SPRING GENERAL MEMBERSHIP MEETING

Sunday, May 31

Morris Arboretum
(all-day free admission for Co-op members with Weavers Way ID)

4-8:30 p.m.

Eat and Greet
(there will be cake!)

- President's welcome/GM's report
- Member-driven discussion groups
- Election results
- Open mic and WW members' homebrew tasting

Info: www.weaversway.coop/SpringGMM-2015

weavers way co-op

your Vote Counts

☑ The BOARD OF DIRECTORS
☑ The PROPOSED BYLAWS REVISIONS

Candidates' statements INSIDE: Page 16

Vote online at www.weaversway.coop
or by paper ballot (available on Page 17 or in the stores)
Through May 31

Last-chance voting until 5:15 p.m. at the Spring General Membership Meeting
Info: www.weaversway.coop/Election-2015

weavers way co-op

The Shuttle

April 2015 Vol. 43 No. 4

Community-Owned Food Markets Open to Everyone

Board Corner

Vote Now for Your New Bylaws

This is the third in a series of Shuttle articles to inform you about Weavers Way's proposed new bylaws. (See also September, "Why Change the Bylaws?" and December, "What Are the Changes?"). All stories, plus additional information and links to copies of the current and proposed bylaws, are also posted on the Weavers Way website at www.weaversway.coop/bylaws.

by Lisa Hogan, Weavers Way Board of Directors

In the Spring Election, April 1 to May 31, you are asked to vote for or against the proposed new Weavers Way Bylaws. The Board has voted unanimously to accept them; now it's the members' turn to vote.

We believe that the new bylaws are better for the Co-op and its member-owners. They will simplify and clarify our work, reducing debate over interpretation. Issues of meetings, voting, Board officers and equity are clear for all to understand. Redundant sections have been omitted.

The vote culminates four months of member nput and feedback. In January, the Bylaw Revision Committee held two member meetings to get input on the draft of the revised bylaws and share our thinking. On Jan. 12, a focus group yielded useful feedback and proposals for changes. Many of those changes were made in time for the Jan. 22 open meeting. There again we gained valuable and specific feedback for the proposal.

Concurrently, the proposed bylaws were posted on the Weavers Way website and members gave and received feedback online. Some members also contacted me directly. The final proposal has been reviewed and approved by David Kraut, our legal counsel, as well as by Michael Healy and his associates at Cooperative Development Services (info: www.cdsus.coop), who drafted the bylaws template we worked with. As our consultant, Michael helped to make sure that the lines of responsibility are clear.

Some frequently asked questions (FAQs) and responses are presented here.

Why did you decide to rewrite the Weavers Way Bylaws?

Several suggestions for bylaws changes were pending before the Board. In reviewing the current bylaws, we realized they had been amended piecemeal many times over the years, creating a complex, convoluted and redundant document. Our goal was to simplify governing procedures with a clear document that prepares

(Continued on Page 30)



Ellie Seif photo

They Tried It, They Liked It

Co-op member Gayle Davidson shares samples in Chestnut Hill before the judging to choose Philadelphia's best vegan cheesesteak. The results are in: **Page 26.**

Membership Corner

Senior Discount Tuesdays!

by Kirsten Bernal, Weavers Way Membership Manager

Cost. Food access. Product selection. These are topics that we have been exploring at the Co-op, and we have been focusing on two strategies.

The first was Food For All, our discount program for low-income members that launched in January. As of March 1, we had 24 participants and had provided $932.71 in discounts. As I write this, total participants has increased to 28.

Our second strategy will launch this May. Senior Discount Days are coming! Beginning Tuesday, May 5, all members 65 or older will be eligible to receive 10 percent

(Continued on Page 9)

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

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What's in Store at Weavers Way

Editor's Note

by Mary Sweeten, Editor, Weavers Way Shuttle

THERE WAS A LOT OF EXcitement here at WW HQ in February when Pope Francis said this:

"Cooperatives must continue to be the motor that uplifts and develops the weakest parts of our local communities and civil society. Good feelings alone can't do this. We need to prioritize the establishment of new cooperative enterprises, along with further developing existing ones." *

Francis is always going on about poverty, workplace fairness and society, and co-ops are a big deal in Italy, so in that sense his remarks, to about 7,000 members of the Confederazione Cooperative Italiane, were a no-brainer. Italy has more co-ops per capita than any other country in the world — according to one source, they account for 7 percent of GDP. They also have deep roots in Catholic worker movements.

So to be clear, the pope wasn't necessarily talking about funky little food co-ops. However, whether worker-owned, consumer-owned (like Weavers Way), producer-owned, even "hybrid," whether doing banking or providing social services or selling non-GMO beans, co-ops all have this in common: One member, one vote. Nobody can amass multiple shares and decide where the money goes.

So when Pope Francis says, "Money at the service of life can be managed in the right way by cooperatives, on condition that it is a real cooperative where capital does not have command over men but men over capital," this is what he's talking about.

There's lots of fascinating stuff online about Italian cooperatives — fascinating even if you're not a co-op geek — some of it by way of St. Mary's University in Nova Scotia. They have a co-op management program, and ran the co-op trip to Cuba that Weavers Way Marketing Director Rebecca Torpie writes about starting on Page 6.

And the pope, don't forget, is coming HERE! To Philadelphia! In September!

When it comes to cooperatives, the connections just don't stop.

msweeten@weaversway.coop

* He said it in Italian; translation from Vatican Radio.

The Shuttle is published by Weavers Way Cooperative Association.

Statement of Policy

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

Weavers Way members are welcome to submit articles or Letters to the Editor. Editorial copy is due the 10th of the month before publication, e.g. Dec. 10 for January. Articles should be 500 words or less; letters should be 200 words or less. Articles express the views of the writers and not those of the Co-op or its Board, unless identified as such. No anonymous material will be published, and all submissions must include an email or phone number for verification. The Shuttle retains the right to edit or refuse any article or Letter to the Editor. Submit to **editor@weaversway.coop**.

Advertising

Advertising for each issue is due the 1st of the preceding month, e.g. Dec. 1 for January.

Ad rates are available at our stores, online at www.weaversway.coop/shuttle, via email at advertising@weaversway.coop or by calling 215-843-2350, ext. 117. Advertised products or services may not be construed as endorsed by Weavers Way Co-op.

The Shuttle is printed on 100% recycled paper.

THINKING COFFEE



Think Ethiopian

by Neal Fordham, Weavers Way Coffee Buyer

ETHIOPIA IS GENERALLY ACKNOWLEDGED AS THE birthplace of coffee. One coffee creation story (9th century) goes like this: An Ethiopian goat herder goes out to greet his goats one morning, and finds them all dancing upon their hind feet. They had been munching on the ripe red fruit of a coffee tree.

I became the coffee buyer for the Mt. Airy Weavers Way late last year, and since then have been studying — and doubtless drinking too much — coffee. To become familiar with our bulk coffee offerings (which number more than 30!), I began brewing each one for two successive days.

One morning I poured not-quite boiling water over my morning grounds and up came aromas of fruits, spices and even chocolate. The amazing coffee I then drank was an Equal Exchange Ethiopian. Never have I been more surprised by, or enjoyed a coffee so much. During my coffee survey, I had detected subtle differences among most of the coffees, but the Ethiopian was simply unforgettable.

After this discovery, I made a point of bringing in more Ethiopian coffees. Most small roasters produce an Ethiopian coffee because they are already familiar with its amazing characteristics. At Weavers Way, we offer more than one Ethiopian because small differences in the roasting process can produce very different coffees.

Besides the Equal Exchange Sidamo Ethiopian coffee in our bulk bin, we offer these pre-bagged beans from local roasters:

Backyard Beans: Ethiopian Yirgacheffe Oromia and Decaf Natural Ethiopian Sidamo

High Point: Ethiopian Misty Mountain

Green Street Coffee: Ethiopian Kellensoo Sidamo

La Colombe: Ethiopia Werka Bauka

Speakeasy: Ethiopia Mokamba Natural

Matt Adams from Lansdale, PA's Backyard Beans, has been a great friend to the Co-op, and when I shared with him my desire to stock a really delicious decaf coffee, he produced the only Ethiopian decaf I have seen. Lovers of their morning Ethiopian now can have something extraordinary in the evening as well, without threatening their bedtime.

Matt and Laura Adams also offer a coffee they've named Hope Blend. For each bag they sell, Backyard Beans donates a percentage to a local charity. Weavers Way together with Backyard Beans will donate $1 to the SHARE Food Program (sharefoodprogram.org) for each pound of Hope Blend coffee sold. (SHARE serves a regional network of community organizations engaged in food distribution, education and advocacy. It's located in an old armament plant down the street from the former Tastykake factory on Hunting Park Avenue, which is also home to the Weavers Way warehouse.)

Hope Blend is a combination of medium- and dark-roast Honduran beans, and is thus called a black and tan. This coffee is doubly moral in my book because Backyard Beans sources the coffee from a Honduran coffee organization (Café Organico Marcala, S.A.) that uses its Fair Trade price premium to fund many social projects, including teachers' salaries and school supplies. The premium also finances the construction of kitchens in the schools, supporting the Merienda Escolar program that provides meals for children.

Look for coffee buyer Neal Fordham upstairs at Weavers Way Mt. Airy or contact him via email at nfordham@weaversway.coop.

New on the Shelves

Fish Sprinkles May Help Ailing Kitty Back to Health

by Karen Plourde, Weavers Way Chestnut Hill Grocery Staff



ANYONE WHO'S HAD SICK PETS KNOWS HOW hard it can be to get them interested in food. Don't despair, though: the Pet Store Across the Way in Mt. Airy has brought in a product that may help you and Kitty over that hurdle.

Cat-Man-Doo Sprinkles are crushed dried bonito flakes. The idea is that the concentration of pure fish, dusted on their regular food, will spark their appetite and thus move them along the road to recovery. But who says you can't sprinkle some on your healthy feline's food? After all, he or she probably kept your lap warm sometime over the winter.

For the chicken tenders among us, Pet Buyer Anton Goldschneider now stocks the **Little Giant** electric water-heater base for its galvanized metal poultry water fount. The weather's getting warmer, but there are still some cool nights ahead. Take care of your girls by taking the chill off their water.



Elsewhere at the Co-op

Next Door: Say hello to body care products from **Andalou Naturals** and **Acure**. Both lines boast natural, free trade and organic ingredients. ND carries shampoo, body wash and three kinds of body lotion from Acure and three kinds of Andalou body lotion and Kukui Cocoa body butter. I've used both the citrus verbena and lavender thyme body lotion, and they're a great pick-me-up after a shower.



Chestnut Hill Grocery: It seems there's always something new and exciting in the front drink case — for instance, **Cocoa Metro** Belgian chocolate reduced fat milk. Cocoa Metro uses real sugar, and more high quality chocolate than others of its type, according to the website.

More newish than new is the **Belvoir Fruit Farms** elderflower and rose lemonade from Lincolnshire, England. The single-serve size is refrigerated up front, but there's also a 25.4 ounce bottle on the shelves with the juices. It's crisp and fizzy, more like sparkling cider than lemonade. The Hill also carries large bottles of the elderflower without the rose.



If you're trying to get your healthy on, try a **Green Mustache** fruit and veggie juice smoothie, available in three flavors. A mom created them as a way of sneaking veggies into her picky kid's diet and now we can all benefit from her subterfuge.



Mt. Airy Grocery: You (yes, you) need to expand your selection of hot sauces at home. And thanks to the folks at **Homesweet Homegrown**, now you can buy local. They hail from Stroudsberg PA, and feature three types: Punch Drunk, with cacao and ghost peppers; Aramingo (pineapple, mango and habanero); and Orange Crush (orange habaneros, citrus and carrots).



And there's always room for more chocolate. **Lake Champlain** fair trade chocolate bars are dense little chunks packed with amazing stuff. I tried the caramel Five Star Bar, and it was a gooey delight. The calories can't be so bad, 'cause they're little. Right?

kplourde@weaversway.coop

What's in Store at Weavers Way



by Margie Felton, Weavers Way Mt. Airy Deli Manager

Recently, a Mt. Airy deli staffer told me a shopper had complained: "I don't think there are five cheeses in this store that cost less than $10 a pound!" So the two of us went through the case and found more than 40!

All the sliced and grated cheeses, with the exception of Claudio's Romano, are under $10. So is the cream cheese and Neufchatel, conventional and organic. Andrew & Everett packaged cheeses are $9.98 per pound and don't contain hormones, antibiotics or preservatives. Here are some others:

Jarlsberg	$8.95
Australian Cheddar	$7.06
New York Cheddar	$8.29
Cabot Extra-Sharp Cheddar	$9.55
Cabot Seriously Sharp Cheddar	$9.78
Colby Longhorn	$5.59
Domestic Feta	$6.95
Port Wine Cheddar Spread	$7.15
Heini's Yogurt Cheeses	$9.90
Havarti (Mt. Airy)	$7.87-$9.69
Danish Blue	$9.95
Asiago	$8.29
Part Skim Mozzarella	$6.55
Smoked Mozzarella	$9.19
Smoked Gouda	$7.75
Finlandia Swiss	$7.25
Farmers	$5.69
Claudio's Cilingini	$7.95
Claudio's Ricotta	$3.99
Tillamook Kosher Cheddar	$9.78
Fontina Fontal	$9.99
Argentine Parmesan	$9.15
Italian Table Cheese	$9.69
Chihuahua	$5.75
Queso Fresco	$5.89

Five Things

Five Things is a service of Weavers Way.

Because there's nothing that can't be improved by bringing something you bought at the Co-op!

Spring has sprung.

Celebrate with your peeps. Put all five of these chicken-or-egg-y things in one basket and you'll rule the roost.



1. **Nature's Best Organic Egg Layer Pellets** — Our top-selling chicken feed. Clearly the hens have taste, and a 50-lb. bag will keep them happy for a good long time. Available Across the Way.



2. **Sunbeam Mini Beeswax Egg-Shaped Candles** — And there was light. At $3.35 each, you won't need to dip into your nest egg for 10 hours of burn.



3. **Color Garden Natural Food Coloring** — Make technicolor Easter eggs without the high-tech chemicals. Carrot, beet, turmeric and cabbage supply the spectrum in the multi-color box of red, orange, yellow and blue.



4. **Jolly Beans** — Artificial ingredients have flown the coop in the candy category. Organic certified, non-GMO and vegetarian. Available in the Mt. Airy Bulk Department all year long.



5. **Old-Fashioned Egg Salad** — Egg on your face you'll like. Chef Bonnie's done it again. You'll be transported back to Grandma's on a Saturday afternoon with this classic. Add your favorite bread or plop it on a matzo. Voila.

APRIL Cheese of the Month

weavers way co-op

Take 50¢ OFF per pound of Retro Cheeses in April.

RETRO Cheeses

CREATE YOUR OWN RETRO CHEESE TRAY AND SAVE!

Jarlsberg, Dill Havarti, Danish Blue and NY Cheddar.



... or try these interesting plates with cheeses under $10 per pound:

Italian Picnic Basket

Enjoy Claudio's Cilingini (drained and tossed with fresh basil and fruity olive oil), Italian Table Cheese and Claudio's Ricotta with a squeeze of lemon and sprinkle of black pepper.

Passport Platter

Go international with wedges of Australian Cheddar, Danish Blue and Smoked Gouda. Serve with water crackers and some bubbly.

Graduation Sliced Cheese Party Tray

Great accompaniment to sliced meat trays or on its own. Serve an arrangement of Provolone, Pepperjack, Muenster and Swiss.

Weavers Way Community Programs

$15,000 and High Praise for Our Program at Stenton Family Manor

By Jill Fink, Executive Director, Weavers Way Community Programs

In what might be called hyper-local funding, the Green Tree Community Health Foundation has awarded Weavers Way Community Programs $15,000 in support of our Hope Garden at Stenton Family Manor. Stenton is the City's second-largest emergency housing facility for families, and the only one that permits fathers to stay with their families.

WWCP will use the funds, announced Jan. 28 by Green Tree President and CEO Susan Hansen, to expand our farm and nutrition education program to include Stenton parents, as well as programming for entire families. The Hope Garden was established by WWCP in 2009 to provide children living at Stenton with a safe place to be outdoors, to cultivate curiosity and inquisitiveness about growing food, and to make it fun and exciting to prepare healthy meals and try new things.

WWCP believes that to create transformative change for families and communities, we need to work with all family members. We've seen the excitement children have when harvesting turnips and tasting them for the first time, but if parents aren't as enthusiastic — or don't know how to prepare turnips — we haven't fully done our jobs. Green Tree's support will enable WWCP to engage all family members, empowering them with the values, skills, and knowledge to make healthy choices and even grow their own food.

