

The Shuttle

May 2014 Vol. 42 No. 5

Community-Owned Food Markets Open to Everyone

General Manager's Corner

Expansion Plans For Weavers Way

by Glenn Bergman, Weavers Way General Manager

EAVERS WAY IS LOOKING AT EXPANSION IN three areas: an improved kitchen and meeting space in Mt. Airy; assisting other co-op startups in the region; and opening a third store in Philadelphia.

Let me explain how we — Weavers Way management and the Board of Directors — got to this point and what we plan to do over the next few months and years.

Last year, we completed a new five-year Strategic Plan. (It's posted in the online Weavers Way Member Center.) We held management and board retreats over the winter; both focused on expansion and continued

Board Corner:

Page 6

the work started with the strategic planning process.

The first part of the Strategic Plan calls for

lowering our bank debt by \$365,000. We will accomplish that. It calls for increasing our sales by 5 percent; no problem there, since we will most likely come in at over 10 percent this fiscal year. The plan also called for opening Weavers Way Next Door in Chestnut Hill, which we did. Other expansion areas that were listed are opening other lines of business (restaurant, juice bar, beer) and increasing Weavers Way-branded product lines. We have staff working on these ideas too. But the Mt. Airy expansion, the work with other co-ops and a third store are in the forefront.

Prepared Foods and Meeting Space for Mt. Airy

We're working to find a location in "Mt. Airy Village" — the area around Carpenter and Greene — to expand our prepared-foods operation and add a meeting space sometime in the next 18 months.

We have learned through surveys, not to mention direct requests and conversations, that a self-serve restaurant and production kitchen for the Mt. Airy store and a separate meeting venue is something members want. As those of you who do your hours in the Mt. Airy kitchen know, it is amazing how much great food we've made with a few rice cookers. Now we're contemplating a real kitchen with rice cookers only for making rice!

We envision a prepared-foods area that will increase (Continued on Page 6)

2014 Spring General Membership Meeting

SUNDAY, MAY 18, 2014

Chestnut Hill Friends Meetinghouse, 20 E. Mermaid Lane

Don't Forget to Vote!

Statements from the candidates for the Weavers Way Board of Directors are on Pages 4-5. Cut out the paper ballot on Page 5, pick one up at the cash register or vote online in the Weavers Way Member Center (members.weaversway. coop), where you can also watch the new-this-year VIDEO statements by the candidates. No matter how you vote, it's your privilege as a Co-op member, so don't waste it!

Agenda

Eat and Greet (food from Weavers Way Kitchens) 6-6:30 p.m.

Voting for Board of Directors Closes at 6:30 p.m.

Business Meeting 6:30-7:30 p.m.

- President's Report
- Approval of Fall 2013 General Membership Meeting Minutes
- General Manager's Report and Update on Strategic Plan
- Finance Report
- Weavers Way Community Programs Report

Presentation: Skyspace at Chestnut Hill Friends Meeting 7:30-7:45 p.m.

Voting Results 7:45-7:50 p.m.

Cake and Conversation 7:50-8 p.m.

Transition to Skyspace Viewing

All are invited to view the Skyspace. You must arrive at 8 p.m. to be situated and ready for sunset at 8:12 p.m. The program lasts 50 minutes. A pillow, cushion or yoga mat is recommended. Email or call Board Administrator Athena Drellos to reserve a Skyspace spot: boardadmin@ weaversway.coop or 215-843-2350 ext 118.

GENERAL MEMBERSHIP MEETING EDITION FIVE THINGS is a service of Weavers Way. Because as great as it is to shop here, joining is even better!

That Make It Great to be a co-op Member!



Savings — 10% discount during Member Appreciation weeks, 5% every day if you're a Working Member and lots of other member discounts when you shop.



Convenience — EasyPay house credit accounts and up to \$20 cash back let you make checkout a snap. You can pre-order items too, many times with a discount.



Neighborhood Cred — Get discounts from lots of local vendors, from audio visual techs to xylophone teachers. Support the local economy and save some cash too.



Have Your Say — Vote in elections, serve on committees, run for the Board, host a workshop... Membership means the opportunity to participate in YOUR Co-op.



Community — Get to know your neighbors and other like-minded owners who are committed to a better Co-op, community and world.

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Weavers Way Cooperative Association 559 Carpenter Lane, Philadelphia, PA 19119

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Editor's Note



by Mary Sweeten, Shuttle Editor

NE OF THE GREAT THINGS ABOUT The Co-op is that even while you're taking care of business, you can be having a good time. For example, if you go to a monthly Board of Directors meeting, you'll eat well. Or take the General Membership Meeting, which comes but twice a year: In addition to the great spread, and a full agenda of reports (which, you, as an OWNER of Weavers Way, need to attend to!), there's also always some valueadded action.

At the last meeting, in October 2013, there was an interactive presentation on the new strategic plan. I hesitate to use the phrase "dog-and-pony-show," but really, dogs and ponies should worry, and you should be sorry if you missed it.

Often, the extra attraction is the place. The 2102 Fall GMM would have taken place at lovely Morris Arboretum if not for Hurricane Sandy, and if that's not excitement, I don't know what is.

This year, the 2014 Spring GMM is being held at Chestnut Hill Friends Meetinghouse, and the place is key. Because there will be an opportunity for attendees (as opposed to attenders — yes, I speak Quaker) to follow up the meeting by heading over to the Skyspace, the light-and-space installation by artist James Turrell. (For more about Skyspace, visit chestnuthillskyspace.org; for more about him, visit jamesturrell.com. Just FYI, his current project is a volcano.)

This 50-minute experience starts promptly at sunset. So make sure you're at the front of the cake line.

See you May 18!

Vermont is getting ready to enact the nations's first law requiring labeling of genetically engineered foods. This is a big deal — an estimated 90 percent of all U.S. corn, soybeans, canola and sugar beets are grown from GMO seed, so there's a lot of stuff out there with GMO ingredients. On the other hand, there are only 626,000 people in Vermont, so it seems unlikely that Big Food's going to be making big changes in the way it does groceries anytime soon. GMO labeling laws have been proposed in other states. including Pennsylvania. Stay tuned.

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or call 215-843-2350, ext. 117.

Statement of Policy Articles are welcome and should be under 500 words. Articles may express only the views of the writers and not those of the Co-op or its Board, unless identified as such. The Shuttle retains the right to edit or refuse any article. Please submit via email to editor@weaversway. coop and include contact information within the document. The purpose of the Shuttle is to provide information about co-ops, healthy food practices and other matters of interest to Weavers Way members as consumers and citizens. Ad rates are available at our stores, online at www.weaversway.coop, or via email at advertising@weaversway.coop. Ads must be submitted electronically, with payment. Advertised products or services may not be

construed as endorsed by Weavers Way Co-op.



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What's in Store at Weavers Way

Should We Eat Bananas? It's a **Slippery Slope**

by Mike Herbst, Weavers Way **Chestnut Hill Produce Manager**

SHOULD WE EAT BANANAS? THAT'S A question I often ask myself. Even as we strive to "Eat Local," bananas continue to be one of the most popular fruits in the country despite being grown thousands of miles away. Weavers Way is no exception - bananas are consistently among our top-selling produce items. So it's worth exploring the topic.

The issues with bananas are well documented. Here's a summary:

When bananas were introduced to the United States (roughly 130 years ago), one of the intended goals was for them to be cheap. Importers wanted to sell bananas at half the price of apples. This premise is what leads to many of the problems associated with the banana industry; everything must be done to prevent any increase in cost.

Violence towards banana workers keeps them from demanding better wages from. Violence towards rural communities keeps control of the land in the hands of plantation producers. As recently as 2004, banana companies were paying millions of dollars to terrorist organizations in South America to accomplish this.

Chemicals provide a cheap shortterm solution to disease control. And it costs less to spray while workers are in the fields rather than halt production. With little or no enforcement, it's cheaper to used banned chemicals, despite the health consequences to workers and surrounding communities.

Fair-trade certifiers and importers are attempting to correct some of these problems. Fair-trade bananas are priced higher to be more in line with their true cost. This "social premium" is intended to provide fair compensation to workers and cover operational expenses that improve working conditions. Fair trade also gives bigger voice to the workers and small growers, who are able to negotiate price and have a say in the decision-making processes of the business.

The United States is the world's largest importer of bananas. Fair trade is currently 3 percent of the market.

However, there are a few problems with bananas that fair trade is unable to address. For instance, bananas are grown as a monoculture, meaning only bananas are grown for acres upon acres. Additionally, bananas as we know them in the United States are all the Cavendish variety and genetically identical. This lack of genetic diversity permits diseases like black Sigatoka to spread rapidly through production areas. When areas become infected, they can no longer be cultivated organically. Generally, organic bananas must be grown on new land, often cut from rain forests. In about five years, these new fields have to be switched to conventional production.

Fair trade also cannot address the impending decimation of the Cavendish variety due to Panama disease.



It's almost impossible to grow bananas sustainably, and then they're shipped thousands of miles.

Prior to the Cavendish, a banana called the Gros Michel was widely imported to the United States. But around 1960, the Gros Michel was eliminated from commerce by Panama disease. That's when banana companies started importing the Cavendish as a replacement. In the late 1980s, a new incarnation of Panama disease appeared and began destroying Cavendish crops in multiple countries. At this point, it's accepted that it will be only a matter of time before the Cavendish is wiped out the same way Gros Michel was 50 years ago.

The impending doom of the Cavendish banana does little to address the question of whether to eat bananas. However, it does tell us that change to the banana industry is imminent and how we respond is up to us. Hopefully, many of the problems that have plagued the banana industry throughout history can be corrected.

In the short term, though, the question remains: Should we eat bananas?

The answer depends on how much you are willing to compromise. If price is your only concern, you'll likely eat conventional bananas, as they are one of the cheapest fruits available. If you exclusively eat local, seasonal produce, you probably won't eat bananas at all since they are grown thousands of miles away and take four weeks to ship to the United States. Do you care if organic bananas require rainforest destruction and pave the way for conventional operations? Do you care about the working and living conditions of the people who provide you with bananas?

Only you can say what is important to you.

mherbst@weaversway.coop

Local Co

Weavers Way's prices on many local products are lower than the big guys. Anyway, you can't even find as much local there as you can at the Co-op!

	Whole Foods South Street	Weavers Way Co-op
Bowman Applesauce		\$5.59
Canital Kombucha		\$3.59
Como Coomo		\$3.98
Four Worlds Multigrain		\$6. 35
Jyoti Chhole Spicy Chickpeas, 16oz. c	an \$3.49	\$3.09
Fresh Tofu, 1 lb.		\$1.99
Marramand Mills mint		ф1 / Г
Merrymead Skim Milk, half gallon		ተባ ናሳ
Merrymead 1% Milk, gallon		\$ E /E
Mosha's Sasama Noodlas		\$2.50
Nature's Yoke Eggs		\$3.15
Pequea Yogurt, 32 oz.	\$4.99	\$4.25
Philly Muffins, 4-pack		\$4.29
ReAnimator Coffee		\$10.49 -
		13.49
Seven Stars Yogurt, 32 oz.	\$4.99	\$3.85
Severino Frozen Fresh Pasta	\$6.99-	\$4.99 -
	\$8.99	\$7.15
Stocking Raw Honey		\$7.55
Wholesome Dairy Kefir		\$2.49

*Prices as of April 2014. Prices subject to change, but we'll do our best to



What's in Store at Weavers Way

New on the Shelves

WholeSoy Yogurt **Returns in Triumph**

by Karen Plourde, Weavers Way Chestnut Hill **Grocery Staff**

SOMETIME LAST SUMMER, WHOLESOY YOGURT DISAPpeared from the shelves at Weavers Way and every other like-minded store in the country. The company's facilities outside San Francisco closed suddenly in May, and the plant they moved their operations to couldn't keep up with production demands. So the folks at WholeSoy decided to build their own factory in Modesto, Calif. All those delays left their fans without yogurt for much longer than they'd planned, and the hue and cry echoed through our dairy aisles.

But now WholeSoy is back. Six-ounce containers are available in four flavors and plain. Meanwhile, two new yogurts have been added. White Mountain Bulgarian vogurt, available in both stores, boasts up to 90 billion live probiotics, but only six grams of sugar per serving. Noosa Yoghurt, an Aussie-style yogurt produced in Colorado, is creamy, delicious and scores high on the fat meter. It's only in Chestnut Hill.

In beverage news, ginger ale has gone in a whole new direction thanks to Bruce Cost in Brooklyn. Each bottle has bits of chopped ginger in the bottom, and a flavor cloud swirls up with every tip and tilt. There are four varieties: original, jasmine tea, pomegranate and passion fruit. The original has a nice bite that doesn't disappear when flavors are added. Mt. Airy carries all but the original; Chestnut Hill has original and jasmine tea.



Mt. Airy Bulk: On the the- Stir things up with Bruce Cost ory that anything can be improved with chocolate, Manager Luis Cruz has



Frankie Plourde photo

ginger ale, at both stores

brought in cocoa-dusted corn nuts from Mitica. Shoppers can also find Mount Cabot Grade A maple syrup from New Hampshire to go along with the Grade B Emerick's from Hyndman in Bedford County. (Grade A maple syrup is tapped earlier in the season and has a lighter color and flavor than Grade B.)

The bulk department now also carries brewer's yeast in addition to nutritional yeast. Both are a source of B vitamins. But unlike nutritional yeast, which can just be sprinkled on your favorite foods, brewer's yeast is best used when blended into, say, juice or a smoothie.

Next Door: This just in: there are goats in Flourtown, and they're producing soap. Well, their owners are. Shady Apple goat milk soaps are made by Weavers Way member Laurie Jenkins at the suburban farm she shares with her partner, Lisa McCurdy. The bars come in three scents and you'd want to put them out in the bathroom when you have guests. And with any luck, they'd actually use them.

kplourde@weaversway.coop



Frankie Plourde photo

Local goat milk soaps are pretty and smell great.



Shawn O'Connell photos

The Chestnut Hill deli now features an array of carefully selected artisanal cheeses.

Try Before You Buy

Go Ahead and Ask for a Taste at Our New Cut-to-Order Cheese Case

by Shawn O'Connell, Weavers Way Chestnut Hill Deli Manager

T THE END OF THE DELI SERVICE CASE, WHERE Acharcuterie once lived in Chestnut Hill, is my pet project and work in progress. It is now home to some very special cheeses that I feel deserve careful treatment and their due respect.

I would like to introduce you all to the Cut-to-Order Cheese Case.

Some of the selections have changed or maybe evolved in my time as cheese buyer in the deli department. I've tried to "curate" the cheeses with a new perspective — to balance selections that change with the seasons and focus on more local and American artisanals, but also to maintain a reliable source for established Co-op favorites.

We have wonderful local cheese from farms in Chester County, such as Birchrun Hill Farm. Shellbark Hollow Farm. Conebella Farm and Yellow Springs. Calkins Creamery, Doe Run, Cherry Grove and Valley Shepherd are also among the local creameries making fantastic, sophisticated cheese.

American classics like Maytag Blue (the same Iowa a few days, taken home and rewrapped in wax paper or family that makes the appliances started hand-making their cheese in small batches in 1941) and Vella Dry Jack (from a fifth-generation California family of cheesemakers, established in 1931), are recent additions. Incidentally, Vella is a sustainably farmed dairy, and was the first solar powered business in Sonoma. Companies like these set the standard for the many modern American cheesemakers producing great cheese on a par with and often surpassing products from Europe.

My decision to feature American artisanal cheeses started with curiosity. Enthusiasm has exploded in the United States about handcrafted everything. Authenticity and innovation are at once really cool. It feels optimistic. And so, I'm excited about a new phase of my education. I feel connected to this movement of food artisans and I want to do my part as a cheesemonger.

This brings me to the creation of the cut-to-order case. Since handcrafted, local, farmstead cheese tends to cost more than mass-produced commodity cheeses, it doesn't sell as quickly as some of our everyday cheeses. It's special and I am treating it as such. Cheese cut to order is better for the cheese and for the consumer; it extends the integrity of flavor and freshness. Also, our new case allows for easy sampling. I am encouraging you all to come to the counter ready to taste a few different cheeses and have a talk about what you think. It's not hard to figure out that no one wants to buy a \$30-a-pound hunk of cheese blindly. Taste it, find something you love, treat yourself, and then you can feel like you've made a good investment. I'm really looking forward to the learning experience for all of us.

One note: Once a cheese is cut its life is on the decline. This is fine if the cheese will be purchased within



Chef Dan Silva looks over the cheese and prepared foods case

stored in a way that allows the cheese to breathe.

