a specialized blender with a motor on top that turned a shaft with some blades at the bottom. This contraption blended the ice cream and milk into a thick, sweet treat, typically consumed with a sturdy paper straw.

The problem is that at no time in the process was anything shaken. As a result, milkshake is a horrible misnomer that has contributed to the decline of society due to the lack of concern for accuracy in language. This has partially resulted in the societal mess we have today.

In line with our practice of offering members the ability to preorder things we don't stock, you could preorder a case of an aseptically packaged, plant-based concoction of pea protein, water, sweetener, thickeners, emulsifiers, flavorings and God knows what else that was processed to resemble the texture and mouth experience of the milkshakes of yore. It would likely include a certified compostable (but not really compostable) plant-based plastic straw glued to the package.



WEAVERS WAY ENDS

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

AS A RESULT OF ALL WE DO:

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

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

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

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

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

END 6 The local environment will be protected and restored.

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

The Backyard Beet

How to Organize Your Planting by Variety and Time of Season

by Mike Bennett, for the Shuttle

SOMETIMES, ANNUAL VEGETABLE GARDENING feels like trying to cram Mother Nature into a box. Through human ingenuity, like plant breeding, we have learned how to work with and massage nature's ways to fit our needs as a species. I think this stewarding of natural processes to suit our interaction with the planet is a gift of being human.

Sometimes I observe all the potentially harmful things humans are doing to the planet and think "maybe we don't belong here." But just as quickly, I return to my belief that we are not apart from nature and play a necessary role in the planet's overall health and processes. In my mind, many modern agricultural systems are miracles if used responsibly. I certainly think it's apt that we have figured out how to optimally benefit from nature's gift.

In the annual vegetable garden, systems like square foot gardening and row crops can feel overly organized and potentially sterile to some. I certainly resonate with the gardener who mixes up all their seeds and throws them into beds "as nature intended." This method is romantic and carefree in many ways.

Though I dabble in that approach sometimes, at Backyard Eats, we choose to employ an intentional planting approach. We are, after all, in a unique position when it comes to building a planting strategy. This year we will plan and plant over 140 vegetable gardens throughout the Philadelphia area in spring and then again in summer.

As a result, we've refined a system of crop planning that is organized, reliable and tends to be easily digestible for new and experienced gardeners alike. We need our gardens to perform well for our clients, but we also need methods that can be understood and interacted with by busy people with limited energy and gardening knowledge. For example, a big piece of the planning process involves labeling and marking starts and seeds, because not everyone understands the difference between a weed and a plant start.

Approaches to Seasonal Planting

We divide the garden in two seasons: Spring, which tends to start at the beginning of April, and summer, which tends to start in mid-May. Crops that can occupy the garden in spring all share a tolerance of light frost (29° to 32°F), like leafy greens, peas and root vegetables. If you like greens and haven't grown in spring before, you aren't missing out! Crops that occu-

py the summer garden typically cannot handle any frost and must be planted after the last frost date.