Green Tree trustee and Grants Committee chair Erin Doyle-O'Connor heaped praise on WWCP's proposal. "As a dietitian, there are a few key factors I look for when evaluating nutrition education programs," she said. "Programs that are hands-on, teaching cooking and smart shopping skills, and those that involve the whole family seem to have the best potential for long-term impact.

"WWCP's work at Stenton Family Manor fits this model beautifully, which is why we were so enthusiastic to fund their program."

The curriculum for the WWCP Parent Program includes basic nutrition, cooking and how to budget limited resources for healthy eating. There will also be scheduled time for families to take part in activities together — from gardening to cooking — to encourage family time and build relationships around food and mealtimes. All parents who take part in the program will receive a graduation certificate and a kitchen starter kit, including a crock pot, cookbook, spice rack, chef's knife, measuring cups and spoons and olive oil.

> **"Programs that are hands-on, teaching cooking and smart shopping skills, and those that involve the whole family seem to have the best potential for long-term impact. WWCP's work at Stenton Family Manor fits this model beautifully, which is why we were so enthusiastic to fund their program."**
>
> Green Tree trustee Erin Doyle-O'Connor

(Our goal is to help cultivate good eating habits, but also to ensure that families have what they need when they transition to their own home. If you have gently used pots or pans that you'd like to donate to families, reach out to us at wwcp@weaversway.coop!)

Additional support for program expansion at Stenton was awarded by the First Hospital Foundation in December. These two generous grants will enable WWCP to fully fund this program for a full year and offer it to even more families than we initially imagined.

A community health advocate, the Green Tree Community Health Foundation is a not-for-profit public charity that identifies areas of vulnerability in northwest Philadelphia and eastern Montgomery County and provides funding to organizations whose work addresses these needs. Green Tree seeks to have a positive impact on current and emerging health issues and risks, empowering residents to access health services, and value, embrace and maintain their health.

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Growing a Raised-Bed Garden at MLK

by Jackie Schrauger, WWCP Program Director



Tara Campbell photo
MLK High program participants show off greens they helped grow in the greenhouse.

THINGS ARE STARTING TO PICK UP for Weavers Way Community Programs over at the Martin Luther King High School field and greenhouse! We are moving closer to our build day as the weather gets warmer, and several partners will be lending a hand in creating this space for the MLK students.

WWCP's program at MLK serves students with intellectual disabilities and autism. Our fantastic youth educator Tara Campbell has been teaching lessons in the life-skills class this academic year, and is currently finishing up a comprehensive year-long curriculum proposal. This farm- and food-based curriculum will enable students to work on their skills through horticulture, developing their fine and gross motor skills and listening skills and learning how to follow the steps of a task — all while having hands-on fun.

WWCP has also been consulting with Althea MacDonald, a psychologist who is obtaining her degree in horticultural therapy. Her input and expertise will help us keep therapeutic gardening principles in mind us as we build our garden and field, including a shade structure, accessible pathways and adaptive gardening beds for students with limited mobility. We are also taking student input seriously as we construct the garden and order seeds — and we are looking forward to seeing what name the students will choose for the garden!

We have been very fortunate to have several partners in preparing the garden for opening. WWCP was approached by a men's group in the Philadelphia area called the Rhinos. The Rhinos will be lending their know-how and muscle to the construction of the shade structure as a community service and leadership project. We may have additional volunteers assisting with the building of the raised beds as well.

Within the MLK High School community, graphic design and arts classes are also getting involved. The graphic designers will be creating signs advertising the garden for a class project, while the artists will be painting murals on our raised beds and creating special pottery: Bees that will appear to float in and around the beds.

Our opening day and celebration will be at the end of April, and the MLK staff, faculty and students are already psyched!

jschrauger@weaversway.coop

Giving Twosdays!

Give $2 to WWCP! Every 2nd Tuesday Every Month

When you shop at the Co-op on the second Tuesday of the month, please consider adding $2 to your total bill to support WWCP programs and services. (You can also give more — or less — and we'll love you all the same.)

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 Philadelphia.

PHILOMUSICA CHORALE
Gayle Wieand, Artistic Director



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Morris Arboretum



Internationally Renowned Artist
PATRICK DOUGHERTY
STICKWORK
OPENING APRIL 4, 2015



Pictured: Summer Palace, a 2009 installation at Morris Arboretum

Morris Arboretum
University of Pennsylvania
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100 E. Northwestern Avenue, Philadelphia, PA 19118 • 215.247.5777

VIVA! CUBA'S



by Rebecca Torpie, Weavers Way Marketing Director

One doesn't often get to travel to a Communist country to learn about a new cooperative initiative and I wasn't going to be left behind. So, on Feb. 14, I flew from Cancun to Havana with four other curious, cooperatively-inclined Americans for a bucket list adventure tailored to the social-economy and agronomy geek.

For Americans, now is an exciting time to visit Cuba, but it's especially fascinating if you're involved in the co-op movement. The Cuban government has decided to "reduce its weight" by decentralizing nonessential businesses from state-owned to worker-owned "non-state" — note, not "private," made crystal-clear in translations —cooperatives.

Since 2013, more than 400 worker co-ops have been formed in the services sector — mainly from the top down, that is, the Cuban government informed a business that it's now a worker co-op, like it or not. But because of the early success of this new system, many businesses are now applying to become cooperatives from the bottom up. Hundreds of applications are in the queue waiting for a decision by the state.

We were part of a group of 18 from St. Mary's University in Nova Scotia, which has been instrumental in assisting Cuban government and academic leaders with their cooperative economy "experiment" for several years. Also on the journey were trailblazers in cooperative accounting, management and development, ethics and organizational psychology, as well as consumer co-op cohorts Dan Arnett, general manager of Seattle's Central Co-op, and Gail Graham, general manager of Mississippi Market in Minneapolis. I was in really good company. Tours of co-ops, combined with presentations by Cuban and Canadian key players in the past and future development of co-operatives, daily mojitos and a night with the Buena Vista Social Club in between, made for eight very busy days.

But first, we had to stop for lunch. On our first day, we dined at Nazdarovie, a paladar dedicated to the wives and girlfriends of Soviets who studied in Cuba during the '60s, '70s and '80s. We started our tour of Cuba with pierogies, borscht and vodka.

Unique to Cuba, paladars were tourist restaurants run out of peoples' homes, privately owned tasty alternatives to state-run establishments; until 1991, they were illegal, but considered a "necessary evil" in the effort to help keep the economy afloat.

About 10 years ago, the government recruited chefs from South America, Europe and the Caribbean to open new, swanky paladars to keep the tourists well fed and impressed.

Today, Nazdarovie is one of 400 high-end paladars serving amazing cuisine. This was a first step toward the privatization of the services sector that is ramping up today.



Greg says "Nazdarovie!" means "To your health!"



Mojitos, mojitos, mojitos. . .



Working hard at the Cooperativa Confecciones Model.



Proud farmers at Organoponico Alamar.

Canadian ex-pat Gregory Biniowsky, Nazdarovie's proprietor, arrived in Havana in 1992 and has lived the local lifestyle ever since. He has an interesting perspective on Cuba. He describes it as "surreal, romantic and tragic. Surreal because it's a holdout, it's like another planet. Romantic, because this is where "Che" was born. There is romanticism bred in the leadership. And tragic because of the feeling of being under siege the population has felt for so long."

Biniowsky says that after the restaurant's loans are paid off, he would like to turn Nazdarovie into a cooperative. The staff is on board with that idea.

While consumer-owned co-ops don't yet exist in Cuba, worker co-ops aren't new to the culture. After the 1959 revolution, with large tracts appropriated by the government (from both Cubans and foreigners) and parceled out to peasants, groups of farmers started pooling their resources of land, machinery and administration to maximize food production.

In 1961, the grassroots Asociación Nacional de Agricultores Pequeños (Association of Small Farmers) was formed. ANAP's objectives were to foster solidarity among farmers and provide resources for agricultural education.

Thanks to ANAP and its close relationship with the state, Cuba's agricultural cooperative economy has grown to be highly functional and complex. There currently are 5,500 farm co-ops that operate under three different models, depending on whether the land is privately held or granted for use by the state. These co-ops account for 80 percent of farm production in Cuba. ANAP has also been instrumental in leading efforts to train and provide resources to the new generation of non-agricultural co-ops.

GOING BACK TO THEIR ROOTS

Until the early 1990s, Cuban agricultural techniques were conventional and relied on chemical fertilizers, pesticides and industrial farm equipment. Fidel Castro, intuiting the fate of Cuba's Soviet "sugar daddy," began to collaborate with ANAP to explore alternative ways of maintaining food production within the country. Farm cooperatives grew rapidly in the 1980s and 1990s.

The collapse of the Soviet Union in 1991 brought on Cuba's "Special Period," marked by the abrupt end of heavily subsidized sugar exports and oil imports. Even with some government foresight, the Cuban economy buckled almost immediately. It was a bleak time for the Cuban people, with the loss of 85 percent of its foreign trade combined with the already isolating U.S. embargo: 18-hour blackouts, water use allowed every three days and, of course, a scarcity of food.

Under siege, with a hungry but well-educated population (Cuba has a 90 percent literacy rate), the government decided that the country needed go back to its "peasant roots" by putting resources into simple, sustainable methods of farming that didn't rely on imported chemicals, fuel and machinery. Crop diversification away from large-scale sugarcane production to dinner-table consumables also became a priority.

ANAP's great achievement during the Special Period was to further bring producers together and focus on pioneering agro-ecology techniques through contracting agreements with the country's scientific research centers, as well as to train new co-op members in the principles of cooperativism.

Today, Cuba is a model for innovative, eco-friendly organic farming practices. If you ever have the chance to go, check out the Alamar Organiponico, a 25-acre urban farm cooperative in Havana that uses sustainable and thrifty methods to produce a variety of crops as well as value-added products, and serves as a training hub for the Ministry of Agriculture. What else to do with old asbestos roofing but to build raised beds with it? No pesticides? No problem. Plaques of different colors attract different pests. Smear them with sticky substances and you've beat the bugs. Alamar really is a beautiful sight to see!

COOPERATIVE REVOLUTION

GIVING BACK TO THE PEOPLE

Now that you've got some history, let's get a look at this new breed of service-sector co-ops. Our group visited a number of them, including Confecciones Model, a garment factory that specializes in making guayaberas, the traditional Cuban men's shirt with patterned vertical pleats. Confecciones Model was one of the first five businesses to become a co-op. Forty people, including 35 women, run it. The company has tripled wages to its workers, from about $300 to $1,000 per month, since going non-state. What's the difference now? A sense of ownership and pride in their work and the ability to bid competitively for contracts.







Twenty-five acres of beautiful crops grow in the bright red soil at Organoponico Alamar.



Jesus Cruz (right) listens to a cooperativist at Co-op Galardy.



Gail & Dan — international supermodels for Weavers Way.



Melons and squash aplenty at the farmers market.



El grupo, hailing from the United States, Canada, Poland, Belgium (and Habana!), poses for a group shot outside Cooperativa Nguyen Van Troi.

The Ministry of Domestic Trade's goal is to turn 10,000 state-run service establishments into cooperatives. That includes restaurants, construction companies, taxi services, plumbing businesses and beauty salons, to name a few. Cooperatives get tax and credit breaks from the government, though they still must lease property directly from the state.

Over and over, we heard that quality control has increased across the board and the cooperative model has fostered a sense of teamwork and change in work mentality over all. Under the state, "We would just do what we were supposed to do; now it's our responsibility to have better quality products," said Nancy Varela Medina, board president of Confecciones Model.

But the lack of managerial experience shows. Few Cuban workers have skills in accounting, record-keeping, cost-control or human resources, as these areas were all handled by the state. This is where ANAP and Canadian and Cuban academics are stepping in, to teach basic business skills as well as cooperative values.

Yet the business model itself has been adapted to quickly and with sophistication. Many co-op boards have designated "professional members" who are skilled in finance or business and are sought out by a nomination committee. Some boards have an "Ideological Organizer," whose responsibilities ride a line between human resources and event planning for the membership. General assemblies meet monthly, with various committees providing written reports on any aspect of the business deemed necessary.

Profits are generally divided into several accounts, from capital investments to the oft-seen "socio-cultural fund," money set aside for workers or community members with personal or financial problems. Sick and vacation time is given to all, based on an average of what everybody in the co-op makes.

TAKEAWAYS (BESIDES THE BOTTLE OF HAVANA CLUB)

What struck me? How sincere and inspired the members of these cooperatives were to tell their own stories and take control of their destiny. Again and again, they talked about how much pride they took in their work now. They are the drivers of their businesses, creating possibilities for new futures.

In an effort to reduce food imports, the state has increased prices it pays to farmers, which has increased production. Farming is held in high esteem by the state as a necessity for food sovereignty, and as a critical component of the socialist doctrine. Many farmers make more money than doctors, and only farmers are allowed to own up to three homes. Peasants benefited the most socially from the revolution, and 50 years later they still feel a commitment to an important collective mission: to feed the Cuban people.

Even today, it is quite clear that for many, the principles of non-concentration of landholding and social equity are deemed highly important to the nation's well-being. This strong spirit of solidarity is intrinsically embedded in the Cuban culture —.the people in the worker co-ops we visited seemed to truly felt an obligation to each other and to their communities.

It's kind of funny that the cigar is a shared symbol of Cuba and Wall Street, when you think about it. While conventional wisdom might assume that the "new" Cuba is going to jump straight into a capitalist market, both the academics and the locals we met insisted socialism will prevail. The government recognizes that a market economy is necessary, but there needs to be a balance between what the state provides and the people's creative productivity.

Jesus Cruz, professor of economics at the University of Havana sums the sentiment up: "The market is a bad boss, but can be an efficient employee if it's used well. And that is the search that the Cuban economy is on now."

rtorpie@weaversway.coop

General Manager's Corner

New Bylaws a Big Improvement

by Glenn Bergman, Weavers Way General Manager

The Weavers Way Board has been working this last year to update our bylaws. The proposed revision has been posted on the website (www.weaversway.coop/bylaws) for several months and the final Board-approved draft is on the ballot for the Spring 2015 Co-op elections. I want to thank the committee of staff and Board members, and all the members who weighed in with their opinions, for their work.

During the 11 years that I have been at the Co-op, there have been some updates to the bylaws, but never a comprehensive revision. I knew it was time for us to take this project on for the good of the Co-op's future. The Board was given a template that has been used by other co-ops to begin our discussion many months back.

As part of our formal process of sharing and supporting other co-ops (International Co-op Principles No. 6), I am often asked to share our bylaws and when I do, I have to let the other co-ops know that ours are a little out of date and convoluted. The current bylaws reference programs or actions we no longer undertake in our daily operations. Management and the Board were looking to streamline the document, providing more flexibility and putting it more in line with what we actually do.

Working on bylaws is not "sexy" stuff, and avoidance is the usual call of any group. In fact, at one meeting I found myself nodding off as the Board members went back and forth about a few words.

As your General Manager, I do believe the proposed bylaws are a great improvement.

Pricing Meeting Group

A few months ago, the Weavers Way Food Justice Committee started an open discussion about prices and what actions staff could do to assist those who see Weavers Way as an "elitist" group with high pricing. After a few meetings, management has taken the following actions:

- **Food For All:** For member/owners on public assistance, the Co-op is now offering a 10% overall discount. Member/owners who qualify can participate in the Food for All program, and more than 25 people have enrolled in the first three months. See Membership Manager Kirsten Bernal to sign up. A longer explanation of the Food For All program is on the website at www.weaversway.coop/food-for-all.
- **Senior Discount Tuesdays:** Starting in May, members who are 65 or older can get a 10 percent discount on all purchases every Tuesday. You must register in advance to get the discount — fill out a form and provide Kirsten with ID. Your discount will then be taken automatically at the cash register. For more details, read Kirsten's story starting on Page 1.
- **2% Off for Cash:** We are investigating providing an automatic 2 percent discount for paying with cash or check. As you know, credit and debit cards cost the Co-op big bucks and we would like to pass the savings on to member-owners who don't use them. This program, for members only, will start once we figure out the point-of-sale details. Stay tuned.
- **EasyPay:** This oldie-but-goodie doesn't save you any money — yet. But it speeds up transactions, saves the Co-op a swipe fee and allows you to leave your wallet at home. We started EasyPay after seeing it work at Creekside Co-op. You put funds on account as prepaid credit. It's great when you're in a hurry, don't have any money on you, or want to send a child to the store. And just wait until we get EasyPay connected to the "2% off for Cash" program!
- Purchasing Manager Norman Weiss is looking at a **"Basics"** program of items that will have lower prices all the time. He is trying to work with our suppliers to assist us with lower prices. All of our buyers are working on lowering the prices on some of the important items that everyone purchases every day.

