



Spreading the Co-op Model

Developments: Page 7 ••••• We want to hear from you: www.weaversway.coop/expansion



The Shuttle

July 2015 Vol. 43 No. 7

Community-Owned Food Markets Open to Everyone

Sun's Out. Now What?

Skin cancer is a real concern, but so are some sunscreens. And then there's vitamin D to consider.

by Sandra Folzer, Weavers Way Environment Committee

DON'T SUNBATHE.

Do get out in the sun — you need the vitamin D.

Do wear a hat and put on sunscreen.

Don't think you can stay out in the sun longer because you're using sunscreen.

Yes, it is confusing. Too much sun can give you cancer, but we need sunlight to get an adequate amount of vitamin D, the fat-soluble hormone necessary for healthy bones.

Two million Americans get skin cancer each year: most involve basal and squamous cell carcinoma, which are not dangerous if removed. But melanoma, the deadliest form of skin cancer, has been increasing each year, especially among teenagers and young adults, according to the National Cancer Institute.

The exact cause of melanoma is unclear; factors linked to melanoma include family history, indoor tanning, number of moles, fair skin, ultraviolet radiation and severe sunburns, according to the Centers for Disease Control and Prevention. And while we do know that sun exposure increases the risk, the cancer does not necessarily appear where one gets most exposure. I had a friend, now deceased, who found melanoma on the bottom of his foot.

Meanwhile, vitamin D deficiency is related to cardiovascular conditions and hypertension as well as cognitive problems and cancer. A National Cancer Institute analysis of 95 research studies suggests that low vitamin D3 levels might be implicated in 13 percent of deaths in the United States.

Dubious Claims of Sunscreens

Most people today recognize the dangers of too much sun, so they turn to sunscreens for protection. Used properly, sunscreens do prevent sunburn, but it's believed the sun's UVB and UVA rays may still damage skin DNA without burning.

In fact, there are no convincing data that sunscreens alone reduce the risk of skin cancer, according to the Environmental Working Group's report "Skin Cancer on the Rise." (Read it at www.ewg.org/2015sunscreen/report/skin-cancer-on-the-rise.)

Some studies suggest that sunscreen users have a higher rate of melanoma, possibly because they stay out in the sun longer, while other studies suggest that sunscreen users have lower rates of melanoma.

The EWG report also objects to the current FDA rules that allow sunscreens to claim "broad spectrum" protection and to claim to play a role in preventing skin cancer.

Tanning Salons

Presumably everyone now understands the link between lung cancer and smoking. Less but less well is that tanning tanning beds present a major risk of skin cancer, according to the American Cancer

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Good Wishes and Goodbye At Spring GMM

by Karen Rueda, for the Shuttle

IT MIGHT HAVE BEEN A RECORD FOR the number of times anyone was called out by name at a Weavers Way meeting:

Weavers Way is doing great, in large part thanks to Glenn Bergman. Weavers Way's future looks strong, even without Glenn Bergman, thanks to Glenn Bergman. We approved the new By-laws and elected new members to the Board of Directors, which is in the midst of a search effort to replace Glenn Bergman. And finally, we love and will sorely miss Glenn Bergman!

"Glenn Bergman" dominated the Spring General Membership Meeting on May 31 at Morris Arboretum. That evening, Glenn served the last hours of his 11 years as Weavers Way General Manager before moving on to become Executive Director of Philabundance, effective June 1, the very next day.

Of course, business was discussed. We have stores to run, fields to farm and programs to coordinate!

The meeting opened with a personal welcome from Bob Gutowski, Director of Public Programs for Morris Arboretum, who recounted how he met his wife stocking items at a cooperative in West Philadelphia. He reminded us "partnerships are all about people getting together with people," and encouraged the Co-op's members to keep on working together.

Board President Chris Hill reported

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Election results, Page 26

Weavers Way Cooperative Association
559 Carpenter Lane, Philadelphia, PA 19119
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Editor's Note



by Mary Sweeten, Editor,
Weavers Way Shuttle

LAST STORY ABOUT GLENN, I promise. This is news you can use: How to make an Uncle Glenn.

As reported recently in the Inquirer, our former GM's nephews invented a cocktail named the Uncle Glenn. It's kind of a gin and tonic, kind of a negroni. (Surprisingly, given Glenn's obsession with dumplings, no doughy bundle of any nationality is involved.) Glenn is hoping the Uncle Glenn will make it into cocktail programs regionally if not nationally. I wouldn't know about that. But since we are a cooperative, and we pretty much do what we want, nothing is preventing you from making the Uncle Glenn at home. Forthwith, the directions (some photos courtesy of Rick Nichols; Campari from my personal collection):

- Fill a glass with ice.
- Add a shot of gin and a splash of Campari.



- Top off with tonic and a lemon wedge.



- Stir and enjoy.



We don't have a cocktail program at the Co-op, but we do sell tonic — genuine, bona-fide quinine water. Combined with a program of Bti mosquito dunks, you sure won't have to worry about malaria this summer. Thanks, Glenn.

msweeten@weaversway.coop

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. 314. Advertised products or services may not be construed as endorsed by Weavers Way Co-op.

The Shuttle is printed on 100% recycled paper.

What's in Store at Weavers Way

New on the Shelves

by Karen Plourde, Weavers Way Grocery Staff



All Wellness & Good

Dr. Bronner's toothpaste settles in Across the Way.

Do you know what's in your toothpaste? Dr. Bronner's All-One, now at both stores, has no fluoride or synthetic detergent foaming agents. It's vegan, cruelty-free and available in three flavors.



Has an attack of poison ivy left you itchy and blotchy? Reach for some Tecnu Original outdoor skin cleanser to remove the oil and give you some relief. It's now back Across the Way.

Powdered boosts in bulk, now Next Door. Wheatgrass is known to pack a ton of good stuff in its blades, and vitamin C is no stiff on the nutrient squad, either. So anyone looking to add those to their smoothies will love that Next Door now carries wheatgrass and vitamin C powders in bulk. Both come from Frontier; the wheatgrass powder is organic.

Picks in Produce

Stone fruit, baby! And local corn just keeps getting better.

Local peaches and nectarines hit their stride in July, getting bigger and juicier all the while. In the third week of the month, look for local plums to make a return. Crumble 'em, crisp 'em, cobbler 'em — just eat 'em!

Local corn hasn't yet peaked, but it's still awesome. Shuck it and stuff it in the pot, or roast it on the grill to bring out its sweetness.

Goings on in Grocery

Califia Farms juices quench a summer thirst.

The departure of local apple cider in early spring opened up space in the refrigerated case at Weavers Way Chestnut Hill, and that space has now been filled with seasonal offerings from Califia Farms of California's San Joaquin Valley. Look for lemonade and lemon-limeade, along with two flavors of their Agua Fresca line — watermelon ginger lime and strawberry basil. (Don't worry — cider will return when it's time.)



Among Friends mixes make baking easy.

People say they don't bake in summer, but being gluten-free means you sometimes have to. Among Friends baking mixes, now residing upstairs at Mt. Airy, make that task easier. They offer gluten-free blends for cookies, cakes and crisps. You can also find traditional mixes on the second floor, including scones from King Arthur and Hogan's.



Lucia Says:
I hate this harness because now my mother can control me. I love my mother, though.



Finds for the Furry & Feathered

Head collars and harnesses lessen the stress of walkies.

Thanks to the folks at PetSafe, the Pet Store Across the Way in Mt. Airy offers leashes and collars that dogs and owners can agree are an upgrade from typical gear. The Easy Walk harness and Gentle Leader head collar keep pressure off Poochie's neck, ending pulling for you and gagging for them. They come in a variety of sizes.

The Fromm Family of Mequon, WI, has been producing high-quality pet food since the 1940s, and now you can find it here as well. We carry 5-pound dry dog food for an array of stages, including a grain-free variety, and a 2-pound size of dry cat food in two flavors.



CHEESE OF THE MONTH

JULY

Somerdale Caramelized Onion Cheddar
Somerdale Tintern Cheddar
Wensleydale with Cranberries
Applewood Smoked Cheddar

\$1 off /lb

What's in Store at Weavers Way

Cheese of the Month

'Tis the Season for Burgers on the Grill — Try Them with July's Cheeses of the Month

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

THERE ARE SO MANY POSSIBILITIES. YOUR TRIP TO the cheese department can inspire a quesadilla or a pizza on the grill. Why not start with the cheese and go from there? Flavored cheeses are great because you get a lot of flavor with fewer ingredients, which is great when you're cooking outdoors.

We have a few flavored cheese options that work with almost anything you want to grill, but here are some delicious suggestions for you to try. All are \$1 off a pound in July.

- **Somerdale Caramelized Onion Cheddar** on a burger with butter lettuce and sliced tomato on a toasted sweet Hawaiian roll. The sweetness of the caramelized onion cheddar is all you really need to complement your burger — no condiments necessary.
- **Somerdale Tintern Cheddar** with chives and shallots on a grilled portobello mushroom, with fresh baby spinach and lemon aioli on a ciabatta roll. This cheddar has a very fresh spring-onion flavor that I would pair with any grilled vegetable.
- **Wensleydale with Cranberries** on a grilled turkey burger with arugula and orange marmalade on a honey wheat roll. Sweet and crumbly cheese paired with peppery greens is perfect with turkey and a fun take



on a Thanksgiving sandwich. Since I love sweet with spicy, I might add some chipotle peppers or hot chili powder to my ground turkey mixture.

- **Applewood Smoked Cheddar** on grilled chicken breast, with grilled green tomatoes, Tait's Farm Mango Habanero Mustard and romaine lettuce on baguette. This is my favorite smoked cheddar because it has just

the right texture for melting and has wonderful natural smoky and tangy flavors. You need not be tempted by that most tempting of all burger toppings, bacon. But if you are, whoa, even better.

Grill everything, I say, and put some cheese on it. Happy Summer!

soconnell@weaversway.coop

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The event will be taking place on the front lawn so B.Y.O.B. or C. — Bring Your Own Blanket or Chairs

Cornhole and Ladder Golf will be available to play, and Sly Fox will be bringing Kan Jam for guests to enjoy as well.

Event Dates

- ◆ Flying Fish 8/13
- ◆ Sly Fox 8/20
- ◆ Yards 8/27

Rain or Shine!

*In the case of rain the event will be moved to the covered patio

Valley Green Inn
Valley Green Rd. at Wissahickon
Philadelphia, PA 19128

Any questions call (215) 247-1730 and ask for Maggie
or Maggie@valleygreeninn.com



Weavers Way Community Programs



Ribbon Cut on Groundbreaking Work at MLK

by Jill Fink, Executive Director,
Weavers Way Community Programs

IT WAS UNSEASONABLY WARM AND HUMID FOR A spring day, but that didn't deter the dozens of supporters of Hope Farm at Martin Luther King High School from celebrating with students, teachers and administrators in a dedication and ribbon-cutting ceremony on May 28.

MLK's Junior ROTC began the ceremony with an official salute, accompanied by a very special performance of the national anthem played by Nate, one of two dozen students with autism or intellectual disabilities who take part in Weavers Way Community Programs' horticultural therapy program at MLK.

Speakers included MLK Principal William Wade and Dr. Alton Strange, Transition Coordinator for the School District of Philadelphia.

Launched in 2014, the program was designed by WWCP and MLK teachers with guidance and

support from Dr. Althea MacDonald, a psychologist who has completed the certificate program in Horticultural Therapy at Rutgers University.

Interestingly, the theory of the gardening therapy has its roots here in Philadelphia, where Dr. Benjamin Rush, a signer of the Declaration of Independence, used it to help mental patients at his clinic. "Digging in the soil has a curative effect on the mentally ill," Rush wrote in 1798. MLK Life Skills teacher Amy Szymanski has seen these effects in students after they spend time in the garden or greenhouse. Stress reduction is well-documented and something to which Amy can attest. "They seem to get so much more relaxed when they are out there; they just feel alive," she said.