Here are some of the American artisanal creameries featured in our new case:

- Rogue Creamery from Oregon
- Jasper Hill Farm from Vermont
- Meadow Creek from Virginia
- Sweet Grass Dairy from Georgia
- Cowgirl Creamery from California
- Fiscalini from California
- Uplands Cheese from Wisconsin
- Cypress Grove from California
- Point Reyes from California.

When you do purchase a cut-to-order cheese, we will wrap it in paper, not plastic wrap. We have switched to an alternative plastic wrap for the cheeses that we do cut to eliminate the plastic-wrap taste that can occur. Also, charcuterie is still available at the deli. It is on display at the top of the deli meat case. Please ask for samples of our cured meat choices as well!

soconnell@weaversway.coop

2014 ELECTION FOR WEAVERS WAY CO-OP

OF DIRECTOR CANDIDATES

Each candidate was asked to respond to these questions:

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

Elizabeth Johnston



- **1.** Cooperatives are important to me because they focus on community and consumers as individuals. Weavers Way offers people a chance to get to know where their food is coming from and how much hard work, care and passion goes into delivering it to them.
- 2. I am currently working toward a master's degree in Nonprofit Management. I am a great example of someone who went from knowing nothing about co-ops, farming and eating healthy to someone who can now hold a conversation about lentils, quinoa, bok choy and kohlrabi. I spent the last season volunteering for the CSA part of Weavers Way and learned a great deal about how much work goes into the food we eat.
- **3.** Challenges that Weavers Way may face are competitors in the area, with the popularity of responsible eating, and recruiting new members. Creative welcoming advertising that will speak to the younger generation regarding getting involved with the Co-op.
- 4. In addition to Weavers Way, I also volunteer with other agencies, including the SPCA and United Way. I am a mentor for Esperanza High School students. I am also a "pal" for International Temple Students, where I enjoy the experience of introducing studyabroad students to Philadelphia.
- **5.** I earned the rank of black belt in Tae Kwon Do and competed at national tournaments. I also work in the social work field, so I see how poverty can affect eating habits, and I have a strong desire to help educate people in this area.

Emmalee MacDonald



- 1. I believe that people coming together to fill a shared need within the community is very powerful. In particular, having access to locally and responsibly produced products is important to me.
- 2. I am a certified public accountant and my husband is a chef. I believe this allows me to bring a unique point of view. I understand the financial aspects of businesses, which I believe will help me to contribute to the commercial aspects of the Board role. Additionally, I have developed an appreciation for environmentally friendly, locally produced and sustainable products, which has been broadened by my husband's love for using local, fresh ingredients in his cooking.
- 3. I believe that one of the challenges facing the Co-op is the emergence of more stores which provide products similar to those of Weavers Way. In order to address this challenge, I would encourage that we continuously promote ways in which the Co-op can differentiate itself from the larger chain stores.
- 4. I was an active member of New York Cares, which provided a variety of volunteer opportunities, including assisting children with math, participating in Earth Day events and helping to beautify the city's parks. Now that I've moved back to the Philadelphia area, I'm looking for ways to get more involved in the community.
- 5. My husband and I recently moved back to Philadelphia, specifically Germantown, after living in New York for four years. In my spare time, you'll often find me hunting at flea markets and yard sales for vintage goods.

Joshua Bloom (incumbent)



- 1. I value Weavers Way as a business that directly serves its member-owners, who are also its customers. I value its history of evolving to meet members' changing needs.
- **2.** In my work life, I help communities revitalize historic downtowns (primarily outside Pennsylvania). I'm a strong believer in community entrepreneurship (cooperatives, community-owned stock corporations, community investment funds and the like). My perspective tends to be "market-based," meaning I like to think pragmatically and strategically about how Weavers Way serves its member (and non-member) shoppers.
- 3. Despite Weavers Way's special position as a cooperative, I see it competing in the broader grocery sector and having to confront and respond to external changes. The grocery business has seen systemic shifts nationally — and locally, as new competitors enter the marketplace. Weavers Way is at an important crossroads, particularly regarding future expansion. How Weavers Way responds will be critical to its sustainability.
- **4.** I joined the Weavers Way Board a year ago (filling out the term of a Board member who had resigned) and it has been my primary volunteer activity this year. I also volunteer with my Town Watch program in Mt. Airy.
- **5.** By profession, I'm an economic development consultant with historic preservation sensibilities; by avocation, I'm an amateur carpenter. I think good community work requires both a sense of purpose and a sense of humor. I try to bring both to Weavers Way.

Jessica Justh



- **1.** Cooperatives are indispensable to a sustainable society. Immersion in the Co-op forges strong relationships, neighborhood development and financial independence, resulting in an economically viable community.
- 2. I believe my greatest asset would be the ability to see and understand food politics and PR-related issues from many different angles.
- **3.** A short-term issue would be ensuring the continued growth of new member signups. The Co-op's messaging needs to make a connection with the community so that when, for example, they need Earthbound Organic Spring Mix, they're heading to Weaver's Way, not the Pathmark. Membership can increase by utilizing low-cost communication channels that engage the community and communicate its mission and benefits. As people turn to local and organic food as a form of health care, it's inevitable that the number of health-food stores will increase. However, with a background in competitive intelligence, brand awareness and marketing, I'm well-schooled in the strategies needed to overcome the upswing in competition.
- **4.** I have worked on a biodynamic farm in Pipersville, became a certified yoga instructor at Dhyana Yoga and managed the Milk House Farm Market. I coordinated all food logistics and cooked for a local nonprofit, The Homegrown Institute's inaugural event.
- **5.** I live in Chestnut Hill with my husband and beagle-mix rescue. In my free time, I love to do yoga, garden, cook (especially with what I grow in my garden) and forage for wild edibles.

Lisa Hogan (incumbent)



- 1. I have been a proud Weavers Way member/ owner for 36 years. The cooperative is a successful and competitive business model that promotes the local community, healthy environment and social responsibility. Weavers Way outreach supports 50-plus local organizations and has partnered with 40-plus nonprofits. We do it well!
- **2.** I am serving a one-year term on the Weavers Way Board. I attended Co-op Leadership Training in Buffalo, all Board meetings and the annual Board retreat. As it takes months to learn how the Board functions, I would like to serve three more years with this jump start.
- **3.** Our four stores are full to the brim and very successful. To grow further, we need to expand. Growth fits with our Ends, our 5 Year Strategic Plan, our staff's goals and the International Cooperative Principles. I support customer service, our staff, keeping our two farms, local reinvestment, continuing our active work with startup co-ops and expansion to another store.
- **4.** During my first year on the Weavers Way Board, I attended all Board meetings, wrote for the Shuttle and served on four committees: Member Engagement, 40th Anniversary Planning (created Time Capsule for 80th), Retreat Planning and General Manager Performance Review.
- 5. I live in Chestnut Hill, raised a family here and am retired. I travel extensively and visit food markets around the world. I love to cook and know that sharing food and drink provides a perfect opportunity to foster communication and healthy relationships.

2014 OFFICIAL BALLOT



Election for Weavers Way Co-op Board of Directors

Voting ends Sunday, May 18, 2014, at 6:30 p.m. at the General Membership Meeting Chestnut Hill Friends Meetinghouse, 20 E. Mermaid Lane, Philadelphia, PA

To vote online: Please see the instructions on our website, www.weaversway.coop, and follow the directions on your election reminder email. Note that the order of the candidates in the online ballot will be randomized when you open the ballot.

To vote by mail: Official ballots will be accepted by mail if received by May 18, 2014, at the Leadership Committee mailbox. Mail to: Leadership Committee, Weavers Way Co-op, 559 Carpenter Lane, Philadelphia, PA 19119.

To vote in stores: Place official ballots in the ballot box at the Mt. Airy store, 559 Carpenter Lane, or the Chestnut Hill store, 8424 Germantown Ave., by 3 p.m. May 18, 2014.

To vote at the General Membership Meeting: Place official ballots in the box provided at the meeting or input your vote at the laptop voting station no later than 6:30 p.m. May 18, 2014.

Please note: Only one vote per member household.

Once a vote has been cast, it cannot be changed. The four candidates with the most votes each will be declared elected to fill Board of Director vacancies.

		JR. Those elected will each serve a th , we will hold a runoff at the General N	*
Elizabeth Johnston	Jessica Justh	Ron Lane	Nathea Lee (incumbent)
Emmalee MacDonald	Linda Shein (incumbent	:) 🔲 Larry Daniels	
💶 Joshua Bloom (incumbe	nt) 🔲 Lisa Hogan (incumbent)	Howard Spodek	
or your vote to be counted. One		le to maintain the privacy of each ballot. it vote registered online will be the vote t ed.	
Oate	Member # N	Name	

AT-LARGE DIRECTOR

Linda Shein (incumbent)



- 1. I appreciate that Weavers Way fosters a strong sense of community, promotes environmental stewardship and supports local businesses. I believe in supporting a sustainable local economy, and Weavers Way provides a cherished venue for local and organic food while Weavers Way's farms guarantee members access to this. In the GMOfoods era, it's crucial to take control of what we eat and know where it comes from. I enjoy meeting like-minded members, and value our progressive community and commitment to a people/planet/ profit triple bottom line.
- 2. I started a retail business and opened 39 stores, enabling me to serve Weavers Way with an understanding of the business. Listening to customers helped me serve them successfully; as a current Board member, I seek members' input to best represent you. I attend natural products conventions and understand the business. As managing director of the University of Pennsylvania's Retail Industry Center, I advise alumni and students on retail best practices, and counsel startups.
- **3.** In the long run, to survive competition we must increase loyal membership while offering outstanding product/service at fair prices. We should articulate Weavers Way's core values at every customer touch point. In the short run, fine-tuning organizational infrastructure to support staff is paramount, as is engaging members and our
- 4. Elected to Weavers Way Board in 2011. Active in non-GMO food movement — attended California non-GMO ballot kickoff. Soup kitchen volunteer.
- **5.** Favorite adventure: Backpacking in Thailand with my husband — survived a monsoon in a hill tribe's hut. Two wonderful children, Lifelong passion for natural products and All Things Green.

Ron Lane



- **1.** Cooperatives represent the most evolved system of human economic relationships that is sustainable, equitable and adaptable at any scale. Where else do you have the benefits of sharing fairly, yet retaining individual freedom, of working together on a team, yet retaining ownership? It's the sweet spot between the extremes of communist dictatorship and global corporate concentration of capital. We need cooperatives, NOW, to help save us from some of our economic and environmental excesses.
- 2. Independent bilingual reading, listening, writing, researching, editing, proposing and suggesting could broaden and strengthen the Board.
- **3.** The short-term challenge is to grow more and different kinds of cooperatives and maintain a cooperative network that would provide members and cooperatives with alternatives to the standard corporate offerings. The long-term challenge is to use new systems to assure decentralized, local self-reliance in food production, water purification, energy production and distribution, and robust communication networks to withstand severe changes that appear likely. How? The short answer is "WE," as in WEAVERS WAY.
- 4. Grinnell College: emergency hot line & taxi co-op; Peace Corps Chile: peasant food and pea-producing cooperative; Little Rock: baby-sitting/childcare cooperative, dinner co-op, assisted visiting Central
- American rural electrification co-op with English, translations, paperwork, helped form student/ worker coalition against KKK recruiting at public university; Penn M.S. Appropriate Technology/ International Development: co-ops emphasized, wrote proposals, hands-on summers in Mexico, China; Weavers Way working membership, associate member Philadelphia Area Cooperative Alliance, member Energy Co-op, member Freedom Credit Union since Educational Credit Union.
- **5.** Our cat craves Anton-ordered Weruba, unavailable at Whole Foods, Petsmart, Petco

Larry Daniels



- 1. Weavers Way Co-op has played a pivotal role helping to bring communities together in Northwest Philadelphia. There has been a rise in co-op store openings locally and around the country. Weavers Way has led the way. Not only do they foster a partnering and communal spirit, but it spotlights healthy foods, good nutrition and a safe, clean environment. I support all of these outcomes.
- **2.** I offer 20 years of financial-services experience. I hold an MBA from Marquette University. As a member of the local business community representing Edward Jones here in Mt. Airy, I work with local community groups such as Mt. Airy USA and East Mt. Airy Neighbors. Being Afro American, I offer a unique diverse perspective.
- **3.** Short-term, Weavers Way needs to stay true to its mission of serving the community with highquality products at competitive prices. Long-term, Weavers Way needs to consider expansion into new neighborhoods to offset new competitors with its footprint. The community of Germantown would be a natural candidate for expansion.
- 4. In the late '80s, while working with Ford, I partnered with the city of Milwaukee and created the "Road Rally for the MAAC Fund." This community endeavor raised thousands of dollars for childhood cancer. In 2004, I created the Bucks County Jazz Festival and was a board member of the Doylestown Business Association. I currently serve on the deacon board at Sharon Baptist Church.
- **5.** I worked for Quaker Oats U.S. Grocery Division for two years. I understand the grocery business.

Howard Spodek



- 1. I would love to serve again on the Board. Weavers Way is one of the most important institutions in Mt. Airy and in my life. I am almost a founding member — my Co-op number is 55 — having ioined almost immediately on coming to Philade phia in 1971. I took my weekly turn driving to the Food Distribution Center to bring food to Mt. Airy for our members. Then my involvement in teaching and researching at Temple, and raising children, took up my energies. Of course, I always continued as a working member, usually serving my hours in the Mt. Airy store, sometimes on the Henry Got Crops farm.
- 2. Now, four decades later, I want to contribute what I can once again to a co-op which is so much larger, with so many more exciting activities in the neighborhood, in ecological, educational and nutritional initiatives.
- **3.** As the Co-op participates in the international year of the co-op, I may have something extra to contribute. I travel often to India for research in urban affairs and I am closely in touch with one of the largest cooperatives of working women there, the Self Employed Women's Association -- SEWA. Occasionally I have brought a few items, usually fabrics, for sale at Weavers Way.
- **4.** If elected to the Board, I propose to establish the connection between Weavers Way and SEWA on a firmer foundation, primarily for the sense of international solidarity, but also, in small measure, as an economic benefit to both.

Nathea Lee (incumbent)



- **1.** Cooperatives give everyday people the chance to contribute directly to the vitality of their community and the viability of local farmers and other vendors who care as much about the environment and their workers as they do about the bottom line. Weavers Way is important to me because it is a model of ethical, cooperative economics where member-owners participate democratically in the success of the business. It means a lot to me that Weavers Way is a successful, human-centered retail operation that is also a community hub.
- **2.** My skills in strategic thinking, communications and governance have helped strengthen the Board's operations. During my three-year tenure, including one year as vice president, I have served on various committees and brought clarity, efficiency, a willingness to work hard and a wry sense of humor. I also founded the Food Justice Committee to address hunger, access and related issues.
- **3.** Responsible growth and cultural diversity are two challenges we face. To address them, I will continue to learn the business and work with fellow Board members to provide wise council to our management. And, I will be a visible presence at events, and engage management and members to develop ways to be more inclusive.
- **4.** My volunteer experiences include four years at the Pacifica Radio affiliate in Washington, DC; providing photography services to two nonprofit organizations; and serving on arts industry-related committees and Boards.
- 5. Having adult children is a blast! My kids are super-supportive and loving, and it's lovely to see them as parents.

Weavers Way Board Corner

Growth Is Scary, but Exciting Too

by Jeremy Thomas, Vice President, **Weavers Way Board of Directors**

INCE THE STRATEGIC PLANNING SES-Sions Glenn mentions, the Weavers Way Board of Directors has been diligently preparing for a new phase of growth. In addition to dedicating a large portion of the agenda at many meetings to the topic, we have studied how other food co-ops around the country have grown, talked with board members and staff from those co-ops, read countless articles about growth, met with representatives from the existing local co-ops and startups and discussed the topic at great length.

We are committed to growth, both through reaching new markets as Weavers Way, and by expanding the influence of cooperatives within the local and regional economy. It is an invaluable way to not only help spread our goals and ends, but also to increase the strength and resilience of the Co-op.

At our board retreat this winter, Glenn presented the three-point approach designed by staff. After a full day of discussion at the retreat and time at a subsequent board meeting, the board enthusiastically endorsed this plan of expansion.

A stronger presence in Mt. Airy with a larger kitchen, more prepared food and community space — will be a worthwhile investment. We are excited about a strategic expansion to three stores. We also believe in the importance of supporting startups throughout the region, and have a keen interest in understanding how our growth can support them along with the cooperative economy in Philadelphia.