I will continue to hold monthly member meetings at least into June to review the progress we have made and also to hear if we are getting better at meeting your needs. Let us know and please keep sending me emails.

Expansion Meetings

To keep people informed about possible Co-op expansion — in Mt. Airy or to a third store — I would like to hold some meetings, either at the Co-op or in members' homes.

The purpose of these meetings is for management and the Board to learn what you are thinking, if you like our plans, or if you want some changes. I will try to make it to all the events personally, but if I can't, a Board or staff member will be there to roll out our thoughts and answer questions.

We also want to inform the community around Greene Street and Carpenter Lane of our thoughts about expanding the Mt. Airy prepared-foods operation. So I am asking for a Weavers Way member in the area to open their home for a community meeting. Yes, I'll bring the food if you can make coffee and tea, and provide beer or wine (we will reimburse you for that). You'll also get work credit!

Our initial meeting will be held April 28 in the upstairs meeting room in the Chestnut Hill Community Association building across the street from the Chestnut Hill Co-op. (See above.)

Contact Outreach Coordinator Bettina de Caumette at outreach@weaversway.coop or 215-843-2350, ext. 118, or me at gbergman@weaversway.coop, 215-843-2350, ext. 131.

gbergman@weaversway.coop

Expansion Discussion with the GM and Co-op Management

TUESDAY, APRIL 28, 7 P.M.

Chestnut Hill Community Cemter second floor meeting room, 8419 Germantown Ave. (across the street from the Co-op).

This is an opportunity for members to learn what management is thinking and for management to hear from members about the expansion of the Co-op economy.

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

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Membership Corner

(Continued from Page1)

off of their purchases every Tuesday, all day. And the senior discount is "stackable" — that means, if you are a working member, you will receive a total of 15 percent off on Tuesdays.

Members must apply to take advantage of this program by completing a senior discount form and providing state-issued ID. That transaction should take only a few minutes and, once completed, your household will automatically receive the discount every Tuesday. (The senior discount is a member-only benefit. The discount is only for your household and should not be shared.)

We want to honor our senior members, many of whom are the reason our Co-op exists today. But we also aspire to address the issue of living on a fixed income. While the senior discount is not a needs-based discount like Food For All, we intend for it to address that concern.

For now, the discount is only once a week. We must be certain to balance addressing the needs of our members with fiscal responsibility. The long-term viability of our Co-op requires that discounts be sustainable. This is the balance that we are determined to achieve, serving our members while ensuring that the Co-op continues to thrive.

As membership manager, I often remind people that Weavers Way doesn't exist to make a profit. As a values-driven organization, profit is not our No. 1 priority. This is an important distinction between us and corporate institutions. The cooperative business model cannot be equated with a traditional business model.

However, financial success is necessary to ensure that Weavers Way can continue supporting the local economy and our community while advancing cooperative principles.

Senior Discount TUESDAYS

10 % off all day Tuesday
starting May 7

Sign up with Membership Manager Kirsten Bernal
215-843-2350, ext. 119
member@weaversway.coop

The Weavers Way Membership office is at 555 Carpenter Lane. Stop by and see us!

Weavers Way still represents an alternative consumer experience. Our existence relies upon the continued "buy-in" of our members. We need our members to continue to recognize that shopping at the co-op is, in effect, raising your voice and saying, this is the type of economy that I wish to support and one that I want to proliferate — one with a conscience, one that is governed and operated by people I know, people who live right here, in my community, whom I trust to run my store.

If something is not working, you can tell us. The Co-op serves its members. Together, we are stronger. As member-owners, we can ensure that we continue to serve all of our members and the community at large — provided we cooperate!

We are pleased to be able to bring Senior Discount Tuesdays to fruition. We are hopeful that it will make a difference for our members.

So if you are 65 or older, stop by the Membership Department at 555 Carpenter Lane and apply today! Or call me at 215-843-2350, ext. 119, to get more information.

kirsten@weaversway.coop

Celebrate 10 Years of Food & Fun With West Mt. Airy Neighbors

By Della Lazarus, for the Shuttle

Eat Your Heart Out? What's that all about? It's West Mt. Airy Neighbors' signature fundraising event.

Eat Your Heart Out 2015 takes place on Saturday, April 25 — it's our 10th anniversary!

In the fall of 2006, a planning committee drawn from the West Mt. Airy Neighbors Board of Directors developed an idea for a new fundraising event that would become our beloved "Eat Your Heart Out." It started when a member described a dinner event held in people's homes that had benefited a nonprofit with which she had been involved.

WMAN members gave the idea a West Mt. Airy slant. The evening would start with a big cocktail party at which everyone would come together. Then participants would disperse to the homes of neighbors who would host and subsidize a dinner for 10 to 12 guests, prepared by a volunteer chef from the neighborhood. The guests at each home would begin the evening as strangers, and the planning committee hoped that the hosts would be able to create an environment in which true connections among the guests would have sprouted by the time dinner ended.

Within minutes of committing to the plan, the group named the event "Eat Your Heart Out" — affectionately known as "EYHO."



No one was sure how the first EYHO would play out — but it was so successful that several last-minute hosts had to be recruited to accommodate overflow registrants!

For the last few years, chefs from Mt. Airy's finest restaurants, as well as some superb local caterers, have lent their time and culinary passion to EYHO. There are also some very talented amateur chefs from the neighborhood participating. And we always strive to keep EYHO fresh by seeking out new hosts and new chefs.

But EYHO retains its character as a community dinner first and foremost, at which people have a great time socializing with each other. Many people have attended for most, or all, of the nine years that it has been running.

You'll be able to buy your tickets for EYHO very soon, so watch the WMAN website (www.wman.net), whet your appetites and get ready for an evening of great conversation and conviviality!

Della Lazarus is vice president for development and communications of the WMAN Board of Directors. Email WMAN at wman@wman.net or call 267-713-WMAN (9626).



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A Man, a Shed, a Year of Trash in the Wissahickon

by Bradley Maule, for the Shuttle





Bradley Maule photos

Above, a Wawa lunch gone wrong (note trash can in the background); at left, the haul for Week 51 includes 6 plastic water bottles, 11 golf balls, 2 mylar balloons, a CD and a lock.

IN THE PARK, IN A STONE SHED WITH A concrete floor." That's the answer to the most frequently asked question — "where are you storing all of it?"

In a project called "One Man's Trash," I collected litter on weekly hikes throughout 2014 in the Wissahickon Valley, as a manner of measuring the amount of trash left behind in what many consider Philadelphia's cleanest place.

After a year of covering the project on my website in more-or-less real time, "One Man's Trash" will be on exhibit at the historic Fairmount Water Works, starting with an opening reception on April 22 — Earth Day — and running through the end of June. (See week-by-week progress reports at phillyskyline.com/onemanstrash.)

The shed, recommended by Friends of the Wissahickon and approved by Philadelphia Parks and Recreation, will not be part of the show, though there will be pictures of it. It could be used under one condition: no organic trash. No problem.

But just because I didn't collect it and store it in the shed, it doesn't mean there isn't any organic trash in the Wissahickon.

To be clear, we're not talking "organic" as in pesticide-free tomatoes or grass fed beef, but "organic" as in any foodstuffs, things that used to be food stuffs (i.e., dog waste), and anything else that will rot, stink, grow mold and attract critters when stored in a shed for a year.

Most leftovers — unfinished sandwiches, granola bars — don't last long in the woods and tend to make a bird's or squirrel's day. Some, like a food tub left behind with the lid on, can be emptied and recycled. I did find a tub of shrimp that had been trailside for a couple weeks. . . I would not describe its smell as "good," and I decided not to keep that one.

Then there was the fruit. Apple cores, banana peels, orange peels. Obviously these are biodegradable. Compostable, even. Does that mean you should toss it on the trail? Leave it in a pile at a scenic overlook, like those at the Indian and Toleration statues?

Banana peels take about a month to decompose; apple cores about two months. At least apples grow in Pennsylvania. Orange peels, which have never grown in local soil, take upwards of six months to decompose, leaving behind an eyesore with non-native nutrients scattered along a trail or across a rock outcrop. The PLU stickers take years.

Some people just litter; they simply don't care. But some people actually justify leaving their rinds behind — they litter intentionally, thinking it's fine to toss their garbage so long as it's rotting garbage. Some are even taught this growing up.

Biodegradable litter is still litter. Even if it decomposes in less than a year, leaving it on the ground is disrespectful, disgusting, and it feeds our unshakable Filthadelphia complex.

The "Leave No Trace" principle is easy to follow: If you can carry it in, you can carry it out. As the year rolled on, I did my best to pick up organic items and keep them in a separate bag until I got home to my compost bin, an old pickle bucket Weavers Way donated at the beginning of the project. I did not, however, pick up discarded bags of dog waste or used diapers, condoms and tampons. (Gross is gross.)

But everything else classified as non-organic — 330 aluminum beer cans, 255 plastic water bottles, 55 Wawa objects, 52 blunt wrappers, even two Weavers Way receipts — has been collected, inventoried, and stored. And for the next two months, it will be on display.

In addition to the litter, the "One Man's Trash" exhibition will feature photos, maps, and informational panels on the Wissahickon, including one on perennial problem spot and significant geologic and cultural site Devil's Pool.

The opening reception, on April 22, starts at 6 p.m. and will feature light fare from Weavers Way catering and beer donated by Victory Brewing. You're invited! For more info, visit PhillySkyline.com.

Bradley Maule is a new Co-op member and freelance writer whose work has appeared in Hidden City Philadelphia and other publications.

ONE MAN'S TRASH

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Good Solutions for Global Women Are Good for the Rest of Us, Too

by Anna Herman, for the Shuttle

My friend and Mt. Airy resident Betsy Teutsch is passionate about mobilizing resources for the world's poorest women. She has the words of Desmond Tutu hanging on her studio wall. "Do your little bit of good where you are; it's those little bits of good put together that overwhelm the world." Her new book, "100 Under $100: One Hundred Tools for Empowering Global Women," describes dozens of effective, low-cost products, programs and designs that solve or alleviate seemingly intractable problems caused by poverty and resource inequities.

100 Under $100:
One Hundred Tools for Empowering Global Women
by Betsy Teutsch
She Writes Press

A longtime Judiaca artist, blogger, community organizer and environmentalist, Betsy developed her interest in the field of international poverty while working as communications director of GreenMicrofinance. She has served as a board member for the dynamic Shining Hope for Communities and the Kibera School for Girls, and founded three chapters of Dining for Women, a national network of giving circles that meet monthly to support women's grassroots poverty alleviation initiatives.

Betsy's efforts to string many well researched "little bits of good" together, with a designer's eye for layout and photographs, clear organization and structure, offers the reader a catalog of success. The book offers hope.

Reading "100 under $100," I learned about screening for cervical cancer with vinegar, $1 eyeglasses, clean burning, simple stoves that save hours of daily work, bikes reconfigured to pump water or shell corn. Why don't girls attend school as often in many countries? Lack of appropriate menstrual supplies. Happily, there are affordable solutions to this.

The book inspires with stories of real women, real communities and real success. There are useful suggestions for professional or student engagement. The book provides a tool kit for aid professionals, politicians or students interested in service learning, research or policy efforts or philanthropy.

As an urban agriculture educator, I was particularly inspired by many of the subsistence agriculture, building, water-resource and cooking solutions. I already know that an intercropped backyard garden (#60) and some micro-livestock (chickens, #71, or bees #70) add value to the home economy. I see many parallels between the lack of resources in the developing world and the lack of resources in pockets of my own neighborhood, let alone the rest of this country.

I am excited to try many of these ideas generated by universities and think tanks for the Global South right here in Philadelphia. There are many vacant lots without access to a hose bib. Why not employ micro-drip micro-irrigation (#64) with collected rainwater (#35), evaporative coolers made of ceramic and wet sand (#55) to keep vegetables cool at farmer's markets or community gardens without electricity? Why not cook in the backyard or park with a solar stove or oven (#69)? And we can certainly find enough plastic bottles and non-recylable trash for eco-brick construction (#74) of a shed, bus shelter, greenhouse or or even a small home. We might not be quite ready to employ urine fertilizer (#62) — or at least not to admit it. The improved crop storage bags (#67) and the solar dehydrators and nut shellers (#68) could be used to process and store products from Philadelphia Orchard Project sites that are springing up. And I'm just getting started with my spring projects!

Each of the hundred solutions is given a page or two to describe the challenge, details of the technology or product that is the solution, and contact info for the organization(s) working on the issue, along with gorgeous pictures of strong women empowered by progress.

It's well organized and easy to read — let Betsy's book inspire you to do your little bit.

aeh22@psu.edu.

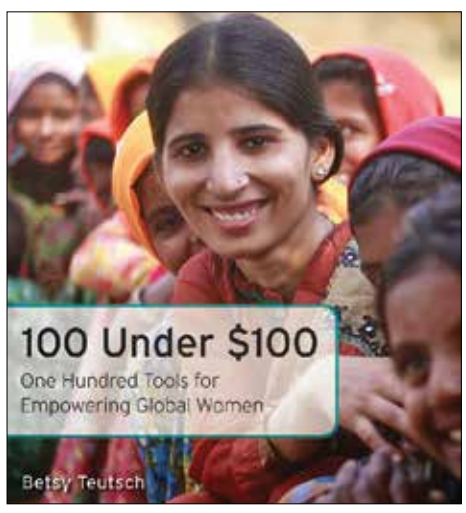




Backyard bees in India, left, and chard fertilized with a very special human resource in Zimbabwe, above, are among the low-tech, low-cost solutions Betsy Teutsch, below left, describes in her new book.

Photos from the book





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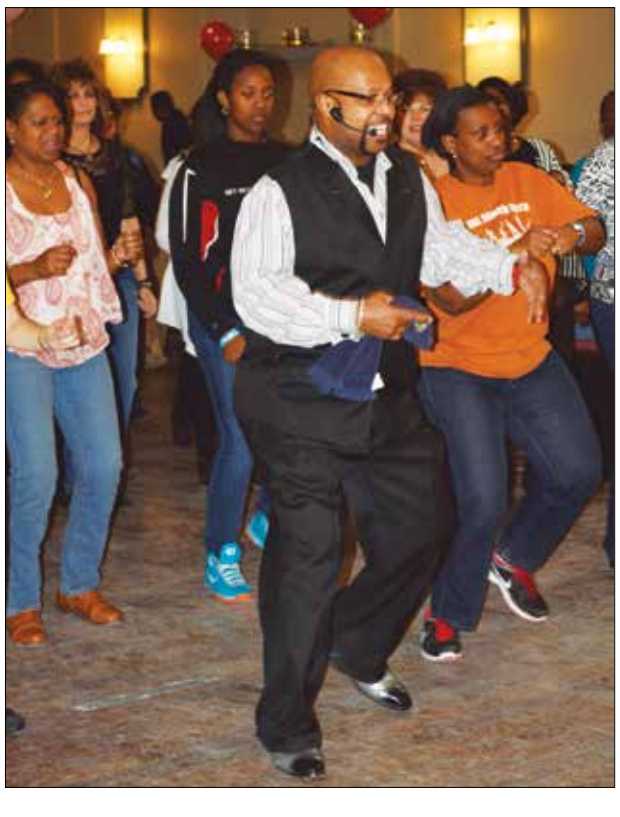
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The MALT Ball Is Back

The Mt. Airy Learning Tree is pleased to invite community members and dance enthusiasts to its sixth annual MALT Ball. It's an evening of music and dancing Friday, April 24, 7 p.m. to 1 a.m., at the Commodore Barry Club, 6815 Emlen St. (near the Carpenter Lane Chestnut Hill West train station).

The MALT Ball is for everyone, experienced dancers and neophytes alike. If you're feeling a little out of practice, that's no cause for apprehension since there'll be plenty of experienced instructors to show you the ropes — and the steps. MALT teachers Lucia Jones, Jada Temple, Akili Zuriah and Ginger Sable will join outside instructors June and Audrey Donaldson, Joe Casey, Bernadette Burnette and Bob Terruso. They'll teach you soul line dance, cha cha, bop and more from 7 to 9 p.m. Line dancing and requests will follow until 1 a.m. Kenny J is master of ceremonies and Double W is the DJ.