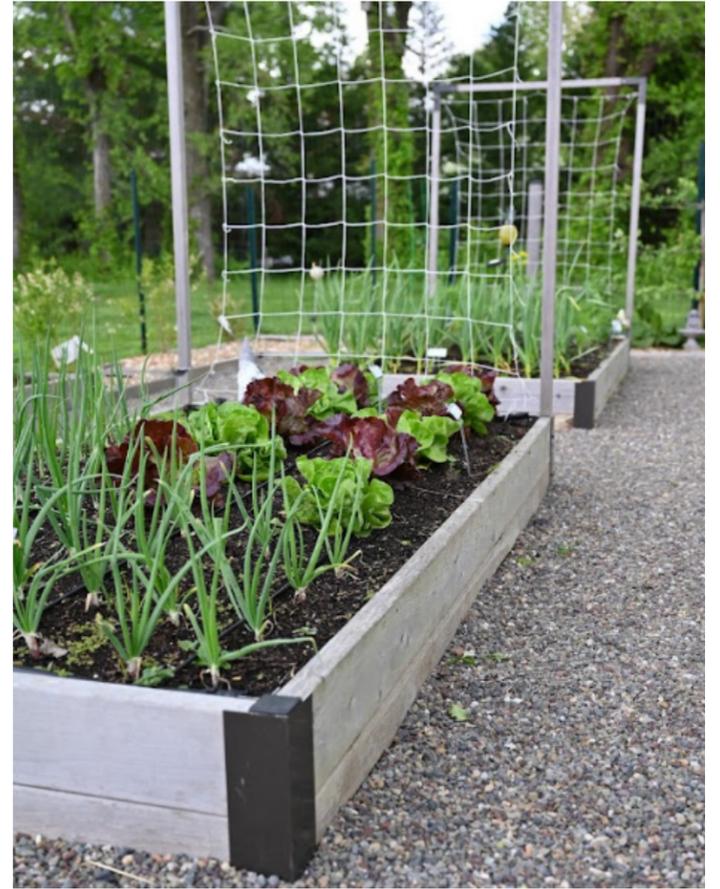
In the last five years, somewhat invariably, the weather has been warm enough for spring planting after the last hard first (28°F and below). That typically happens at the beginning of April, so that is when we start planting. Before then, seeding is possible for planting under cover, but we have found plant starts can be damaged when planted too early in March. Many times, the last light frost occurs in April and summer plants can be put in before May, but we choose mid-May to be completely safe from frost and allow for a longer spring season.

At the core of the planning process is what we call "crop type", which relates to a crop's seasonality. We categorize crops into three types. Quick Spring crops can be planted in spring and will be mature by mid-May. These are typically baby greens, head lettuces, herbs and radishes with maturity dates generally under 50 days. Long Spring crops are generally hardier or slower-to-mature crops that will be planted in spring but will mature at a date later than summer planting. This category consists of peas, broccoli, carrots, onions, leeks, and turnips, to name a few.

Long Spring and Quick Spring crops make up the spring garden plan. As summer approaches, Quick Spring crops will be harvested, and the spaces they leave can be used for summer planting. Long spring crops will stay in the garden and make up a portion of the summer garden plan. The remainder of the summer plan will consist of crops that get planted in mid-May and will potentially stay in the garden until first frost in the fall. These are typically the stars of the show: tomatoes, peppers, squash, eggplant, beans and basil, among many others.

As a benchmark, most people's spring garden is about 30% Long Spring and 70% Quick Spring. Because Quick Spring crops are small, you can plant a ton of them!

In summer, the 70% left by Quick Spring plants is occupied again by summer crops. Typically, summer



crops are popular and big, so they become the bottleneck in garden space. To make sure we have the space for the most popular crops, we work backwards by planning the summer garden first and then the spring items.

As you plan your garden this year, perhaps you want to give this method a try. First, categorize each into a crop type and conceptualize your spring garden versus your summer one. From there, with a general idea of crop spacing and support strategy, you can populate your summer garden plan with summer and long spring crops. Your spring plan will consist of Long Spring crops in those same spaces but will have summer crops removed in favor of Quick Spring ones. Finally, in mid-August, you can replant Quick Spring crops again for fall.

Mike Bennett is one of the owners at Backyard Eats, which recently released a new educational series, "Finding the Magic." More information is available at www.backyard-eats.com.



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Artists in Our Aisles

George Dixon

Dixon pursued a career as a registered nurse and eventually transitioned into medical software systems design. His focus was on designing systems that supported clinicians' needs for information presentation and pattern recognition.



In his private life, George has explored such art forms as photography, silver smithing and most recently, paper/found materials works. His pieces in the latter category have focused on social and political issues. "Red Tide 101" portrays the outcome of higher ocean temperatures, specifically Florida hitting 101° last summer. "Conspiracy's Capture, a Surrendered Mind" depicts a conspiracy theory's control over an individual. In it, an individual has surrendered completely and loses their ability to assess new information.