Additional benefits include improvements in gross and fine motor skills and the ability to follow multi-step instructions and complete tasks cooperatively. Of course, nutritional education is an important

(Continued on Next Page)



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Flea Market funding supports the care of Awbury's historic landscape, which has remained FREE and open to the public for nearly 100 years, and the continuation and development of its community programming, which serves thousands of individuals each year!

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Weavers Way Community Programs



Opposite, Hope Farm raised beds ready for ribbon-cutting and student seed-planting project ready for sharing with guests; this page, students applaud as the ribbon is cut, Nate on keyboard, Principal Wade, MLK's ROTC color guard.

(Continued from Preceding Page)
part of all WWCP curricula, and lessons at Hope Farm include opportunities to harvest and prepare fresh vegetables that are particularly popular, while also promoting healthier behavior and self-confidence. The combination of garden and nutrition education gives students practical and valuable life skills that contribute to their ability to lead independent lives.

On a recent visit to MLK, I had the opportunity to observe WWCP's Youth Education Coordinator, Tara Campbell, work with students to prepare veggie "pizzas." Students began by harvesting kale, chard and spring onions from the raised beds they had planted just a few weeks earlier. They washed and prepped

the vegetables, then students then spread hummus (which they had learned to make for refreshments for the ribbon-cutting) on pita and topped it with the greens. Upon going in for seconds, one student enthusiastically declared to his classmates, "I'm not even hungry — this is just so good I want to eat more." A resounding endorsement!

WWCP's next focus at Hope Farm is to raise a pavilion for an outdoor classroom. To support the construction project, visit www.weaversway.coop/supportwwcp.

For additional photos from the ribbon cutting, visit www.newsworks.org and search "Hope Farm at MLK."

jill@weaversway.coop



Photos by Larry Goldfarb

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.

WEAVERS WAY COMMUNITY PROGRAMS

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The Talented Team at Weavers Way

by Jon Roesser,
Weavers Way Interim General Manager

FUN FACT: WHEN WE ENTER NEW EMPLOYEES INTO the Co-op's payroll system, it automatically generates employee numbers for them in sequential order. When I was hired in October 2008, I was assigned employee number 144. Our most recent employee, hired last week, was assigned employee number 674.

That's a lot of hiring over the last six-plus years. Over those years, we've made some really, really good hiring decisions and some really, really bad ones. Far more good than bad, thankfully, and the end result is a second-to-none staff.

There are many reasons I love working at Weavers Way, but anyone who knows me will tell you that whenever I've been asked to name the thing I like best, I immediately and invariably say it's the joy of working with my colleagues on staff.

We don't always get along and we occasionally frustrate one another but overall we maintain an esprit de corps that is rare to find in the modern workplace. All of us who work at Weavers Way, regardless of what we do, believes working at the Co-op is more than a job. We choose to toil here because of the sense of pride and purpose we derive from working for a values-driven enterprise.

As the Co-op has grown, our staff has grown, to where now there are nearly 170 of us. We have chefs and butchers, truck drivers and farmers. We run 24 hours a day; our opening crew gets up well before sunrise, our night crew gets the store ready for the day ahead while the rest of the world sleeps.

Running a grocery store is physically taxing work — stiff joints, sore muscles and tender fingers come with the territory. Our workplace safety committee is sometimes hard-pressed to keep the first-aid kits stocked with Band-Aids. The forearms of our kitchen staff reflect long careers working with sharp objects and hot surfaces.

Some of my colleagues never graduated from high school. Others have advanced degrees. Our youngest employee is 16; our oldest employees are well over 70. Some have traveled the world; some have never left Philadelphia.

What a crew. The Co-op remains a relatively small employer and we can't offer the generous salary and bonus structures of larger organizations, but when it comes to attracting and retaining top talent, we punch above our weight.

I'd like to take this opportunity to officially introduce two new members of the staff, both of whom have important roles to play on Weavers Ways' senior management team.

Sherice Sargent is a human resources professional who is the Co-op's new interim Human Resources Director. Sherice is a native Philadelphian, a graduate of Northeast High School and Temple University. She's currently pursuing her master's degree from Thomas Edison State College in New Jersey and is an active member of the Air National Guard. Sherice lives in East Falls.

Crystal Pang is a marketing professional who is the Co-op's new Director of Marketing and Community Relations. Crystal is also a native Philadelphian, and also a graduate of Northeast High. She has a bachelor's degree from the University of Pennsylvania's Wharton School. Crystal grew up in Mayfair and lives in South Philadelphia.

Home-grown talent! We're always thinking local at the Co-op.

In the months ahead I will be asking a lot of all of my colleagues. The introduction to our community of a for-profit, out-of-town chain grocery store will test our camaraderie in a way it's never been tested before. I can honestly say there's no group of people I'd rather face this challenge with than the staff at Weavers Way.

On behalf of all of my colleagues, thank you for your continued support, patronage and friendship.

See you around the Co-op.

jroesser@weaversway.coop



THERE IS NO CURE FOR BRAIN FREEZE.
SO EAT MORE ICE CREAM.
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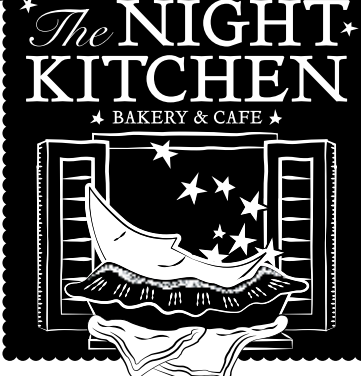
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What's Going on with Expansion? For Now, Collaboration & Consultation

A letter to Weavers Way owner-members from
Chris Hill, President, Weavers Way Board of Directors, and
Jon Roesser, Weavers Way Interim General Manager:

FOR SEVERAL YEARS, THE WEAVERS Way Board of Directors and Management Team have been discussing the possibility of expansion. These discussions have been focused largely on understanding the potential benefits, and inherent risks, of expanding to a third store. We have also engaged our members in these discussions in a number of forums and, most recently, at the Spring 2015 General Membership Meeting.

Under the right circumstances, we believe expansion makes a great deal of sense for Weavers Way, in alignment with the cooperative principles that inspire and guide us. It would grow the cooperative economy in the Philadelphia area; secure the Co-op's market share in the face of increasing competition; and provide the Co-op more economies of scale when working with our vendors.

In several communities in and around the city, groups have developed start-up co-ops with the dream of having a cooperatively owned grocery store in their own neighborhood, and we have been working with a number of them to help them fulfill their dreams. Weavers Way is identified nationally as the leader in Philadelphia-region cooperatives and we are frequently asked to assist start-ups here.

For the most part, expansion has been talked about in theoretical terms,

without targeting a specific community, and with the understanding that our timeline for actually opening a third store was still several years away. We continue to have these visioning conversations with each other and with Weavers Way members in general.

However, in the last month, we made a decision to take a step forward regarding one potential expansion opportunity.

The Ambler Food Co-op is a dynamic start-up cooperative in Montgomery County with over 200 member-owners. They are a well-organized, committed, enthusiastic group with a smart, hard-working leadership team. They are determined to open a cooperative grocery store in their downtown and have commissioned studies showing their community is capable of supporting such a store.

Last month, we were approached by the leadership of the Ambler Food Co-op about a specific expansion opportunity. A former Bottom Dollar food store, now owned by the Aldi Corp., is sitting vacant in downtown Ambler. Aldi, which purchased the assets of the Bottom Dollar chain earlier this year, has decided not to convert the Ambler store into an Aldi, and therefore has the building, at 217 E. Butler Ave., listed on the real-estate market.

In addition to the availability of the

Bottom Dollar building, we were made aware of two opportunities for state and federal redevelopment grants totaling \$1.1 million. The grant money is available specifically for the borough of Ambler.

After careful consideration, our Board of Directors, with the support of the Co-op's management team, agreed to take some preliminary steps to explore this specific opportunity further. We have therefore entered into an unofficial joint venture with the Ambler Food Co-op for the specific purpose of applying for the redevelopment grant money and for expressing an interest in the Bottom Dollar building with Aldi's real-estate broker. Opening a Weavers Way store in Ambler would be contingent on securing the redevelopment grant money, negotiating acceptable terms with Aldi for purchase or lease of the Bottom Dollar building and a careful analysis of the feasibility of a store in Ambler.

Our expression of interest to Aldi does not specify the relationship between Weavers Way and Ambler Food Co-op, which remain independent cooperatives. If we were to move forward with this expansion project, we would resolve the relationship through negotiations over time.

While we are excited about this possible expansion opportunity, it is important to note that at this point we have made no commitment to open a store in Ambler or any other community. In fact, Aldi's broker has informed us that they are not con-

sidering us for the Ambler space at this time, presumably because they've already identified another interested party with whom they are in exclusive negotiations. We have not identified any other suitable locations for a store in Ambler, but we will continue to work in cooperation with the folks at the Ambler Food Co-op.

With these recent steps, we have gone beyond the theoretical stage of talking about expansion, and therefore feel an obligation to our member-owners to be as transparent as possible without violating the confidentiality required to take advantage of a specific business opportunity.

Members of Weavers Way who are interested in discussing expansion are encouraged to join us at one of the monthly expansion forums we've been holding since April. The next one will be on Wednesday, July 22, at 7 p.m. The location is in Germantown. Because these meetings are being held at private homes, we ask that you contact Outreach Coordinator Bettina de Caumette to RSVP and find out the exact location. Email her at outreach@weaversway.coop or call her at 215-843-2350, ext. 118.

You can be assured that the Board and Management Team of Weavers Way are approaching expansion in a careful and strategic manner, one that will allow the Co-op to continue to thrive in the years ahead.

tchrishill@gmail.com
jroesser@weaversway.coop



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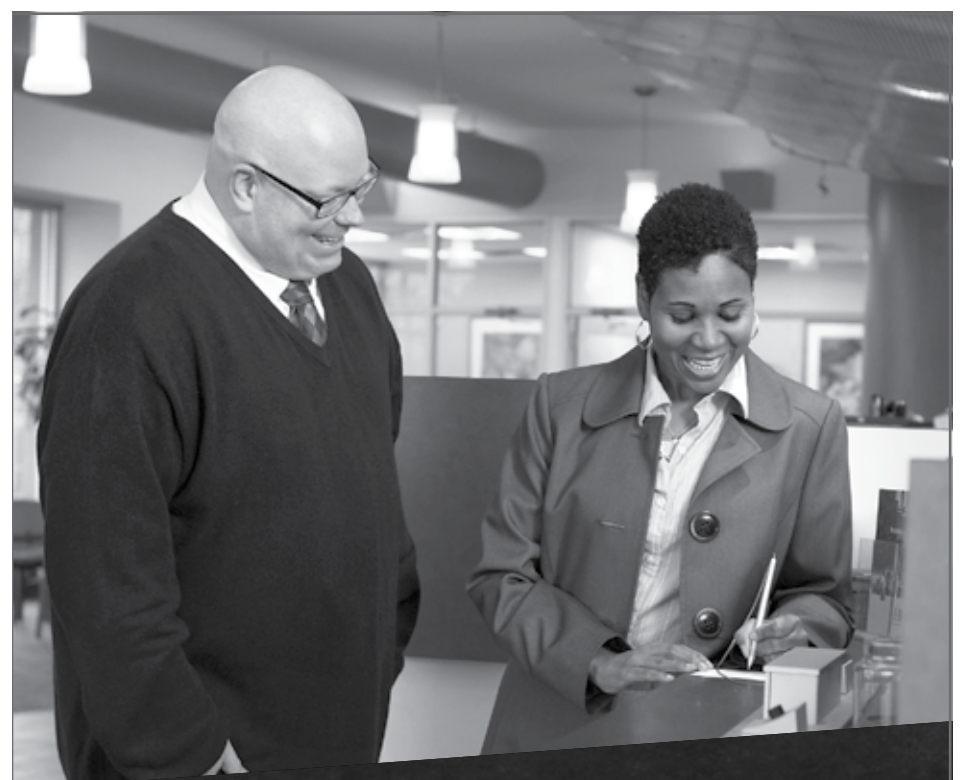
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EMAN Announces Community Grants; \$15,000 to WWCP

EAST MT. AIRY NEIGHBORS (EMAN) has announced the recipients of the first round of grants from the EMAN Community Fund, a donor-advised fund of The Philadelphia Foundation, and Weavers Way Community Programs is one of the grantees.