MALT appreciates the support of community sponsors who help make the Ball possible. This year they include Chestnut Hill Hospital, Weavers Way, Chestnut Hill Cat Clinic, Chris Carnall (Keller Williams realtor), Little Jimmie's Bakery, Pelham Plaza Cleaners, Philadelphia Community Acupuncture, Rhino Chiropractic and Toto's Pizzeria.



MC Kenny J leads a line dance at last year's event; he'll be back April 24 along with a full lineup of dance teachers to show you the moves

Advance tickets can be purchased for $15 by calling the MALT office at 215-843-6333 or by visiting the website at www.mtairylearningtree.org. Tickets will also be available at the door for $20. The event will include a cash bar and light fare, and you can also BYO food.

Proceeds from MALT Ball VI will help MALT continue to offer quality classes to area residents. MALT, a nonprofit community education organization founded in 1980 and headquartered at 6306 Greene Street, now offers more than 800 courses each year. It celebrates the diversity of Northwest Philadelphia, bringing together neighbors to share ideas, information and skills.

NW Village Network Hosts 'Help Yourself to Health'

Are you 60 or over with a chronic health condition? Or are you the caregiver of that older person?

Northwest Village Network invites you to "Help Yourself to Health," a free six-week series developed by Stanford University and offered in partnership with Center in the Park.

Many of us of "a certain age" find that we have been ambushed by a chronic health condition of one kind or another. (Sometimes more than one.) They may not be curable, but can be managed to help you feel better, be healthier, allow you to engage in activities you want to do and maintain your independence.

We'll meet every Wednesday afternoon, 1-3 p.m., from April 22 to May 27 at Lovett Library, Germantown Avenue and Sedgwick Street. Participants will learn how to:

- Manage chronic conditions.
- Make better food choices.
- Learn to use medications appropriately.
- Improve communication with your doctor.

Healthy snacks will be served. This program is free for all participants thanks to funding made available by the Philadelphia Corporation for Aging; Center in the Park is licensed by Stanford University to deliver this program.

For more information or to register, call Anne Javsicas, 215 247-0457, or Anne Lee, 215 247-3141.

Center in the Park is a nonprofit community center in Northwest Philadelphia focused on the needs of older people. Info: www.centerinthepark.org or 215-848-7722.

Northwest Village Network (formerly Mutual Mt. Airy) helps people in Chestnut Hill, Mt. Airy and Germantown age in community. Info: www.northwestvillagenetwork or 215-247-0457.

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No Stress in Your Life? Sorry, This Isn't for You

by Anna Lewis Beale, for the Shuttle

STRESS — THAT UNIVERSAL OF OUR lives! Think how often in a week you hear, or say, "I'm so stressed out!"

It is well documented that badly managed stress contributes to physical disease of very many kinds, along with "dis-ease" of mind and spirit.

But what is stress, really? Most of the things that stimulate it — work, friends, family, weather — we would not want to do without.

I've understood that the term came into our language from engineering, and refers to how much weight a bridge, say, can bear. One dictionary offers "subject to pressure or tension."

It's interesting to consider whether those things — pressure and tension — are bad in and of themselves. Most wellness models would offer that it's all about context: how much weight you're asked to bear in relation to how strong and resilient you can be.

The trick is to maintain enough strength and flexibility to carry our loads — and to allow the spaciousness and perspective to choose well which ones those are, and which are not our rightful burdens and can be let go.

weavers way co-op

Health & Wellness Committee

It seems that we humans, like all life, require an appropriate amount of stress — dynamic tension — in order to thrive. It's the pressure of internal fluids that keep plants upright and flexible, the potentially harsh rays of the sun that stimulate growth. Likewise, it seems we humans need those kind of things to live well. Would I go to work each day without the internal pressure of knowing people count on me, plus the external one of needing to earn a living? Maybe not — and it's great to have that pressure guiding towards growth and good life.

So maybe it's not so much eliminating stress that we need as remembering how to dance with it as a full and equal partner — and the Health & Wellness Committee's De-Stress Fest, Saturday, April 25, has a full agenda of offerings to help you do just that! It's free, it's at Summit Church, 6757 Greene St., and you can attend all or any of the programs.

The wonderful and varied practices offered will both support strength, to best carry what we need and choose to, and also the ease with which we can let go what does not need doing.

There will be something for every temperament, including Jin Shin Do acupressure from Stephen Markman; chair yoga to relax and expand from Esther Wyss-Flamm; and juggling as movement meditation (and fun!) from April Lynn James. Joanne Fagerstrom will offer Feldenkrais to gently enhance self awareness and free up movement; Marvin Berman, neurofeedback to allow the spaciousness to choose well; and Natalie Bliss will share the power of singing bowls to enchant and offer new possibilities.

All this — plus healthy de-stressing beverages provided by Weavers Way and delicious food for sale — to support the positive dance with stress!

Hope to see you there.

Learn more at weavers.way.coop/de-stress.





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Fitness

Fit Activity into Your Day, Add Years to Your Life

by Tema Esberg, for the Shuttle

Whether or not you go to a gym or otherwise follow a specific exercise regimen, do you engage in daily physical activity? If you do, kudos to you! A plethora of research studies indicate that regular activity can help prevent health risks such as coronary disease, anxiety and depression. As Spring approaches, let's put the sedentary life behind us and start finding ways to move the body!

Try these ideas for fitting more activity into your day, and to get more activity out of your daily activities:

Find Activities You Like. Dance. Walk. Garden. Ride your bike. Play basketball. Go rollerblading. All these activities count as exercise and can be fun and fulfilling! Learn what you enjoy that fits your self-identity.

Piece Your Workout Together. If you feel pressed for time or get bored during your workout, you can break up the workout: ten minutes in the morning; ten minutes in the afternoon; ten minutes in the evening. This can give you much of the same benefit as exercising thirty minutes in a row.

Pick Up the Pace. When you walk, make it a brisk walk. Pick up the pace as if you are running a little late for a meeting. Another option is to alternate a leisurely pace with bouts of brisk walking.

Take a Lunchtime Walk. Instead of sitting during your entire lunch break, try taking a ten or twenty minute walk before you eat. If it is a nice day, get some fresh air, or if not, hit the stairs — climb a few flights to get your blood flowing and muscles working.

Take the Stairs. When there is an opportunity to take the stairs instead of the elevator or escalator, hit the steps! Whether you are going up one flight or five, you are contributing to your health and wellness as you climb those stairs.

Walk an Extra Stop. Do you commute by train or bus? Try getting off the bus/train one or two stops before your destination.

Opt for the Farthest Parking Spot. Whether you are parking at the office or at the Co-op, choose the farthest parking spot to add a boost of activity into your daily routine or errands. The benefits of longer walks will add up over time.

Make It Social. Instead of meeting a friend for a meal or in a coffee shop, meet up for a walk or hike. Or get some quality time with your partner or kids as you enjoy the sights on Germantown Avenue or the beauty of Forbidden Drive.

Tema Esberg is a personal trainer in Chestnut Hill. Questions or comments: PotentiaPersonalTraining@gmail.com

L•E•T•T•E•R

A Next Step for Alternative Practitioners

At Femfest on March 7, I listened to passionate, committed presenters who have devoted their lives to healing. These brave souls leap the confines of modern Western medical practice, honoring earlier traditions and navigating new ones. But have we thrown out empirical science with our fervent counter to the trauma of research done within a dominant culture paradigm by large corporations who prioritize profits?

We need science — it is a valuable critical thinking tool. But how to collect data without the resources: money, training, time? We could start with micro studies. Imagine if data from practitioners across the country or even the world were stored in a consistent, searchable fashion. There is even a place for the anecdotal — a well documented case study can be a valuable piece of evidence within a larger cache. Practitioners could start documenting their practices in a shared wiki-like database. We often go to practitioners with data: blood test results, cholesterol levels, Dexa scan numbers, descriptions of symptoms. With devices as common as smart phones, individuals can log exercise, nutrition, perceived pain, and more traditional assessments.

For the individual there is a value in logging data because it motivates personal change. And even if these micro studies do not create definitive knowledge, they could indicate where traditional, controlled double blind studies are needed. Yes, collection and storage would need to be thought through, but consider how we regular people, might begin to counter the hegemonic practices of pharmaceutical studies if we developed similarly large studies, usingbdata gathered one person at a time.

Lis Bass

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MONTHLY HEALTH TIP
Managing Seasonal Allergies

Although spring weather may come late this year, a wet spring often results in a robust summer allergy season. The best defense is to avoid triggers such as pollen and mold, but if you can't, some simple strategies can help minimize sneezing, wheezing and coughing.

The American Academy of Allergy, Asthma and Immunology offers these suggestions.

- At home or in the car, close the windows and run the air conditioning if needed.
- When pollen and mold levels are high, stay indoors.
- Check pollen counts online as you plan your ativities. Useful sites www.pollen.com and www.aaaai.org.
- When you come inside, wash your hands, change your clothes. Consider washing your hair as well.
- Don't hang laundry outside.
- Take non-sedating over-the-counter antihistamines such as Claritin or Allegra. See your family doctor or an ear, nose and throat specialist when allergies are not relieved with OTC medications.

NOTE: The majority of medications for seasonal allergies work best if started before tree pollen is in the air.

People who experience recurrent or persistent allergies should consult their doctor about allergy testing to determine the exact causes of their symptoms. It is also important to note that some allergy symptoms may be a warning sign of a more serious medical problem such as sinus or upper respiratory infection.

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Nourishing FemFest Deserves Encore





Patience Rage photos

Connie Garcia-Barrio, convener of Weavers Way's first FemFest on March 7, welcomes participants, right; attendees practice Creative Voicework with Deborah Crane, above; below, shoppers peruse the FemFest marketplace.



by Connie Garcia-Barrio, for the Shuttle

Call it serendipity. When I ran into Glenn Bergman at the Philadelphia International Airport, I suggested that Weavers Way could have an event to honor older women since we represent a good-sized chunk of the membership. He agreed, and the idea for the free Weavers Way FemFest, held March 7 at Summit Church, took off.

Bettina de Caumette, the Co-op's community coordinator, pointed out that the membership includes a treasure trove of experts on all sorts of topics, and indeed, many of them stepped right up to participate. Physical therapist Joanne Fagerstrom, for example, talked about building stronger bones and demonstrated some quick, effective exercises like several she includes in her own workshop, "Taking charge of your bones."

Nurse-midwife Iris Wolfson discussed sexuality and the liberation that can come with aging. Mediator Max Rivers did a presentation on non-violent communication while his wife, Elise Rivers, staffed a table on acupuncture.

Vendors ran the gamut from the Color Book Gallery's books and toys to beautiful hand-woven Fair Trade goods from Guatemala.

Lunch featured healthful beverages from the Juice Room and scrumptious soups and salad from Weavers Way. A women's jazz trio enlivened the meal.

In short, women could nourish body, mind and spirit at FemFest, and many of us women did.

We hope to receive suggestions about how to make this well-attended event even better next year. Please contact Bettina, at outreach@weaversway.coop, with your ideas!

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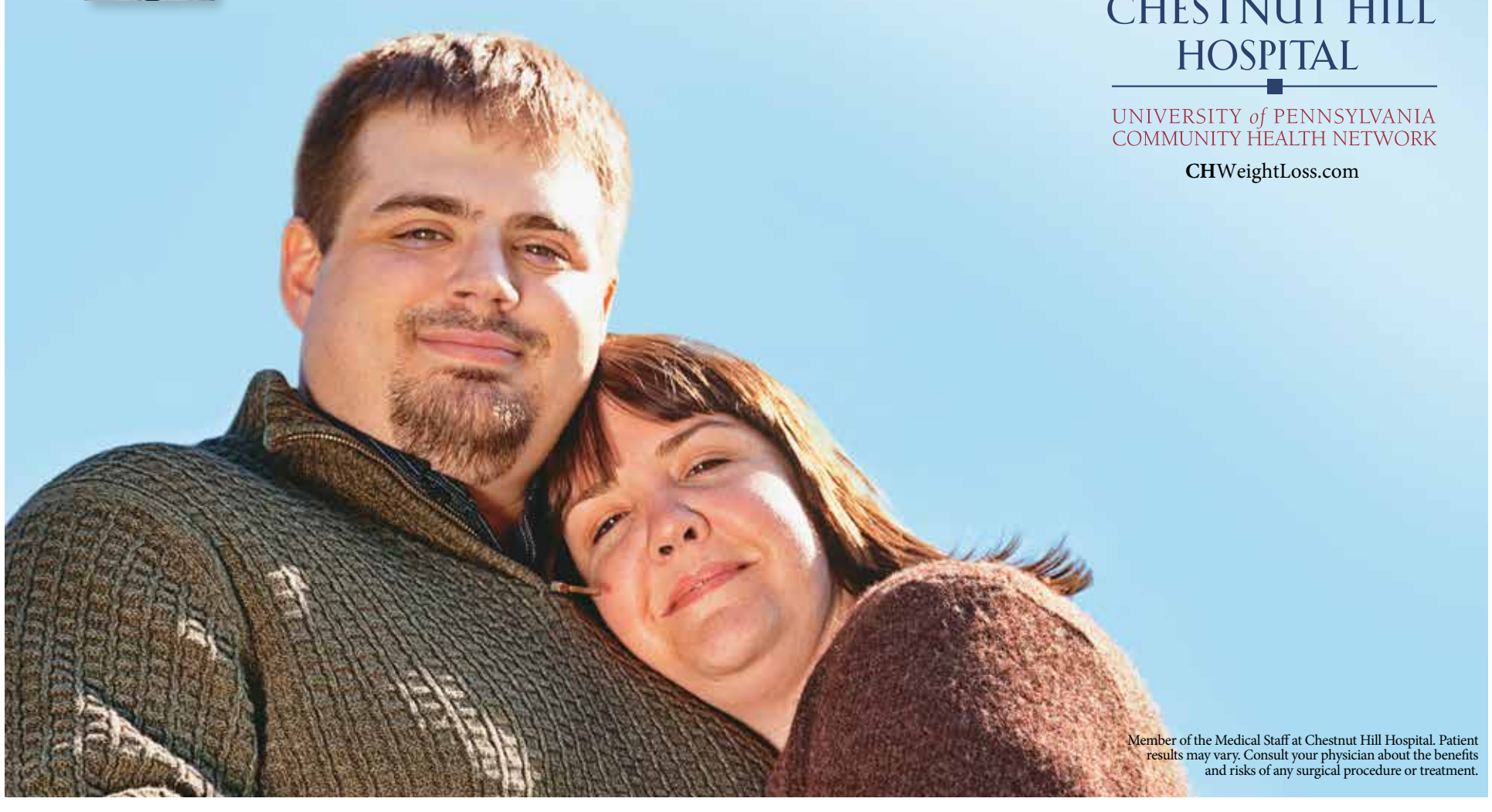


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BOARD OF DIRECTORS CANDIDATES