Growth can be scary; it is certainly challenging. We have committed our-



We are committed to growth, both through reaching new markets and expanding the influence of cooperatives. It is an invaluable way to not only help spread our goals and ends, but also to increase the strength and resilience of the Co-op.



selves to working hand in hand with Glenn and Weavers Way staff to make sure it is done in a strategic way; that any investment made or loan taken is done with the utmost care and understanding of the return expected and risk incurred; and that the Weavers Way members we represent are not only aware of the direction we are going, but have a strong voice in the process.

Growth is also fun; it is exciting and

gives us energy as we chart new areas. It will allow us to not only increase our membership, but to engage more people in other neighborhoods. We invite our members to get involved. In the upcoming months, opportunities to learn about this process will be announced, and we truly look forward to the discussions that will result.

jeremy.thomas.wwcoop@gmail.com

GM's Corner

(Continued from Page 1)

our takeout offerings in the Mt. Airy store and provide a location for service and other food products. There have been discussions about making room for a juice bar, a wi-fi-equipped sit-down area and space to accommodate meetings, presentations and films.

One option might be to rehab 555 Carpenter Lane, where we have offices now, but there are many limitations to this building as a site for food production. So this process is still very much getting under way.

Co-op Start-Up Assistance

Over the last few years, Weavers Way people, board, staff and regular members, have worked tirelessly to get the word out that co-ops enhance and strengthen communities. Expanded Shuttle distribution, helping to start organizations like the Philadelphia Area Co-operative Alliance (PACA) and a willingness to hit the road and present co-op information to virtually any interested group has stirred enthusiasm throughout Southeastern Pennsylvania and South Jersey.

We have seen Doylestown Co-op and Creekside Co-op in Elkins Park open their doors, and co-ops start organizing in South Philadelphia, Kensington, Roxborough-Manayunk, Narberth, Ambler and Collingswood, NJ. Mariposa Co-op in West Philadelphia just underwent a very successful expansion, going from \$1 million to \$4 million in sales a year, and Swarthmore Co-op expanded to a new, larger store, with sales growing from \$4 million to \$6 million. Creekside opened just over a year ago and is tracking at \$5.2 million in sales right now. Why, even Weavers Way has gone from \$8.4 million in FY 2009 million to almost \$20 million now!

What we are trying to figure out is how to help new co-ops get off the ground, with good funding, strong boards and great community support (including loans and member equity). Weavers Way cannot do this for them, nor can they do it alone. We need to work with the National Cooperative Grocers Association, Mariposa and Swarthmore, along with lenders and other sources of financial support, so the work of these volunteer community organizers will be successful.

A Third Weavers Way

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Sometime within the next two to three years, we propose to open a third store. It would be larger than either existing store. about 10,000 to 15,000 square feet. (That's

twice the footprint of Weavers Way Chestnut Hill.) We envision it will house our central food-production facility, a sitdown dining area, a member support area and potentially other amenities.

Where we should put this store is not clear at all. We are getting ready for a market study of our current business to help pinpoint a location or direction. Such a study will provide more in-depth information for current members, the new community and lenders, and help ensure we are making a wise investment.

Why we should expand is easier to see. It's based on how we have handled our expansions to date: Small community stores with limited square footage.

Just since we renovated the Mt. Airy store last year, our sales have grown over 20 percent. We anticipate that in the next couple of years, we'll be maxing out our physical space. Meanwhile, we do have systems in place — for example, inventory, marketing, IT, human resources that could accommodate growth without increasing overhead costs.

We have expanded the staff from 50 to 155, paying better than other operations our size and providing good benefits. We attract and hire talented people who really want to stay at the Co-op, but many leave because they need a place to advance. My hope is that we can continue to provide good jobs

in a good work environment.

Some will say that expansion will change the Co-op, and they are right. We must work hard to maintain what is good and shed what isn't.

When I came to Weavers Way 10 years ago, I would say the culture was like a club that happened also to be a grocery store with low prices. We've been successful in changing some of the clubbiness, increasing our outreach to include the wider community. But we've also had to raise prices, partly because support for sustainability, the environment and treating labor fairly are expensive but are parts of the Co-op's culture we want to preserve.

So expansion comes with risks. But it also comes with the chance to develop community, support the things we believe in and help more people own their cooperative business. Our goal in expanding is to take back our communities by retaining the profits locally and providing decent jobs and decent food.

The Strategic Plan calls for outreach to Co-op membership about expansion; hence this article. As we move forward over the next few months, you'll be getting more information through meetings and articles in the Shuttle and online.

gbergman@weaversway.coop

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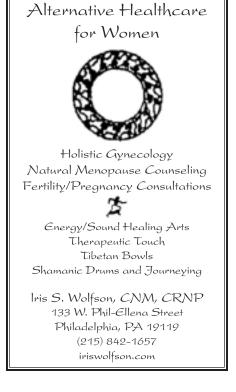
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Cuba's Gift To the Food **Economy**

by Bernadette Cronin-Geller, for the Shuttle

IN THE FEBRUARY SHUTTLE, GLENN Bergman, in his article on his experience in the Dominican Republic, mentioned his meeting with two baseball players, one of whom was from Cuba. He wondered, "How can we still have an embargo on a country that loves baseball?"

My husband, Lawrence, and I agree. We spent two weeks in Cuba in February, and while not experts on that beautiful country by any means, we talked with and observed the people and the countryside from the east, Santiago de Cuba, through Guantanamo, Bayamo, Camaguey, Sancti Spiritus, Trinidad, Cienfuegos, Santa Clara and, finally, Havana in the northwest.

I want to focus on the progress Cuba has made in urban agriculture, and feeding of people through the conversion of former sugar fields and unused land into crops that use solely organic fertilizers.

Much has been written about Cuba's very effective health system, which is the envy of the developing world, and many developed countries as well. Cuba's literacy program, known as the Robinson method, has also been exported to other Latin countries. But the successes of the Cuban agricultural revolution merit attention too, given the continued U.S. embargo and the



loss of Soviet support back in the '90s

Imagine what it would be like for U.S. citizens if, from the day they are born, a ration book was issued that guarantees a monthly supply of basic food, meat and supplies. We saw no soup kitchens, no one begging for food.

In the so-called "Special Period" of economic hardship after the Russians left, no Cuban was without the meager share available to each. However, it soon became necessary to come up with a plan for greater productivity, a plan that has turned sugar cane fields into food fields.

Cuba had been practicing large scale Soviet-style industrial agriculture since the 1970s. But despite the support of the Soviets, and mindful of the continuing U.S. blockade, Cuban scientific institutions had meanwhile been researching potential responses to cutoffs of imported food and petroleum. One agricultural engineer had carried out some successful experiments growing vegetables in raised beds without petrochemicals. Raul Castro, at the time the Minister of Defense, backed the spread

of these "organoponicos" installations initially at armed forces facilities.

With the collapse of the Soviet Union, diesel fuel, gasoline, trucks, agricultural machinery and spare parts, as well as petrochemical-based fertilizers and pesticides, all became very scarce. The shift to urban agriculture became an obvious and necessary solution. Organoponicos have become the mainstay of Cuban urban agriculture.

Under the Urban Agricultural National Movement, there is still land privately held and worked by the owners, as well as state-owned land. But now more land has been distributed to individuals and a growing cooperative movement. There are also "patios," privately owned home gardens producing primarily for family consumption; individual plots and "areas de autoconsumo" — state enterprises producing food for the consumption of their own workers. All over Cuba, there are also so-called intensive gardens, growing food and herbs on once-vacant lots.

Shaded greenhouses, which control

The author, right in photo, and another visitor to Cuba show what you can find at the farmers market

the intensity of the sun, provide increased yields and make year-round vegetable production possible in Cuba's tropical climate.

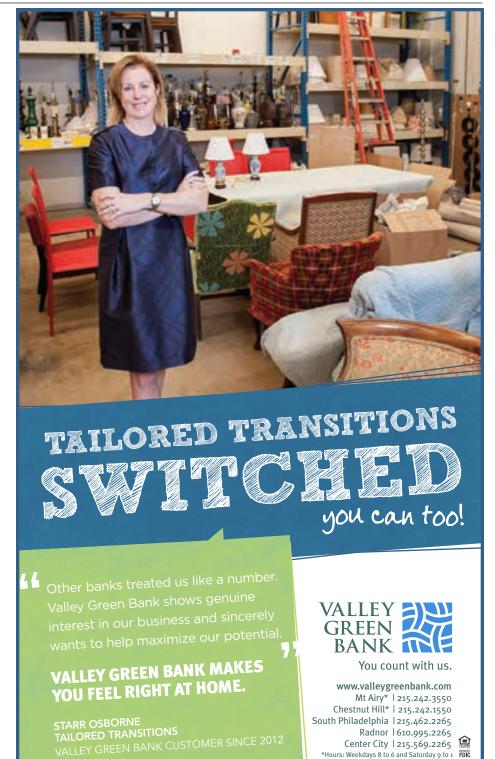
With this organized system of production, Cuba has achieved results that would have seemed impossible after the Soviet withdrawal. Production is high; Cubans diets have benefited from local, organic agricultural products. In the cities, the environment has benefited from the greening of the city due to both the cultivation of crops and urban reforestation, and the fact that it is all done agroecologically. There is also the wonderful side effect of community-building among the people who grow the crops, those who sell them in markets throughout the country and the "Palavar." These small restaurants, privately or state-owned-and-operated, have fresh food every day to serve their increasing numbers of customers.

With the Cuban government planning to lay off 500,000 workers, the offering of land in the countryside on which to cultivate crops is being accepted in large numbers, so that more people will contribute to the Greening Revolution in Cuba.

Cuba is not the "socialist paradise" envisioned by the revolutionaries over 50 years ago. But given the ongoing antagonism from Washington, the progress in food production for a healthier people is nothing short of miraculous.

> Contact Weavers Way member Bernadette Cronin-Geller at bernlawr2729@yerizon.net.





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NW Faith Communities Target May Primary To Close Minimum Wage Loophole

by Margaret Ernst, for the Shuttle

S THE MAY 20 PRIMARY ELECTION NEARS, WOR-Ashippers at Northwest Philadelphia congregations are moving from the pews to the polls to put their faith into action for good jobs and fair education funding.

The Church of St. Martin-in-the-Fields, Mishkan Shalom, Masjidullah, Germantown Jewish Center, St. Benedict's Catholic Church, Chestnut Hill United Church, 2nd Baptist Church of Germantown and St. Vincent de Paul Catholic Church are all members of Philadelphians Organized to Witness, Empower and Rebuild (POWER), a coalition of 40 congregations advocating for policies to alleviate poverty in Philadelphia on a systemic level. This spring, POWER is working to get voters to approve a ballot measure that will extend the City of Philadelphia's 21st Century Minimum Wage and Benefits Standard to airport workers and all other workers subcontracted by the City.

Working together across race, class, neighborhood and religious lines, POWER congregations have been pushing for a strengthening of the 21st Century Minimum Wage Standard, which requires a \$10.88-an-hour wage to workers on City contracts. Firms regularly and unfairly skirt that requirement by subcontracting large parts of their workforce. If passed, the measure would close the loophole and extend the higher wage standard to thousands of subcontracted City workers who now live in poverty despite working full time, including 1,500 workers at Philadelphia International Airport.

POWER members are using voter targeting strategies and their broad network of relationships to boost the turnout of those who favor the ballot measure but who don't turn out at the polls regularly.

They also are identifying voters who are in favor of increased schools funding in order to increase leverage with lawmakers to establish a full, fair funding formula for Pennsylvania schools in the 2015 legislative season.

"We need to do more than get a thousand people to a town hall to make policy-makers listen to the cry of the poor on wages and school funding. They want to know, how many voters can you move?" said Carol Duncan, a deacon at St. Martin-in-the-Fields.

Member congregations have formed teams which are making phone calls and knocking on doors of targeted voters leading up to the May primary election. Northwest congregations are each taking pieces of that pie.

"This is an opportunity for our members to work for justice in Philadelphia," said Mishkan Shalom member Lisagail Zeitlin. "When we are talking to voters, we are taking a stand to repair the world as our faith calls us to, starting with our city."

Alan Chestnut of Masjidullah Inc. in West Oak Lane, echoed her. "Vote on May 20th," Chestnut said. "The forces that maintain racial and economic inequality in our city our strong. So we have to be just as strong to make real change. That strength comes from the ballot box."

To learn more, visit www.POWERPhiladelphia.org.



FOW Marks 90 Years With Forbidden 10K

THE FRIENDS OF THE WISSAHICKON IS HOSTING A 10K race along Forbidden Drive on May 18. The 10K, 6.2-mile loop course begins at 9 a.m. and is suited for both the serious runner and the occasional runner/walker.

There will be awards for male and female divisions as well as various age groups. Register at fowforbidden10k. org.

Funds raised from the race will assist in the continued restoration and preservation of the historic Valley Green Inn and Wissahickon Park. Sponsors include Weavers Way, Indigo Schuy, Larry Weaner Landscape Design, Ryan Painting, C.E. Hopkins Roofing, Wissahickon Tree and Landscape Services, Charles Uniatowski Photography.

Join FOW after the race for a clean-up in partnership with Keep Philadelphia Beautiful and Clear Channel and Radio 104.5 FM. Meet at Northwestern Avenue and Forbidden Drive at noon. Participants in the cleanup will be entered into a drawing for tickets to see Jack Johnson at his upcoming sold-out show at the Mann Center. FOW will supply gloves, tools and trash bags. Register with Eric Falk at falk@fow.org.





*Includes: Fitness circuit, Exercise/movement workshops, Kids' Activities, Healthy Snacks, & More! Neighborhood businesses will also be participating, including gyms, health providers, and restaurants!

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Weavers Way Community Programs

\$2 Will Do It on Giving Twosday

by Jill Fink, Executive Director, **Weavers Way Community Programs**

LEVER MINDS AT WEAVERS WAY Community Programs and Weavers Way Co-op have done it again! We've come up with another brilliant idea to help you help us.

We know you want to support our work, but you're busy. You don't necessarily have the time to get dirty by volunteering at the farm, or to attend one of our (really awesome and inspiring) fundraisers. So we've done our research, we've put our heads together, we've consulted with other co-ops across the country and, as a result of all that work, on May 13 we will launch Giving Twosday, a simple and painless way to support our work.

When you shop at the Co-op on the second Tuesday of the month, you'll be asked by one of our friendly cashiers if you'd like to add \$2 to your total to support WWCP programs and services. (You can give more — or less — and we'll love you just the same.)

We know you value healthy, locally grown food — it's just one of the many reasons you shop at Weavers Way to begin with. And we know you want to see kids grow up with those same values.

Your support enables WWCP to continue to provide a wide range of farm education and nutrition programs to local children, including our subsidized tours for economically disadvantaged students from all over the city.

> Our goal is to raise \$2,000 each month from this effort — sounds

ambitious, but we know it can be done, because we did it last year. Those of you who took part in the national Giving Tuesday campaign on Dec. 3, 2013, helped WWCP raise \$2,064 in one day.

A steady stream of reliable income from Giving Twosday translates into serving more children and youth, expanding our programs to include families, even hiring additional staff.

We have some other ideas we'll unveil later this year, but we don't want to overwhelm you with too much excitement all at once. We'll also share our soon-tobe-released strategic plan. We have revised vision and mission statements, new programs in development and ways for you to be involved in our work on many

Thanks in advance for your support! Check back in June for a report on the success of Giving Twosday on May 13!

jill@weaversway.coop



From left, Sarit Luban, Tara Campbell, Shelley Hedlund and Jesse Mostoller.

WWCP Education Team 2014

by Shelley Hedlund, WWCP Farm Education Coordinator

This month we welcome a new crew to the Farm Education Team at ■ WWCP and say goodbye to a friend.

Welcome Sarit Luban, Farm Education Apprentice at The Children's Garden and Stenton Family Manor! Meanwhile Tara Campbell and Jesse Mostoller will be stepping into new roles at Weavers Way Farm CSA at Saul High School. Jesse was our Marketplace Coordinator and will now be the Junior Farm Educator, and Tara, last year's apprentice, now will be running the program there as the Farm Education Coordinator.

We are sad to say that Larken Wright Kennedy is leaving us to try out rural farm life. Larken started as the Farm Education Apprentice and guickly proved to us that she was ready to take on more leadership. Last July she became the Junior Farm Educator at Stenton, where she greatly improved the quality and consistency of our Garden Club. Thank you Larken, you will be missed!

educator@weaversway.coop

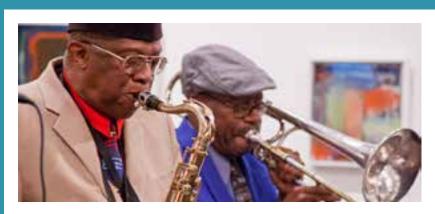
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Weavers Way Community Programs

Down on the Farm with the Kids, and Loving It

by Tara Campbell, WWCP Farm Education Coordinator

Weavers Way Community Programs and Weavers Way CSA farm have been a significant part of my life for the past three years. I was a volunteer, a CSA member and a farm education apprentice, and now I have the privilege to be Weavers Way Community Programs' Farm Education Coordinator at W.B. Saul High School. I learned so much as an apprentice to Clare Hyre last season, and am excited to take on her role.