Reflecting EMAN's motto, "Making a Good Community Better," the EMAN Community Fund seeks to help nonprofit organizations that are actively providing innovative and sustainable programs to support the health, welfare, prosperity and quality of life for Northwest Philadelphia communities. WWCP received \$15,000 for general operations in support of its farm and nutrition education programs for underserved youth.

The priority areas for grants were aging; building community; children and youth; and mental health/mental retardation. These reflect the mission of EMAN Community Living, the nonprofit whose sale (to Special People in the Northeast, or SPIN) created the Community Fund.

"For over 40 years EMAN has been dedicated to strengthening our Northwest Philadelphia community," said WWCP Executive Director Jill Fink. "We're honored to be recognized by EMAN for the work we do that furthers our organizations' shared vision and goals. An award of general operating support makes such an impact, particularly on a small organization such as ours. It is support such as this that enables us to remain nimble and innovative with our programming, to explore and take advantage of new opportunities and to build the organizational capacity required to move WWCP to



the next level."

"EMAN is excited and humbled to have the opportunity to award these grants in our community," said EMAN Board President Larry Daniels.

Other recipients are:

- Awbury Arboretum, \$9,500, for improvements to trails and paths, providing handicapped accessibility.
- The Business Center for Entrepreneurship and Social Enterprise, \$17,500, for general support.
- Emlen Elementary School, \$12,995, for an Early Literacy Initiative.
- Mt. Airy Arts Garage, \$5,000, for the "Make Art, Grow Food" project with Houston School.
- Mt. Airy USA, \$20,000, for general support.
- Northwest Philadelphia Interfaith Hospitality Network, \$5,000, for family rental assistance.
- Urban Resources Development Corporation, \$5,000, for its Owner-Occupied Repair Program.
- Youth Services Inc., \$10,000, for the Sally Watson Crisis Nursery.

For more information about East Mt. Airy Neighbors or the EMAN Community Fund, contact Executive Director Elayne Bender (elayne@eastmountairy.org), or visit the organization's website (www.eastmountairy.org), where you can also become a member of EMAN.

Lovett Meeting Focuses on Renovations, Lengthy Closing

by Penelope Myers, for the Shuttle

As previously reported in the Shuttle, Lovett Memorial Library in Mt. Airy is one of four branches in the Free Library of Philadelphia system to be selected for major renovation as part of the 21st Century Libraries Initiative. (Read the press release online here: s.coop/1wo6b.)

The good news is that Lovett, at 6945 Germantown Ave., will see many improvements. The bad news is that the building will be closed for 18-24 months starting in April 2016.

What will happen while Lovett is closed was the subject of a public meeting June 15 at the library, chaired by David T. Moore, president of the Friends of Lovett Library, and attended by about 30 interested people from the Lovett community. Representing the Free Library were Deputy Director of Customer Engagement Joe Benford, who is responsible for the renovation projects, and Vice President of Property Management Jim Pecora.

As he has done in previous meetings, Joe went over the major improvements to be made to Lovett. These include a much friendlier children's area on the first floor, an improved reading area for adults, a quiet space, a teen space and computer lounges. The addition of an elevator will make the building handicapped-accessible. The existing building will be extended out into the adjacent lot, with the square footage increasing from 10,000 to 14,000. There are also plans for a green roof and a rooftop garden.

But the primary reason for the June meeting was to talk about the plans for the period when Lovett would be closed. Joe started the discussion by stating that there is no money budgeted for alternative services, such as a temporary storefront location. The original plan had been to extend hours at the Chestnut Hill Branch to seven days a week, and this will still happen if the library doesn't come up with a satellite arrangement. Joe said he is still looking into other possibilities.

In addition to library circulation, Lovett hosts after-school programs, and many groups hold meetings there. A Philadelphia Parks and Recreation staff member from Mt. Airy Playground across Sedgwick Street from Lovett was enthusiastic about the possibility of accommodating some of these programs. Joe said he will be talking to them soon.

So stay tuned. With another nine months before Lovett closes, there will be more to report, as plans get finalized.

Penelope Myers (sandterns@gmail.com) is a Weavers Way member.



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Bag Bill Supporter Cites International Experience

TWELVE YEARS AGO I WAS LIVING IN KwaZulu Natal, South Africa, when they introduced their plastic-bag regulation and levy. Plastic bags were the joke “national flower” — tangled on fences, clogging waterways and sewers and tangling humans and animals alike.

A partial solution had been found in that the rural poor had found ways of crocheting or weaving the bags as an income generation project. So, as with the current effort to charge for bags in Philadelphia, there were legislators who were concerned about disproportionately hurting the already disadvantaged.

The reality was that the regulations were aimed at getting rid of the flimsy single-use bags and, for the fee, providing thicker, multiple-use bags. So, in Philadelphia parlance, the Acme bags that break, and therefore commonly are doubled for those of us walking our shopping home, were banned, and heavier bags, like those handed out at the state store, were sold.

I do use grocery bags to line my pedal trash cans, but I would happily pay for them if I forget my reusable cloth or nylon grocery bag.

lon grocery bag.

I would support a city ordinance based more on the South African model. Read more about it at: www.elaw.org/node/6377. For an analysis of the law's effects: www.econrsa.org/papers/p_papers/pp18.pdf. (As for the plastic-bag weavers put out of business by the lack of free raw materials, new products sprang up based on soda tabs, bottles and industrial strapping.)

I would also suggest that we make sure that any revenue from the bags actually gets to where it is supposed to in a transparent way. I often tell my overseas friends that Philadelphia is a lot like living in Durban, South Africa, in terms of city politics.

Margaret Wood

Supplement Info No Secret To Mainstream Doctors

AN ARTICLE IN THE JUNE 2015 ISSUE of the Shuttle covered some of the issues regarding dietary supplements, a \$34 billion-a-year business.

It isn't necessary to have a degree in health to get reliable information on supplements (which include vitamins, minerals and botanicals, also called herb-

al products). The NIH Office of Dietary Supplements maintains up-to-date information on dietary supplements, including an extensive database on the health problems supplements are alleged to treat or alleviate, the health-promoting benefits ascribed to them, and the available scientific evidence regarding efficacy, ongoing research and safety concerns.

From the National Institutes of Health Office of Dietary Supplements:
ods.od.nih.gov/HealthInformation

From the National Institutes of Health National Center for Complementary and Integrative Health:

nccih.nih.gov/health/
nccih.nih.gov/health/herbsataglance.htm

DSHEA, referred to in the Shuttle article as the guide for Weavers Way Wellness staff, is legislation passed in 1994 with the wealthy, powerful and well-connected supplement industry injecting millions of dollars into lobbying members of Congress. DSHEA mainly serves to limit the power of the FDA to regulate the supplement industry.

The Shuttle laments that “would that our MDs knew both worlds!” In fact, most MDs are well aware of the proven indications for dietary supplements. These include folic acid for women of childbearing age, iron for pregnant women, vitamin D for infants and supplements specific to diseases that affect the absorption of certain nutrients. MDs are also aware of the dangers of mega-doses of some vitamins, including A, D, E and K.

As to the statement that “responsible wellness products reduce environmental contamination, support biodiversity and an ethical economy and provide meaningful employment (and) put carbon-neutral health options directly in the hands of our members,” I know of no evidence to support any of these claims. Finally, although the statement that “Our food system is insanely skewed toward corporate profit” is certainly true, the dietary supplements industry is also skewed toward corporate profit. To believe otherwise is to be fooled by misleading advertising.

Susan Holck, MD

Single-Use Bag Bill Shelved for Now

by Paul Cantagallo, for the Shuttle

THE PLASTIC BAG BILL DESIGNED TO curb litter and waterway pollution while generating revenue for the city of Philadelphia has been bagged for the third time in just a few years — but possibly just temporarily.

First District Councilman Mark Squilla, who introduced the latest version of the bill in April shortly before Election Day, told the Shuttle he plans “to draft amendments to this bill over the summer that will mitigate the concerns of the Councilmembers who had issues with the legislation in its current form.”

Backed by environmental groups, retail activists and Weavers Way Co-op, Squilla's bill would have levied a city-wide 5-cent surcharge on single-use grocery bags. Revenue from the charge would have been split, 2 cents to the city to fund street cleaning and anti-littering initiatives, and 3 cents to the merchant providing the bag. Proponents of the bill suggested that in addition to reducing waste and litter, city revenue from a bag ordinance could easily generate \$3 million per year.

Council members skeptical of the bill worried that it constituted a “regressive tax” on low- or fixed-income Philadelphians. Some Council members apparently thought the bill should target plastic bags only, rather than paper and plastic.

Anticipating that he could not marshal the nine votes needed in the council for final passage, Squilla withdrew the bill just prior to a scheduled committee debate on the matter.

Squilla's office said lobbying by plastic bag-industry groups like “Bag the Ban” was not a factor in his decision. Anne Kelly King, Squilla's Chief of Staff, noted that Squilla, who sits as Chair of Streets and Services, adopted the bill as his own after it was authored by the city's Office of Sustainability out of a combination of civic duty and personal litter fatigue.

paulcantagallo@gmail.com

SHUTTLE 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 200 words or less and may be edited. The Shuttle may decline to publish any letter for any reason. 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.



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Sun's Out. Now What?

(Continued from Page 1)

Society. Another meta-review of studies published in BMJ, formerly the British Medical Journal, concluded that visiting a tanning salon only once increases the chances for getting melanoma by 20 percent, and each additional visit raises it another 2 percent. And it's worse for young people: According to the EWG report, "The risk of melanoma goes up when you use a tanning bed at any age, but the International Agency for Research on Cancer calculates that if you start using tanning beds before age 30, your risk of developing melanoma jumps by 75 percent."

Pesticide Link to Melanoma

While we hear much about the relation of sun exposure to melanoma, we hear little of another likely culprit, pesticides. In 2010, the Environmental Health News (www.environmentalhealthnews.org) reported on studies showing that farm workers who applied pesticides were twice as likely to contract melanoma as the general public, and a study in the International Journal of Epidemiology showed an increase in skin cancers in rural areas of Costa Rica where there is extensive use of pesticides on coffee trees. And agricultural workers are supposed to wear protective clothing when applying pesticides; home gardeners rarely do.

What to Do

The conclusion is that people should maintain some sun exposure, like 15 minutes a day, to get vitamin D benefits, but skip the sunbathing. Another prevention strategy is to visit a dermatologist on a regular basis for check-ups. Some types of skin cancer are hardly visible or may look innocent. You need an expert to determine if you have skin cancer. Remember, basal and squamous cell cancer is easy to remedy if caught early enough.

And yes, use sunscreen.

Selecting a Sunscreen

The active ingredients in sunscreens are generally either chemical or physical (sometimes referred to as "mineral"). Chemical sunscreens contain ingredients such as oxyben-

zone, avobenzone, octisalate, octocrylene, homosalate and octinoxate. The old adage "If you can't pronounce it, don't use it" may apply here. Chemical sunscreens absorb and scatter UV rays, but there is concern that these chemicals, which are absorbed into the skin, may generate free-radical damage, and some may be endocrine disruptors.

You should avoid sunscreens with vitamin A palmitate, or retinyl palmitate, because it has been linked to skin cancer in FDA-sponsored studies.