<https://davinciartalliance.org/george-dixon>
https://www.instagram.com/dxn_iii



SUBMISSIONS NEEDED

We want to feature your art in the Shuttle!

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

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

Weavers Words

THE DAY THE SOUL AGREES TO INHABIT THE BODY

Days are getting longer
 light lingers
 birds stop by
 not scores,
 but sentinels, perhaps
 surveying
 if all can return
 to nest, roost, flit, sow
 chirp, cheep, splash, sing
 to pry annelids
 from defrosting dirt
 and let blossoms know
 their days are nearing too

—Mira McEwan
 (reprinted with permission)

UPSIDE DOWN

Topsy turvy world
 Life's not what it used to be
 Make the best of it

—Linda Cherkas

THE SHOPPING BAG OF PLENTY

To see WW Co-op advertised
 On the side of a Philly SEPTA Bus
 It struck me how meaningful
 The Co-op is to us

Pictured in the advertisement
 Was a bag of groceries
 A Bag of Plenty
 A Sample of many of these
 That's precisely
 what a Shopper comes to do
 they make their w
 Through a WW Door

The Shopping Bag of Plenty
 Is what is shown
 A deeper meaning
 Then becomes known

A Grocery Store
 Brimming with pride
 Healthy local produce
 To purchase inside

Now we've come full circle
 To The Shopping Bag of Plenty
 Come to WW Coop
 You will never come up empty
 The Shopping Bag of Plenty
 Signifies a caring Staff
 Expressing Goodwill
 You'll get an occasional laugh

So as the SEPTA Bus
 Travels in a Philly Community
 The Shopping Bag of Plenty
 You will always see

Come and get your fill
 Serving you best they will
 At Carpenter Lane & Greene Street
 On a Mt. Airy Hill
 ...The Shopping Bag of Plenty
 ...Will be your thrill

—Barry Farber

Our Revised Submission Guidelines:

1. Original poems must be of a reasonable length. Lengthy poems that are the subject of a reflection will be excerpted.
2. The Shuttle editor has the final say as to whether a poem or reflection is suitable for publication.
3. The number of poems or reflections in an issue is determined by the amount of space available.
4. Members and nonmembers are welcome to submit.
5. Email your submissions to editor@weaversway.coop and put "Poetry submission (or reflection) for Shuttle" in the subject line.



Imagining a World Without Waste



Photos courtesy of Weavers Way's Plastic Reduction Task Force

At left, EcoLab Site Director and Co-Lead Rick Hock. Above, raised beds ready for spring planting.

Mt. Airy's EcoLab Marks Its Second Birthday

Over the last two years, the Mt. Airy EcoLab, a one-third-acre plot of land behind the Carpenter Lane SEPTA station parking lot, has evolved into a source of sustainable gardening and a place for local families to enjoy open space. It features orchard trees, a tree nursery and children's classes in sustainable land use. Neighbors can relax there and enjoy the shade of heritage oaks, the aroma of native plants, and wave at the trains as they go by.

The EcoLab, which was previously overgrown with invasive species, is now an example of what is possible when people band together to transform a free neighborhood space.

About three years ago, Jo Winter, the president of West Mount Airy Neighbors, noticed that this plot of land was being used for less-than neighborly activities. She asked SEPTA about it, and was told, "If you find something good to do with it, you may use it."

SEPTA allowed WMAN to build a fence around the EcoLab and install raised beds, some of which are available for neighbors to use for planting. They also added a swing and bench made from local wood, a bat house and a couple of bee hives on the edge of the plot. There are 30 orchard trees and numerous native plants onsite that neighbors have donated to the space.

SEPTA allows the EcoLab to use its water source to water the garden as needed. Neighbors planted echinacea and milkweed to feed monarch butterflies and their caterpillars. There is a separate fenced area for bird feeders.

To transform the land, neighbors were recruited to weed persistent invasive plants like Japanese knotweed every Friday evening during the warmer weather. Volunteers had the opportunity to get their hands dirty, commune with neighbors and enjoy a sweet treat, usually some kind of ice cream, as a reward for their hard work.