There are so many wonderful things happening at Weavers Way and WWCP that it's hard to keep track of everything. I am grateful for the enthusiasm and tireless efforts of the teachers at Saul and all the great people I have the pleasure of working with this season. I'd like to take this opportunity to reintroduce my program and talk a little about what the students and I do on the farm.

The partnership of Weavers Way, Weavers Way Community Programs and Saul High School is a natural. The vision of W.B Saul High School of Agricultural Sciences is to help students develop an appreciation for agriculture and to instill a sense of responsibility for improving, preserving and managing Earth's natural resources. Weavers Way and the teachers at Saul worked together to form the Henry Got Crops CSA. Weavers Way Community Programs provides farm education programs. The classes I work with on a weekly basis already are taught subjects such as food science, physical science, environmental science, biotechnology and horticulture. By working with me, the students are not only learning to appreciate nutritious vegetables and local, sustainable food, they get to apply textbook material to the physical world and see their education come to life!

The harsh 2013-14 winter has delayed the growing season but the students and I kicked off our season in March with indoor activities. The first week was a butter-making extravaganza. We had a great time shaking our jars of heavy cream while observing the different stages of the churning process. We had an even better time tasting the fruits of our labor!

The following week, we broached the more serious topic of world hunger. The students participated in a "hunger banquet." This is an activity, based on a fundraising idea for Oxfam America, that simulates the unequal distribution of resources around the globe. It spurred such an amazing conversation with the students, that (in most classes) I didn't even use my carefully thought out lesson plan! It was incredible to hear such insightful, empathetic and meaningful discussion from 14- to 16-year-olds.

At the end of class, we brainstormed ways to help in the fight against world hunger, and the students' solutions were just as impressive as their comments. One observed that people who live in poverty have limited access to technology and information. He said his first step would be to help people learn what resources are available and how to use them to the fullest potential. I did not even brush on that in our discussion — at 16, he just has these things figured out. (As a side note, two years ago during a "design your organic farm" project, this same student named his "High Fructose Corn Syrup Farm." I guess I shouldn't be surprised that he's so smart at 16 because he was certainly a smart aleck at 14!)

Now that warm weather is finally here, the students are getting ready to help plant at the CSA, as well as in their own gardens. This season, each class is responsible for their own raised bed. The vegetables we grow will be used for cooking demonstrations and nutrition lessons, and for students to take home. It's going to be an exciting season and I look forward to sharing updates about our progress!

educator@weaversway.coop



A helper at the Weavers Way table last year

44th Mt. Airy Day Is May 3

Come out and celebrate the 44th annual Mt. Airy Day on Saturday, May 3, from 11 a.m. to 5 p.m. at Cliveden of the National Trust, 6400 Germantown Ave. As always, it's a day of fun for the whole family, with food, entertainment, information tables of all kinds, shopping and kids' activities.

Volunteers are needed. Visit mtairyday.org or call 215-621-6193.

Mt. Airy Day is presented by jointly by East Mt. Airy Neighbors and West Mt. Airy Neighbors. Sponsors include Cliveden, Electrical Wizardry, Philadelphia Federal Credit Union, Generation 3 Electric, Miquon School, Valley Green Bank, Mt. Airy USA, Mt. Airy Animal Hospital and Weavers Way.







Fund Awards \$17,500 to NW Teachers and Students

AYOR NUTTER ASKED THE COMMUnity to step up for Philadelphia's public schools this year, and the Mt. Airy/Chestnut Hill Teacher's Fund answered with more than \$17,500 in new funding.

Now in its sixth year, the Mt. Airy/Chestnut Hill Teacher's Fund awarded more grants this year than ever to public school teachers in the Northwest. A total of 45 teachers at the A.B. Day, Emlen, Henry, Houston, Lingelbach, Jenks, McCloskey, Wissahickon Charter and Parkway Northwest schools received Teacher's Fund grants. Grants ranged from \$150 to \$500.

"The need is bigger than ever this year," said Trolley Car Diner owner and Mt. Airy/ Chestnut Hill Teachers' Fund founder Ken Weinstein. "With damaging budget cuts to our public schools, we felt the need to respond by doing more."

The grants went to a range of projects, from an Outward Bound trip, the purchase of anti-bullying novels, to supplies for a 6th-8th grade floor-hockey team, a trip to Morris Arboretum and support for autistic students.

And this year, for the first time, the Teacher's Fund was administered by someone other than Trolley Car Diner staff. Mt. Airy resident and former Masterman teacher Amy Cohen headed the effort to solicit applications and make sure the best projects were funded.

The Teacher's Fund received grants from the Elizabeth B. and Arthur E. Roswell Foundation and the Sidewater Family Foundation, along with private donations, allowing more teachers to receive grants. The Fund is overseen by Trolley Car Helping Hands, a 501(c)3 nonprofit. Committee members include Pauline Henry, Ken Weinstein, Leslie Winder, Deidre Shaffer, Amy Cohen, Jeanelle Lawson, Staci Marburg and Elliot Seif.

The Mt. Airy/Chestnut Hill Teacher's Fund was created to help public school teachers in Mt. Airy and Chestnut Hill fund projects that help educate their students. For more information, contact Steve Urgo at Steve@trolleycardiner.com or 215-247-5555 x 201.

Help Philadelphia Schools Go Meatless on Mondays

by Lou Ryan, the Humane League

Let's face IT — THERE'S A LOT of room for improvement in the school lunch system. Students, parents, and teachers are asking for a simple, delicious solution that will not only improve students' health, but also decrease the School District's carbon footprint.

Here's one: Meatless Monday.

Plant-based foods don't contain all the saturated fat, cholesterol, antibiotics and hormones found in meat and dairy products. Serving affordable meat- and dairy-free dishes such as vegetable chili and black bean burritos gives students the opportunity to discover new favorites while learning about the countless benefits of a diet high in fruits, vegetables, legumes and whole grains.

"You can help improve our schools' cafeterias just by leaving meat off the lunch menu one day a week," said Adaire Alexander student Julia Grapski at the March 20 School Reform

Commission meeting. "Fruits, vegetables and grains all take their ingredients right from the soil to become the perfect foods they are."

Replacing 20 percent of meals in District cafeterias with plant-based alternatives can also help the environment. According to the USDA, Americans are eating 57 pounds more meat annually than they did in the 1950s. The industry has responded by making larger, more concentrated farms that release more ammonia, nitrous oxide and other contaminants into air and groundwater. Not to mention that the livestock industry is the leading greenhouse gas emitter.

It's time for Philadelphia to join school districts in Los Angeles, Detroit, San Diego and other cities that already have Meatless Mondays. Learn more by visiting www.PhillyMeatlessMonday.com, sign the petition and spread the word.

Contact Lou Ryan at lou@thehumaneleague.com









For Mother's Day, Gifts for Our Children

by Claudia Apfelbaum, for the Shuttle

LL CHILDREN YEARN FOR THEIR MOTHER'S LOVE. They want to be close to her, snuggle with her, have her read books to them and love every cell in their young bodies. A mother's love for her children is like the sun to flowers — it is essential. A mother's love is our primary source of emotional nourishment. With it, we grow and flourish. Without it, our lives falter and can even fail.

Almost all mothers love their children and want the best for them. They want them to feel happy and confident. They want them to be successful and have good lives.

A mother's love can take many shapes. It can be open-hearted and affirming. It can be strict but tender. It can be tense and controlling. How a mother loves her children hugely impacts how they feel about themselves.

The greatest gift a mother can give her children is the gift of recognition; the gift of acknowledging that each child is a person unto themselves. As Khalil Gibran said so beautifully,

Your children are not your children. They are sons and daughters of Life's longing for itself.

They come through you but not from you.

And though they are with you yet they belong not to

You may give them your love but not your thoughts, For they have their own thoughts.

You may house their bodies but not their souls, For their souls dwell in the house of tomorrow,

which you cannot visit, not even in your dreams. You may strive to be like them, but seek not to make them like you.

The recognition of our children as separate is a difficult gift to bestow, yet it is something each child desires and also needs to develop into a complete and coherent being.

How do we give our children this gift? We can start by remembering that we, too, wanted this form of acknowledgement from our parents.

We can try to read their communication to us. From birth onwards, they tell us about their likes and dislikes. Very young children, who do not have language, will give messages through their facial expressions. A smile or happy sigh says, "I am satisfied." When babies turn their heads away, it is a sign that they do not like or want what is being offered. Similarly, when a baby closes its mouth, she or he is saying, "I do not want that."

Children with language are often very clear about how they feel. The more we listen and "work with them," the better they feel about themselves because their young selves are being affirmed by the response they are getting.

We and our children are frequently in conflict about who is getting their way. Children actually often give up their desires because they too can read us and want to please us. This desire to please starts very early, long before a child can speak. An infant can read a mother's feelings and will adjust his or her behavior accordingly.

The desire to please our mothers stays with us. Many a grown woman and many a man will say, "I love her. I want to do what I want with my life, but I don't want to disappoint her."

This is one of the pivotal tensions many of us experience — how to be ourselves and do what we want to do with our lives, and to also please our mothers.

There is less difficulty when there is acknowledgement, starting at a young age, of "the otherness" of each person. And, that acknowledgement is one of the greatest gifts we can give our children.

> Contact Claudia Apfelbaum, MSS, LCSW, at: claudialistens@gmail.com.



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Think First . . . Then Adopt!

by Brenda Malinics, for the Shuttle

HETHER AN ADOPTION INVOLVES A child or an animal, it is a serious and long-lasting commitment of both time and money. A pet can live to be 20, and will need vet care, good quality food, toys, beds, medications, litter, treats, pet-sitters, etc. A dog or cat will quickly learn to trust and love, and any decision to surrender it after a relationship is formed will be painful for the animal. If the pet is surrendered to a shelter, chances are it will die. Seven out of ten animals will be euthanized within 48 hours after their arrival.

Many people assume that all "dogs are dogs" and all "cats are cats." But like people, every dog and cat is different and has a different personality that affect its emotional needs. Unfortunately, most adoptions are impulsive or emotional, with a pet selected by species or appearance — most often color — rather than on the basis of the animal's temperament.

Potential adopters need to give seri-

ous thought as to why they want a pet, the type of personality that would best suit their lifestyle and whether they can commit to a long-term relationship.

Brenda's Cat Rescue requires a lengthy adoption questionnaire, which is an invaluable tool. Adopters answer why they want to adopt a cat; what qualities they are looking for; how much money and time they expect to spend; whether they have lived with or currently have other pets or people in their household.

A major benefit of a rescue adoption is that the animals waiting to be adopted live in home settings and their foster parents know their personalities, how they get along with animals, children, dogs, etc. Based on the questionnaire responses, we work to make an adoption that is a perfect fit for both the cat and the adopter.

A successful adoption is a methodical process. A common adoption mistake is selecting "an adorable kitten" as a companion for an older cat. Because of their high







energy level, kittens should always be adopted in pairs. Together, they can temper their energy rather than torment a mature cat who is used to a sedentary lifestyle. A solo kitten will be bored and start looking for adventure (a/k/a trouble), while the senior cat may act out by peeing outside the litter box or become so stressed that it develops a medical problem.

Some animals may be very frightened when they are first brought into a new home and they may hide or hiss or even fight with the resident pets. It is very important to introduce new pets slowly and correctly (that's another article). Patience is critical. And before you scold your pet for being uncooperative, obstinate or lazy, ask yourself if something may be bothering it. Always check with your vet when your pet's behavior changes.

Remember that it is unacceptable to "get rid of a pet" because: you're moving; you/your child/your significant-other has become allergic; it got too big; it sheds/it wants too much attention; it scratches the furniture; you don't want to be tied down.

Think before you adopt. Treat your pet as you would want to be treated. Check out www.brendascatrescue.org to meet some of the awesome rescue cats dreaming of a forever home.

> Email Brenda Malinics at brendasrescues@gmail.com

Ask the Vet

Vaccinating Kittens and Puppies

by Jennifer Muller DVM, for the Shuttle

OST PEOPLE ARE FAMILIAR WITH THE FACT THAT KITTENS AND PUPPIES REQUIRE La series of vaccinations before they are considered immunized.

Generally, nursing puppies and kittens receive their initial antibodies from their mothers' milk. These antibodies wane over time and are thought to be gone by 16 weeks. Vaccinations are generally started at six to eight weeks as puppies and kittens are weaned, then repeated every two to four weeks. (Animals in shelters, where disease is more likely prevalent are generally vaccinated at two-week intervals, while those reared in a home setting often get their boosters closer to four weeks apart.) Because

the moms' antibodies counteract the effectiveness of vaccinations, the last vaccinations are done once all the maternal antibodies are gone.

Vaccines for puppies and kittens are broken down to "core," those considered the most essential to the animal's well-being, and "non-core." The core vaccines for dogs are DHPP (Distemper/Herpes/Parvovirus/Parainfluenza) and rabies. In cats, core vaccines are FVRCP (Feline Viral Rhinotracheitis/ Calicivirus/ Panleukopenia) and rabies. The initial rabies vaccination is given only once in the first year, when the puppy or kitten is older than 12 weeks. All vaccines must then be boostered again a year later, then once every three years (with the exception of cats receiving the annual adjuvantfree rabies vaccine).

Some of the non-core vaccines for dogs include Leptosporosis, a potentially deadly disease that is transmitted in the urine of wildlife. Given our proximity to the woods, I strongly recommend this vaccine to my clients. Other non-core puppy vaccines are for Lyme disease and kennel cough. Most dogs who will be going to puppy classes or (Continued on Page 16)





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Paw-Purrazzi Photo & Video Contest

Upload your Pug Mugs and Cheshire Grins through May 29. Your furbaby could wind up a winner!

CUTEST PORTRAIT * FABBEST COSTUME * BEST TRICK (video)

Make that perfect pic or vid, then upload to **www.facebook.com/wwpetapalooza2014**. (We'll need your name and your pet's, and a way we can contact you — send us an email if you're so inclined.)

There's also a **People's Choice** for the most "likes," so make sure your friends visit and vote early and often.

Winners will be announced at Petapalooza in Mt. Airy on Saturday, May 31, at 3 p.m.

Questions? Contact Bettina at outreach@weaversway.coop, or 215-843-2350 ext 118.

Supply Us!

Donate cardboard tubing, newspapers, new or gently used pet bedding, towels and pet toys to the Pennsylvania SPCA. Bring them to the Pet Store at Weavers Way Across the Way during business hours,

8 a.m.-8 p.m. daily, through May 31.

Shut Down the Shelters — **Spay or Neuter Your Pet**

by Adam Corbett, VMD, for the Shuttle

THAT DID BOB BARKER ALWAYS SAY? "HELP CONTROL the pet population. Have your pet spayed or neutered." "The Price Is Right" host was right. Drew Carey continues this tradition, and while the tagline hasn't changed, the medicine has grown by leaps and bounds.

Responsible pet owners have long known that having their pets spayed or neutered provides a better quality of life (Continued on Page 16)

At Petapalooza, Everyone **Has a Hairy Good Time**

by Anton Goldschneider, Weavers Way **Pet Products Manager**

HANKS TO THE HARD WORK OF OUR WONDERFUL OUTREACH CO-▲ ordinator Bettina de Caumette, Petapalooza, on Saturday, May 31, is shaping up to be a spectacular event this year!

For those who have never been, Petapalooza is an annual Weavers Way event that celebrates all things PET! From noon to 4 p.m., Carpenter Lane in front of our Mt. Airy store will be filled with rescue organizations, veterinarians, dog trainers, dog walkers, pet groomers/dog washers and more. Of course, there will also be live music and the famous Weavers Way Grill.

This year we are emphasizing rescue organizations. If you are looking for a new best friend, some of our partner rescue groups will be bringing animals who are ready for new homes. Adopt during Petapalooza and you'll get a free Weavers Way starter kit to help your furry new family member feel at home! In addition, a portion of Pet Store sales for the day will be donated to rescue groups — so you can show your support by simply making a purchase.

Our pet food vendors will be here, offering free samples to promote a diet free of byproducts and low-quality/generic ingredients to help ensure that your animal companions live long, healthy lives. It's a great opportunity to talk to a food rep who is knowledgeable in pet nutrition.