Chemical sunscreens are popular because they are transparent and don't leave white blotches like physical sunscreens. Zinc oxide and titanium dioxide are the common ingredients in physical sunscreens. They are not absorbed but instead act as a barrier, reflecting UV rays off the skin.

Of the two physical sunscreens, zinc oxide is preferable as it doesn't break down in the sun and offers UVA protection. Titanium chloride offers less protection though it is better than many ingredients in chemical sunscreens.

However, all zinc oxides are not equal. Many manufacturers use zinc oxide "nanoparticles" (particles that are smaller than 100 nanometers, a nanometer being a billionth of a meter), which can be absorbed by the skin and appear transparent. But if the zinc oxide has been absorbed by the skin, it may migrate through the body. Nanoparticle sunscreens can also damage the lungs if inhaled.

We are fortunate that Weavers Way provides us with a good selection of physical sunscreens — Alba, Badger and Goddess Garden in both store locations. Personally, I prefer the Badger because the active ingredient is non-nanoparticle zinc oxide. The other ingredients are familiar plant-based substances I can pronounce. You may go to their website to learn how they take health concerns seriously:

www.badgerbalm.com/blog/doesnt-badger-use-clear-zinc-oxide/2015/

If none of this information entices you to reduce your sun exposure, then keep in mind that 90 percent of wrinkles may be attributed to sun exposure. I personally have paid that price in wrinkles for spending so much time in the sun running and gardening.

environment@weaversway.coop

April Says:



Wear a Hat! (& Use Sunscreen)

Goddess Garden and Badger both use only zinc oxide and titanium dioxide, categorized as "safe minerals" in the Environmental Working Group skin deep ratings.

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Goddess Garden bonus: Trial sizes also suited for travel.

EWG favorite **BADGER** also offers new formulas for 2015: a tinted body sunscreen, and Damascus Rose Anti-Aging Facial sunscreen in tinted and clear. Both feel super on the skin, though the tint shades could be more diverse.

Badger bonus: Anti-bug sunscreen with citronella and cedar built right in.

Shelf standards ALBA and NATURE'S GATE are back by popular demand at both stores. These offer both chemical and physical barrier products — so get to know your label. We'll be glad to help!

— April Pedrick, Weavers Way Across the Way
— Amira Shell, Weavers Way Next Door

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One Mom's Mission to Support Her Daughter's Milk-and-Cereal Lifestyle

by Jennifer Hall, for the Shuttle

YOU ARE GOING TO HAVE TO GIVE UP DAIRY," I told my daughter as she clawed at the inflamed, scaly skin on her arms. But for a 14-year-old who lives on cereal in the mornings, giving up milk was not an option — she would drink it while complaining about her itchy skin. So I turned to the experts on the topic of raw milk. I had read that allergic reactions to commercial milk would be non-existent or greatly reduced by switching to raw milk from grass-fed cows. Some of the benefits of raw milk are said to be healthier skin and nails, a stronger immune system, reduced allergies and increased bone density. But my interest in raw milk was primarily for the benefits to someone with a skin condition.

Cow's milk that has undergone pasteurization is considered the No. 1 IgG mediated allergen in the United States. Individuals who drink pasteurized and ultra-pasteurized milk may suffer from gastrointestinal problems, like bloating, cramps, gas and diarrhea, recurrent ear infections, autism, rheumatoid arthritis and skin conditions like psoriasis and eczema.

Why does pasteurized milk cause these conditions? Why does drinking commercial milk cause my daughter to develop itchy, painful scales on her arms and legs? Why did secondhand milk consumption (via my breast milk) cause her to get a rosacea-like rash on her cheeks as an infant? The growing theory among some alterna-

tive health practitioners and holistic-minded individuals is that the anti-microbial and immune-enhancing compounds in raw milk are greatly reduced and significantly altered by pasteurization (typically, heating to 161 degrees F for 15 seconds).

Raw milk can be considered a nearly complete food as it is rich in nutrients that support natural healing. It contains digestive enzymes that help to break down lactose; beneficial bacteria, like lactobacillus acidophilus, that help protect the gut, support nutrient absorption and fight against harmful bacteria and parasites; heart-healthy, fat-soluble and water-soluble vitamins that are crucial to neurological development; minerals like magnesium, calcium and potassium

that improve cellular function, increase bone density, enhance circulation and promote muscle health; and omega-3 and short-chain fatty acids that reduce inflammation, increase metabolism, fight cancer and support skin hydration. European studies have shown raw milk to be beneficial to people with asthma and allergies.

Studies and health claims are nice, but the true test is in personal use. There is no one-size-fits-all solution; each individual's anatomy and physiology, metabolism, body composition and cell structure dictate their nutritional requirements. This is why throughout my research the information I learned was only valuable to a point. I had to test these theories in real life — on my daughter.

She consented to venture away from commercial organic whole milk to raw milk I purchased from our

friendly neighborhood Co-op. She tried it out for a month or so, but we failed to notice any improvement. In addition, she did not like the taste of that particular milk and was scared away by the look of the cream floating on top. (This is the best part to me!) I was perplexed, and figured I was back to square one. But then I remembered something I had seen about the role of the breed of cow in allergic reactions to milk.

With cow's milk in particular — and my daughter would never try goat's milk! — the allergic reaction stems from an allergy to a particular protein called casein. Some people believe all casein is the same. But there are actually two different types of this protein, A1 and A2. The difference is in the amino-acid sequence. A2 milk is more stable and there is evidence that some individuals can tolerate A2 even if they cannot tolerate A1.

I was able to find A2 milk produced by Jersey cows at A&N Produce in Germantown and immediately bought some home. Let me just say that aside from the amazing taste, my daughter's eczema started to clear up. This was the first time in months that she was itch-free! Now, with teen-agers it is always a challenge to control what they eat, but I'm hoping that this result will convince her to pay attention to what she's putting in her body in order to continue to have a good outcome and reduce her flare-ups.

Jennifer Hall, MS is a holistic nutritionist and health coach. Contact her at jhall@balancedholisticliving.com.

Views expressed are those of the author, not necessarily the Health & Wellness Committee, and are not meant to be a substitute for talking to your health-care professional.



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Schuylkill Center 50th Anniversary

On the Wings of Butterflies, Another Reason to Question GMOs

by Mike Weilbacher, for the Shuttle

ON WEDNESDAY, MAY 27, Schuylkill Center staff saw something that these days is, sadly, almost miraculous:

Two monarch butterflies sailed over the nature center.

“I was amazed,” said Claire Morgan, our volunteer coordinator. “My jaw dropped. We saw so few last year. To see two in one day was great.”

Monarch butterflies are one of the most intriguing, but most embattled, of local insects. And as the polar bear has become the face of climate change, the monarch has become the symbol for the anti-GMO movement, those arguing to at least label and at most ban genetically modified organisms from our crop fields.

And while the butterfly’s story has received a lot of attention, there are several things you can do to help.

Monarchs famously overwinter in the mountains of central Mexico; all North American monarchs east of the Rockies fly there, coating fir trees with their bodies. No other insect on the planet makes a migration like this: it is a wildly unique phenomenon. But in the 20 years between 1994 and 2014, their numbers have been in free fall. While scientists

measured their Mexico overwintering site as an average of 15 acres of butterflies in trees in that time, in the winter of 2013-14, the number dropped tenfold to only 1.5 acres. In recent years, scientists have begun to speculate that the insect might disappear entirely.

And though last winter was encouraging, with a gentle turnaround to three acres of butterflies, activists have been lobbying for the insect to be labeled “threatened.”

Monarchs have been challenged by the disappearance of milkweed, their sole host plant. Female monarchs lay their eggs only on milkweed, and their caterpillars eat only the leaves of that plant. The caterpillars absorb the milkweed’s noxious chemicals, becoming distasteful to predatory birds.

But milkweed in turn is itself challenged. In addition to subdivision and development of former open spaces, newer genetically engineered corn and soybean crops now allow farmers to manage their fields by spraying them with herbicides like Roundup. Roundup kills weeds; “Roundup-ready” GMO crops are not harmed. Milkweed dies; corn does not.

So the milkweed that once grew along fencerows and in between crop rows have been diminishing — and when monarchs return from Mexico, they face



Adult monarchs enjoy dining on milkweed, but monarch caterpillars won't eat anything else; herbicide spraying programs are making milkweed scarce and affecting monarch populations.

a milkweed desert.

Which is why Claire Morgan’s jaw dropped in May: two monarchs made it all the way to Pennsylvania.

Activists across the country are vigorously discussing — and protesting — the soybean-corn issue, while studies continue about the role of Roundup-ready crops in the butterfly’s plummet. The federal government is using some money to support the insect, but it’s never enough, and nature centers, parks and even home gardeners across the country are planting milkweed as fast as they can, hoping to build milkweed bridges across that desert.

The food we eat has an impact on our biological diversity, and here is a case of GMOs likely causing the disappearance of a unique natural phenomenon. Food for thought, right?

If you’d like to perhaps meet monarchs, join Claire at the Schuylkill Center’s annual butterfly count on July 9 starting at 1 p.m.

Mike Weilbacher directs the Schuylkill Center for Environmental Education in Roxborough. He can be reached at mike@schuylkillcenter.org, and tweets @SCEEMike.

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Join the Weavers Way Environment Committee and other local activists Saturday, July 11, to urge strong safety standards for dangerous trains hauling crude oil through urban areas, including Philadelphia.

City Council has passed a resolution, but nothing has happened. We want an emergency response plan.

We'll gather at 2 p.m. at the Schuylkill River Trail entrance at 25th and Spruce streets. At 3, there will be a remembrance of the 47 people killed in 2013 in Lac Megantic, Quebec, when an oil-train explosion destroyed the downtown. The march will follow, featuring a New Orleans-style brass band. Bring your decorative umbrella and spirit! There also will be art and creative child-friendly fun. For more info, visit Clean Water Action at cleanwater.org or delawariverkeeper.org.

ECO TIP

From the Weavers Way
Environment Committee

If you wear eyeglasses, you likely have lots of old pairs sitting in drawers somewhere in your house.

You can put them to good use by donating them to **New Eyes for the Needy**. This organization sends used glasses to medical missions and international charitable organizations for distribution to the poor in developing countries, including Bolivia, Honduras, Jamaica, Ghana, Kenya and the Philippines.

You can drop off your used glasses at any Costco, or you can mail them directly to New Eyes, which is located in New Jersey.

Also, if you have silverware, giftware, jewelry, hearing aids or watches that you no longer need, you can send them to New Eyes to support their other program: purchasing new prescription eyeglasses for U.S. residents in need. For more information, go to www.new-eyes.org.



Grants Awarded

WEAVERS WAY'S ENVIRONMENT Committee continues to award grants to community groups in north-west Philadelphia, this year donating more than \$3,631 to 10 organizations:

- Germantown Life Enrichment Center.
- Tree Tenders.
- DePaul USA.
- Wissahickon Charter School.
- Face to Face Germantown.
- Houston School.
- Waterview Recreation Center.
- Waldorf School of Philadelphia.
- Roxborough Development Corp.
- Springside Chestnut Hill Academy.

Not only do many of these projects beautify our neighborhoods and educate our children on environmental issues, but they also serve the public, like trail signs in the park near Springside Chestnut Hill.

The grants range from \$100 to \$500, with the funds coming from the committee's biannual electronics recycling events. Unfortunately, the company we have used has raised its fees, so the committee is looking for other revenue sources. Fortunately, we have enough funds to give grants one more year while we seek funding sources. All of our funds are used for grants; contributions are always welcome and are tax-deductible. Make checks out to Weavers Way Community Programs and designated for Weavers Way Environment Committee.

environment@weaversway.coop



The adaptable red fox is quite capable of thriving in our urban and suburban settings.

The Fox Is on Our Town-0

by William Hengst, for the Shuttle

HAVE YOU SEEN A RED FOX (*Vulpes vulpes*) lately? Most likely you have, because foxes have been showing up in recent years in urban and suburban settings more frequently than in the past.