After the soil was tested and found to be safe, tons of wood chips were hauled in. Volunteers spread them throughout the plot to amend the existing soil. Twenty orchard trees were initially planted along the railroad side of the plot, and miraculously, the EcoLab produced an apple in its first year. Since then, most of the invasive plants have been weeded out, and a circle of tree stumps has been erect-

ed to serve as an outdoor classroom.

The NPS River Trails Conservation Assistance Fund drew up a plan based on input from neighbors on what they would like the space to contain. In addition to its other features, the site now includes storage space for the tools needed to maintain the space.

Eric Schoefer, member and manager of public apiaries for the Philadelphia Beekeepers Guild, maintains

two beehives on the edge of the lab. A tree nursery has been started to support Philadelphia Tree Tenders, which plants free trees on city streets and teaches residents how to care for young trees.

The National Parks Service has provided expertise over the years to make the EcoLab a vital, environmentally sound spot. Rick Hock, a veteran of maintaining public neighborhood garden spaces in memory of his deceased wife, was appointed site director and co-lead (with Winter) of the EcoLab after countless hours of volunteering and leading the effort.

The project has not been without its troubles. Right after the lumber for the fence was brought in, a portion was stolen before it could be installed. Later, one of the beehives died and had to be removed. Neighbors raised funds to replace the lumber, and the fence has since been completed.

Hock and others involved in the EcoLab are excited about its future. They want neighbors to fill the unused raised beds with vegetable plants, either for themselves or for the neighborhood. And he's open to ideas that will enrich the site for environmental purposes and effective neighborhood use. The space has been used on several occasions for picnics that have served as fundraisers for WMAN, and to recognize extraordinary member contributions to the community.

Weekly volunteer Friday evenings take place from 5-7 p.m., weather permitting. To volunteer or contribute to the EcoLab, contact Hock at rick.hock@wman.net.

—Valerie Glauser

Plastic Bag Enforcement Needs Help from Residents

To help reduce plastic pollution, Philadelphia passed a ban on single-use plastic bags in 2022 — the first ban in our area. Thirty-five other townships in Pennsylvania have enacted bans since.

Large stores in the city are mostly adhering to the ordinance and have switched to paper bags or sell reusable bags. But enforcement on smaller stores has been lacking, and plastic bags are creeping back.

All retail stores are forbidden to give out single-use plastic bags that are smooth or extrusion created, no mat-

ter how thick or thin they are. Exceptions are made for restaurants, deli counters and fresh produce, pharmacies and newspapers.

The ordinance provides for citizen complaints made via the 311 call center or online. The Department of Licenses and Inspections will then check out the store. If you're in Philadelphia, call 311; outside the city, call 215-686-8686.

There's also an online complaint form you can fill out. Here are the steps:

1. Go to Phila.gov/311
2. Click service request.
3. Click the "use our online form" button.
4. Click the signup button on the top right and create an account.
5. Go back to the form, scroll down on the left and click the "Plastic Bag Complaint" option.
6. Follow the directions to fill in the name and address of the business. You can choose whether you want the complaint kept private or made public.
7. Click the Submit button.

The city will email you to confirm that they've received your complaint, let you know when someone will be investigating it, and if they found a violation and issued a fine.

You can help make Philadelphia a cleaner, safer city by filing a complaint by phone or online. Also, please ask your councilperson to help the city become even cleaner and greener by making its ban stricter, like those in many suburban townships.

City Council needs to pass an amendment to the ordinance imposing a 10-15 cent fee on paper bags to encourage people to bring reusable bags, like the Co-op has done. The city also needs to ban Styrofoam takeout containers and provide plastic straws on request only.