Each candidate was asked to respond to these questions:	1. Why are cooperatives in general and Weavers Way in particular important to you?	2. How will your experience, skills, or unique perspectives strengthen the Co-op Board?	3. What do you perceive to be the long- and short-term challenges facing Weavers Way and how would you address them?
Jordan Barnett 	For me, food co-ops, and in particular Weavers Way, are at the confluence of sustainability issues. It's important that the products I buy give consideration to nutrition, the environment and the local economy. Furthermore, Weavers Way is a great entry point to the local community. We feel privileged to be members and look forward to helping sustain and grow such a terrific institution.	I have a wide breadth of corporate finance experience helping boards and shareholders make strategic financial decisions. At my current position, I deal specifically with issues of valuation, solvency and fairness, which will help me engage with a high level of sophistication on a variety of board topics.	While Weavers Way has grown significantly over the past few years, threats of new entrants and increased intensity of competition all loom on the horizon. I will bring an experienced and independent voice to the Board with a focus on strong governance and proper due diligence.
Megan Seitz Clinton Incumbent 	Growing up on a farm in the Midwest, co-ops were just a normal part of life. In the years since, I've realized how empowering it is to share a stake in an entity that both meets my immediate needs and also advances my values. Weavers Way felt like home right from the start and is a huge part of what attracted me to northwest Philadelphia.	As the daughter of an ultimately unsuccessful family farmer, I'm sensitive to problems facing small farms and passionate about the local food movement. As an attorney, I handle contract negotiations, dispute resolution, real-estate transactions (many involving cooperative housing corporations) and financing matters on behalf of my clients, experience that has proven valuable during my time as a Board director.	Long-term, we need to keep engaging members, understanding their needs, fostering participation and focusing on continued cooperative expansion. Short-term, we need to adapt to a changing grocery landscape and competition both down the street and online. "Engagement" might mean different things to different people, but those pieces are the ones that differentiate us from conventional retailers, and they're what keep people coming back.
Larry Daniels Incumbent 	Cooperatives provide the perfect balance between private industry and nonprofit. While Weavers Way is a for-profit business, the Co-op component lends a voice to the community that impacts the quality of its products and services, competitive pricing and valuing the customers who support the business. Weavers Way is great for the community.	As a financial advisor, I offer a business perspective to the Board. I have a strong corporate background, representing American Express, Ford, Getty Oil and Quaker Oats. I currently represent Edward Jones Investments here in the Mt. Airy community.	Short-term, we have to deal with external competitive threats. Our co-op model offers competitive advantages. The competition is strictly about business. Weavers Way values the community. We have to communicate this distinction through our stores. Long-term, we have to represent the diverse community. We have to embrace diversity and it has to be reflected in every aspect of Weavers Way's business.
Emmalee MacDonald Incumbent 	I believe that people coming together to fill a shared need is very powerful. I have a strong interest in locally produced and natural foods, urban farming and the Co-op's contributions to strengthening our community.	I am a Certified Public Accountant with experience assisting businesses, including cooperatives, with complex tax and accounting needs. I also hold an MBA from Drexel University and a Masters in Taxation from Fordham University. I am well versed in analyzing financial statements and tax returns, which allows me to provide informed suggestions regarding Co-op financial matters.	With the entry of large-scale competitors, it is becoming increasingly important for Weavers Way to differentiate itself and ensure that current and potential future members understand why being a member of a co-op provides benefits and community involvement that cannot be provided by a standard grocery store. In addition, as the Co-op continues to grow, the Board will be faced with making strategic decisions regarding further expansion of its operations.
Joyce Miller 	I support the International Cooperative Principles as an important way for people in a community to exert control over vital aspects of their lives. Weavers Way not only deals with the vital activities of food and health but can also serve as a focal point for community education and improvement.	As the owner of an accounting firm that works exclusively with nonprofit organizations, and a CPA for over 30 years, my experience with nonprofit governance matters and internal controls of organizations would greatly benefit Weavers Way. I would especially engage to ensure that the Board performs its oversight duties with respect to financial matters.	I think that the long- and short-term challenges facing Weavers Way are to address the growing competition of alternative sources of food (not only new entrants to the market but also other longstanding stores, all focusing more on healthful products) and to improve the affordability of choices at Weavers Way, especially as it looks to expand into additional communities. In my accounting and consulting practice, a significant amount of my time is devoted to understanding the cost structures and funding challenges of nonprofit organizations and how to improve their effectiveness to achieve their missions.
David Woo 	Cooperative enterprise has potential as an economic leveler in our society. Ordinary people, pooling our economic power for a net benefit, not just for owners but the community as a whole. Weavers Way has clearly demonstrated over the last 40 years the good work of our economic decision to join.	As a past president, I will quickly take up Board service to implement the will of our members and to insure that communication is a two-way street within the Co-op.	Growth, not for profit's sake but to withstand the business cycle and tell the story of why we do things the way we do. We are a going concern that provides for the needs of our membership, a business that can be a model for change.

2015 WEAVERS WAY CO-OP ELECTION

4. What volunteer experiences have you had with other cooperatives or organizations?	5. Is there any other personal information you would like to share, for example, family, hobbies, work experience or special talents?
In the earlier part of my career, I worked extensively with health care, education and nonprofit institutions. My desire to join the Board reflects a commitment to return to working with mission-driven entities.	I live with my wife, Sarah, and cat, Rollie, in the historic Tudor district of East Falls. I am an avid home cook and committed foodie with a passion for traveling. I am holder of the right to use the Chartered Financial Analyst designation, recognized globally for its commitment to high ethical principles and high professional standards within the investment industry.
I am currently serving on the Weavers Way Board. I have past experience volunteering for a start-up CSA in New York City. I currently volunteer for Big Brothers/Big Sisters.	I live in Chestnut Hill with my husband (Corry), my son (Henry) and our kitty (Pearl). I love to travel, cook and eat. I am an avid reader and a recovering political junkie.
I am a current Board member of Weavers Way. I serve as President and board member for East Mount Airy Neighbors. I work with the business association of Mount Airy USA. I have also served on the board of the Doylestown Business Association.	I have been married for 28 years to my wife Gail and I have 2 children. I am a proud member of Enon Tabernacle Baptist Church where I sing with the Male Chorus.
I assist Weavers Way Community Programs with various accounting matters and am a member of the Weavers Way Finance and Diversity committees. Upon the resignation of one of its members, I was appointed to the Weavers Way Board in 2014 and was happy to accept the position.	My husband and I live in Germantown with our two very entertaining cats, Chester and Charlie, and our brand-new baby boy, Samuel Aiden MacDonald.
I currently serve on the board of Regional Housing Legal Services. My previous board experience includes Project HOME, The Reinvestment Fund, Community Partnership School and Springside School. I have served on finance and audit committees and as treasurer on two boards.	I am married and live in Wyndmoor. We have two children.
I have picked up a social media torch and helped national and regional cooperative organizations such as the Consumer Cooperative Management Association and the MidAtlantic Food Cooperative Alliance raise their profiles. I've advised and mentored many of the good co-op start-ups in our region and across the country with my valuable experience as a Weavers Way Board director. I expect that their success will lay a broad and level foundation for the growing awareness of the co-op difference.	My experiences as a soldier, leader, advocate and 501(c)3 worker are what helps me to focus upon the tasks at hand, which is to educate and inform our membership of our progress as a cooperative enterprise.



2015 OFFICIAL BALLOT

Election for Weavers Way Co-op Board of Directors

Voting ends Sunday, May 31, 2015 at 5:15 p.m. at the General Membership Meeting
Morris Arboretum
100 E. Northwestern Ave., Philadelphia, PA

To vote online: 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 30, 2015, 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 noon May 31, 2015.

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 5:15 p.m., May 31, 2015.

Please note: Only one vote per member household.
Once a vote has been cast, it cannot be changed.

AT-LARGE DIRECTORS

Vote for no more than five. The top four vote-getters will serve 3-year terms. The fifth vote-getter will serve a 2-year term. In the event of a tie, we will hold a runoff at the General Membership Meeting.

- ❑ Jordan Barnett
- ❑ Larry Daniels (incumbent)
- ❑ Megan Seitz Clinton (incumbent)
- ❑ Emmalee MacDonald (incumbent)
- ❑ Joyce Miller
- ❑ David Woo

PROPOSED WEAVERS WAY BYLAWS REVISIONS

- ❑ **YES,** I accept the proposed new Weavers Way Bylaws.
- ❑ **NO,** keep the Weavers Way Bylaws as they are.

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

Date _____ Member # _____

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Print Name

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2.5 yards of double-screened compost delivered for $105, $95 for Weavers Way members ($35 a yard if you pick it up at the farm at Saul High School).

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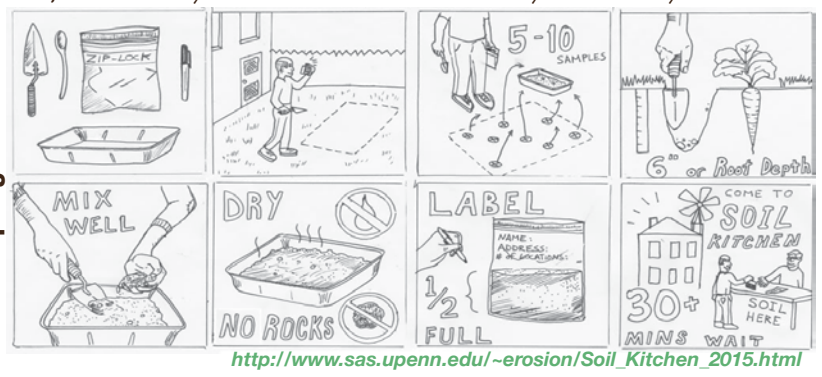


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The Passionate Gardener

Where Did That Come From? Origins of Favorite Fruits & Veggies

by Ron Kushner, for the Shuttle

The early European explorers took our native corn, potatoes, sweet potatoes, tomatoes, squash, beans, peppers, pineapples and tobacco back home with them. In the case of the pineapple, which Columbus "discovered" in 1493 on the island of Guadeloupe, it was already a transplant: Indigenous people had apparently brought it to the Caribbean from its homeland, what is now Brazil and Paraguay in South America.

(Similarly, Europeans first encountered bananas in the tropical Pacific, but they actually originated in southern Asia and the Malay archipelago.)

Two other American fruits are the avocado and the papaya. Avocados are native from Mexico to Peru. They were first planted in Florida in 1833 and in California in 1871. The papaya is native to the West Indies and Mexico.

Grapes are native to the United States, but *Vitis vinifera*, the wine grape, is from central Europe. Plums are also native to the United States. No other native tree was so widely distributed; some form of native plum grew in in every state!

Cranberries are native from Canada south to North Carolina and west to Wisconsin. They are found mainly in low lying, swampy sites.

Blueberries are native to North and South America but also to Asia and Europe. Yet only in the Americas is this delicious fruit cultivated.

Strawberries are native to America but also to most of the temperate regions of the world, along with blackberries and raspberries.

And that is about it for common garden crops that originated here.

Watermelon and okra are native to central Africa. Mangos are native to Southeast Asia. The Portuguese were the first to grow them in New World, bringing them to Brazil about 1700. Seedlings were first brought to Florida in 1860.

We get asparagus, beets, broccoli, cabbage, cauliflower, endive, kale, lettuce, parsley, parsnips and rhubarb from the eastern Mediterranean. Celery grew wild in wet places all over Europe and Asia, but garden culture wasn't recorded until the 1500s in Italy and France.

Carrots, onions and muskmelons all come from the Middle East. Kohlrabi and Brussels sprouts originated in northern Europe. The globe artichoke came from Italy, along with cardoon. Peas originally came from Central Asia, Northwest India and Afghanistan. Spinach is native to Iran and adjacent areas.



Columbus discovered pineapple in 1493; pineapple fried rice didn't come until much later.

India has given the world four vegetables: cucumber, eggplant, mustard and cowpeas. Columbus brought the cucumber to Haiti, planting it there 1494. (Perhaps he should have taken the lack of cucumbers as an indication that he wasn't where he thought he was.)

Radishes and soybeans came from China and Japan, cultivated from many wild forms. Peaches, oranges and apricots also originated in temperate parts of East Asia.

Apples, pears and cherries came from western Asia and the hill country around the Black Sea and Caspian Sea.

The date is one of the oldest cultivated fruits, harvested in Arabia and Egypt long before recorded history. Olives originated in Syria, Egypt and Greece.

Figs originated in Syria, but fossil remains in France and Italy indicate that they were growing there long before the Stone Age. They were probably first cultivated in ancient Arabia and Egypt. They were introduced to what is now the United States in 1769, when the Spanish padres established their mission at San Diego. The Mission fig is still the leading black fig grown in California.

For questions or comments: ron@primexgardencenter.com.

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The 'No Kill' Animal Shelter Contradiction

by Brenda Malinics, for the Shuttle

ALMOST EVERY DAY I HEAR PEOPLE APPLAUD THE movement towards no-kill shelters, but many folks do not understand that this movement is not good for animals unless there are alternative solutions and community resources available to replace the kill shelters.

To have a "kill" shelter become a no-kill shelter is a "smoke-and-mirrors" game for unwanted, sick and injured animals. It means that the animals lucky enough to be inside the shelter will remain there until they are adopted, while there is no help for those unwanted, injured or sick animals still outside. Even though "no-kill" sounds ideal, more animals are suffering and dying.

Historically, animal shelters took in strays not only from individuals but from state and municipal animal control agencies. Over the last decade, many shelters in Pennsylvania have been dropping these public contracts because municipalities cannot or will not pay the full cost incurred by shelters for handling, housing, euthanizing and disposing of stray animals. It all comes down to money.

Another reason that shelters become "no-kill" is that shelter staff turnover is very high because of the emotional toll resulting from having to euthanize friendly, healthy animals to make room for more strays. About 75 percent of all cats and 60 percent of all dogs are euthanized, according to the New Jersey Office of Animal Welfare. In 2014, according to its web page, 7,383 animals were killed at Philadelphia's Animal Care & Control Team facility. ACCT is the City of Philadelphia's contracted animal service provider. It takes in approximately 32,000 animals annually, and releases about 20,000 back into the community. Do the math.

Euthanizing animals is also viewed negatively by the public and many individuals won't donate to such shelters. Donations and community support are higher at no-kill shelters.

Pennsylvania, unlike other states, has no state law mandating that counties must provide for animal control as a government service. There is no clear responsibility for animal control placed on anyone in our state as it is everywhere else in the country. Current Pennsylvania law says stray dogs must be picked up but makes no provision for where to take them. Cat are not even covered. Some animals are now being driven more than hour to reach a shelter that will accept a stray from another township.

Delaware County SPCA announced that starting in July 2011 it will become "no-kill" and will no longer accept stray cats and dogs from the county's 49 municipalities. The previous year, it took in over 7,500 animals and it is the only shelter in the county. This trend echoes the same sentiments of a growing list of shelters nationwide. Six other shelters, including ones in Berks and Lancaster counties and one in Harrisburg, have made similar decisions.

When the last humane officer was let go in Centre County (where Penn State is located), there were still 85 animal cruelty cases on the docket awaiting investigation. Unfortunately, police do not have the time, resources or the interest to include animals in their daily responsibilities.

So what's the answer? It is time for comprehensive animal-control reform in Pennsylvania at the state level. In addition to creating laws that will help animal shelters help animals, it is time to create laws mandating that all animals, strays, ferals and pets, be spayed or neutered to reduce unwanted populations. And legislation must include mechanisms for enforcing these laws.

Meanwhile, this past fall, ACCT was awarded a three-year multi-million-dollar grant from BestFriends and PetSmart Charities to stabilize Philadelphia's huge stray cat population. The Philadelphia Community Cats Project hopes to reduce shelter intake and help cats live healthier lives.

Gandhi said the greatness of a nation and its moral progress can be judged by the way its animals are treated. He added that the more helpless a creature, the more entitled it is to protection by man from the cruelty of man.

bmalinics@gmail.com

Stray Cats in the 'Hood? Here's Help!

The Animal Care & Control Team of Philadelphia is the recipient of a three-year grant from BestFriends Animal Society to reduce the number of homeless cats in Philadelphia. BestFriends' free Community Cats Project, a partnership with PetSmart Charities, offers a humane, effective way to reduce the number of cats on our streets.

The Philadelphia Community Cats Project humanely traps community cats — unowned outdoor or feral cats , including friendly cats who have been abandoned by their owners — sterilizes, vaccinates and eartips* them and returns them to their communities.

The program has targeted zip codes where cats will be trapped by BestFriends staff, and also lends traps and provides free neutering and vaccination for free-roaming neighborhood cats.

This program is not for family pets and BestFriends does not remove or relocate animals, or place cats for adoption.

Folks from BestFriends can also offer advice on how to deal with problem cats in yards, and how to care and shelter outdoor cats.

Humane trap loans and BestFriends vouchers for the free spay/neuter surgery and vaccinations are available at ACCT, 111 W. Hunting Park Ave.

Contact BestFriends at 215-913-6013 or philadelphiacats@bestfriends.org for more information.

***An eartip is a universal symbol of a spayed or neutered outdoor cat. The tip of the left ear is clipped under sedation.**

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L•E•T•T•E•R

Support Your Local Animals, Even the Predators

A few words from Philadelphia Advocates for the Deer:

Weavers Way shoppers might encounter us along Germantown Avenue with our signs: "Stop shooting Fairmount Park deer!" Some people ask: "What is YOUR solution?"

First, let's understand the problem. Annually, tens of thousands of coyotes are legally killed in Pennsylvania. We're killing deer predators. Deer reproduce to fill the vacuum, and federal deer-removal contracts spread where coyotes are suppressed.

The official policy of shooting Fairmount Park deer took hold in 1999. To date, 2,736 deer have been killed.

And while gunning contracts are costly, they're not cost-efficient. Efficiency would entail studying other jurisdictions' coyote coexistence initiatives. Coexistence involves curbing risky human habits, such as feeding free-living animals (the birds and rodents attracted to feeders themselves attract coyotes), and putting risks into perspective — each year, dogs bite nearly 5 million people, while only a handful of coyote attacks occur nationwide.

Many Philadelphians know about the ecological effects of western wolf reintroduction: by disrupting the tendency of herbivores such as elk and deer to linger, predators gradually restore river ecologies. Wherever we suppress predators, herbivores put more pressure on plant life.