This increase is due to the loss of their historical habitats in open areas, such as woodlands and farm fields. Foxes will live anywhere they can find food, shelter and safety, and they adapt well to living near humans.

"We get a lot of phone calls from people who see foxes and are frightened," said Richard Schubert, director of the Schuylkill Wildlife Rehabilitation Clinic in upper Roxborough. "We try to assuage their fears. As far as having a fox living in your backyard, that's about as dangerous to you as having a bunny living there. Over the past 10 years, I have yet to encounter a situation where a fox was a genuine threat to humans."

Nor are foxes a threat to domestic cats that are allowed outdoors. "Foxes do not attack or eat cats," Schubert said, adding, "Free-range cats live much shorter lives than their housebound counterparts — they are more likely to die by being struck by a car or getting into poison."

Here are some more facts that may help you enjoy the fox in your backyard:

- Pennsylvania is home to both the red and gray fox; red foxes are more common.
- Foxes are nocturnal and most active

around dusk or dawn, when they do most of their hunting and scavenging for food, usually alone. It is unlikely you'll see them in the daytime unless you catch them sunbathing in a hidden location or on a convenient rooftop.

- Foxes are omnivores, meaning they eat both plants and animals. (Mammals such as bears, skunks and raccoons are omnivores, as are birds such as crows, blue jays, and woodpeckers.) Foxes eat fruit, vegetables, berries, squirrels, rabbits, mice, fish, frogs, even worms, caterpillars, beetles. They will eat most anything people eat, and will dig through garbage cans, dumpsters and gardens to find food.
- Foxes usually make their homes in hidden, undisturbed locations. They usually live together in pairs or small groups consisting of a mated pair and their young, or a male with several female ties. However, the breeding vixen (female) usually lives in a den, often moving into an abandoned rabbit hole rather than making a new den.
- Foxes mate in winter. The vixen typically gives birth to a litter of 2 to 12 kits, usually in March or April. Both parents care for their young through summer before the kits strike out on their own in the fall.
- At birth, red foxes are actually brown or gray in color. A new red coat usually grows in by the end of the first month, but some red foxes are golden, reddish-brown, silver, even black.
- The adult red fox usually weighs 8-12 pounds.
- Foxes have binocular vision that reacts mainly to movement. Their auditory perception is acute. They can hear crows take flight from a long distance, detect mice squeaking up to 300 feet away and small animals digging underground. Their sense of smell is good, but not as good as a hunting dog's.

When foxes move into your neighborhood, Schubert advises to follow common sense: Leave them alone. Don't trap, poison or harass them.

If you see a fox that looks dazed or is stumbling, it probably is hurt or sick. Call the Schuylkill Wildlife Rehabilitation Clinic (215-482-8217), which accepts injured or orphaned animals that are brought to the clinic.

Bill Hengst is a Weavers Way member. His email is billhengst@verizon.net. Sources for this article also included Wikipedia, the Iron Hill field guide and National Geographic (www.nationalgeographic.com) and Nature Works (www.nhptv.org/natureworks).



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New Signage in the Wissahickon



FOW photos

At left, Eddie Walsh, who works for contractor Tahawus Trails, nudges a kiosk into its post holes; above, a new kiosk ready to start informing.

by Erin Mooney, for the Shuttle

IT SHOULD BE EASIER TO GET AROUND the Wissahickon this summer, thanks to a new signage project that Friends of the Wissahickon is installing throughout the park.

During the summer, FOW will install 25 new trailhead kiosks, 150 trail markers and trail blazes along trail corridors, along with restored signs on Forbidden Drive. The project, which will occur in phases, will increase accessibility and user safety as well as promote responsible park use.

“This parkwide signage project gives the park the biggest visual makeover in decades and will greatly improve the quality of people’s experience in the park,” said Maura McCarthy, Friends of the Wissahickon executive director. “With new information about where to go, where you are and what the rules are, park users will have an easier time using the park.”

FOW engaged the community in an ongoing discussion about the signage



project, through meetings with stakeholders, surveys and engagement with residents and city agencies over two years.

With new specific address information on the signs, park users will know exactly where they are in case of emergency. FOW has also worked with the city to develop an extended help locator system, so that emergency services can pinpoint an exact location within the park. A redesigned, updated map of the park is also in the works.

The signage project was funded through major support from the William Penn Foundation, a grant from the Commonwealth of Pennsylvania, Commonwealth Financing Authority and individual and foundation donors.

Upcoming Volunteer Opportunities with FOW

Weavers Way working members earn work credit!

Blue Bell Trail Closure Saturday, July 11, 9 a.m.-1 p.m.

Meet at the Bluestone Bridge

Work to close a rogue trail below Blue Bell Park. Dig up the old trail, scatter brush, install fencing and build check dams.

Orange Trail Maintenance Saturday, July 18, 9 a.m.-1 p.m.

Meet at Historic RittenhouseTown

Just like it sounds — help with trail maintenance on the Orange Trail near Historic RittenhouseTown.

Contact John Holback at holback@fow.org for more information and to register for any of these work days.

Erin Mooney is the publicist for Friends of the Wissahickon. For more information about FOW, or to become a member, visit www.fow.org.

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The Passionate Gardener

When Japanese Beetles Take a Shine to Your Shrubs

by Ron Kushner, for the Shuttle

JAPANESE BEETLES (*POPILLIA JAPONICA*) are emerging now in our area. “White grubs” is the collective term for the “C”-shaped larvae of scarab beetles, of which the Japanese beetle is one type. Other examples also found in lawns are May or June beetles and the rose chafer. In their adult form, these beetles chew various herbaceous plants above the ground.

The Japanese beetle’s body is a striking metallic green with copper-colored forewings covering the upper abdomen. Five distinctive tufts of white hairs on each side of the body and two additional tufts on the tip of the abdomen distinguish the Japanese beetle from similar species.

A relatively obscure insect in Japan, the Japanese beetle appeared in South Jersey in 1916 and spread rapidly throughout the eastern United States. Its spread to extreme northern areas is limited due to the cold. It overwinters underground as a partially grown grub in the soil below the frost line. In the spring, it resumes feeding, primarily on the roots of turf grasses. It then pupates near the soil surface and

adults begin to emerge in June and July.

The adults fly to trees, shrubs and other plants and begin feeding. They live for 30 to 45 days. After mating, the females lay eggs in small groups, burrowing into the soil about two inches or so below the surface. Each female lays about 40 to 60 eggs. These eggs hatch in about two weeks. The young grubs feed on fine rootlets until cold weather drives them deep into the soil.

Grass roots are choice food for grubs, they will also feed on roots of woody ornamentals and in vegetable seed beds.

Adults feed on at least 300 species of plants, starting with low growers like roses and grapes and then later on tree foliage. On tree leaves, they eat the tissue between the veins leaving lacy leaf skeletons. Rose petals can be completely consumed along with other leaves with delicate veins. The beetles are most active during the warmest parts of the day and prefer to feed on plants fully exposed to the sun.

One of the easiest methods of control is also the most environmentally friendly: Simply walk around with a bowl of

soapy water and brush them off the leaves and into the bowl. Using Japanese beetle traps may actually attract more beetles to your garden. (As Master Gardeners, we were taught “the best place for traps is in a neighbor’s yard, far from your own.”) Traps would be most effective when spread over an entire community, which is unrealistic in most areas.

Milky spore disease, an organic approach to control, is a bacterium (*Bacillus popilliae*) that is readily available to home gardeners and is very effective for controlling the grub stages. It’s relatively expensive (about \$100 to cover a quarter acre), but the bacteria grow and spread for 10 to 20 years.

Nematodes are also available as another organic method for controlling grubs. These microscopic worms feed on grubs (well, sort of; the grubs do die, but the process involves bacteria the nematode carries that actually does the killing). They need to be re-applied annually, or even more often.

Imidacloprid, sold as “Merit,” is a common insecticide used to control grubs. It is in the class of chemicals in-



Photo by David Cappaert, Michigan State University, via bugwood.org.

creasingly thought to be contributing to honeybee colony collapse disorder. Dyllox is another popular control creating a 24-hour kill of all grubs. Again, be advised that this product is labeled as toxic not to only grubs but fish, birds, wildlife and humans.

Prior to doing anything at all about your grubs, first test your soil. Dig up about a square foot 3 inches or so deep and inspect the soil and grass roots for grubs. If you find 10 or more grubs in this sample, you can assume you have a grub problem! If you have fewer than 10, replace the sod, water it well and go inside and have an iced tea; you do not have a grub problem!

Contact Ron Kushner at ron@primexgardencenter.com or www.ronsorganicgarden.com.

Plants that are favorites of Japanese beetles:

- Japanese maple
- Norway maple
- Crape myrtle
- Virginia creeper
- Fruit trees
- Pin oak (pictured)
- Roses
- Raspberries
- Climbing hydrangeas
- Hollyhock
- Dahlia
- Hibiscus
- Grapes
- Sweet corn
- Peony
- Asparagus
- Rhubarb



Plants resistant to adult Japanese beetles:

- Red maple
- Boxwood
- Redbud
- Dogwood
- Forsythia
- Holly
- Hosta (pictured)
- Juniper
- Magnolia
- Lilac
- Hemlock
- Begonia
- Columbine
- Coreopsis
- Larkspur
- Lantana
- Nasturtium



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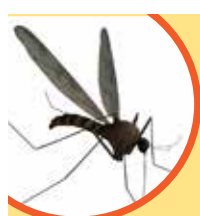


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Spring 2015 GMM (and Glennfest)



Under the tent, there was food, drink and catching up.



Morris Arboretum at the end of May provided a beautiful spot for the Interim General Manager's report (Jon Roesser, above) and discussing Board business, including the 2015 Board elections and Weavers Way Bylaws changes (Board Secretary Laura Morris Siena at microphone with Board President Chris Hill listening, above right).



Glenn scored quite a few hugs, including from members Louise Lisi and Burt Froom.



The staff presented Glenn with a farewell memory album that attendees were also able to sign, and a painting of the Mt. Airy store by Lara Cantu-Hertzler, an artist who moonlights as a grocery staffer in Chestnut Hill.

(Continued from Page 1)

on three areas of the Board's recent focus: recruiting a new General Manager, monitoring the staff's progress in preparing for the fall arrival of Fresh Market in Chestnut Hill and considering the possible expansion of Weavers Way to a third store. Chris also recognized long-time Board member and past president Margaret Lenzi, whose term on the Board had just ended.

Jon Roesser, who has assumed the role of interim General Manager, presented the business portion of the General Manager's report, focusing on the staff's efforts to analyze and prepare for the coming of Fresh Market. (Jon's mention of the new competition's pending arrival elicited boos from the crowd, to which Jon observed, "Proper Philadelphians.") Jon assured, "We are ready now, but we're going to be even more ready by the time they open in the fall."

Jon also reported on Weavers Way's advocacy role in the city, noting to applause that Weavers Way was already providing employees with paid sick leave and charging for bags well before we expressed our support to City Council for these measures.

With regards to recent launches, Jon noted that the new Senior Discount Program has far exceeded expectations and is poised to hit 600 registered seniors. The initiative gives seniors who sign up a 10% discount on Tues-

days. Meanwhile, Food For All, which gives lower-income shoppers a 10% discount every day, is going well, but has not yet taken off to the same extent as the Senior Discount Program. However, Food for All has not yet been extensively marketed, but hopefully will be soon.

In summary, Jon reported that the Co-op is doing great, despite the changes and challenge ahead, thanks to . . . you know who: "I can pay Glenn no greater compliment than to say that we are really going to be just fine without Glenn because he's done such a good job of preparing us," Jon concluded. "We're in great shape for the near term and the long term."