And don't forget to make the acquaintance of the folks from Philadelphia Backyard Chickens. This group is making great strides in the effort to make chickens legal in the city and would love to discuss chicken-keeping with you. We'll even have a few chickens pecking around the window Across the Way, so feel free to stop by to admire the girls' plumage and throw them a few mealworms.

This year, instead of our Pet Parade, we are trying something different: Announcing the Paw-Purrazzi Photo and Video Contest, an online pet tricks and beauty competition judged by a panel of Weavers Way judges. See the details at left, and go to www.facebook.com/ wwpetapalooza2014 to upload your entry and vote for your faves. Winners will be announced during Petapalooza.

Finally, we'll be collecting supplies for the PSPCA all during May.

I am looking forward to seeing all of you animal lovers on May 31 at Petapalooza 2014!





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Vaccinations

(Continued from Page 14) boarding will be required to have the kennel-cough vaccine.

For kittens, non-core vaccinations include Feline Leukemia and the Feline AIDS vaccine (not transmissible to humans). The Feline AIDS vaccine has problems in creating false positive tests, so it is not often used in clinical practice. The Feline Leukemia vaccination is a better vaccine in that it does not interfere with testing for the actual illness. It is mostly recommended for cats who go outside, especially those who interact with other outdoor cats.

For dogs and cats, most of the noncore vaccines need to be boostered on an annual basis. And in addition to vaccina-

Spay & Neuter

(Continued from Page 15)

for their pets and their families. Surgical alteration provides a myriad of health benefits, including the prevention of lifethreatening cancers and infections, as well as other painful (and expensive to treat) conditions. Additionally, spaying or neutering can prevent behaviors, like spraying or some kinds of aggression, that lead to a poorer quality of life for pets and their owners.

The emotional and financial burdens associated with such medical and behavioral issues often lead owners to surrender their pets to animal shelters, or, worse, relinquish them to the streets. But the overarching reason animals wind up in shelters is simply this: there are more dogs and cats than there are homes! Spay/neuter surgery prevents more animals from being born into a system already struggling to find homes for all who need them.

Animal shelters and humane organizations like the Pennsylvania SPCA experience firsthand the challenges and tragedies that result from pet overpopulation. In Philadelphia alone, in 2013, over 30,000 animals were surrendered to animal control. Only 65 percent of those animals manage to leave the shelter alive. Pet homelessness can be attacked from more than one angle — by finding homes for the animals in shelters, but also by addressing overpopulation through easily accessible spay/neuter services.

Shelters have teamed up with veterinary medical and surgical experts to provide surgeries that are safe, fast and ef-

tions, all puppies and kittens need to be treated for roundworms.

With most new puppies and kittens you will be seeing your vet about once a month until the puppy or kitten is more than four months old. Then you should discuss your options going forward. Once a titer is established in an adult animal, the frequency of repeat vaccinations can be a topic of conversation with your veterinarian.

I know that some of this may seem overwhelming to a new pet owner. Rest assured that the risk of disease and the cost of trying to treat an illness once it sets in far outweighs the cost of prevention.

Dr. Jennifer Muller is a house call veterinarian serving Northwest Philadelphia. For an appointment, email mullervmd@gmail.com or call (215) 704-9009

Pet homelessness can be attacked from more than one angle — by finding homes for animals in shelters, but also by addressing overpopulation through easily accessible spay/neuter services.



ficient. A field has arisen called "High Quality/High Volume Spay/Neuter," and the experts in this field have developed new surgical techniques, anesthetic protocols and other advances. In this way we work towards the real goal: a home for every dog or cat who needs one. An end to overpopulation means an end to the unnecessary deaths that happen in shelters across the country.

So, how can you help? Listen to Bob — spay or neuter your pets! Encourage your family and neighbors to do the same. Then consider volunteering or donating at your local animal shelter. Through compassion, hard work and good medicine, shelters are creating a bright future for our animal companions.

Dr. Adam Corbett is the lead surgeon at the Pennsylvania SPCA, the country's second oldest animal welfare organization.
Info: www.pspca.org.



In Last Month's farm article I mentioned that we have a stellar farm crew geared up for the 2014 season. I'd like to let the farm production team introduce themselves. Watch this space all summer for more bios, and please stop by the farms to say hi!

— Weavers Way Farms Manager Nina Berryman



Nina Berryman photo

Apprentice Emma Dosch throttles up the mighty HGC tiller.

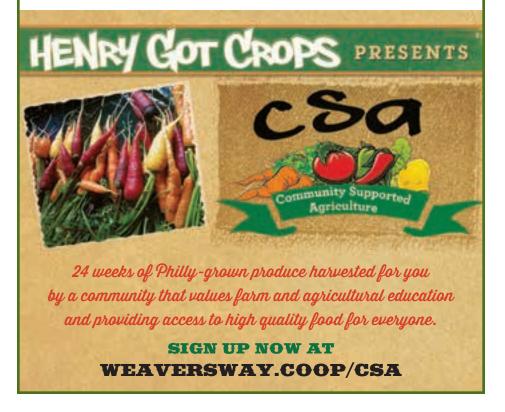
Emma Dosch, Field Manager, Henry Got Crops Farm

AST SEASON (2013) I WAS THE FARM APPRENTICE AT HENRY GOT CROPS. I feel lucky to be back with the farm team again this year!

My interest in farming and food grew throughout my college years in Northwest Pennsylvania. I worked on and off with two small sustainable farms for several seasons — learning, in addition to the basics, how the farmers sustained their businesses and interacted with the larger community. My greatest involvement was with the gardening project of a community group that focused on community ownership, capacity and voice. These experiences with both farm businesses and community complemented my schoolwork in Environmental Studies and Social Justice. When I moved to Philadelphia to work for Weavers Way, I was looking for a full season of experience with the skills and systems that build sustainable agriculture.

I highly value the accessibility of Weavers Way Farms to larger communities — the CSA, the Co-op, Saul High School and whoever else stops by the farms. The experience of growing, eating and sharing food is invaluable for healthy people and healthy communities. I am sustained by seeing how our farms connect so many people to these experiences. For this season, I am excited about the deep commitment I and the other farm staff have — we cannot wait to share our hard work with all of you!





Environment Committee

If I Ever Die . . . I Want a Green Burial

by Sandra Folzer, Weavers Way **Environment Committee**

T'S HARD TO THINK VERY LONG ABOUT DEATH, ESPE-Leially one's own. I agree with Woody Allen, who once said, "I don't mind death; I just don't want to be there when it happens." Given the statistics, I'd say we'll all die sometime no matter how much kale we eat.

Many of us try to live sustainably, conserving energy and recycling, but that thinking goes up in a cloud of smoke when we die. Even if we opt for simple cremation— avoiding toxic embalming fluids, skipping the chipboard-and-veneer coffin manufactured with formaldehyde and eschewing a spacious cemetery plot — cremation uses an enormous amount of energy. The crematorium operates at about 1,700 degrees F. for about 75 minutes, about the same amount of energy a person uses for an entire month.

Pollutants like nitrogen oxide and carbon monoxide, as well as particulate matter and heavy metals, have to be scrubbed out of crematoria emissions. Mercury from dental fillings is a particular problem; to cut down on mercury, cremation would have to take place at an even higher temperature.

And even "simple cremation" isn't so simple. After incineration, the skeleton is still recognizable, so it is ground up after a metal detector scoops out any remaining metal parts such as hip and knee replacements. Only when the remains are pulverized are they given to the family.

In India, more than 100 solar crematoria save wood by using reflectors to intensify the sun's rays. Some places in England have come up with other energy efficiencies: A recreation center in Worcestershire uses the energy emitted from a crematorium to heat its pool. Another crematorium in Durham plans to use the heat to spin turbines, creating enough electricity to power 1,500 televisions.

Traditionally, there are many ways different cultures have disposed of the dead. Some Tibetans hack up the body and feed the pieces to vultures. In India and Iran, Zoroastrians also allow the body to be eaten by vultures. They believe it should have a useful purpose after death.

In the United States, the most sustainable means for burial is the "green burial." Any container for the body would have to be biodegradable, such as cardboard, wicker or cloth. There is no embalming or durable coffin; the body is "recycled," returned to the soil to give life to new organisms. The burial site would be natural. Trees or plants may be planted, or the land is left for nature to take its course. For some of us, it may be the closest we come to reincarnation.

The only cemetery I know in the Philadelphia area that does green burials is West Laurel Hill in Bala Cynwyd. They have dedicated an acre of land for green burials. Said cemetery president Navin Mann, "This is the way we did funerals before the Civil War, before the Victorian era," For him, green burials mean no backhoes, just good old-fashioned shoveling; no vaults, no treated wood, no vertical headstones — natural flat stones are engraved with the name of the deceased. (For more information about West Laurel Hill, call 610-664-1591 or visit www.forever-care.com).

I have a farm upstate. Years ago, I went to the county seat to learn if I could put a small cemetery on my property. I was directed from one office to another since no one knew the answer. The only thing I learned was that it was illegal to bury a horse. I have seen many small cemeteries on old farms, so I imagine I can do the same. Now it's just a matter of deciding where to put the cemetery. Maybe I'll even get one of those wrought-iron fences to mark off the area. I would like to be prepared. Hopefully, I'll have many, many years to prepare.

envcomm@weaversway.coop

ECO TIP

From the Weavers Way **Environment Committee**

It's gardening time again, and every good gardener knows that compost and mulch are crucial to a great garden!

- Our own Weavers Way Farm at Saul High School produces compost made from veggie waste and cow manure. Two cubic yards delivered costs \$85, or you can pick it up at the farm (loaded by them) for \$25 per yard. If you only need a small amount, both Coop stores sell bags of compost. Contact Scott Blunk at compost@weaversway.coop to schedule a delivery or for more information.
- You can also pick up free compost, shredded wood mulch and herbivore manure at Philadelphia Parks and Recreation's Recycling Center in West Fairmount Park (3870 Ford Road). No sewage sludge is used in the process of compost making, according to the Parks and Recreation website (www.phila.gov/parksandrecreation), so it should be good for use on all gardens. The Recycling Center is open 7:30 a.m.-3 p.m. Monday-Friday; April through October, there are Saturday hours, 7:30-11 a.m. You must show proof that you live in Philadelphia.
- For gardeners living outside the city, most municipalities have free leaf compost or mulch available for pickup, including Cheltenham and Springfield Townships. Some gardeners may be concerned about gardening products used by homeowners, but according to Mike McGrath of WHYY's "You Bet Your Garden," the composting process degrades and eliminates these chemicals.

Philadelphia Interfaith Power & Light Creating a Climate for Change

THE LACK OF ACTION ON CLIMATE L change can contribute to a feeling of hopelessness. A recently formed interfaith group is taking action and creating hope!

Pennsylvania Interfaith Power and Light is a community of congregations, faith-based organizations and individuals of faith responding to the urgency of climate change as a moral issue. The Philadelphia chapter (Phil IPL) of Pa IPL provides leadership in the Philadelphia region to raise awareness, organize and support action and inspire hope. The national organization of Interfaith Power and Light has over 10,000 members.

Some upcoming events sponsored Philadelphia Interfaith Power and Light:

• Promotion of an ongoing "Preach-In" to raise awareness in faith communities about the moral obligations of climate change. Nearly 50 congregations in Pennsylvania have taken part. As part of the event, congregations are urged to send postcards to EPA Administrator Gina McCarthy, supporting stricter limits on new and existing coal-fired power plants through enforcement of the Clean Air Act. Without congressional action, enforcing the Clean Air Act through the EPA is the only way for governmental action on climate. Joy Bergey, Phil IPL member, presented a stack of the cards directly to McCarthy at a meeting of 150 faith and community leaders invited by the Obama administration and the EPA to discuss climate change actions.

- On May 4, from 3 to 6 p.m., Phil IPL is co-sponsoring a retreat for climate activists for spiritual and emotional recharging.
- On May 6, from 12:30 to 2 p.m. at First United Methodist Church of Germantown there will be a training (lunch included) on how to preach about climate change.
- Save the date! Phil IPL is hosting the statewide Pa IPL conference on Oct. 26..

Recent events sponsored or supported by Phil IPL included a March 10 civil disobedience, with several Phil IPL members and friends from Earth Quaker Action Team protesting the Keystone XL pipeline at the Federal Building in Philadelphia, and a prayerful protest April 10, using the symbols of Passover and Holy week, protesting dangerous oil trains loaded with Bakken oil that pass through Philadelphia every day. The demonstration started in front of the offices of Philadelphia Energy Solutions and then proceeded to City Hall to call on City Council to take steps that will keep Philadelphia safe from oil trains.

All are welcome to attend Phil IPL's monthly meetings (alternate Mondays and Tuesdays) at Summit Church, Greene and Westview. If you'd like to learn more or get details on any events, contact Cheryl Pyrch at cpyrch@summitpres.net or 215-438-2825.

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by Eric Sternfels, for the Shuttle

AY IS A VERY EXCITING MONTH TO visit Ned Wolf Park. If you're whizzing down McCallum Street, thanks to the stop sign at Ellet you'll likely notice the vivid colors of the gardens in riotous spring bloom. Purple creeping phlox, orange tulips and magenta hardy geraniums along with chartreuse Japanese forest grass will command some attention. Step into the park and you'll see still more blooming, along with the newly constructed schist walls, erected in April. At the park's central terrace, reclaimed bluestone offers a new place to sit and enjoy the scenery. You can also see the rejuvenated terrace surface paved with the first installation of custom-engraved bricks purchased by supporters and friends of the park. These donations, along with a 2014 grant from the Fairmount Park Conservancy, allowed for the recent completion of Phase II of the Terrace Wall Project. But it's not too late to add a brick with your inscription — visit www.nedwolfpark.org for more details about supporting the final Phase III of this project to improve Ned Wolf Park.

Celebrating the City of Philadelphia's Love Your Park Week, May 11-17, the Friends of Ned Wolf Park will offer a free garden lecture, titled "More Groundcovers = Less Mulch" on Tuesday, May 13, 6:30-7:30 p.m. I'll be joined by another local gardener, Janet Novak, in leading this "walk & talk" presentation. We're both passionate about plants and active within the regional gardening community, and we will showcase numerous unusual and garden-worthy groundcovers within the park.

Then, on Saturday, May 17, the Friends of Ned Wolf Park will host its annual Plant Sale. (Heavy rain date is May 18.) Hundreds of donated plants will be offered along with lots of great gardening advice for those who may need some help. It starts promptly at 10 a.m. and runs until 1 p.m. You'll be able to purchase plants from the park, from its garden tenders, and from several generous neighbors. There will also be a few plants sourced from local wholesalers, too. Come choose something special from the wide variety of perennials for sun and shade, shrubs, annuals, herbs, houseplants and more. Be forewarned: In-the-know local gardeners come early to snap up the many bargains and rare offerings for which the Plant Sale has become known. If you have plant divisions or seedlings that you would like to donate for the sale, contact me at emsternfels@

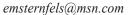


Eric Sternfels photos

Reclaimed bluestone being placed (above); Ned Wolf Park bursts forth in May (below).

msn.com or 215-248-5533. Volunteers are also needed to help dig plants and to staff the big sale. You won't regret participating in this fun event.

You can learn more about the citywide celebration of our neighborhood parks at www.loveyourpark.org. This initiative of the Philadelphia Parks and Recreation Department and the Fairmount Park Conservancy encourages residents and visitors to "Find Your Path" by exploring the bountiful green resources of Philadelphia.





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But so are BTi dunks at Weavers Way. Mosquito season lasts from April to October, so it's not too soon to begin treating standing water for nontoxic control of the miserable biters.

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GLENSIDE

The Passionate Gardener

Create a Native 'Meadow Strip'

by Ron Kushner, for the Shuttle

HE IDEA OF A "MEADOW STRIP" came to me one cold winter day while reading seed catalogs after attending a native plant seminar. The concept of creating a native garden similar to a meadow in bloom but on a small residential lot is easy to love. This is especially true when the necessary real estate for an actual meadow doesn't exist.

Think about taking a strip lawn, about 3 feet wide and as long as possible, and creating a new planting bed. This new "meadow strip" bed would be set a short distance away from the property line so it could be accessed from either side. From almost anywhere on the property, this meadow strip could be viewed as the edge of an extended meadow in bloom. The strip would be planted with native plants that grow taller than one would find in a traditional perennial bed and in a more informal manner, as they would naturally in a meadow setting. A new bed could be installed about three feet out from any edge of one's property, preferably in a sunny spot. Forty feet in length would be ideal but the dimensions could vary according to the available land.