—Rich Metz

Here's Your Cheat Sheet Of Jar Library Tips

- Tell the bulk staffer on duty when you are dropping off your jars, so they can inspect them to see if they are appropriate for the jar library.
- Drop off clean, dry glass containers only — no plastic containers.
- Remove labels as much as possible. Volunteers maintain the jar library; the more labels there are to remove, the harder their job becomes.
- Larger jars are especially appreciated, e.g. tomato sauce or quart sized. Also, consider if the jar you're donating would be useful.
- If the incoming jar box is full, please do not leave your jars. Currently there is no place to store surplus jars.
- For any item you buy in bulk using your own container or a container from the jar library you will receive a 25-cent discount at the register.





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ELECTRONICS RECYCLING

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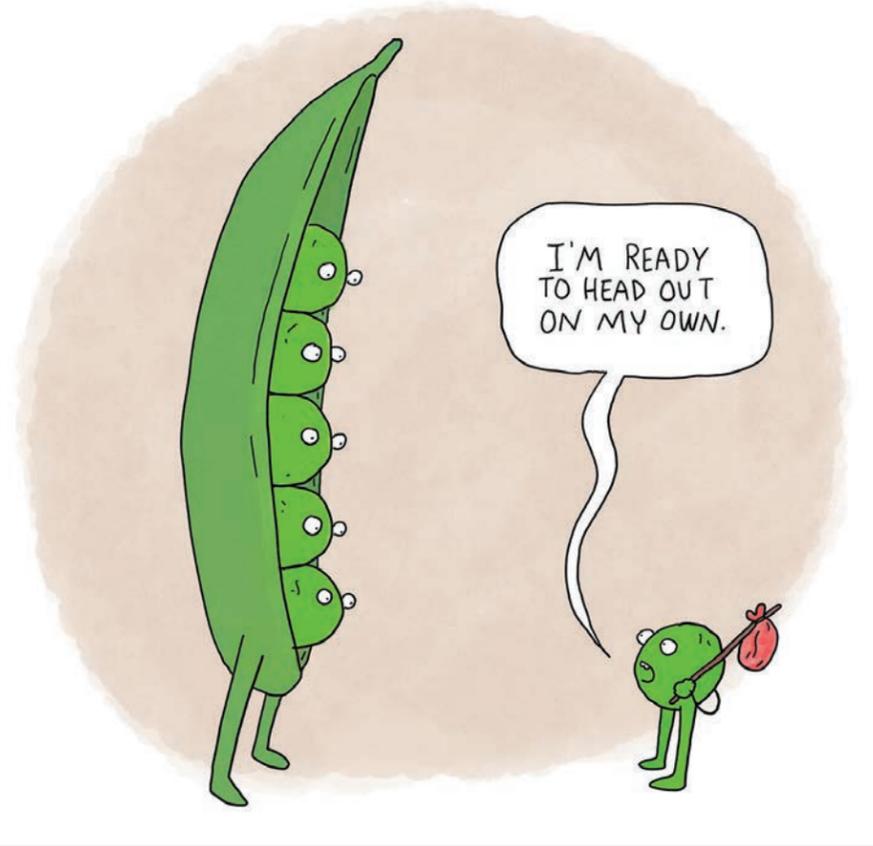
Donations finance Grants given to the community.

This event is co-sponsored by the Sisters of Saint Joseph Chestnut Hill • Philadelphia and Weavers Way Environment Committee. Recycling services provided by PAR-Recycle Works. For more information go to: www.PAR-RecycleWorks.org



Locally Grown

Illustration by Alli Katz



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

Weavers Way Board

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

The Board's regular monthly meeting is held on the first Tuesday of the month. Check the Co-op's Calendar of Events for the date of the next meeting.