For part two of the General Manager's report, Glenn himself delivered his final presentation, reflecting on his own journey that ultimately landed him at Weavers Way, the people and experiences that molded him over the last 11 years, his gratitude and his optimism for the future.

Work colleagues from the old Frog-Commissary who worked at Weavers Way were the ones who encouraged him to apply for the General Manager in 2004. Glenn recounted, "I was a member of the Co-op back then, but I did not know the depth of commitment to the Co-op until I was given the reins. I was humbled by the depth of problems and the dedication of so many of you on staff at the time and the volunteers on the Board, on the Recovery Committee, the Finance Committee, Environment, Farm, Leadership, Membership, etc. Volunteers

in a retail store — so dedicated then, so dedicated today.

"It is you who have made this community, this Co-op and this world just a little better. You have helped local farmers. You have helped thousands of school children at Saul, Henry, Houston, GFS, Pickett and more. You have helped young people land a job until they find out what is next in their lives. You have helped many people with learning disabilities by giving them jobs at the Co-op and allowing them to find their space. You have volunteered for FOW, Friends of Carpenters Woods, Tree Tenders, recycle Saturdays through the Environment Committee. You have taught us about ethical food issues, economic issues and environmental issues. You come together from many walks of life: money, no money, fixed income, middle class, black, white, brown, yellow, blended, tall, short."

"I leave you in good hands," Glenn concluded, "and welcome the new generation into the leadership of this great organization as we continue to look into the future and dream of a better future for our children and community."

On behalf of the staff, Art Director Annette Aloe presented Glenn with a book of messages and memories, to which members continued adding throughout the evening. She also presented him with a painting of the Mt. Airy

(Continued on Next Page)



The Morris Arboretum Rose Garden looked great, and so did members, staffers and friends gathered around the cake. And then there was none!



Photos by Dennis Brookshire

(Continued from Preceding Page)

store by Lara Cantu-Hertzler that had long hung in the Co-op, first at Chestnut Hill and more recently at Carpenter Lane. (The artist's day job is in Grocery in Chestnut Hill.)

A standing ovation for Glenn followed.

Joshua Bloom, Vice President of the Board, steered the meeting back to business, by announcing that voting had closed and calling for a motion to approve the Fall 2014 General Membership Meeting Minutes, which were subsequently approved.

Weavers Way Controller Nancy Pontone reviewed the nine-month financial report for fiscal 2015, which was distributed at registration. The numbers were generally positive, with overall sales totaling \$15.3 million, a 7.6 percent increase over the prior fiscal year for the same period and 1.5 percent over budgeted sales. During the week ending May 9, the Co-op registered \$451,685 in sales — a new weekly record. The week coincided with the celebration of the fifth anniversary of the opening of the Chestnut Hill store and the first day of the new Senior Discount Tuesdays.

Weavers Way Community Programs' Executive Director Jill Fink then covered the launch of two new programs: Hope Kitchen, a cooking-based program for adults at the Stenton Family Manor emergency housing facility, and Hope Farm, the recently formalized horti-

cultural therapy program for kids with autism and intellectual disabilities at Martin Luther King High School.

The meeting's leitmotif resurfaced as a cake appeared and the crowd joined in a round of "For He's a Jolly Good Fellow" in Glenn's honor.

Next, four frosting-powered breakout groups considered specific topics suggested by members prior to the meeting: Cool Co-op Ideas, Product Suggestions, Expansion and Weavers Way Community Programs. Cool Co-op ideas that emerged included creating a cooperative development fund that would offer loans for getting new non-grocery co-ops off the ground. The group was specifically interested in the development of co-ops around childcare, energy, and manufacturing apparel and other necessities of life. Increasing diabetic-suitable choices in light of the success of the Senior Discount Program dominated the product suggestions. At the round table on expansion, Board President Chris Hill explained the Board's thinking on being prepared to open a new store when the time is right, and addressed questions and concerns from participants. Meanwhile, the group that gathered to discuss the Community Programs exchanged email addresses and made plans to reconvene at the office over breakfast.

The discussions were interrupted for the announcement of the election results and a runoff vote between the last two elected Board members to determine who would

get the final three-year term and who would get a two-year term.

A total of 637 ballots were cast in the election, representing 11 percent of the membership. The new By-laws passed with 501 votes in favor and 67 votes against. Megan Seitz Clinton and Emmalee MacDonald were reelected to the board for three-year terms while Joyce Miller was newly elected for a three-year term. In the runoff, Larry Daniels was reelected for a three-year term and David Woo, returning to the board after a one-year absence, secured the two-year term.

As the breakout sessions adjourned, more beers were poured and the meeting's unofficial theme came full circle.

St. Mad took the stage and, in their inimitable style, premiered their Glenn tribute, "The Weavers Way," to the tune of "Forever Young." (Not to be confused with "That's Weavers Way," to the tune of "Those Were the Days," which they also performed.)

Art Miron and Jay Klaes with Matt Berg, Josh Berg and Dave Kucik continued the evening's musical entertainment as the meeting morphed into a send-off party for a well-loved general manager who's leaving behind an enormous legacy.

karen@karen.rueda.com

The Weavers Way

*Thanks for having us at the event on Sunday.
We had a great time. Glenn has always been
a good friend to Saint Mad. We'll miss him.*

— Jim Harris

(Lyrics by Martha Michael (St Mad's trumpet player), to the tune of Bob Dylan's "Forever Young.")

May you thrive at Philabundance

Doing well and doing good.

May you take with you the lessons

From our northwest neighborhood,

Like "Bring a box to pack your groceries"

and "Cooperate each day."

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May the shelves be full of plenty

To keep our neighbors fed.

May you still consult with Norman

If someone asks, "What's in that bread?"

May you steer the ship with kindness

And never go astray.

And may you live the Weavers Way.

May you live the Weavers Way.

May God bless and keep you always.

May your wishes all come true.

May you always do for others

And let others do for you.

May you build a ladder to the stars

And when you get there say,

"I lived my life the Weavers Way."

Dinner and a Movie



Objects in chicken soup may appear smaller next to the matzo ball.



The club sandwich



The dessert case not sampled.

Margie Felton photos

Deli + Movie + Host = the Perfect Combo

by Margie Felton, Weavers Way
Mt. Airy Deli Manager

WHEN I WAS 20, I MOVED TO CENTER City. I was fresh out of culinary school and had my first apartment and a dream job at the Commissary restaurant on Samson Street. The first chef I had the opportunity to work under — Glenn Bergman. In those days, the Commissary hired a bunch of young chefs and just let us create. Glenn was in charge of keeping us all on track and making sure thousands of Philadelphians ate well.

Even after I moved on from the Commissary, I would run into Glenn around the city or hear word of him from other chefs. I moved to Mt. Airy, discovered Weavers Way and started to see Glenn more often, and when the Co-op was in need of a new GM, I started bugging him to apply. I enticed him with thoughts of riding his bike to work, making a difference in the community and working with me again. It worked! He applied, got the job and led us strongly forward for 11 years.

The night before Glenn emailed the staff his Not-an-April-Fool's-Joke announcement that he was leaving Weavers Way for Philabundance, he took a small group of prepared-food and deli staff on a Dinner and a Movie field trip. We started at the Famous 4th Street Deli at 4th and Bainbridge. As we studied the menu, we munched on delicious bowls of pickled cucumbers, cabbage and carrots. Most of us ordered regular-size sandwiches, which our waiter assured us contained over a pound of meat. One hungry chef went for a special that had both pastrami and chopped liver made club sandwich-style. We shared matzo ball soup, vegetable soup, potato pancakes and fried kreplach with onions.

Our steaming bowl of chicken soup arrived first with a matzo ball the size of a grapefruit sitting in the middle. This should have been a clue to what to expect next. We shared the soups, potato pancakes and kreplach — and then the main events arrived! Giant deli sandwiches! Slices of rye bread piled with

corned beef, pastrami, cole slaw, Russian dressing, mustard, Swiss cheese and/or chopped liver. Definitely a pound of meat on each and worth the price (regular sandwiches are \$14-\$20). Some of us shared, some of us took home doggie bags, no one had room for dessert. As we headed on to the theater we viewed the desserts in the case, all even larger than our sandwiches.

The film was "Deli Man," and I am very glad we chose to eat at a deli beforehand. "Deli Man" primarily follows the life and deli career of David "Ziggy" Gruber, who started helping his grandfather in the family delicatessen in New York as a child. Ziggy attends culinary school in Europe, then returns home to continue working in the business, eventually opening Kenny & Ziggy's New York Delicatessen in Houston. Ziggy's story is interspersed with the history of Jewish delis, including interesting black and white photos, the stories of other delis and a few celebrity opinions on the subject. Transla-



tions of Yiddish words such as "schmaltz" flash on the screen as needed for clarity and humor. "Deli Man" is about the love and comfort of Jewish food traditions, and includes a love story too. At the end of the film, Ziggy travels to Budapest to be married in the synagogue where his grandfather was bar mitzvahed.

It was a fun night out with Glenn and the perfect Dinner and a Movie combo.

Famous Fourth Street Delicatessen
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Deli Man (2015)
A documentary produced and directed by Erik Greenberg Anjou
Available on Netflix DVD

margie@weaversway.coop

THINKING COFFEE



by Neal Fordham, Weavers Way
Mt. Airy Coffee Buyer

OUR DEARLY DEPARTED (NOT FROM THIS plain, just from Weavers Way) Glenn always took great interest in the coffee I offered for sampling each morning upstairs. He noticed, along with the coffee, that I often played J.S. Bach cantatas over the stereo. The latter led him to invite me to the Philadelphia Orchestra last fall, preceded by a stop at his favorite dumpling spot in Chinatown, where we dined before walking to Verizon Hall.

Now, how were the dumplings?

I had to dial up my chew and fork speed because Glenn was too quickly clearing each plate. I wanted to make sure I got enough because the food really was extraordinary. By nature, I am a slow eater . . . and thinker.

So, is Glenn a selfish dinner partner? No, simply a fellow who absolutely knows what's good and attends only to his tummy, not those of his companions . . . wait, he did pay for dinner!

Four hundred years ago, Pope Clement VIII was being urged by his advisers to ban coffee because of it was so popular among the heathen Muslims. Perhaps if they had not brewed him a cup first, I would be the Mt. Airy tea buyer. Taste it he did, declaring: "This devil's drink is so delicious! We should cheat the devil by baptizing it."

I can see Glenn in a tall, pointy pope's hat — the man does have some unstopplable authority



about him — and it was not his advisers, but I who put a cup of Backyard Beans' "Punch in the Face" into his hands one morning. Pope Glenn bowed his head and uttered nothing about the devil, but simply, "This is damned good!"

Pope Sophisticated-Palate may not be coming up to see me every Monday morning anymore, but on some evening he'll buy a bag of Punch in the Face. If I may step in as coffee archbishop, I find Punch a tad too dark for my taste. Backyard Beans' roaster, Matt, has a new Nicaraguan shade-grown coffee, Segovia, that is now my favorite (and even better than my usual Ethiopian).

Take Glenn's advice for the best dark roast, or mine if you'd prefer the best medium.

At home, I brew my coffee in a stove-top Bialetti Moka, one cup at a time. Glenn may brew a large pot. If so, and you have the good fortune to find yourself seated with him to share the pot, drink quickly!

Finally, just for Glenn, your favorite now cold-brewed in a bottle! (See above.)

nfordham@weaversway.coop

CHEF'S CORNER

Boss in a Tocque

by Bonnie Shuman,
Weavers Way Executive Chef

I HAVE ATTENDED MANY CO-OP CONFERENCES OVER THE years and one of the things that stood out to me is that my peers, the colleagues who share my position of running a kitchen, always said they were grateful that their GM pretty much stayed out of their hair. The reason, they explained, was that most GMs knew nothing about running a kitchen, and gave them a wide berth.

I suppose I can understand where they are coming from. Everyone, I imagine, would like to have some level of autonomy in their work. I can say that I did, and still do, have a great deal of independence. I am blessed that I have the creative freedom to bring to you the bounty of my culinary imagination.