The project can start as soon as the cold weather breaks and leaf mold or compost is available. Lay out the bed on the lawn, cover it with cardboard and weigh the cardboard down with a layer of leaf mold. On top of the leaf mold, in a random manner, add dried manure, topsoil, mushroom compost or your own compost, if available. The planting bed can be completed with very little effort with no digging. The cardboard prevents weed growth, kills the grass (and weeds) underneath and will decompose in a few months in time for the new plants' roots to penetrate into the soil below. The total height of the new bed should be about 8 to 10 inches.

Put in your plant in early May, fertilized and mulched. Make sure they are watered well the first season. After that, no irrigation will be required other than normal rainfall. If compost can be can be applied each spring, no additional fertilizer is required.

The plants should do well the first year, filling in nicely and providing color throughout the summer and well into the fall. All of the plants can be cut back



The meadow strip in bloom.

Suggested Plant List for a 3' x 40' Meadow Strip

- (3) Agastache "Ava
- (3) Salvia greggii "Wild Thing
- (5) Echinacea purpurea "Magnus"
- (3) Aster novae-angliae
- (3) Rudbeckia subtomentosa
- (3) Eupatorium purpureum
- (1) Baptisia australis
- (3) Heliopsis helianthoides
- (3) Echinacea pallida
- (3) Vernonia fasciculate
- (3) Helianthus mollis
- (3) Verbena stricta

to 6 inches above the ground after the first frost and re-mulched with shredded leaves. The dead stalks can also be left standing for winter interest and wildlife habitat and cut back in the spring.

The plants suggested are all natives and do well in our area. Obviously, you

can substitute with any perennials available — there are hundreds of varieties to choose from.

> For questions or comments, email Ron at ronkushner@comcast.net or visit his website, www.ronsorganicgarden.com



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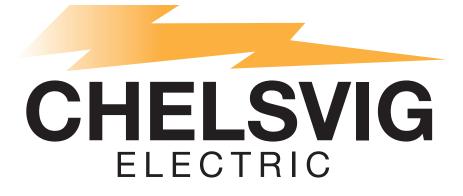


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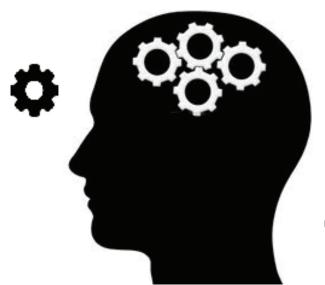


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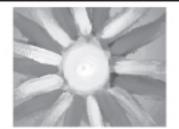
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Suggestions

by Norman Weiss, **Weavers Way Purchasing Manager**

REETINGS AND THANKS FOR WRIT-Jing. 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.

Passover and Easter have come and gone, and it got me thinking how the two holidays are related. Both feature ghosts, a special dinner, people suffering, blood, death, kings, eggs, Jews and Gentiles, spring and God. I think the moral of both stories is that people are generally happier when they do things like eat together as opposed to trying to kill each other. Except for the sadists, who must be included for diversity reasons, but should be limited to killing other sadists.

For some reason, Easter has a bunny as a mascot. Passover does not have an equivalent, so I've asked the Universal Rabbinical Council to come up with a Kosher for Passover mascot.

Speaking of rabbits, I recently read about a marketing study in which participants were asked to look at a box of Trix and rate their connection to the brand, with some shown a box positioned so that the rabbit made eve contact while others depicting the rabbit looking down. Findings show that brand trust was 16 percent higher and the feeling of connection to the brand was 28 percent higher when



the rabbit made eye contact. Furthermore, participants indicated liking Trix better compared to another cereal.

Trix is tricking you into trust. Now how do you feel about the brand?

suggestions and responses

- s: "It's 11:30 a.m. and you are already out of Le Bus sliced multigrain — please get more!"
- r: (Molly MA) It's a popular loaf. I already get quite a few but will evaluate the standing order. Thanks for the feedback.
- s: "Could you please stock marinated garlic (whole pieces)? Thank you."
- r: (Margie MA) We don't have space at this time. If I get more requests, I will review the space again.
- s: "I made it up to the MA store with a list of produce ingredients from a recipe I wanted to make. I wasn't able to find any of them in organic at the MA store, but I know they have them in CH. Why is this?"

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r: (Jean MA) The order of importance is generally 1. local, 2. certified organic, then 3. conventional. For items on the "Dirty Dozen," the list of produce with the highest pesticide residues, we always carry organic (e.g., cooking greens). One exception, which we have received a lot of questions about, is apples. Because of our commitment to local, the apples we source are IPM (Integrated Pest Managment), not certified organic. We continue to carry organic apples bagged, though we firmly believe in the IPM orchards from whom we purchase. We have carried local organic apples in the past, but they are in very short supply, so we were very excited when they became available again this season from an orchard just beginning to deliver to Philadelphia. We plan to bring more in this fall, but in order to carry them alongside our IPM apples, they'll need to be stickered individually so cashiers can recognize them. It's just another little detail involved in having a varied product mix. Finally, the "Clean 15" items might only be carried conventional (e.g., avocados), due to space constraints. We all know how tight our stores are, especially Mt. Airy, so we just can't offer the same selection as Chestnut Hill. If there are particular items you want to see carried, please talk to the produce manager, and usually once we hear it a few times, we then bring it in, because we know more than one person is thinking about it.

s: "I am shocked to see that you are still carrying Eden Organic products, even though their corporate philosophy is so counter to that of the Co-op and stakeholders. Please consider removing these products from your shelves."

Because of our commitment to local, the apples we source are IPM, not certified organic. We have carried local organic apples in the past, but they are in short supply, so we were very excited when they became available again this season from an orchard just beginning to deliver to Philadelphia. We plan to bring more in this fall.



r: (Norman) Last year there was an outcry about Eden Foods due to the position of their CEO, Michael Potter, suing the Obama administration for forcing his company to cover reproductive health care under the Affordable Care Act. I wrote our response in the June 2013 Shuttle (you can check out previous Shuttles online on our website) and sent it to the person who made the above comment. Here was the response: "Thank you for your thoughtful response. I see this less as an issue of reproductive rights and more so about employee health/rights and women's autonomy, as well as a perversion of the separation of church and state in this Country. It is a complex issue. I will continue to avoid purchasing Eden products."

s: "I was pleasantly surprised to find tofu

shirataki noodles at Weavers Way Chestnut Hill, so I bought them. Will they be available in the future there or was it just a fluke? Thank you."

r: (Riley CH) They are a regularly stocked item at the Chestnut Hill store. (Norman) Most things that happen at Weavers Way are flukes. In fact, most things that happen in life are flukes. It's part of the nature of the universe, according to certain scientists. I used to believe in Intelligent Design of the universe until I learned the Schuylkill Expressway was overloaded from the day it opened due to Stupid Design. As a result, I've ended up thinking when things work well, it's more due to Fluke Design.

s: "I have an idea for new business and was wondering if I could buy the Co-op member list to recruit customers. I want to offer back massages delivered psychically, and think Co-op members would appreciate such a service."

r: (Norman) Both of our Wellness stores already offer psychic massages. To trigger it, just come in, click your heels three times and say "oy, my back." Regarding member data, we do not share our member data with anyone except the NSA, which has pledged to spy on all people equally without regard to race, gender, class or religion and we like to support such egalitarian ventures.

s: "Can we carry extra-large (burritosized) tortillas? Plain, not spinach or chili (wraps)."

r: (Heather MA) The spinach and chili are the only flavors I have found in the large wraps.

s: "Fage full-fat Greek yogurt. The cooler is full of 0% (which tastes like hell). The 'full-fat' Greek yogurt is still very low-fat. If people aren't buying the regular stuff, maybe a small sign that says 'Regular Greek yogurt is still just (xx)% fat and tastes great!""

r: (Heather) Look for 17-oz. containers of full-fat Fage this week. The other stuff may not taste so good, but don't complain to me when you need bigger pants!

s: "Soft corn tortillas. Maria & Ricardo's or Sonoma — both very good. The sprouted ones are good for some things, like enchiladas, but not for everything."

r: (Heather MA) We carry the Maria & Ricardo's soft tortillas in the case next to the others.

normanb@weaversway.coop

Achoo!

Allergy season is here. Fortunately, so are the physicians of Chestnut Hill Hospital. Their offices are conveniently located throughout our community, and are open evenings and weekends to suit your busy schedule.

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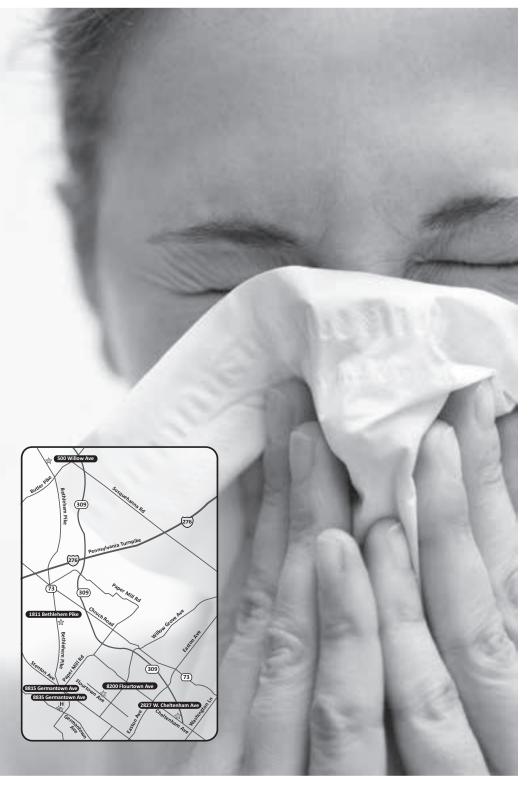
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MAY

CALENDAR OF EVENTS

ALL MONTH LONG

LOCAL MONDAYS, 4-7 p.m., both stores. Meet the vendor and have a taste! CHESS CLUB, 7 p.m. Monday, 555 Carpenter Lane. We have a Junior League too! MEMBERSHIP OFFICE AT CHESTNUT HILL, 9 a.m.-5 p.m. Friday.

PAW-PURRAZZI PHOTO & VIDEO CONTEST

Is your furbaby a star? Upload pix and videos to **www.facebook.com/wwpetapalooza2014** through May 29. Winners will be announced at Petapalooza.

SUPPLY DRIVE FOR PSPCA

We're collecting cardboard tubing, newspapers and gently used pet bedding, towels and toys. Bring your donations to the Pet Store at Weavers Way Across the Way in Mt. Airy.

Saturday, May 3 11 a.m. – 5 p.m.

Mt. Airy Day

Everyone's from Mt. Airy on Mt. Airy Day! Join the 44th annual celebration of our wonderful neighborhood. Lots to do, see and eat. Weavers Way will offer a plant sale — and meet our Health & Wellness Committee too! On the grounds of Cliveden, 6400 Germantown Ave.

Sunday, May 4

11 a.m.-5 p.m.

Chestnut Hill Home & Garden Festival Germantown Avenue between Rex and Willow Grove blossoms into an outdoor garden marketplace. Meet the WW Backyard Chicken Committee and purchase some herbs and geraniums at the Co-op. Don your sunglasses and enjoy the top of the Hill for the afternoon!

Tuesday, May 6

Monthly Board of Directors Meeting Get on board! This month's meeting is at the Chestnut Hill Friends Meetinghouse, 20 E. Mermaid Lane. RSVP: boardadmin@weaversway.coop.

Tuesday, May 6

Spring Chicken Workshop Learn all you need to know to begin chicken-keeping with confidence. We'll cover the basics — the

chickens, the coop, the feed and the eggs. With Maureen Breen of Weavers Way Backyard Chickens, in the backyard at Moving Arts Mt. Airy, 6819 Greene St.

Wednesday, May 7 7:30 Weavers Way Environment Committee 7:30 p.m.

Celebrate Mother Earth by attending this longstanding green-friendly Weavers Way committee. Community Room, 555 Carpenter Lane (adjacent to the Mt. Airy store).

Thursday, May 8

Weavers Way Membership Committee Join this important committee and help shape Co-op membership! All are welcome. Community Room, 555 Carpenter Lane (adjacent to the Mt. Airy store). Info: Outreach@weaversway.coop or 215-843-2350 ext 118..

Thursday, May 8 7:30-9 p.m.

Food for Thought: La Vida Local! Sip some wine or beer, taste some local cheeses and enjoy a lively panel discussion on looming changes to our food systems and the cultural impact of going local. Special guests include Aliza Green, awardwinning chef and cookbook author; Kate Thomas, historian and cultural anthropologist at Bryn Mawr College; culinary and locavore adventurer/educator/ writer/activist Anna Herman; and food blogger/ essayist Emily Teel. Outside on the beautiful stepped terrace of the Schuylkill Center for Environmental Education in Upper Roxborough. \$10 per person for SCEE and Weavers Way members. Tickets: www. brownpapertickets.com (use code MEMBERAPRIL15) or call SCEE at 215-482-7300.

Wednesday, May 14

New Members Welcome/Orientation Meet new members and learn about YOUR co-op and all it has to offer. Earn two working member hours for attending! Community Room, 555 Carpenter Lane (adjacent to the Mt. Airy store). RSVP: outreach@ weaversway.coop or 215-843-2350 ext 118.

Thursday, May 15 7 p.m.

Eating with Body in Mind #5: Proteins & Dairy Does milk do a body good? Learn about the roles that proteins and dairy play in digestion at our fifth EBM workshop with April Pedrick. Community Room, 555 Carpenter Lane (adjacent to the Mt. Airy store). RSVP: outreach@weaversway.coop or 215-843-2350 ext 118.

Friday, May 16

Weavers Way Locavore Supper Club Potluck Bring a dish to share containing one, a few or all locally sourced ingredients, along with a plate, utensils and a cup. Eat and acknowledge the wealth and variety of local foods available in our region, talk about our common interests relating to food and community and discuss possibilities for future supper clubs! Werner's Community Garden, 214 E.

Mt. Airy Ave. RSVP: skane@weaversway.coop. 11 a.m.-1 p.m. Saturday, May 17

Transplanting Workshop and Plant Sale Weavers Way Farms Manager Nina Berryman will teach you all about transplanting your annuals, and all workshop attendees will go home with a transplant. There will also be a WW Farms-grown plant sale so you can stock up and get growing! At Saul High School. \$15 at the door.

Saturday, May 17

C.W. Henry School PTA Fun Fit Fest Fitness circuit, movement workshops, kids' activities, refreshments and a marketplace. In the schoolyard at Green and Carpenter. Benefits the Playworks Program. Sponsors include Elfant Wissahickon, Valley Green Bank and Weavers Way. Info: Regina Dyson, regina.dyson@gmail.com, or Kelly Tannen, kbtannen@hotmail.com

Saturday, May 17

Wyck House Rose Festival

The first in a summer series of community events at Wyck in beautiful Germantown. The Rose Festival features the astounding collection of original, antique roses in bloom, plus workshops, activities for children, live music and food. Weavers Way's Farmers Market will be there too! 6026 Germantown Ave. Info: Bob McKee, Programs and Outreach, bmckee@wyck.org or 215-848-1690.

Sunday, May 18 9 a.m.

Friends of the Wissahickon Forbidden 10K Weavers Way is a sponsor of this 10K / 6.2 mile loop along Forbidden Drive celebrating FOW's 9th year. Participants will pass many historic points of interest, including the Thomas Mill covered bridge, Tedyuscung (Indian Statue) and Valley Green Inn. Register at fowforbidden10k.org. The race starts at 9 a.m. Info: www.fow.org

Sunday, May 18 6 p.m.

Weavers Way General Membership Meeting Join the membership for our spring meeting, including delicious food, election results and presentations, then stick around for a beautiful Skyscape viewing. Chestnut Hill Friends Meetinghouse, 20 E. Mermaid Lane. Info and Skyspace reservations: boardadmin@weaversway. coop or 215-843-2350 ext 118.

Tuesday, May 20

6:30 p.m.

WW Health and Wellness Committee Join this highly diverse group of health practitioners and good-living gurus to brainstorm about bettering your body. Community Room, 555 Carpenter Lane (adjacent to the Mt. Airy store). Info: rtorpie@weaversway.coop.

Tuesday, May 20

7 p.m.

Jam Making with Marissa McClellan Learn the basics with cookbook author and Food in Jars blogger Marisa McClellan. All students will go home with the recipe and canning details, as well as a jar of the strawberry-vanilla jam you made in class! In the kitchen at Chestnut Hill Friends Meetinghouse, 20 E. Mermaid Lane. Tickets: www. brownpapertickets.com/event/640385.

Wednesday, May 21

9:30 a.m.

A Day for Moms in Chestnut Hill Start with coffee and pastries and explore some of the wonderful family-friendly finds along the Avenue. Chestnut Hill Welcome Center, 16 E. Highland Ave.