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

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- Ambler**
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8 a.m.-8 p.m.
215-302-5550
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Assistant Store Manager
Karen Gemmell, ext. 379
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Grocery Manager
Nancy Timmons Melley, ext. 373
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- Chestnut Hill**
8424 Germantown Ave.
8 a.m.-8 p.m.
215-866-9150
Store Manager
Ann Marie Arment, ext. 212
arment@weaversway.coop
Assistant Store Manager
Stacy McGinnis
smcginnis@weaversway.coop
Grocery Manager
Len Mears, ext. 217
lmears@weaversway.coop
- Next Door**
8426 Germantown Ave.
9 a.m.-8 p.m.
215-866-9150, ext. 220/221
Wellness Manager
Nicolette Giannantonio, ext. 221
nicolette@weaversway.coop

- Germantown**
328 W Cheltenham Ave.
8 a.m.-8 p.m.
215-843-1886
Store Manager
James Mitchell
jmitchell@weaversway.coop
Assistant Store Manager
Ariel Levine
alevine@weaversway.coop
Grocery Manager
Kristina Walker;
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- Mt. Airy**
559 Carpenter Lane
8 a.m.-8 p.m.
215-843-2350
Store Manager
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Assistant Store Manager
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Grocery Manager
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- Across the Way**
608 - 610 Carpenter Lane
8 a.m.-8 p.m.
215-843-2350, ext. 6
Wellness Manager
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srisinger@weaversway.coop
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- Farm Market**
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- Preorders**
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Become a Member

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

NEW MEMBER ORIENTATION

Tuesday, April 22, Germantown Outreach Office, 326B W Cheltenham Ave.
 6:30-8:00 pm

To register visit: www.weaversway.coop/events

DID YOU KNOW?

You can read the Shuttle online.

www.weaversway.coop/shuttle-online



Co-op Finds



GO ALL IN ON LIVING GREEN!

Happy Mother Earth Day

WED, APR 2 TO TUES, APR 29, 2025

Bulk Starter Kit

\$1 OFF
reg. \$15.99

Start reducing your plastic waste by shopping bulk! Jars in the kit are pre-tared for easy use. And you get a 25¢ discount for each jar you use to shop!

Veg-Fest!

\$1 OFF SELECT HOUSEMADE VEGGIE HANDHELDS

local

| | | | | |
|------------------------------------|---------------------------------------|---------------------------------------|---|--|
| | | | | |
| Vegan BLT reg. \$7.99/ea | Tofu Banh Mi reg. \$8.99/ea | Magic Carpet reg. \$7.99/ea | Philly Falafel reg. \$7.99/ea | La Vita Bella reg. \$7.99/ea |

To see the entire flyer pick-up the Co-op Finds flyer in our stores or view on our website: www.weaversway.coop/pages/deals



WEAVERS WAY EVENTS

Electronics Recycling

Saturday, Apr. 5 9 a.m.-1 p.m.
Chestnut Hill College, 9601 Germantown Ave.
Bring your broken and outdated electronics to our Environment Committee's annual recycling event. Everyone is welcome! Anything that has a plug or turns on will be accepted. Sorry – no batteries or lightbulbs. Most items are free, but certain items, like older CRT TVs and monitors, air conditioners, dehumidifiers, air purifiers, flat screen TVs, computer monitors and microwaves, require a fee.

Introduction to Yoga: Movement, Meditation and Relaxation

Thursdays, Apr. 10, 17 and 24 Noon-1 p.m.
Camaraderie, 10 Cavalier Dr., Ambler
Join Maura Manzo for this three-part series that offers a well-rounded foundation to the three essential components of yoga. This series is perfect for beginners and offers a balanced approach to cultivating a balanced and healthy lifestyle. Join for the whole series or individual sessions. The classes can be done in person or virtually. Maura is a Weavers Way member and Ambler resident who runs Camaraderie.

Medicare: Getting the Best Deal and Saving Money

Thursday, Apr. 10 2-3:30 p.m.
Virtual Event
There are many pitfalls to doing your own Medicare planning; let Joan Adler guide you through the process.

A former physician, Joan has been a Medicare counselor since she retired eight years ago. She has been trained and certified through the State Health Insurance Assistance Program. You will receive a link to attend the session after you register.