Predators are important, east and west. Mayor Nutter's goal of making Philadelphia the greenest city would benefit from a respect for nature's capacity to heal and balance itself. And by putting a stop to the deer-shooting cycle we'd support safe, gun-free Philadelphia parks. Thus we urge a cease-fire in Fairmount Park.

To learn more about Philadelphia Advocates for the Deer or access their petition addressed to Council Member Cindy Bass, visit phillydeeradvocates.com

Mary Ann Baron
Lee Hall



Less of this this . . .



. . . and more of this was the desired outcome for Caroline Moffett and her fellow bird activists.

Spirit of Miss Moffett Returns to Carpenter's Woods

by Marcy Abhau, for the Shuttle

Several years ago on a walk in Carpenter's Woods, I picked up a brochure at the kiosk that related the story of George Carpenter, the original landowner and naturalist who dedicated much of his property to extensive greenhouses and a natural history museum filled with animal and mineral specimens.

I was struck by this subplot:

Caroline Moffett became the principal of C.W. Henry School in 1904, a post she held until 1938. A nurturing but somewhat stern figure, Moffett loved the songbirds of Carpenter's Woods, and in the early 20th century, birds were having a tough time. Plume hunters were killing multitudes of birds for the hat-trimming trade. In 1914, the last passenger pigeon died in the Cincinnati Zoo, a bird that only a century before existed in seemingly limitless numbers and was hunted to extinction.

Every spring from 1921 to 1936, as part of her mission to educate the public in the protection of bird life, Moffett and the teachers and students of Henry School staged "Percy Mackaye's Sanctuary: A Bird Masque," a grand pageant in Carpenter's Woods with many children in bird costume. In the pantomime, the children and birds are saddened when a cardinal is shot by plume hunters, but the Spirit of Education persuades the hunters to throw down their weapons.

The first image that came up for me was that solitary passenger pigeon dying in Cincinnati. The second was of Hermione Gingold in "The Music Man" performing an Isadora-Duncan style "interpretive dance," dressed like a Grecian urn and galumphing aong the trees flaunting a long silk scarf. Once I recovered from that, I saw the children of Mt. Airy, dressed in bird outfits, enacting the Spring bird migration that still animates Carpenter's Woods each year with binoculared adults bumping into each other because they're peering up at the sky and high branches, every nerve aquiver with the hope that that little thing flitting around may really be a Worm-Eating Warbler.

These images eventually congealed into a vision of the First Annual Miss Moffett's Bird Pageant Revised. With the blessing of the Friends of Carpenter's Woods — the men and women who, clear, cut, dig, yank, plant, reroute, shape and constantly monitor this precious bit of landscape — the children of the neighborhood, in full bird regalia, will flap their way through the perils of the northern migration and arrive safe and sound to make their nests and receive a small gift for their efforts. (No mating.) Although they will be pantomiming the voyages of birds that may travel from South America to the Yukon, they will in reality be going along the Ellet Trail from the intersection at Wayne Avenue up to the kiosk at Sherman Street.

What we mean by "full regalia" is up to whoever is sponsoring each bird: any kind of costume — hat, mask, wings glued to pajamas — will be welcome. For this first event, we are limiting the age group to those 6 and under, which, yes, includes babies who may have to fly with some help from an older bird. (Older children in costume can certainly guide younger ones.)

This is definitely an *Educational Activity*, in that the North Star, who will guide the little birds across the seas and mountains, through storms and away from dangerous predators, will explain to them that the real birds are doing just exactly the same thing that very day — and even if they don't really get it all, they'll remember something that will instill an early awareness of this yearly miracle.

So get out the sewing machine and stay tuned for more details, here and on the Weaver's Way bulletin boards. (Thanks to the Co-op for helping to promote this!) This event will be held in early May in conjunction with other activities from the Friends of Carpenter's Woods. If you're interested in registering your child, please call me, Marcy Abhau, at 215-248-5878.

Enrollment will be limited; $1 will be collected per Bird to defray the cost of Gummy Worms.

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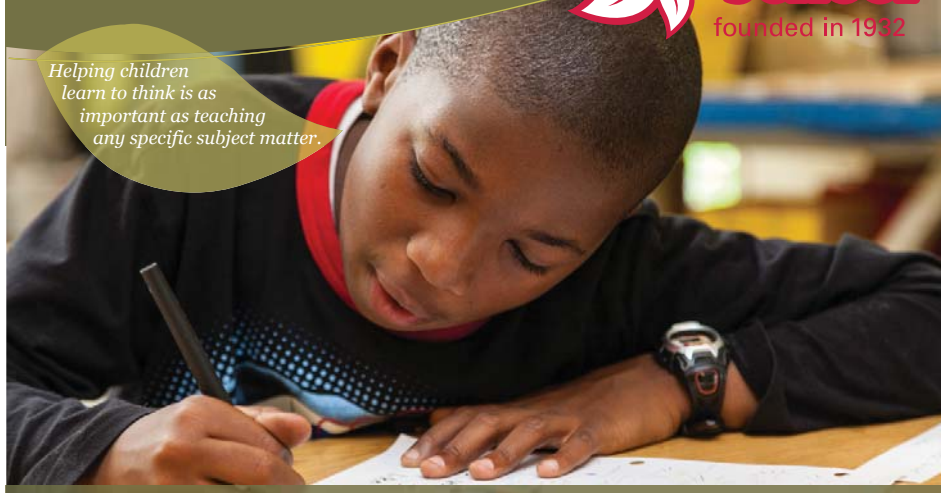
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Celebrate 325 with RittenhouseTown

In 2015, Historic RittenhouseTown marks 325 years since its 1690 founding with a number of festive, informative and fun events.

The public is invited to the annual members' meeting, this year to be held on Wednesday, April 15, at the Mennonite Meeting House, 6133 Germantown Ave. The meeting house occupies land gifted by RittenhouseTown founder William Rittenhouse to his church. Local historian Jim Duffin will present "The Rittenhouses' Germantown," a general overview of the origins of the Germantown settlement, the influences that led to it and the Rittenhouse family's connection, along with some general comments about the relationship of Germantown and Philadelphia in the 18th century. The talk will be illustrated with historic maps.

Duffin is an archivist with the University of Pennsylvania, a Fellow of the Genealogical Society of Pennsylvania and a board member of Historic RittenhouseTown. He employs his considerable professional skills in ongoing research into Germantown history. We look forward to a presentation that will set RittenhouseTown in its historical context and celebrate its continuing contributions.

The 8-acre, seven-building RittenhouseTown complex is the site of the first paper mill in North America, in use in 1690, and the birthplace of scientist and patriot David Rittenhouse (1732- 1796). The property, now owned by Fairmount Park, was named a National Historic Landmark in 1992. The original paper mill was removed by Fairmount Park in the late 1800s, but the family residence dating to 1707, with 1725 additions, and Bake House, is preserved in original form and used for tours and demonstrations of colonial life.

RittenhouseTown programs provide an introduction for nearly 2,000 local schoolchildren annually with colonial cooking, flax making, and papermaking workshops in an historic context.

The 325th Celebration Year kick-off on April 15 will be followed by a festive May 13 dinner with political commentator and native Philadelphian Chris Matthews and a "Run to the Future" in the fall.

Stay tuned for a year of activities geared to appreciation of our shared, significant past.

For info, visit www.rittenhousetown.org.





The Rittenhouse homestead and bake house, above, on the banks of the Monoshone (Paper Mill Run); at left, a vistor gets an introduction to cooking in the walk-in fireplace.






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EDUCATION BEYOND THE EXPECTED

Schuylkill Center's 50th Anniversary 2015

The Real Flower Show, Now in a Forest Near You

by Mike Weilbacher, for the Shuttle





Trout lily, left, and red trillium (or stinking Benjamin, if you prefer).

IN JUST SPRING," GOES THE E. E. CUMmings poem, "when the world is mudlicious" and "puddle wonderful," something near-miraculous happens in a forest near you. Spring wildflowers, nature's flower show, reappear for a tantalizingly brief period of time. And like the annual spectacle at the Convention Center, you really ought to see this one too.

As the sun shines through a spring forest, its rays directly hit and warm the forest floor, since the leaves of the trees are still tucked away in their winter buds. All kinds of bulbs and rootstocks are buried there, waiting for their literal moment in the sun. Once warmed, these roots awaken and send forth that year's flowers.

These flowers are in a race against time, as in April, the forest floor is bathed in sunlight, but by May, trees leaf out and the window of sunshine closes.

A whole class of plants, called "spring ephemerals" has evolved to slip through this window. Trout lily, named for the trout-like coloring of its leaves. is one of my favorites. For many years, it sends up one mottled green leaf, which photosynthesizes and sends starches down to the root. The root slowly grow larger — until it is big enough to have the energy required to produce a flower.

That year, up pop TWO leaves, followed by a canary-colored blossom with dangling anthers overloaded with pollen.

Then there is trillium, the "tri-lily," where all the parts come in threes — sepals, petals, leaf arrangment At the Schuylkill Center, two species can be found, a bright white one and its red cousin, nicknamed "wake robin," as it signals the spring season and brings robins back. But red trillium attracts insects who feast on dying flesh — the red-purple petals look like rotting meat, and smell like it too. Which lends it another nickname, stinking Benjamin.

There's more. Virginia bluebells, spring beauty, blue cohosh, May apple, bloodroot, coltsfoot, Quaker ladies, dogtooth violet, wild blue phlox, Solomon's seal, Dutchman's breeches, Jacob's ladder, doll's eyes, shooting star. This parade of flowers marches through the Center's woods. Our ravine Loop trail winds down to a stream, turns a corner, and then passes through patches and groves of these flowers. This trail — my favorite corner of our woods — offering new ephemerals each week, for those ready to search for them.

After a winter like this, do yourself a favor and come see nature's flower show at the Schuylkill Center — or other forests near you.

Mike Weilbacher is the executive director of the Schuylkill Center.

Mike leads a wildflower walk as part of the Schuylkill Center's second annual **University of Nature**, a daylong symposium for nature enthusiasts, Saturday, April 11, 10 a.m.-4 p.m. Deepen your knowledge with lectures, workshops and guided walks. $50, $45 for Schuylkill Center members and students Pre-registration required. Info: www.schuylkillcenter.org.

ECO TIP

From the Weavers Way Environment Committee

Instead of recycling your old egg cartons, why not reuse them? If you have a garden, egg cartons make excellent seed starters. You can also use them as bird feeders, or as packing material by cutting them up and using them instead of Styrofoam peanuts. Cardboard egg cartons can also be composted. Just tear them into small pieces before putting them into your compost bin. If you have kids, egg cartons make great paint palettes. Of course, they can also be reused as egg cartons by giving them away to a friend who keeps chickens or to a small local farm. For more information, go to treehugger.com and search for "7 simple ways to reuse egg cartons."

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Suggestions

by Norman Weiss, Weavers Way Purchasing Manager

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

When I drove by the Fresh Market construction site in Chestnut Hill a few weeks ago, it was still the large pit that looked like a foundation and underground parking garage, with a number of large vertical steel beams sticking up. I was a little surprised to see the steel columns and I realized I felt a little jealous. I don't think there is anything in my life with large steel beams of support. They looked so strong and in a way, comforting. I also thought they looked possibly dangerous to Weavers Way, like the construction of the Death Star must have looked to the Rebel Alliance. Fortunately, with the Force on our side there isn't much to worry about, assuming we are able to use the Force responsibly. Therefore, as part of our new training program for members, we've partnered with Mt. Airy Learning Tree to offer classes in manipulating the Force, using certified violence-free light sabers and Fair Trade remotes.*



* *If you don't recognize these references, please watch the original "Star Wars," which, despite ridiculous things like being able to hear explosive sounds of outer space battles and ludicrous helmets that looked like they'd inhibit a fighter more than protect them, is basically a story of good versus evil and includes the concept that there is a force in living things that "binds the galaxy together," which, with the proper training, can be manipulated good or evil.*

As Fresh Market opens and competes for our consumer food dollars, we have to make shoppers understand that every food purchase generates ripples in the Force that may go unnoticed by the consumer but have wide reaching and long lasting effects.

The other interesting thing going on is that even in the face of the approaching completion of the local Death Star, we continue to look at expansion options, including expansion of Mt. Airy prepared foods, opening a third store, expanding our home-delivery program and aiding other local co-ops (Ambler, South Philly, Kensington).

So the future looks interesting and challenging and could include both growing larger as we look at expansion options while also growing smaller as Fresh Market captures sales from our current locations. Many people have voiced their opinions about this, both at meetings and in writing, and it's a good conversation to have. Please keep your thoughts coming.

suggestions and responses:

s: "We are longtime customers and members. We love Weavers Way, but were very disappointed to see that you are carrying Shire City Fire Cider. This company has trademarked a term, 'fire cider,' that has been in active use for decades (this term appears in pamphlets published by Rosemary Gladstar in the '70s and cookbooks published by her in the 1990s). Shire City has aggressively attempted to enforce this trademark among herbalists who have been making and marketing fire cider for years. This trademark is being actively challenged in court, and a change.org petition has collected more 9,000 signatures. Considering that the Weavers Way in Chestnut Hill will soon rely on the loyalty and integrity of their customer base when the new supermarket opens on Germantown Avenue, I hope that as a business you will join the active boycott of Shire City for as long as they continue to attempt to enforce this dubious trademark."

r: (Norman) Thanks for your concern. This is another one of those cases (like we had with Eden) where it's not clear what our best course of action is. (April, Across the Way) We could not find a supplier locally who makes fire cider in a certified kitchen. Sue Hess's product is by CSA only anymore. Members want fire cider. I signed Rosemary's petition — I buy mine from my maker friends — but do not want to deny people an opportunity to use an effective preparation in place of getting sick enough to go on antibiotics. Many health-food stores were hosting workshops on making your own, but none of our members asked about this in time to respond to this boycott— vinegars take 4-8 weeks to set up. My interest is the public health — even though I strongly dislike the *!@#$er who stole the name. Let me know if you if you'd like to discuss more. We like to figure out what's overall best for our community and sometimes it takes some discussion to figure it out.

s: "Thanks you for your super chocolate section. Suggestion — check out Taza — great company. The stone-ground makes for a rougher texture — delicious!! Thanks for thinking about it."

r: (Heather, MA) We tried Taza but it was too pricey for the MA crowd. Didn't sell enough to warrant keeping.

s: "I have ever-increasing trouble finding the bread I like. Baker Street Wheat & Bran, for example. What has happened?"

r: (Matt, MA) I talked to delivery guy for the Baker Street line. We will get it back in stock.

s: "I find waiting in line at the Mt. Airy store difficult as I am a chipaholic and the checkout approach configuration has my head running a gantlet of chip temptation. Would you please put up some visual insulation so I don't have to attend chipaholic meetings before and after I shop."

r: (Norman) Chip addiction is a recognized condition by Social Security as a "Mental Disorder-substance addiction disorder (section 12.09)," so we are morally and legally obligated to provide an accommodation. We've developed some glasses that filter out the chip display; ask a staffer for a pair. Why is no one a fruitaholic or veggieholic or beanaholic? Because only processed foods are considered "hyper-palatable" and taste so good that people can't stop eating them. Next time a hyper-palatable food has you in its tractor beam, remember your Weavers Way glasses to help cope.

Or use the Force.

normanb@weaversway.coop

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Best Vegan Cheesesteak in Philly

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South Philadelphia's Royal Tavern earned the nod of the celebrity judges — Frank Olivieri Jr. from Pat's King of Steaks, City Councilwoman Cindy Bass, Ana M. Negron M.D., American Vegan Society Pesident Freya Dinshah and Ed Coffin, owner of Natural & Organic Marketing — all gathered at Weavers Way Chestnut Hill last month for the second annual Daily News Best Vegan Cheesesteak in Philly contest.

Last year's winner, South Philly's Blackbird Pizza, tied with and food truck and caterer Jerry's Kitchen for second place. The finalists got there in pre-tasting online voting certified by contest mastermind and Daily News "V for Veg" blogger Vance Lehmkuhl (pictured at left trying a Weavers Way vegan cheesesteak sample offered by member and American Vegan Society volunteer Gayle Davidson). With the most votes, Royal Tavern also got the People's Choice award.

Weavers Way photos by Ellie Seif

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'Golden Coach' Barrels into Stagecrafters

"The Golden Coach," a comedy-farce adapted by Yaga Brady from the classic play "Le Carrosse du Saint-Sacrement" by Prosper Mérimée, opens at The Stagecrafters Friday, April 10.