Saturday, May 24

Wholesome Dairy Field Trip

Noon-4 p.m.

Join Weavers Way on a visit to Wholesome Dairy in Berks County. We'll be leaving from Mt. Airy, and some transportation may be available. The cost is \$5; lunch is included. Contact Local Purchasing Coordinator Stephanie Kane at skane@weaversway.

coop to register. Saturday, May 31 Noon-4 p.m. **PETAPALOOZA**

Rescue somebody! Adopt a pet at Petapalooza in Mt. Airy and go home with a Weavers Way Pet Store goodie bag. Or come out for the Pet Party Weavers Way Grill, live music, training demos, marketplace, food trucks and prizes. Bring your kid's abandoned stuffed animals to be upcycled by Glad Dogs Nation. Feed the chickens too! Paw-Purrazzi Pet Pictures Contest winners will be announced at 3 p.m. (Go to www.facebook.com/ wwpetapalooza2014 to upload your entry and vote for your faves.) And pick up some pet supplies — a percentage of sales will benefit all participating rescue organizations. Info: outreach@weaversway. coop or 215-843-2350 ext 118.

For more info or to RSVP for any of these events, email outreach@weaversway.coop or call **215-843-2350 ext 118.**

Old-School Co-op Alliance Flourishes in Greenbelt, Md.

by Sue Wasserkrug, for the Shuttle

AST MONTH, THE MID-ATLANTIC FOOD CO-OP ALLIANCE HELD ⊿its spring membership meeting in Greenbelt, MD. Four Weavers Way members attended, along with about 20 representatives from other co-ops and start-ups in the region.

MAFCA is an association of food co-ops, buying clubs and startups in six states (Delaware, Maryland, New Jersey, New York, Pennsylvania and Virginia) whose mission is to grow the cooperative economy, provide education about co-ops and build a sustainable and equitable system of healthy, local food production, distribution and consumption.

After touring the Greenbelt Co-op Supermarket and Pharmacy, MAFCA members were treated to a delicious Lebanese buffet lunch at the cooperatively owned New Deal Café. During our meeting, we learned more about the Greenbelt Co-op and about the unique and rich history of cooperative enterprise in Greenbelt. Our speaker was Leta Mach, who is a City Councilwoman, the coordinator of the Greenbelt Cooperative Alliance and a former employee of the National Cooperative Business Association. She really knows co-ops!

Greenbelt is slightly northeast of DC, about 15 miles from the White House. Mach told us it was founded in the late 1930s as one of three "green" communities, the other two being Greenhills in Ohio and Greendale in Wisconsin. The U.S. government built affordable homes for families interested in pioneering a cooperative community; more than 4,000 families applied for the original 880 homes in Greenbelt. (More were built a few years later.)

The first cooperative was the Greenbelt Federal Credit Union, which still operates today. Philanthropist Edward Filene (of Filene's Basement fame) put up funding for Greenbelt Consumer Services Inc., which opened a food store, a gas station, a drugstore, a barber shop, a movie theater, a valet shop, a beauty parlor, a variety store and a tobacco shop. The community subsequently bought GCS, and the businesses all became cooperatives.

In the ensuing years, residents formed a variety of other cooperatives: a baby-sitting pool, a nursery school, a kindergarten, a savingsand-loan, an Internet access co-op and a cooperative health association. As you might expect, not all of these co-ops still exist. Today, the Greenbelt Cooperative Alliance has eight members: the grocery, the café, a nursery, a newspaper, a credit union, a vacation retreat, a health insurance service and a housing cooperative, which was formed in the 1950s when the federal government sold off the original homes. But new co-ops continue to be planned, including a composting operation, a cooperative thrift store, a theater-workers co-op and a co-op for kids.

Interestingly, the grocery is very different from Weavers Way: It is similar to a small conventional supermarket, with a more modest natural foods and organic selection. On the other hand, most (78 percent) of its sales are to members. The basic membership fee is only \$10, or \$100 to be a voting member. The 18,000-square-foot store currently has 9,835 members, 54 staff and a seven-member board of directors. Just like Weavers Way, the Greenbelt Co-op boasts an impressive selection of non-food items, my favorite being Googly Critters (pictured).

Learn more about the Greenbelt grocery and the Greenbelt Cooperative Alliance at www.greenbelt.coop. Learn more about MAFCA by visiting www.mafca.coop. Former Weavers Way board member Sue Wasserkrug can be reached at wasserkrug@gmail.com.



International Cooperative Principles

International Cooperative Principles were last revised in 1995 by the International Cooperative Alliance. The Statement also includes a definition:

"A cooperative is an autonomous association of persons united voluntarily to meet their common economic, social and cultural needs and aspirations through a jointly owned and democratically controlled enterprise."

And a statement of values:

"Cooperatives are based on the values of self-help, self-responsibility, democracy, equality, equity and solidarity. In the tradition of their founders, cooperative member owners believe in the ethical values of honesty, openness, social responsibility and caring for others."

The International Cooperative Principles are guidelines by which cooperatives put their values into practice.

1. Voluntary and Open Membership

Cooperatives are voluntary organizations, open to all persons able to use their services and willing to accept the responsibilities of membership, without gender, social, racial, political or religious discrimination.

2. Democratic Member Owner Control

Cooperatives are democratic organizations controlled by their member owners, who actively participate in setting their policies and making decisions. Men and women serving as elected representatives are accountable to the membership. In primary cooperatives member owners have equal voting rights (one member, one vote), and cooperatives at other levels are also organized in a democratic manner.

3. Member Owner Economic Participation

Member owners contribute equitably to, and democratically control, the capital of their cooperative. At least part of that capital is usually the common property of the cooperative. Member owners usually receive limited compensation, if any, on capital subscribed as a condition of membership. Member owners allocate surpluses for any or all of the following purposes: developing their cooperative, possibly by setting up reserves, part of which at least would be indivisible; benefiting member owners in proportion to their transactions with the cooperative; and supporting other activities approved by the membership.

4. Autonomy and Independence

Cooperatives are autonomous, self-help organizations controlled by their member owners. If they enter into agreements with other organizations, including governments, or raise capital from external sources, they do so on terms that ensure democratic control by their member owners and maintain their cooperative autonomy.

5. Education, Training and Information

Cooperatives provide education and training for their member owners, elected representatives, managers and employees so they can contribute effectively to the development of their cooperatives. They inform the general public — particularly young people and opinion leaders — about the nature and benefits of cooperation.

6. Cooperation Among Cooperatives

Cooperatives serve their member owners most effectively and strengthen the cooperative movement by working together through local, national, regional and international structures.

7. Concern for Community

Cooperatives work for the sustainable development of their communities through policies approved by their member owners.

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

Good Work, Weavers Way

TO THE EDITOR,

I commend and admire you for hiring Noah Boyer as a helper in your shop. You set a good example for others to follow, and I hope they will give those with special needs a chance to work. Noah is our grandson and we are very proud of him. Thanks for your help.

> Sylvia and Len Voynow Havertown

Principle 6: Co-ops **Help Other Co-ops**

EAR GLENN, Enclosed please find two

- A check for \$5,470. This is the principal repayment of the \$5,000 member loan and the interest due.
- A check for \$750. This is the final interest payment on your \$25,000 loan guaranty deposit, which has been securing our loan with NCB Capital Impact. It was paid in full on March 10.

Thank you so much for all the support you and your co-op have given River Valley Market to help us get started. We could not have opened without the incredible support. I'm happy to report we now have over 6,400 member-owners and annual sales of over \$20 million, and you deserve a big share of the credit for believing in our startup and helping to support it.

Thank you once again for all you do and in particular for your very meaningful financial support for our startup.

Rochelle Prunty, General Manager River Valley Market, Northampton, MA

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Free Estimates

What's in Store at Weavers Way

At Wholesome Dairy, It's All About the Grass

by Stephanie Kane, Local Purchasing Coordinator

A FTER HOURS AT THE READING TERminal Market recently, Mark Lopez from Wholesome Dairy led a Sustainable Dairy School discussion. As the last of the stalls shut down, Mark took us through the life of one of his dairy cows.

The productive life of a dairy cow starts at 2 years old, with the birth of their her first calf, and they generally calve each year to continue producing milk. Mark's grass-fed cows graze on a rotational pasture, divided into blocks, which gives each section time to renew itself. Mark believes firmly in grass fed, and does not supplement with soy or corn. Cows evolved to digest grass, or hay, which he feeds in the winter. While cows can digest soy and corn, the starch ferments into volatile fatty acids and makes their rumen acidic. Soy is also high in iso-flavonoids, plant-based estrogens.

What a cow eats affects their milk production — the amount of fat and the volume of the milk— and the amount of carbon, i.e. methane, i.e. cow patties. Grass-fed cows create milk with a higher fat content, but also generate more carbon. Starches like corn and soy increase milk volume. (You might argue that because grass-fed cows create more carbon, they are contributing to the greenhouse gas problem. But I'd venture to guess the emissions from shipping soy from Brazil and processing corn for feed goes way beyond that.)

The standout benefit of grass-fed dairy is conjugated linoleic acid — the fat in the milk. CLA, is what you call good fat. It works by converting fat tissue to lean muscle tissue, and has been shown to fight cancer. It improves bone density and calcium absorption and also has the ability to stabilize blood sugar. Grass-



Field Trip

Join Weavers Way on a visit to Wholesome Dairy Farms in Douglassville, Berks County, Saturday, May 24. We'll be leaving Mt. Airy at noon and returning at 4 p.m. and some transportation may be available. The cost is \$5, with lunch included. Contact Local Purchasing Coordinator Stephanie Kane (skane@weaversway.coop) to register.

fed cows produce milk with upwards of five times the amount of CLA that conventional cows do. And as most Americans drink milk from corn- and soy-fed cows, they are not getting the high levels of CLA.

The final piece that makes Wholesome Dairy unique is that all their milk is full fat. They don't want to lose any of the beneficial CLA that come with it.

When looking at fat content in milk, we generally only see the amount in reduced fat milk, which always led me to believe whole milk was mostly fat. The number is actually only 3.4 percent fat for whole milk.

So, if you're a skim milk drinker who indulges in candy bars and other processed foods, and you think you're dodging fat, you'd be far better off ingesting the fat in raw milk.

Or better yet, Wholesome Dairy's greek yogurt sweetened with agave and vanilla beans.

skane@weaversway.coop

Is Raw Milk for You? Read On

RAW MILK IS MILK THAT HAS NOT BEEN PASTEURIZED OR HOMOGENIZED. PASTEURization was invented in 1864, at a time when the milk industry had become industrialized and cows were being fed spent grains and kept indoors. These conditions were more likely to lead to sick cows, which led to contaminated milk.

Most raw-milk advocates maintain that healthy, grass-fed cows inherently pose less of a risk because they produce healthier milk, full of nutrients that are less prone to pathogens. Compared to 30-50 years ago, dairy farmers today can take advantage of

many advances that contribute to a dramatically safer product, including more effective cleaning systems, refrigeration and sophisticated milk and herd disease testing.

Milk often is homogenized after pasteurization, a treatment that prevents a cream layer from separating. The milk is pumped at high pressure through narrow tubes, and as the much smaller fat globules begin to reassemble, some are completely surrounded by a layer of protein. Some researchers believe that these protein-heavy fat globules increase homogenized milk's ability to cause allergic reactions. Other effects include a thicker consistency, whiter appearance, lowered heat stability, increased sensitivity to light and less pronounced milk flavor.

In Pennsylvania, raw milk must test for bacterial limits less than 20K/mL, and coliform limits less than 10/mL—the same as for pasteurized milk. Farmers must be certified to sell raw milk, which involves extensive testing and record-keeping, as well as maintaining a pristine milking environment.

Where Our Milk Comes From

Weavers Way sources raw and pasteurized milk both locally and nationally. Here are some of our suppliers:

Merrymead, Lansdale, PA: Cow's milk (pasteurized* and homogenized).

Meyenberg, California: Goat's milk (ultra-pasteurized**).

Natural by Nature, Lancaster, PA: Certified organic cow's milk (pasteurized* and homogenized).

Organic Valley, headquartered in Wisconsin, sources milk regionally: Certified organic cow's milk (ultra-pasteurized**).

Swiss Villa, Wrightsville, PA: Raw and pasteurized* cow's and goat's milk.

Trickling Springs, Chambersburg, PA: Certified organic cow's milk (low-heat pasteurized***).

Wholesome, Douglassville, PA: Raw cow's milk.

*Pasteurized Heated to 161 degrees F for 15-20

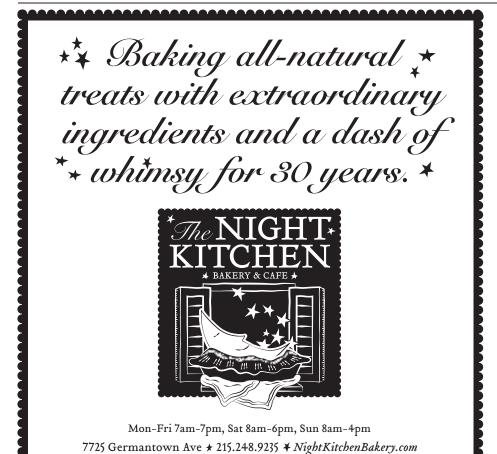
**Ultra-pasteurized: Heated to 282 degrees F for 3 seconds and rapidly cooled.

***Low-heat pasteurized: Heated to 145 degrees F for 30 minutes.

Proponents invoke direct sales — and greater profits to the dairy farmer, as opposed to the milk processor — as one of the benefits of raw milk. However, small-scale pasteurization equipment has made it easier for farmers to sell pasteurized milk directly to the consumer. And some small U.S. dairies are beginning to adopt low-temperature vat pasteurization. Advocates say it produces a superior product that is similar to raw milk.

While raw milk should not have any more bacteria than pasteurized, many will say the process of heating the milk is just an extra insurance policy, so why not do it? Dairy farmers who produce raw milk will counter that pasteurized milk is essentially "dead."

skane@weaversway.coop







What's in Store at Weavers Way

Farewell Sweet Stem, **Welcome Stryker Farm**

by Dale Kinley, Weavers Way Mt. Airy Meat, Poultry and Seafood Manager

For the past 15 years we have enjoyed a great relationship with Meadow Run/Sweet Stem Farm in Lancaster County. They have provided us with local, pastureraised pork, chicken and eggs. We were their first retail customer! Now Philip and Dee Horst Landis have decided to relocate to a larger farm — in Oregon. We wish them well and will miss them.

Stryker Farm is our new choice for local, pastured pork. The farm is located in Saylorsburg, PA, about two hours north of Philadelphia. Nolan Thevenat takes free range seriously. His pigs roam his land with minimal interference. The hardy heritage breed live outside all year, with sheds for bad weather. Nolan closely follows organic standards. The pigs do not receive antibiotics, hormones or any growth stimulants; there are no pesticides, herbicides or chemical fertilizers on the farm.

A pig's diet is the No. 1 contributor to meat flavor and texture. Pigs are omnivores, eating a variety of things like plants and nuts, insects and fungi. During the summer, Nolan's pigs get most of their nutrition from rooting and foraging. During the winter, they are fed a unique pig feed that is mixed daily. It is a blend of non-GMO malted barley and locally grown grasses, grains and legumes. The pigs have a



Stryker Farm photo

Nolan Thevanant with some of his roaming pigs; see more pictures at the Stryker Farm website, www.strykerfarm.com.

diet low in polyunsaturated fats, resulting in firm, pleasanttasting pork. The meat has a deeper, dark red color. It also has more marbling and fat, which aids in keeping the meat moist during cooking. The flavor is mild and slightly sweet.

Heritage breeds have not been modernized by the pork industry to grow fatter and more quickly. A typical modern hog will reach a market weight of 250 pounds in six months. Heritage breeds take nine months or more to reach that weight.

Heritage breeds make up for their slow growth in the quality of their meat. Nolan also chose heritage breeds for their hardiness and ability to thrive outdoors in extreme conditions. These pigs actually roam the woods!

Look for Stryker Farm products in the meat case. The pulled pork, pork belly, chops, sausage and bacon are great!

dale@weaversway.coop

Cheese of the Month

Bloomy Rinds for May

FOR MAY, WE DECIDED TO BE EXTRA "CHEESY" and feature bloomy rind cheeses in honor of spring flowers. Three of our favorites are Mt. Tam, Buttercup Brie and Noble Road.

What's a bloomy rind cheese? Bloomy rinds are the soft, white rinds typically found on Bries and Camemberts. They are created by spraying the edible mold spores Penicillium candidum, Camemberti or Glaucum onto the rinds during the aging process.

Mt. Tam is made in Point Reyes Station, CA, at Cowgirl Creamery. This 8-oz. triple cream is made from pasteurized organic milk from the Straus Family Creamery.