Celebrating Our Trees Make-In

Sunday, Apr. 13 2-4 p.m.
5225 Greene St., Unit 9, Germantown
Join local artist Mindy Flexer to get ready for Earth Day at her studio. You and yours are invited to make leaves and flowers for the trees that will be in "Walk in the Wissahickon," an immersive, floor-to-ceiling installation of Wissahickon Valley Park that will be installed in Woodmere Art Museum's Millard Children's Gallery this September. You can also make other plants and critters that live in the Wissahickon. This will be a fun opportunity to think globally and act locally by learning about and appreciating our neighborhood forest.

Mindy Flexer is a local artist and a long time Weavers Way member. She hosts wonderful art and crafting workshops for the community.

Red Cross Blood Drive at Commodore John Barry Arts and Cultural Center

Monday, Apr. 14 1-6 p.m.
6815 Emlen St., Mt. Airy
The Co-op is hosting a blood drive in partnership with the Red Cross and the Commodore John Barry Center. Each donation can save up to three lives! Those who give (or try to give) blood will receive a \$10 Weavers Way gift card and a Red Cross T-shirt.

Food Justice Committee Reboot

Wednesday, Apr. 16 6-7:30 p.m.
Germantown Outreach Office, 326B W. Cheltenham Ave.
Please join us as we continue to develop a cohesive, multi-pronged plan to combat rising levels of food insecurity in Northwest Philly and Ambler. For more information about the meeting or to RSVP, please contact foodjustice@weaversway.coop. You can attend the meeting in person or via zoom. A zoom link will be emailed to you after you RSVP.

New Member Orientation

Tuesday, Apr. 22 6:30-8 p.m.
Germantown Outreach Office
Please sign up on the Member Center.

Power of Herbs and Spices: Herbal Medicine in Your Kitchen

Thursday, Apr. 24 6:30-7:30 p.m.
Weavers Way Ambler, 217E Butler Ave, Ambler
Explore the powerful medicinal properties of common herbs and spices. The workshop will provide an overview of the most popular herbs and spices, detailing their unique health benefits and practical ways to incorporate them into everyday cooking. We will prepare two recipes – a versatile chimichurri and turmeric-ginger shots. You will have a chance to taste both.

Ursula is a Co-op member, chef and certified Integrative Nutrition Health Coach.

Intro to Hiking and Camping 101

Saturday, Apr. 26 11 a.m.-12:30 p.m.
Henry Got Crops Farm, 7095 Henry Ave, Roxborough
Intrepid hiker and camper Eden Sabala will go over such basics as the gear you need to get started, the 10 essentials of hiking and camping, and how to pick a hike (terrain, distance, elevation gain, difficulty levels). She'll have plenty of examples set up so you can get a feel for what to look for.

Eden Sabala is a lifelong hiker with over 20 years of experience on the trails.

Fourth Annual Seed Swap

Saturday, Apr. 26 1-3 p.m.
Germantown Outreach Office
Join us to share seeds, gardening stories, bulbs and seedlings. Please add as much information about

your seeds as possible, including variety, what year the seeds were packaged and useful growing tips. We will have some envelopes and other seed keeping supplies to help you organize what you take home. Please make sure any seedlings you bring are well watered and pest and disease free and that cuttings are beginning to root.

Taste of Spring at Weavers Way Ambler

Sunday, Apr. 27 Noon-2 p.m.
217 E. Butler Ave., Ambler, PA 19002
Enjoy tastes of cheese, pizza, noodles and more from our vendors. We'll have a plant sale tent in our parking lot, along with live music and raffle prizes.

Your Piece of Northwest Philly can be a Nature Preserve!

Tuesday, Apr. 29 6:30-7:30 p.m.
Germantown Outreach Office
Homeowners and apartment dwellers can use their outdoor space, no matter how small, to support wildlife and human health. Learn how you can successfully introduce more native plants to your planters, gardens and lawns. Come home with a Pennsylvania native plant to get the ball rolling! Steve Jones is an environmental educator and ecological practitioner. He serves on the board of Wissahickon Restoration Volunteers.

Membership Office and Notary Hours

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

EVENTS ARE FREE

For more info: www.weaversway.coop/events