It is a stylish reincarnation in a long line of stage and screen versions of the story of the actress Micaela Perricholi and her lover, the Viceroy of Peru, in the late 1700s. The spirited and fearless Perricholi fights for her due position in society, taking on the entire lay and religious establishment of the city of Lima. Passions, of course, run amok. This is classic farce, as well as a romantic comedy for the ages.

Philadelphia freelance writer and translator Yaga Brady has been associated for 30 years with The Stagecrafters, where she has directed numerous plays. A large part of her mission has been to introduce audiences to classics, both English-language and foreign. She says she loves to work with "period pieces, re-read them and rediscover in them issues, questions, lines, references, which make complete sense within a contemporary perception of the world." In this regard, "The Golden Coach" is a perfect fit!

Mérimée (1803-1870) was a French writer, dramatist, historian, and foremost, a preservationist of historical monuments of his time. His most famous work is the novella "Carmen," which served as the basis of the fabled opera.

Evening performances (8 p.m.) are Friday and Saturday April 10-11, then Friday, Saturday and Sunday April 16-17-18 and 23-24-25. Sunday matinees (2 p.m.) are April 12, 19, 26. A "Meet the Cast and Director" Q & A will be held following the April 17 show.

Tickets are $17 online (www.thestagecrafters.org), $20 at the door. Discounts are available. Info: 215-247-8881; reservations: 215-247-9913. The theater is located in Chestnut Hill at 8130 Germantown Ave.



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APRIL

CALENDAR OF EVENTS

ALL MONTH LONG

WEAVERS WAY CHESS CLUB
7 p.m. Mondays at Mt. Airy Read & Eat, 7141 Germantown Ave.

LOCAL MONDAYS
4-7 p.m. (Check the online calendar for details.)

CHEESE TASTING IN CHESTNUT HILL
7 p.m. Wednesdays

CAT ADOPTIONS ACROSS THE WAY
Noon-3 p.m. Saturdays

Wednesday, April 1 — 7:30 p.m.
WW Environment Committee Meeting
Community Room, 555 Carpenter Lane (adjacent to the Mt. Airy store). Info: Steve Hebden, steve@weaversway.coop or 215-843-2350, ext. 128.

Thursday, April 2 — 7 p.m.
'SPECIESISM' the MOVIE
On the first Thursday of every month, Weavers Way members are invited to view and discuss a free documentary film at Mt. Airy Read & Eat, 7141 Germantown Ave. This month, "Speciesism" (speciesismthemovie.org; 2013) asks a big question: Can we continue to justify the notion that animals are fit material to cultivate for human consumption? Join us on this sometimes funny, sometimes frightening adventure. Seats are limited; RSVP to outreach@weaversway.coop or 215-843-2350, ext.118.

Tuesday, April 7 — 7-9 p.m.
Monthly Weavers Way Board of Directors Meeting
All are welcome! Second-floor meeting room at the Chestnut Hill Community Center, 8419 Germantown Ave. (across the street from the Chestnut Hill store). For info and to RSVP: boardadmind@weaversway.coop or 215-843-2350, ext. 118.

Wednesday, April 8 — 6:30-8:30 p.m.
Welcome Meeting for New Members
Learn how to make the most of your Co-op member-ownership, and earn two hours credit towards working member status! This month, meet us in the Community Room, 555 Carpenter Lane (adjacent to the Mt. Airy store). RSVP: member@weaversway.coop or call 215-843-2350, ext. 119.

Sunday, April 12 — 12:15-1 p.m.
Philly Farm & Food Fest
Weavers Way members Jamillah Meekins and Liz Manko will rep Philadelphia Backyard Chickens during this year's Philly Farm & Food Fest at the Pennsylvania Convention Center. They'll lead a workshop on "Backyard Chicken Basics" to show how fun and rewarding it can be to have chickens and enjoy fresh eggs. For info on Philadelphia Backyard Chickens, friend them on Facebook. Farm & Food Fest info: phillyfarmfest.org.

Wednesday, April 15 — 7-9 p.m.
Open Member Forum: Pricing & Food Access
Meet with WW GM Glenn Bergman, Purchasing Manager Norman Weiss and other staff and members of the Board of Directors. A continuation of our open discussion of pricing and food access. All Weavers Way members are invited to attend, listen and speak up. This session is in the Community room, 555 Carpenter Lane (adjacent to the Mt. Airy store). Refreshments will be served. RSVP with your member number to outreach@weaversway.coop or 215-843-2350, ext. 118.

Tuesday, April 21 — 6:30 p.m.
Health & Wellness Committee Meeting
Community Room, 555 Carpenter Lane (adjacent to the Mt. Airy store). Info: April Pedrick, apedrick@weaversway.coop or 215-843-2350, ext. 276.

Wednesday, April 22 — 10 a.m.-2 p.m.
Earth Day at Chestnut Hill College
This year, Weavers Way will celebrate with the students and faculty of Chestnut Hill College. We'll set up shop on campus, joining with other local organizations that promote sustainable services, practices and/or goods. The festivities include a midday film fair featuring "Dirt," "Dive" and "Home." We're excited to support the efforts of CHC's Sustainability Task Force and the Sisters of St. Joseph Earth Center. Want to come along and help out at this event as a working member? Contact Membership Manager Kirsten Bernal at kirsten@weaversway.coop or 215-843-2350, ext. 119.

Saturday, April 25 — 11 a.m.-5 p.m.
Health & Wellness Committee presents DE-STRESS FEST
The Weavers Way Health & Wellness Committee is proud to offer a program of speakers and demonstrations representing creative and healthful approaches to dealing with STRESS. Attend for the whole day or any part. Summit Church, 6757 Greene St. Free; registration recommended. For info and to register: www.weaversway.coop/de-stress.

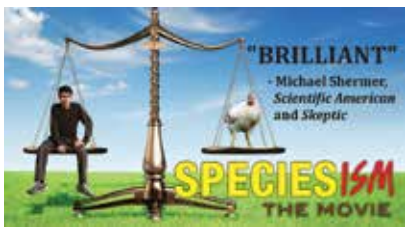
Tuesday, April 28 — 7-9 p.m.
Open Member Forum: Expansion
Should we open a third store? Does expanding in some way or another make sense to you? Weavers Way staff, Board members and members-at-large are invited to come together to share thoughts. Chestnut Hill Community Center, second floor meeting room, 8419 Germantown Ave., RSVP: outreach@weaversway.coop or 215-843-2350, ext. 118.

To suggest an event, or for more information, contact Outreach Coordinator Bettina de Caumette: outreach@weaversway.coop or 215-843-2350, ext. 118.

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Check the Weavers Way Event Calendar, www.weaversway.coop/events for updates!

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

Oh, Who Needs Flour Anyway?

by Ronit Treatman, for the Shuttle

When the Israelites left Egypt more than 3,300 years ago, they were in a bit of a hurry and didn't wait around for their bread to rise. Observant Jews still commemorate their exodus by skipping the leavening, and during the eight days of Passover, regular flour is not used in food preparation for fear that it may have come into contact with water, thereby activating the rising process.

I see baking without flour made from grain as an opportunity for creativity. In that spirit, here are two historic Jewish recipes and a modern Israeli one that comply with the special rules of Passover.

Weavers Way member Ronit Treatman is food editor of the Philadelphia Jewish Voice (www.pjvoice.org) and creator of Hands-On Jewish Holidays (www.handsonjewishholidays.com), a celebration of Jewish traditions. Contact her at ronit.treatman18@gmail.com.



Roll like the Israelis with this European-style filled chocolate roll cake for Passover.

Italian Hazelnut Cake

One of the oldest recipes for nut flour cakes comes from the Piedmont region in Italy. Italy boasts the longest continuously residing Jewish community in the world. The first Jews arrived in the 2nd Century BCE. Italian Jews adopted local ingredients to prepare dishes for their holidays. Here is a traditional hazelnut cake recipe that is perfect for Passover.

- 2 cups ground hazelnuts
- 2 eggs, separated
- 5 tbls. butter
- 3/4 cup sugar
- 1/8 tsp. salt

Preheat the oven to 355 degrees Fahrenheit. Line a 9-inch cake pan with parchment paper.

Mix the butter, sugar, egg yolks, salt, and ground hazelnuts. In a separate bowl, beat the egg whites until they are stiff.

Fold the egg whites into the hazelnut mixture. Pour the batter into the prepared cake pan. Bake for 40 minutes.

Allow the cake to cool completely before inverting it onto a serving platter.

— Adapted from Sweet Artichoke



Judeo-Spanish Almond-Orange Cake

Judeo-Spanish recipes have been preserved in the communities of North Africa and the former Ottoman Empire since the expulsion of the Jews from the Iberian Peninsula in 1492. Here is a wonderful Passover cake that is still baked by Turkish Jews, which traces its origins to Spain.

- 1 1/2 cup ground almonds
- 2 navel oranges
- 1 1/2 cup sugar
- 6 eggs
- 2 tbls. orange blossom water

For the orange puree: Place the oranges in a pot. Cover the oranges with water. Bring to a boil. Lower the flame, and simmer for 2 hours. Drain and allow the oranges to cool. Cut oranges in half, remove and discard seeds and puree in a food processor.

For the cake: Preheat the oven to 375 degrees Fahrenheit.

Place the orange puree and all the other ingredients in a large bowl. Mix well. Pour the batter into an oiled 9-inch cake pan. Bake for 60 minutes.

Allow the cake to cool completely. Turn the cake out onto a serving platter.

— Adapted from "The Book of Jewish Food" by Claudia Roden

Israeli Passover Chocolate Roll

Israeli food has been influenced by Jewish communities from around the world. This delectable cake was inspired by the pastry chefs of central Europe. The first time it was baked in Israel was in a kibbutz kitchen for the collective Passover Seder.

For the cake:

- 6 eggs, separated
- 2/3 cup sugar
- 3/4 cup dark chocolate chips
- 1/4 tsp. salt
- 1 tbls. Dutch cocoa

Preheat the oven to 350 degrees Fahrenheit. Melt the chocolate chips in a double boiler.

Beat egg yolks with 1/3 cup sugar and the salt. Mix in the melted chocolate.

In a separate bowl, whip egg whites with the remaining sugar. When the egg whites are stiff, fold into the chocolate mixture.

Oil a cookie sheet and cover with parchment paper. Spread the batter evenly over the cookie sheet. Bake for 15 minutes.

Remove from the oven, and cover cake with two clean, damp kitchen towels. After 5 minutes, remove the towels and cut around the edges of the cake with a sharp knife.

Invert the cake over a new piece of parchment paper. Remove the parchment paper that the cake was baked on. Sprinkle one tablespoon of cocoa over the cake. Roll the cake with the parchment in place. Allow to cool completely.

For the filling:

- 1 cup heavy cream
- 3 tbls. vanilla sugar

Whip the cream with the vanilla sugar.

To assemble:

Unroll the cake, unpeeling the parchment as you go. Spread the whipped cream evenly over the cake. Roll it up like a jelly roll and carefully place on a serving platter.

Garnish with more whipped cream, strawberries and chocolate shavings.

Note: If you are intimidated by the idea of making a rolled cake, you can just bake the batter in a 9½ inch pan for 35 minutes. After the cake has cooled completely, top it with the whipped cream, strawberries and chocolate shavings.

— Adapted from Bel Alfandari



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Farmstand Reopening Fest Will Put Spring in Your Step

by Stephanie Kane, Weavers Way Local Purchasing Coordinator

The Henry Got Crops farmstand reopens for the 2015 season on Friday, May 8, with a very special volunteer day from 11 a.m. to 6 p.m. Come on over to 7095 Henry Ave., across from Saul High School, lend a hand and stay for games, grilling and the chance to sample some delicious treats from our vendors.

The farmstand features produce grown by the Henry Got Crops farm partnership at Saul High School in Roxborough and at Weavers Way's Awbury Arboretum farm in Germantown. We also have locally sourced essentials — eggs, meat, dairy products, bread and fruit — and seasonal and speciality items including locally roasted coffee, artisan ice cream and apple cider.

Regular farmstand hours for 2015 are 11 a.m.-7 p.m. Tuesday and 11 a.m.-6 p.m. Friday through October.

Starting at 11 a.m., Weavers Way farmers will lead volunteers in the first of our monthly volunteer work days. (We'll continue these every first Saturday, from 9 a.m. to 1 p.m., throughout the farming season at both farms.) The little ones can help out too, by decorating row markers. Saul students are also putting together a scavenger hunt, so visitors can go for a walk, explore the farm and find hidden treasures in our fields, greenhouses and pastures.

Then, from 3 to 6 p.m., we'll have sampling from local vendors:

- **Pete Merzbacher from Philly Bread** makes the freshest artisan bread from flour milled at his bakery in Olney. This year, Weavers Way will be carrying sliced sandwich loaves, hoagie rolls and brioche burger buns in addition to his classic Philly Muffin.
- We're also excited to have **Amy Zitelman from Soom Foods,** whose tahini has been a store favorite from day one. She will be sampling Soom's new tahini dips, in garlic and lemon, sriracha and ranch.
- **The tulsi tea from David at Jubilee Hill** is one of those things you didn't know was missing from your life until you tried it! It's an herbal tea grown near Pottstown, PA, from which David makes tea blends, including Transcendental Mint with dried peppermint, and Jubilee Hill's dark, smoky coffee alternative, Sacre Brew, with roasted chicory and dandelion root.
- A new addition to Weavers Way Across the Way are tea towels and napkins from **Kitchen Garden Series. Designer Heidi Barr,** a Co-op and CSA member, upcycles men's old dress shirts and linen and donates a share of profits to our farms. She'll be selling her towels and new line of farmer's market bags at Friday's kickoff.
- **Andy Satinsky from Weckerly's Ice Cream** will be on hand with his ice cream cart serving up his signature small-batch ice cream sandwiches. Weavers Way currently carries Weckerly's sandwiches and pints in the Chestnut Hill store, and will have a variety of flavors at the farmstand this summer. Keep an eye out for a special flavor or two made with some of our farm's very own fruits, vegetables and herbs!

In addition, Weavers Way chefs will be grilling sausages from **Stryker Farm** in Saylorsburg, PA, and also serving tofu sandwiches from local supplier **Fresh Tofu,** both served on Philly Bread's rolls.



Where to Find Weavers Way Produce

Weavers Way Mt. Airy
559 Carpenter Lane, open daily 8 a.m.-8 p.m.

Weavers Way Chestnut Hill
8424 Germantown Ave. , open Monday-Saturday 7 a.m.-8 p.m., Sunday, 9 a.m.-8 p.m.

Henry Got Crops Farmstand at Saul, 7095 Henry Ave. (across from Saul High School), Roxborough, open Tuesdays 2-7 p.m. and Fridays 2-6 p.m. May 8 through Oct. 30.

Weavers Way Farmstand at Headhouse Farmers' Market, 2nd and Lombard streets, Society Hill, open Sundays 10 a.m.-2 p.m. starting May 3.

Weavers Way Community Programs Farmstand
in front of Weavers Way Chestnut Hill, 8424 Germantown Ave., open Tuesdays 3-6 p.m. , starting mid-May.

Finally, if there are still shares available for the Henry Got Crops CSA, you'll be able to sign up on site. In a CSA (community supported agriculture) plan, consumers pay for a share of the season's harvest up front, and pick up a box of produce weekly at the farm. Henry Got Crops is a partnership of Weavers Way Co-op, Weavers Way Community Programs, Saul High School and Philadelphia Parks and Recreation.

But shares are limited, so we don't recommend you wait until May 8! Sign up NOW by visiting the Weavers Way website, www.weaversway.coop, or at the register during your next Co-op shopping trip.

The Henry Got Crops CSA is unique in that it supports Saul's farming curriculum. Weavers Way Co-op manages the farm's production and Weavers Way Community Programs runs farm education and nutrition programs. The farmstand provides Saul students with additional experience in finance, customer service and the retail food business.

skane@weaversway.coop



L•E•T•T•E•R

Recipes That Work In Co-op Deals Brochure

I don't know if you've ever gotten any feedback on the recipes in the Co-op Deals brochure. I have made many of the recipes and they always turn out well. I actually look for the new brochure and turn right to the recipes to find new ideas.

The most recent recipe that has become a regular is Moroccan Couscous with Lamb. Some other successes have been Turkey Spinach Meatballs, Thai Salmon Cakes, Carrot and Sweet Potato Tzimmes and Potato Leek Soup.

Linda Bernstein

Proposed Bylaws

(Continued from Page 1)

us for the future.

Where can I read the proposed bylaws?