Buttercup Brie comes from Cherry Grove Farm in Lawrenceville, NJ. This is a petit brie made from pasteurized, organic, grass-fed milk.

Noble Road brings us back to Pennsylvania. This small, creamy wheel is crafted by Emily Bryant Montgomery on Highland Farm in Wayne County, the land her family has farmed for five generations.

These three beautiful cheeses will be \$1 off for the month of May.

— Margie Felton

margie@weaversway.coop





Bloomy Rind Cheeses

Mt. Tam, Point Reyes Station, CA Buttercup Brie, Lawrenceville, NJ Noble Road, Highland Farm, PA

These three beautiful cheeses will be \$1/lb. off for the month of May.



Dinner and a Movie

Park Plates & 'Grand Budapest Hotel'

by Margie Felton and Joanna Poses

HIS MONTH'S REVIEWS ARE ABOUT senses and connections. "The Grand Budapest Hotel" sends us back to a time of luxurious inns, perfectly uniformed staff, patrons decked out in fancy gowns and jewels, thick carpets, chandeliers and grand staircases, shown in all their glory as well as their shabby decay. We feel the warmth of the steamy bath in the crumbling tile basement, the chill of the winter wind from a cable car ascending a blizzardy mountain and winter scenes so picturesque we forgot we were tired of snow and longing for sunshine.

Our thoughts do eventually turn to spring as we head to a small restaurant in Elkins Park across from a green park, thus named Park Plates.

Park Plates chefs/owners Locke Johnson and Owen Lee are masters at creating visually enticing plates with perfect combinations of tastes, textures and aromas. Warm fresh baked rosemary focaccia triangles served with bright green olive oil start our feast followed by a bite of garlicky hummus on a thin crisp cucumber with sweet grape tomato (amuse bouche). Pickled vegetables and olives are served atop a creamy garlic walnut sauce, the buttery filo dough of the bourekas crunches before revealing the feta and greens inside. For entrées we chose

duck and vegetable tagine and lamb meatballs. The duck is braised perfectly in Moroccan spices and topped with tangy pickled onions and crunchy radishes. The lamb meatballs are fragrant with cinnamon and saffron. Both are served on Locke-a-roni, Chef Locke's version of the San Francisco treat, rice, thin noodles and black lentils.

To be perfectly honest we do have a personal connection at this restaurant. The hilarious and sassy manager is our friend Anney, and Margie knows the chefs from years in the hotel/restaurant industry. This bodes well when our server brings us a plate of lamb simmered in a sauce rich with salty olives and sweet raisins as a gift from the kitchen. Industry

Are You Living



Park Plates photo

connections also work well for the Budapest Concierge when he starts an amusing phone chain with the concierges of other hotels to find help after escaping from prison. But back to the meal . . . We are known for always finishing our food but we couldn't stop eating the focaccia so we had to request our dinners wrapped to go so we could try a dessert. We shared a creamy Greek yogurt panna cotta drizzled with pomegranate syrup and pistachios. The final touch, steamy cups of French press coffee.

The duck, the garnish, the Lock-a-roni

Our dinner was leisurely but the film moves at a faster pace. As the story of how a young lobby boy becomes the owner of the grand hotel is told, we quickly travel through scenes of murder accusation, stolen art, jail breaks, chases down ski slopes, shootouts in the hotel lobby — all enhanced by a terrifying, leather-clad Willem Dafoe. Each scene is beautifully composed. The jailhouse is a massive stone structure set high on a cliff with the prisoners clad in striped pajamas eating gruel. Train stations are masterpieces of brick and iron work. Servants' quarters are spartan, the hotel magnificent. The Ritz was justified in dedicating all five of its screens to this film.

Park Plates is around the corner from Creekside Co-op, where both restaurant owners are members. Locke is also a long-time member of Weavers Way. Please make time to stop at Creekside when visiting Park Plates.

Park Plates

7852 Montgomery Ave., Elkins Park www.parkplatesrestaurant.com 215-782-3663 (BYOB)

7909 High School Road, Elkins Park 215-557-4480 creekside.coop Open 8 a.m.-8 p.m. daily

"The Grand Budapest Hotel" (2014) stars Ralph Fiennes.

Advance tickets recommended. Buy through brownpapertickets.com. More info: schuylkillcenter.org.

Weavers Way members (use code MEMBERAPRIL15); \$15 for non-members.

Weavers Way and the Schuylkill Center host an al fresco evening 7:30-9 p.m.

Thursday, May 8, featuring great local food and engaging conversation. Food

Mawr anthropologist Kate Thomas will discuss the intersection of food, place

and culture. In the Pavilion at SCEE, 8480 Hagy's Mill Road. \$10 for SCEE &

writer and activist Anna Herman, chef Aliza Green, blogger Emily Teel and Bryn

Creekside Co-op

margie@weaversway.coop

Eating with Body in Mind — The Series

by April Lea Pedrick, for the Shuttle

THE PLACE WHERE FARMERS MEET shoppers is powerful. You, the shopper, are the most valuable player in the modern food system. Food is our most personal connection to our own health and well-being, to our families and communities and to the local, national and global economies and environment. Fortunately, food is also one of life's pleasures. Simply by feeding ourselves delicious, nutrient-rich foods, we can affect some of the world's challenges on a grand scale — and enjoy it.

"Natural" foods have become big business — not a bad thing, but worth careful consideration. How can the conscious consumer separate marketing hype from good science and traditional knowledge? Which foods pack the most health punch while sustaining our values? How much misinformation have we been "fed" in the name of profit?

Weavers Way's "Eating with Body in Mind" workshop series was designed to provide valuable hands-on insights on how the body uses food and how food and supplements can shift that environment for the better.

It takes effort to return to sustainable ways of eating, but it really is simpler than most folks realize. Shoppers are hungry for information about ways to improve their health and vitality naturally.

I was lucky — years helping customers find solutions while stocking shelves at a little health-food store in Delaware became my life's path. We were encouraged to learn from trustworthy resources and each other. I fell in love with the food, its effects on my health and happiness and how it worked for others. I also learned how individual choices at the shelf turn into industry-shifting dollars.

Most of all, I discovered that the relationship between a values-driven food retailer and committed customers is irreplaceable.

As the Co-op sponsors and promotes committees on Education and Health and Wellness that empower individuals to take charge of their own wellness, I thought it would be efficient and fun to present the goods on those topics in a group, while tasting! Teamwork and staff support made "Eating with Body in Mind" possible in no time.

Check Weavers Way calendars for upcoming workshops focusing on:

- Proteins and Dairy.
- The Wide World of Produce.
- Smoothies and Superfoods.
- Skin Care and Beauty Aids.
- Sweeteners and Big Sugar.
- Teas, Herbs and Sauces.
- Genetic Engineering.

For information from past workshops or to volunteer as a presenter, contact Outreach Coordinator Bettina de Caumette at outreach@weaversway.coop. We look forward to cooking with you!

April Lea is a holistic educator focusing on food and herbs in everyday wellness. Reach her natural health concierge service at lea.april.p@gmail.com.



THE HOMESTEADING

WORKSHOP SERIES

Wish you had the know-how to, say, grow beautiful cucumbers and turn them into fabulous pickles? Get out your calendar — Weavers Way Farms' 2014

Homesteading Workshop Series will have you in a pickle, a jam, a mason jar in no time! Learn the skills you need to turn the inside and outside of your home into a DIY hub, and have a good time in the process. For more info, contact Local Product Coordinator Stephanie Kane: skane@weaversway.coop or 215-843-2350 ext 122.

SATURDAY, MAY 17 11 A.M.-1 P.M. TRANSPLANTING WORKSHOP AND PLANT SALE

Weavers Way Farms Manager Nina Berryman will teach you all about transplanting your annuals, and all workshop attendees will go home with a transplant. There will also be a WW Farms-grown plant sale so you can stock up and get growing! At Weavers Way Farms at Saul High School, 7100 Henry Ave. \$15 at the door.**

TUESDAY, MAY 20

7-9 P.M.

STRAWBERRY VANILLA JAM WITH MARISA MCCLELLAN

Learn the basics of boiling-water-bath canning and jammaking with cookbook author and Food in Jars blogger Marisa McClellan. She'll walk you through the steps of making homemade jam (it's easier than you think!) and show you how to safely seal the jars so that they're shelf-stable. All students will go home with the recipe and canning details, as well as a jar of the jam made in class that day. At Chestnut Hill Friends Meetinghouse, 20 E. Mermaid Lane. \$30.*

TUESDAY, JUNE 10 4:30-5:30 P.M. COMPOSTING AT HOME

Tim Bennett of Bennett Compost has been helping Philadelphians recycle their kitchen waste into compost for five years. He'll go over four options — worm bins, backyard composting, dropoff locations and pickup service. If you're still unsure about doing it at home, Co-op members receive a free month when they sign up for Bennett Compost pickup. Worms available for sale. At Weavers Way Farms at Saul High School, 7100 Henry Ave. FREE.

THURSDAY, JULY 3 5:30-7 P.M. TOMATO PRUNING

Join Weavers Way Farms Manager Nina Berryman to learn different methods of pruning your tomato plants, all designed to give you maximum production. Learn how to properly care for the plants you bought at our sale in May! At Weavers Way Farms at Saul High School, 7100 Henry Ave. \$15 at the door.**

TUESDAY, JULY 15

7-9 P.M.

LOW-SUGAR BLUEBERRY JAM WITH MARISA MCCLELLAN

Love jam but can't stand all that sugar? Local cookbook author and Food in Jars blogger Marisa McClellan will teach you how to make perfect, perfectly delicious low-sugar jam using Pomona's Pectin. She'll walk you through the steps of safe preserving (it's easier than you think!) and show you how to process the jars so that they're shelf-stable. All students will go home with the recipe and canning details, as well as a jar of the jam made in class that day. At Chestnut Hill Friends Meetinghouse, 20 E. Mermaid Lane. \$30.*

TUESDAY, AUGUST 5

7-9 P.M.

INTRO TO CANNING TOMATOES WITH MARISA MCCLELLAN

Learn the basics of tomato preservation and boiling-water-bath canning with cookbook author and Food in Jars blogger Marisa McClellan. She'll walk you through the steps of prepping, packing and preserving whole peeled tomatoes. All students will go home with the recipe and canning details, as well as a jar of the tomatoes made in class that day. At Chestnut Hill Friends Meetinghouse, 20 E. Mermaid Lane. \$30.*

TUESDAY, AUGUST 19 6-7:30 P.M. SAUERKRAUT WORKSHOP

Learn about making the simplest fermented food around — sauerkraut. We'll go over the basics as well as investigate how to add different flavors, textures and nutritional benefits. Fee includes one jar of sauerkraut to take home. At Weavers Way Farms at Saul High School, 7100 Henry Ave. \$15 at the door.**

TUESDAY, SEPTEMBER 9 7-9 P.M.

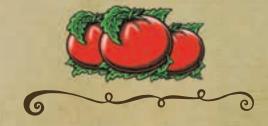
PICKLES TWO WAYS WITH MARISA MCCLELLAN

Learn the basics of pickling with cookbook author and Food in Jars blogger Marisa McClellan. She'll walk you through the steps of making both quick refrigerated pickles and pickles processed in a boiling-water bath. Students will go home with the recipes and canning details, as well as the two jars of pickles they made in class that day. At Chestnut Hill Friends Meetinghouse, 20 E. Mermaid Lane. \$30.*

TUESDAY, SEPTEMBER 16 6-7:30 P.M. GROW-YOUR-OWN

OYSTER MUSHROOM KIT WORKSHOP

Tyler Case from Mycopolitan, a Philadelphia-based mushroom grower, will show you how to make a kit where you can harvest oyster mushrooms from your counter! At Weavers Way Farms at Saul High School. \$15 at the door.**



*Go to brownpapertickets.com to sign up for Marisa McClellan's workshops. You can also sign up for all four of Marisa's workshops for \$100!

**Proceeds benefit Weavers Way Farms.

Joe Black models the

Staff Celebrity Spotlight: Joe Black

An 'Old Hippie' **Goes Shelf-Stable**

by Karen Plourde, Weavers Way Chestnut Hill **Grocery Staff**

TF YOU'VE MET JOE BLACK, SHIFT MANAGER AND produce staffer at Weavers Way Mt. Airy, chances are he's shared a story from his life. Well, here's the whole story — or a good chunk of it, anyway.

Joe, 63, grew up in Logan. Soon after he graduated from Olney High, his number came up in the draft, but instead of going to Vietnam, he was sent to Bad Kreuznach, Germany. After the service, he trained briefly in the Philadelphia Board of Education's electrical department, then found a job as an electrician's helper.

In 1977, Joe and a partner opened the Natural Foods Eatery at Broad and Locust streets. He believes it was the first macrobiotic restaurant in the city.

"We opened without money — did all the work ourselves," he said. "Business was good right away, although our prices were incredibly cheap. Philadelphia Magazine once picked us as the best restaurant with a meal under \$2."

Over time, the restaurant expanded and added The Sunset Bar. But beginning in the mid-'80s, AIDS started hitting its clientele hard. Joe and his staff would often deliver meals. "It's hard to think about it," he said, tears welling in his eyes.

The restaurant closed in 1988. By then, Joe had been married and divorced and was co-raising a son from another relationship. He managed to find a job as a nanny, which allowed him to spend time with Zach-



Frankie Plourde photo

ary. A gig he thought would last until his son started kindergarten stretched out over 14 years, as the family he worked for grew from one to four children. When they moved from Center City to Mt. Airy, Joe became acquainted with Weavers Way.

As the kids got older, Joe began transitioning into working for the Co-op. He started out assisting the home-delivery person, and when she was leaving in the late '90s, she asked him if he'd be interested in the job. Part-time grew into full-time.

One day in 2001, Joe was shift-managing when Eleanor Day, a former waitress from Natural Foods Eatery, wandered in. "I had always had a huge crush on her, but so did everybody else," he said. They fell

tools of the trade of a Weavers Way shift manager: gloves, apron and sweatshirt for all those hours in the cooler.

in love "almost immediately" and were married a little over a year later. Eleanor, an artist, brought her two young daughters into the marriage, and Joe has been a father to Tulia and Hazel, now 17 and 15, ever since. Zachary, now 29, is head waiter at an upscale restaurant in Center City.

As a self-described "old hippie," Joe picked up on that vibe when he first got to Weavers Way. But his appreciation of the place he's worked for over 15 years goes beyond that. "I always worked at jobs

that I enjoyed and never made any money," he said. "I'm not getting rich here, but . . . I make a decent living."

Joe credits General Manager Glenn Bergman with stabilizing Weavers Way after it got to the financial brink in 2002 and with expanding its influence throughout the area. "Even though this is a cooperative store, it needs to be run as a retail operation in order to work, and . . . he made sure that it was," Joe said. "There's no reason why we should be some elite, one of only two coops in the city. No, it's something that should grow and he's made sure that that has happened . . . and that's a great reason why I still love working here."

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

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Mt. Airy

Monday-Sunday, 8 a.m.-8 p.m. 559 Carpenter Lane, 215-843-2350

Chestnut Hill

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

Across the Way

Monday-Sunday, 8 a.m.-8 p.m. 610 Carpenter Lane, 215-843-2350 ext 276

Next Door

Monday-Sunday, 9 a.m.-8 p.m. 8426 Germantown Ave., 215-866-9150

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Follow us!







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Advertise in the Shuttle advertising@weaversway.coop

Weavers Way Welcome Meetings

We wholeheartedly encourage new members to attend one orientation meeting. Learn all about our cooperative market, the benefits of buying in, the resources that become available to you and how co-ops contribute to local communities around the world. Meet staff and other member-owners and share in some refreshments and conversation. Bring your questions, your curiosity or your experience with other co-ops. Working members will receive two hours credit for attending. We look forward to meeting you!

Attend a Weavers Way Welcome Meeting, Get 2 Hours Work Credit!

Meetings are held at 6:30 p.m. Wednesday in Mt. Airy (555 Carpenter Lane, next to the store) or Chestnut Hill (locations TBA) and include a store tour. (Current members who help host also get work credit.) RSVP to:

outreach@weaversway.coop or 215-843-2350 ext. 118.

NEXT MEETINGS

May 14 (MA) June 11 (CH)

Your favorite foods are local. Your favorite sports teams are local. Our new *Morning Edition* host is local.

Jennifer Lynn is now hosting WHYY's Morning Edition.
A familiar voice to WHYY listeners and a Delaware Valley native, Jennifer Lynn really knows local.





THE SHUTTLE







Morning Edition
Weekdays from 6 a.m. to 9 a.m.