I would argue with my conference colleagues regarding their enthusiasm for a GM who is not an expert or lover of good food. In Glenn Bergman, I had a GM whose love of food was contagious. As a trained chef, Glenn really understood the specialness of what we are doing in the Chestnut Hill kitchen. He would — correctly — marvel at the level of talent in our kitchen and would often exclaim that we were serving the best take-out food in the city. It meant a lot to me to have a boss who "got" what we are doing.

I can say with confidence that one of the things Glenn loved best was to come into the kitchen and be part of the action. Of course, I loved the energy he brought with him, but his ability to engage the staff and tell a good yarn was distracting to all around him. I would occasionally, but lovingly, have to kick him out.

Glenn joked with me that if it doesn't work out at Philabundance, he wants to come back to Weavers Way and work as a prep person in our kitchen. Of course, I have nothing but the best wishes for Glenn in his new role, but I would welcome him back to our kitchen with open arms. Distraction and all.

bonnie@weaversway.coop

GLENN'S FAVORITE *Five+ Things*



Five Things is a service of Weavers Way.

Goodbye and good luck, Chief.
See you in the aisles.



1 **South of France Soap** — "When it is on sale, I purchase four bars or more."



2 **Viking Village Sea Scallops** — "Expensive, but the best from New Jersey, dry-pack, and just wonderful."



3 **Bulk** — ". . . the olive oil, the peanut butter freshly ground, all of the spices, coffees, especially the High Point stuff."



4 **Troutman Beef and Stryker Pork** — "I love all of the Troutman meat, but the Stryker pork products . . . wow!"

5 **Prepared Foods Creations from Both Stores** — "I used to love going to Chestnut Hill on Mondays and trying out the Meatless Monday offerings."



6 **Local Produce** — "There is no retail store in the country that has the selection and price of apples that Weavers Way does. The local stone fruit in the summer! Nothing like walking down the street with peach juice running down your forearm."



7 "When I come in and say to Stephanie Johnson, 'Good morning, Steph,' and she replies, '**Good morning, sweetie.**' Now that is the way to start the day."



Summer Script-in-Hand at Stagecrafters

THE STAGECRAFTERS ONCE AGAIN presents "Reader's Theater," its signature summertime presentation, featuring two full-length play readings on stage.

On July 17, 18 (8 p.m.) and 19 (2 p.m.), the program is "Venus in Fur," a mysterious, funny, erotic drama by David Ives. On July 31, Aug. 1 (8 p.m.) and Aug. 2 (2 p.m.), the program is "Living Space" by Dave Ebersole, a comedy about a unique friendship and what it means to be able to "be there" for someone else.

Special note: These plays deal with themes best appreciated by mature audiences. A "Talk-Back" Q & A session with actors and director follows each performance. All are invited to stay and participate.

Admission to each performance is "Pay-What-You-Will," and no reservations are being taken . . . just show up! The auditorium will be open 30 minutes before each performance. The theater is located in the heart of Chestnut Hill at 8130 Germantown Ave. For more info, visit www.thestagecrafters.org.

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JUNE 24 THE LAWSUITS Indie Rock www.thelawsuitsband.com	
JULY 1 ALI WADSWORTH Spirited Blues Infused Rock www.aliwadsworth.com	
JULY 8 JESSE RUBEN Folk-Rock Singer Songwriter www.jesseruben.com	
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JULY 22 MICHELLE LORDI Cool, Sophisticated Jazz www.michellelordi.com	
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Rain location is Springside Chestnut Hill Academy (Cherokee Campus), Lower School Auditorium, 8000 Cherokee Street, Philadelphia PA 19138. If rain is in the forecast, please go to www.chestnuthill.org or call 215-248-8810 after 6:00 PM on the day of the concert to confirm.

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Joe Stanton
Kitchen Staff - CH

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CALENDAR of EVENTS

ALL MONTH LONG

OUR FARMSTANDS

HENRY GOT CROPS, 7095 Henry Ave., at Saul High School
11 a.m.-7 p.m. Tuesdays and 11 a.m.-6 p.m. Fridays

WEAVERS WAY FARMS AT HEADHOUSE, 2nd & Lombard streets
10 a.m.-2 p.m. Sundays

WEAVERS WAY COMMUNITY PROGRAMS, outside the Chestnut Hill store
3-6 p.m. Tuesdays

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

Thursday, July 2 5-7 p.m.
Chillin' & Truckin' in Mt. Airy
Take a break and enjoy live music and food from Mucho Bueno and Zsa's Ice Cream. Thursday nights through the summer, alternating between Mt. Airy and Chestnut Hill. Mt. Airy only: Sorbello Girls farmstand from Mullican Hill, NJ!

Saturday July 4 All Day
Independence Day
Weavers Way stores are closed. Enjoy your Fourth!

Tuesday, July 7 7-9:30 p.m.
Monthly Weavers Way Board of Directors Meeting
All are welcome! This month's meeting is in Mt. Airy, in the Parlor Room at Summit Church, 6757 Greene St. To RSVP or get more info: boardadmin@weaversway.coop or 215-843-2350, ext. 118.

Wednesday, July 8 6:30-8:30 p.m.
Welcome Meeting for New Members
Learn about your Co-op membership, and earn 2 hours work credit! This month in Chestnut Hill: Chestnut Hill Community Center 2nd floor conference room, 8419 Germantown Ave. (across from the Mt. Airy store). RSVP: member@weaversway.coop or 215-843-2350, ext. 119.

Thursday, July 9 7-9 p.m.
Homesteading Workshop: Canning Whole Peeled Tomatoes
Learn the basics of boiling-water-bath canning from Food in Jars blogger Marisa McClellan. Attendees go home with a jar of the tomatoes they put up! Chestnut Hill Friends Meetinghouse, 20 E. Mermaid Lane. Info and to register: www.weaversway.coop/homesteading.

Thursday, July 9 5-7 p.m.
Chillin' & Truckin' in Chestnut Hill
Take a break and enjoy live music and food from Mucho Bueno and Zsa's Ice Cream. Thursday nights through the summer, alternating between Mt. Airy and Chestnut Hill.

Friday, July 10 11 a.m.-3 p.m.
Weavers Way Volunteer Day at PSPCA
Our group volunteer day, originally scheduled for June 26, has been postponed. If you are interested in earning working member credit at the PSPCA shelter, 350 E. Erie Ave., sign up on the online Work Calendar or contact the Membership Office at member@weaversway.coop or 215-843-2350, ext. 119. (Participants receive SIX hours of Working Member credit!)

Saturday, July 11 9 a.m.-1 p.m.
Volunteer Saturday at the Farm
Join our farmers for a day of weeding, planting and getting your hands dirty. Henry Got Crops farm at Saul High School, 7095 Henry Ave. Info: skane@weaversway.coop.

9 a.m.-4 p.m.
Homesteading Workshop: Intro to Aquaponics
Aquaponics is about growing vegetables and fish in an integrated system you can maintain in your own backyard. Integrated Symbiotics, a sustainable engineering company, will be at Weavers Way Chestnut Hill to teach you how. \$120; workshop repeats on Aug. 29. For info and to register: www.integratedsymbiotics.com/events or 267-446-5776.

Tuesday, July 14 8:30-10 p.m.
Movie Night at the Farm: 'Field of Dreams'
Weavers Way Farm at Awbury Arboretum isn't Heaven, but it's close. Bring a picnic and a blanket; the show starts at sunset. 1011 E. Washington Lane. Info: skane@weaversway.coop.

Thursday, July 16 5-7 p.m.
Chillin' & Truckin' in Mt. Airy
Take a break and enjoy live music and food from Mucho Bueno and Zsa's Ice Cream. Thursday nights through the summer, alternating between Mt. Airy and Chestnut Hill. Mt. Airy only: Sorbello Girls farmstand from Mullican Hill, NJ!

Tuesday, July 21 5-7 p.m.
Homesteading Workshop: Fermenting with Pickle
Amanda Feifer of Pickle joins us for a DIY workshop. She'll show you from start to finish how to ferment green beans, just in time for PYO season. Fermenting preserves produce while aiding digestion and making some nutrients more available. Henry Got Crops farm at Saul High School, 7095 Henry Ave. For info and to register: www.weaversway.coop/homesteading.

Wednesday, July 22 7-9 p.m.
Weavers Way Member Forum on Expansion
Join Co-op Board and staff to talk about the idea of a bigger Weavers Way. Should we open a third store? In what other ways would you like to see us expand — or not? Contact outreach@weaversway.coop or call 215-843-2350, ext. 118, to RSVP and for the location of this house meeting.

Thursday, July 23 6-8 p.m.
Homesteading Workshop: Hometown Herbs How-to — Summer Skin Care
Herbal experts April Pedrick and Amy Hsu will help you make an herbal toolkit to take on the trials that come with the summer months — heat, humidity, bug bites and bee stings, for a start. Henry Got Crops farm, 7095 Henry Ave. Info and to register: www.weaversway.coop/homesteading.

5-7 p.m.
Chillin' -n- Truckin' in Chestnut Hill
Take a break and enjoy live music and food from Mucho Bueno and Zsa's Ice Cream. Thursday nights through the summer, alternating between Mt. Airy and Chestnut Hill.

Saturday, July 25 8 a.m.-noon
10th Annual Fit for Eternity Walk/Run
This 4.5-mile chip-certified course for walkers and runners is sponsored by Enon Tabernacle Baptist Church and benefits the Philadelphia Lutheran Settlement Domestic Violence Program, which provides free multilingual counseling, crisis intervention and safety planning services for victims and survivors of domestic violence, and South Africa Teen Challenge, which supports rehabilitation for young people affected by gang culture and substance abuse in Cape Town. For more info or to register, email fit4eternity@enontab.org or call 215-276-7200, ext. 1006.

Thursday, July 30 5-7 p.m.
Chillin' -n- Truckin' in Mt. Airy
Take a break and enjoy live music and food from Mucho Bueno and Zsa's Ice Cream. Thursday nights through the summer, alternating between Mt. Airy and Chestnut Hill. Mt. Airy only: Sorbello Girls farmstand from Mullica Hill, NJ!

Check the ONLINE EVENTS CALENDAR for the LATEST UPDATES WWW.WEAVERSWAY.COOP

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

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.

Since I've been writing this column in the Shuttle for the last 20 years or so, I can legitimately claim to be a published writer, and as a published writer I have a close relationship with words, and as in many relationships, there are ones I like and ones I don't like. Last issue, I wrote about my distaste for the word "owner" in some contexts. This issue, the target is a word often used in marketing: "vibrant." "Vibrant" is often used to describe communities, organizations and sometimes people as showing activity and being full of life. Part of my problem is we already had a better word for conveying what people often use "vibrant" for, and that word is "lively." "Lively" is a much better word because it is more descriptive and less ambiguous; for example, a tuning fork can be "vibrant" but it cannot be "lively." Only things that are alive can be "lively" (well, maybe a color like pink, too). "Vibrant" seems to have come into vogue fairly recently, almost like a fashion style. Fashions come and go and they are rarely sustainable. Since we value sustainability, our language should reflect that value, and therefore we should avoid using fashionable words, unless our goal is to make a fashion statement. My fashion statement is to use what offers the



most comfort, and in this case "vibrant" will remain deep in the closet, for special occasions, while keeping "lively" within easy reach. Another buzz word I'm questioning is "dynamic." Stay "tuned" for future rants.

Speaking of sustainability, Mary, our editor, passed this news item along to me: "In an effort to curb food waste, which accounts for roughly one-third of all food produced worldwide, France is making it illegal for supermarkets to throw away any food that is considered edible. The European country's parliament voted unanimously for the new law, which will force grocers to either donate the food to charity or make sure that it is used as animal feed." (Washington Post, 5/22/15.)