They are posted in the stores and online at www.weaversway.coop/bylaws. Paper copies are available at the registers.

Why is the purpose statement so short?

The bylaws are our rules for governing only. Elaborated statements of purpose can be found in our Mission and Ends.

Is there only one annual meeting?

Member response led us to state that "at least" one annual meeting will be held, allowing the possibility of two or more. Annual meetings require a considerable amount of work and expense and are attended by approximately 2 percent of members. Many members prefer to look to the Shuttle, the website and our Facebook page to keep up with Weavers Way business.

Why do the bylaws require 5 percent of members to call a special meeting?

This requirement has been reduced from 10 percent of members in the current bylaws in order not to be prohibitive but still to require a significant number to bring an issue to the membership and justify the expense of a meeting.

Under the proposed bylaws, do members have the right to present an important issue to the entire membership?

A written petition by 5 percent of the members will result in a Special Meeting of the membership on an issue (Article 3.2). In addition, 1 percent of the members can request that an item be added to the agenda of a General Membership Meeting (Article 3.4). These member rights assure that members have a way to bring up important issues to the general membership.

What is the process to terminate or reinstate a member or a Board member?

Under the proposed bylaws, the Board has the right to make a final decision on termination of a membership (Article 2.6) or removal of a director (Article 4.6), whereas the current bylaws allow for a decision by the entire membership (Article 3, Section 10; and Article 5, Section 6). The Board believes that the current procedure of having a vote on an individual termination at a membership meeting would be difficult to implement in an organization with more than 5,000 member households; rather, the Board is best equipped to provide the due process and confidentiality that such an individual matter deserves. Neither of these issues has ever come to a vote in the past.

Why is the quorum so low?

The quorum required to conduct business at a membership meeting is 1 percent, in keeping with usual attendance. However, by requiring that 10 percent of active members must vote on all questions, including Board elections and bylawss changes, we are assured that a significant number of members participate on important matters.

Are employees allowed on the Board and may they vote?

Employees are encouraged to run for the Board, although there are currently no seated employee Board members. They may not be present for discussion or votes on personnel matters, including the General Manager's performance and compensation. They may vote on all other issues.

What does each officer of the Board do?

Article 5 on officers was added to the proposed bylaws upon member suggestion. This article delineates the four officers and is compliant with state law.

Why did you add a new section on Action without a Meeting (Article 4.8)?

This is standard operating procedure with most modern boards in the electronic age. It would only be used if an important, time-sensitive issue came up between Board meetings. Further safeguards require a two-thirds vote for approving and recording the action in the minutes of the next regularly scheduled meeting.

Why are the financial provisions in three articles combined into the new Article 7?

The current bylaws have complicated and outdated procedures. Proposed Article 7 captures the current financial arrangement of Co-op members and their accounts with the Co-op.

What is the difference between Regular Equity and Reserve Equity?

Equity comes from member investment or from Patronage Dividends, which are determined by the Board. The proposed bylaws require that Regular Equity be returned within 60 days of termination of a membership. Reserve Equity is refunded only upon dissolution of the Co-op.Why is there a new article on dissolution (Article 8)?

The current bylaws have no provision for dissolution. While we do not have any intention of dissolving the Co-op, the proposed bylaw provides clear procedures of how such a momentous decision would be made. A proposal to dissolve the Co-op can only be made by the Board or a petition of 10 percent of active members and must be approved by a two-thirds vote of the members.

How do I vote on the proposed bylaws?

The vote on the bylaws is combined with the annual Spring Election for the Board of Directors. Voting begins online and by paper ballot in the stores on April 1, 2015. The responses you may choose are:

Yes, I accept the proposed new Weavers Way Bylaws.

No, keep the Weavers Way Bylaws as they are.

Election results and the decision on the bylaws will be announced May 31 at the Spring General Membership Meeting.

LisaH43@comcast.net

L•E•T•T•E•R•S

Read Bylaws Carefully Before You Vote

We, the Co-op membership, are required, by the current bylaws, to vote on our Board approved proposed bylaws. I urge all of us to compare the current bylaws to the proposed version. In my opinion, there are substantial differences which reveal an overall diminishing of the influence that we, the membership, will have on the operations of our Co-op and our Board's actions.

I will share just one. The current bylaws permit a member who has been suspended or expelled from our Co-op to appeal the decision to our membership at the next regularly scheduled membership meeting. The proposed bylaws revision eliminates this opportunity and also reduces the number of mandatory General Membership meetings from two to one. Under the proposed bylaws, we would have to submit to our Board a written petition of 5 percent of Active Members for a Special Membership meeting to be held.

In this instance and other proposed changes, the responsibility and decision-making will reside primarily with our Board. Many decisions requiring membership approval in the current bylaws have been removed in the proposed version and, in the future, that authority will reside solely with our Board. A change that could have resulted in our Board approving compensation for Board members was revised in response to the suggestion that the membership must approve any proposed compensation for Board members. Other suggestions did not meet with a favorable response.

I applaud the hard work that went into reviewing the current bylaws. It is a thankless task, but a periodic necessity. I am not questioning the integrity, commitment or intentions of the current, or for that matter past or future Board members. I am suggesting that diminishing membership participation can result in too few checks and balances.

Voting begins April 1. Please make an informed decision.

Shelly Brick

Vote 'No' on Bylaws Revision

We strongly encourage all Weavers Way member-owners to carefully review the proposed Co-op bylaws and participate in the vote that starts April 1. We have posted a detailed side-by-side comparison of the current and proposed bylaws at www.wwbylaws.wordpress.com.

The changes are numerous, but perhaps those that require the most scrutiny are the ones that 1) Remove the right of a member-owner to appeal the termination of their membership to the membership at large, 2) Delete the ability of member-owners to remove Board members and 3) Take away the mechanism for member-owners to propose, vote on and pass referendums that can revoke Board actions. By removing this combination of rights, our member-owners are left with only the right to elect Board members as their terms come up for vote. We believe that this is hardly the International Co-operative principle of "Democratic Member Control" that is frequently talked about in Weavers Way literature and signage.

When we inquired about the proposed bylaws, we were told they are based on a "template [that] comes from CBLD, Cooperative Board Leadership Development, and represents the best thinking of the cooperative movement on what a modern day co-op should have in its bylaws." However a look at the bylaws for 20 randomly selected members of the National Cooperative Grocers Association shows that these types of rights are still the norm; furthermore, two of the newest co-ops in our area, both supported by Weavers Way, have bylaws that are very similar to what we have today.

Working on matters of governance is one of those often overlooked and undervalued tasks for organizations and we would like to thank the Board and its bylaws committee for taking this on. That said, we believe that the proposed changes will fundamentally and permanently shift the role of member-owners and that these repercussions are complicated enough to merit further discussion. Because of the scope of these changes and the need for further discussion, we believe a "No" vote is in the best interest of member-owners at this time.

Tim Daniel
Gabrielle Halko

LETTERS POLICY

The Shuttle welcomes letters of interest to the Weavers Way community. Please include your name and email address or phone number so we can contact you for verification; no anonymous letters will be published. Letters should be under 200 words and may be edited.

The Shuttle may decline to publish any letter for any reason. In most cases, the deadline for contributions is the 10th of the month prior to publication (e.g., March 10 for the April issue). Send to editor@weaversway.coop.

Spring Blood Drive

Monday, April 13, Noon to 6 p.m.

Bloodmobiles will be parked outside both Weavers Way stores.

Mt. Airy
559 Carpenter Lane

Chestnut Hill
8424 Germantown Ave.

For appointments, call our Blood Drive coordinator, Jon Roesser, at 215-843-2350, ext. 132, or email Jon at hr@weaversway.coop.

Co-op members will get a special "Thank You" gift from the Co-op for donating.

weavers way co-op

American Red Cross

Staff Celebrity Spotlight:
Molly Weisberg

Nurturing a Career in Nursing with Knowledge Gained Next Door

by Karen Plourde, Weavers Way Chestnut Hill Grocery Staff

Ever since Molly Weisberg switched from grocery staff at Weavers Way Chestnut Hill to wellness buyer at Next Door in the fall of 2013, she's been able to work on her bedside manner by helping shoppers with their product choices. This fall, she's going to take that to the next level, as a full-time student in the nursing program at Drexel University.

Molly, 28, first thought about the possibility of becoming a midwife after taking a noncredit course about birth in her senior year at Smith College. But after she graduated with her bachelor's in anthropology in 2009, she wasn't sure of her next move. So she joined the National Civilian Community Corps branch of AmeriCorps. Although she was based in Denver, she spent a lot of time on the Gulf Coast working with Habitat for Humanity and other groups who were doing rebuilding projects from Hurricanes Katrina and Ike.

After her year commitment to AmeriCorps was up, Molly opted to stay in the program a second year. This time, she worked in the office of a nonprofit in Nashville, TN, doing health screenings for seniors and



Karen Plourde photo

Molly Weisberg was a Co-op kid before she became a Co-op staffer

breast health workshops. By this time, Molly was ready to take a firm step on her career path. She and her partner at the time moved to Burlington, VT, and she began taking nursing school prerequisites at Community College of Vermont. To pay the bills, she worked in a cafe and for a senior citizens' care company. But she missed Philly, so she moved back in the fall of 2012.

"Every time I came home, I wanted to stay and not go back to wherever it was that I was living," she said. "I thought that was a good indication I should live here."

Molly had never been to the Chestnut Hill store before she returned. That fall, she did some Co-op hours for her mom there, and got hired soon after.

You can add the Mt. Airy native to the ranks of Co-op lifers who are employees; Molly thinks her parents have been members of Weavers Way since before she was born.

"[I remember] going after school and getting rolls, like kaiser rolls or croissants, from the bakery bins and just eating them, walking around, without paying for them yet, 'cause you could do that," she recalled.

Molly's favorite part of the Co-op is the people, both her co-workers and the shoppers. But she'll see a lot less of them come September; her program at Drexel will award her half a bachelor's degree in 11 months, and she figures she won't have time for work.

The current West Philly resident has had some hands-on training in her area of interest. She was the doula to the midwife of Virginia Herbaugh, coordinator of the Weavers Way's point-of-sale department, and Keith Souder, of the Chestnut Hill grocery department. Avery Souder was born in September.

"That was amazing," Molly said. "I didn't do a whole lot. I kind of just . . . breathed."

In the realm of favorite Co-op products, Molly is a huge fan of Metropolitan olive thyme bread. She also enjoys Sartori cheeses, especially the Bellavitano Merlot and chai varieties.

While she's interested in becoming a midwife, Molly is now also considering other options, including end-of-life or palliative care. She feels she's learned a lot in her time at Next Door and hopes to incorporate some of that into her nursing career.

"It's made me realize that I am interested in learning more about specific things, like herbalism and other modes of healing," she said. "I would maybe want to bring [them] into any sort of practice that I have."

kplourde@weaversway.coop

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

Weavers Way Board

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

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

2014-2015 Weavers Way Board
Chris Hill, President
Joshua Bloom, Vice President
Stu Katz, Treasurer
Laura Morris Siena, Secretary
At large: Megan Seitz Clinton, Larry Daniels, Lisa Hogan, Margaret Lenzi , Emmalee MacDonald, Linda Shein

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Advertise in the Shuttle
advertising@weaversway.coop

OPEN EVERY DAY

Mt. Airy main number: 215-843-2350
www.weaversway.coop
Chestnut Hill main number: 215-866-9150
contact@weaversway.coop

Mt. Airy
8 a.m.-8 p.m.
559 Carpenter Lane

Chestnut Hill
Monday-Saturday
7 a.m.-8 p.m.
Sunday, 9 a.m.-8 p.m.
8424 Germantown Ave.

Across the Way
8 a.m.-8 p.m.
610 Carpenter Lane
215-843-2350, ext. 276

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

HOW TO REACH US

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(CH) Shawn O'Connell, ext. 209
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Meat, Poultry & Seafood
(MA) Dale Kinley, ext. 104
dale@weaversway.coop
(CH) Ron Moore, ext. 205
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Produce
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mackenzie@weaversway.coop
(CH) Mike Herbst, ext. 211
mherbst@weaversway.coop

Floral Buyer
Ginger Arthur, ext. 317
floral@weaversway.coop

Weavers Way Welcome Meetings

We 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 start at 6:30 p.m., in Mt. Airy in the Community Room, 555 Carpenter Lane, or in Chestnut Hill at various locations. Current members who help host also get work credit!

RSVP: **outreach@weaversway.coop** or **215-843-2350, ext. 118.**

NEXT MEETING: Wednesday, April 8
555 Carpenter Lane, Mt. Airy

weavers way coop
Wifi Hotspot
Connect to the network WW_PUBLIC
Use the password weaversway

Follow us !

Pre-Order Your Prepared Foods Holiday Favorites

Passover

April 3 through April 11

Matzo Balls	$1.00 ea
Matzo Ball Soup (vegetable or chicken stock, quart size only)	$9.50 qt
Passover Haroset	$9.50 lb
Winter Borscht (quart size only)	$9.50 qt
Assorted Sweet and Savory Kugel	$9.50 lb
***Potato Latkes**	$9.95 lb
Walnut Lentil Paté	$7.50 lb
Chicken Liver Paté	$10.99 lb
Freshly Pureed Horseradish with Beets	$9.95 lb
***Whole Roasted Chicken**	$11.99 lb
***Whole Side Braised Salmon with Cucumber Dill Sauce**	$20.99 lb
***Whole Braised Brisket with Baby Onions**	$19.99 lb
***Dried Fruit and Nut Platter** (12-inch platter)	$36.99 ea
***Sweet Potato Tzimmes**	$8.99 lb
Citrus-Roasted Asparagus	$12.99 lb
***Glazed Carrots with Apples**	$7.99 lb
Green Beans with Toasted Almonds	$10.99 lb
Brussels Sprouts with Shiitake Mushrooms and Leeks	$10.99 lb

Easter

Sunday, April 5

***Wellshire Spiral Ham 7 lbs.**	$55.00 ea
***Whole Side Braised Salmon with Cucumber Dill Sauce**	$20.99 lb
Whole Boneless Herb-Roasted Turkey Breast	$14.99 lb
Mashed Sweet Potatoes	$5.99 lb
Mashed Potatoes	$5.99 lb
Brussels Sprouts with Shiitake Mushrooms and Leeks	$10.99 lb
Green Beans with Toasted Almonds	$12.99 lb
***Glazed Carrots with Apples**	$7.99 lb
Citrus-Roasted Asparagus	$12.99 lb

*Not available in Mt. Airy

Check our catering menu for party platters or pre-order any of your favorite prepared foods not on this menu by calling **215.866.9150, ext. 218** for Chestnut Hill or **215.843.2350, ext. 102** for Mt. Airy.

We are happy to accommodate special requests with advance notice. We would prefer one week's notice on holiday pre-orders, but will fill last-minute orders whenever possible.

www.weaversway.coop

Meat & Seafood Department Specials

Shank bones free with purchase from the Meat Department!

Koch Whole Turkeys 14-16 lbs. (no antibiotics)	$2.99 lb
Empire Whole Kosher Chicken	$4.75 lb
Empire Cut-Up Kosher Chicken	$4.75 lb
Troutman Beef Brisket	$7.19 lb
Aspen Ridge Beef Brisket	$8.49 lb
Bone-in Leg of Lamb	$6.99 lb
***SPECIAL* Boneless Leg of Lamb**	$8.70 lb
Esposito Boneless Bacon-Wrapped Lamb Roast	$12.65 lb
Garret Valley Spiral-Cut Ham	$5.65 lb
Black Pearl Scottish Farm-Raised Salmon (antibiotic-free, sustainable)	$13.99 lb

Don't forget house-cut roasts — talk to our butchers!

Chestnut Hill
8424 Germantown Ave.
p: 215.866.9150, ext. 218

Mt. Airy
559 Carpenter Lane
p: 215.843.2350, ext. 104

Curious Creatures

A sculptural art installation

For more information, visit www.awbury.org

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COOPERATIVE • PROGRESSIVE • EDUCATION

AWBURY ARBORETUM
One Awbury Road, Philadelphia, PA 19138

ARCADIA UNIVERSITY

The Philadelphia Cultural Fund
celebrating 20 years

Opening Celebration
April 11 from 11am to 3pm
Walk through Awbury's Secret Garden to discover the Curious Creatures, enjoy children's activities, including a live animal presentation at 1pm. Lunch will be available for purchase at the Arboretum's picnic area.

Free Family Event!

OPEN FROM:
April 11 – April 26
Weekdays: 11am to 5pm
Weekends: 11am to 3pm