Americans waste a lot of food. According to a 2005 study at the University of Arizona, food waste as a percentage of the total food used is 9.55 percent in fast-food establishments. Just from observation, I suspect a lot of that waste is French fries — seems like they are just piled on to help fill the plate. Which seems a bit of a food crime on many levels. For starters, growing potatoes is fairly resource-intensive. Soil is tilled, which can result

in topsoil loss; potatoes need lots of water and are usually heavily treated with pesticides, herbicides and fumigants.

These growing methods are problematic in themselves. Then add in that a good chunk of the resulting potatoes are wasted and we have a situation where we are growing food in an unsustainable way and then not even reaping the nutrition from a lot of it.

Adding insult to this injury, we then pay to have the wasted potatoes carted away and landfilled as trash. Just another example of the unsustainable food system we've come to adopt.

You have to give it to the French for passing a law so as to not waste their fries. We should not let the French beat us in a food-waste race, so I'm advocating requiring "reverse shopping." My law would require shoppers to start their shopping at the trash and compost

Potato growing methods are problematic in themselves. Then add in that a good chunk of the resulting potatoes are wasted and we have a situation where we are growing food in an unsustainable way and then not even reaping the nutrition from a lot of it.

bins, and at least 10 percent (by weight) of your shopping basket would have to come from those sources.

(Editor's note: At Weavers Way, anything that's compostable gets taken to Saul High School to be composted. We also have "ugly" produce for sale at Mt. Airy. In Chestnut Hill, the ugly stuff goes to the kitchen. What the kitchen can't use goes to the food bank. Anything that's too ugly for shoppers or the food bank goes to . . . all together now . . . the compost pile!)

suggestions and responses:

s: "Can you start carrying My House Cookies "Knockout" and/or Dancing Deer Double Chocolate cookies. Thank you."

r: (Matt, MA Bakery) I will look into the level of interest in these products. In the meantime, we'd be more than happy to

(Continued on Next Page)



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Suggestions

(Continued from Preceding Page)

do preorders of the Dancing Deer cookies. I'll also look into the interest level for the Knockout cookies and inquire about them with our vendor.

s: "Please bring back refined sugar. I really would like to buy all my baking needs at the Co-op. If it's a philosophical issue, I have to point out that we sell all kinds of sugary foods, so why not sugar itself? Thanks."

r: (Norman) It is a philosophical issue, in that we've been trying in general to have our actions be more in line with our stated values as written in a few of our governing documents such as Mission Statement, Ends, Product Philosophy, etc. Conventional refined sugar often comes from GMO beets, and if not from beets, then from sugar cane, which, in almost every step in its growing, harvesting and refining has harmful effects on people and our environment. We chose to replace conventional sugar with Zulka brand, which is somewhat less refined and is from sugar cane grown by small farmers in Mexico. It claims to be substitutable for conventional sugar.

The other thing to think about is Fair Trade sugar. For any Fair Trade product, one thing to ask yourself is, why is this product Fair Trade? It's likely because something about the non-Fair Trade version of the product was so bad that when some fair-minded people saw the suffering it caused, they were motivated to organize and make a change for the better.



This is true for coffee, chocolate, sugar, bananas, tea and flowers, to name a few.

We do sell other foods with conventional sugar, but that doesn't mean we endorse conventional sugar as an ingredient. It is still our goal to bring our product selection more in line with our stated values, and replacing conventional sugar with Zulka was an easy and pretty well accepted step in the process, as sales have not decreased, and we haven't heard many complaints.

s: "Is there some way to have preparation instructions for bulk foods available for reading at home? Maybe a QR code that we can scan here when we're getting bulk? Thanks."

r: (Kathryn. MA Grocery) I love this idea. I'm not sure how long it would take, but I'll work on making cooking instructions available in a pamphlet. Thanks!

s: "I'm concerned about the rate of decay of my body. People brush their teeth to keep decay in check. We sell toothbrushes to aid this process. Doesn't it then stand to reason we should be brushing our bodies and therefore we should stock body brushes? We stock them for dogs and cats."

r: (Norman) We do stock body scrubs and scrubbers, body washes, body creams, body lotions and one body "milk." We tried body brushes in the past but they didn't sell. Apparently, Weavers Way shoppers do not brush their bodies, which makes sense, since a good portion of one's body is inside one's skin and is therefore difficult to get to with a brush.

normanb@weaversway.coop

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Wissahickon Charter School students built it, then launched it in the Schuylkill last month at Bartram's Garden. Philadelphia Waterborne helped the middle schoolers construct the 12-foot wooden skiff at school's Awbury campus.



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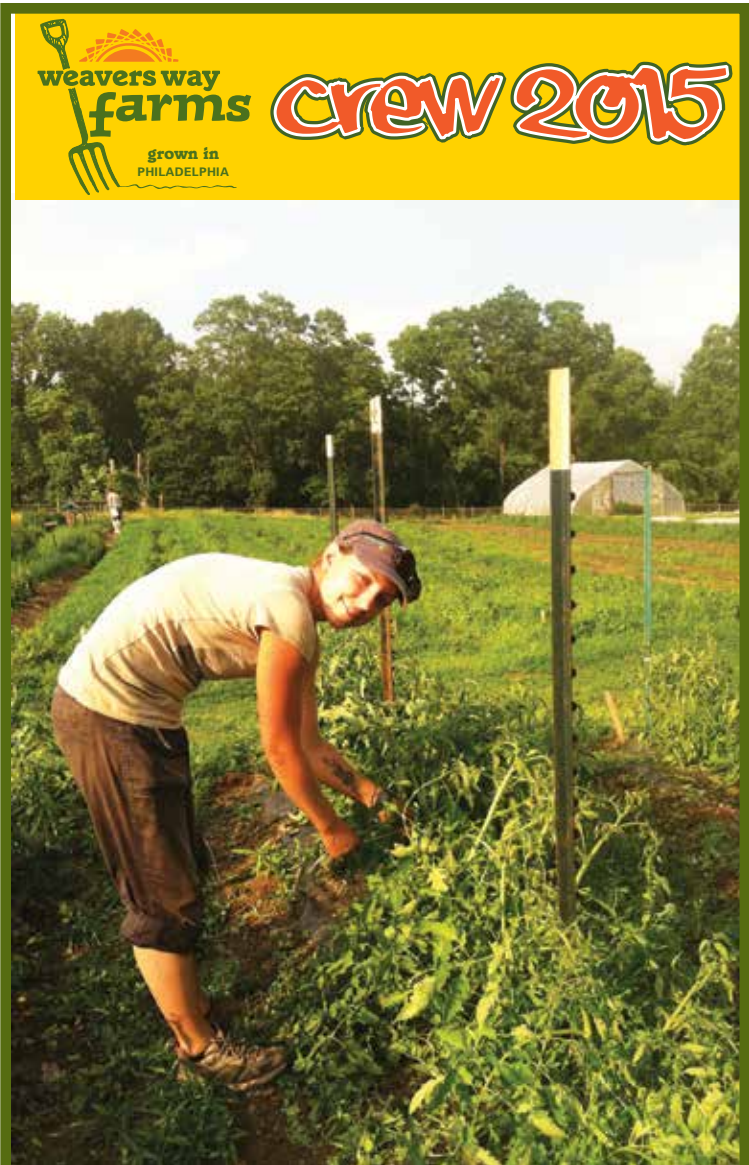
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Out standing in her field? Heidi Ochsenreither ties up tomato plants.

From CSA Volunteer to HGC Field Assistant

GROWING UP IN THE SUBURBS OF PHILADELPHIA, I ALWAYS had a strong interest in environmental stewardship and nutrition, as well as the desire to be outdoors and physically active. But I had never been exposed to farming, and the thought of growing my own food never crossed my mind.

When I started college at West Chester University, I began to hear bits and pieces about the relationship between food and the health of our environment, and I latched onto this information whenever I heard it. In the meantime, I decided to follow my other passion, visual art, and transferred to the University of the Arts to major in Illustration. While working as a textile designer and living in Roxborough, I read Barbara Kingsolver's "Animal, Vegetable, Miracle" and became very interested in local and organic food. I decided that learning how to grow food was very important to me, and thought that the best way to embark into this unknown territory would be to learn through experience on a farm. Becoming a working member of the Henry Got Crops CSA gave me the perfect opportunity to enjoy local produce and learn through experience about plants and how to care for them.

When that first season ended, I began looking into farm apprenticeships and was lucky enough to land one in Chester County. When the apprenticeship ended, I knew I wanted to return to Philadelphia and so I joined Henry Got Crops again and took on two working shifts at the farm. After spending the season doing full-time textile design work and part-time farm work, I decided I needed to delve back into full-time farming. I was lucky enough to get the position of Field Assistant at Henry Got Crops, and I could not be happier to spend my days out in the field.

— Heidi Ochsenreither,
Field Assistant, Henry Got Crops Farm



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With a little help from the Weavers Way homesteading pros, you'll be sprouting into a master of the domestic arts this season.




WEDNESDAY, JULY 8 **7-9 PM**

FOOD IN JARS: Introduction to Canning Whole Peeled Tomatoes
Learn the basics of tomato preservation and boiling-water-bath canning with cookbook author and Food in Jars blogger Marisa McClellan. She'll walk you through prepping, packing and preserving whole peeled tomatoes. Chestnut Hill Friends Meetinghouse. **\$30**

SATURDAY, JULY 11 **9 AM-4 PM**

Intro to Aquaponics
Aquaponics is about growing vegetables and fish in an integrated system you can maintain in your backyard. This all-day, \$120 workshop from sustainable engineering company Integrated Symbiotics is at the Chestnut Hill store. For info and to register: www.integratedsymbiotics.com/events or 267-446-5776.

TUESDAY, JULY 21 **4:30-6:30 PM**

Fermentation with Amanda Feifer of Pickle
Fermenting is one of the oldest methods of food preservation around. We'll be taking on simple fermented green beans, perfect for CSA members looking to make the most of the U-pick season. Amanda Feifer, Philadelphia-based blogger for Pickle, will show you the ropes. (Look for her new book, "Ferment Your Vegetables.") Henry Got Crops Farm. **\$30**

THURSDAY, JULY 23 **6-8 PM**

HOMETOWN HERBS HOW-TO: Summer Skin Care
Join us for the first workshop on using herbs for a variety of purposes, both inside and out! Herbal experts April Pedrick and Amy Hsu will lead you in making a natural toolkit to take on summer's insults, from heat and humidity to bug bites and bee stings. Henry Got Crops Farm. **\$5 materials charge**

TUESDAY, AUGUST 18 **6-8 PM**

HOMETOWN HERBS HOW-TO: Tinctures and Glycerites
Herbal experts April Pedrick and Amy Hsu will bring out your inner 5th-grade science student. They'll show how to preserve plants with alcohol and glycerin for medicinal uses both internal and external. Henry Got Crops Farm. **\$5 materials charge**

SATURDAY, AUG. 29 **9 AM-4 PM**

Intro to Aquaponics
This is a repeat of the July 11 workshop. Aquaponics is about growing vegetables and fish in an integrated system you can maintain in your backyard. This all-day, \$120 workshop from sustainable engineering company Integrated Symbiotics is at the Chestnut Hill store. For info and to register: www.integratedsymbiotics.com/events or 267-446-5776.

WEDNESDAY, SEPTEMBER 2 **7-9 PM**

FOOD IN JARS: Low-Sugar Spiced Plum Jam
Love jam but not all the sugar? Cookbook author and Food in Jars blogger Marisa McClellan will show you how to make delicious low-sugar jam using Pomona's Pectin. All students go home with the recipe and canning details, and a jar of the jam they made. Chestnut Hill Friends Meetinghouse. **\$30**

TUESDAY, SEPTEMBER 22 **6-8 PM**

HOMETOWN HERBS HOW-TO: Oils and Salves
As cooler weather arrives, you'll be happy to know how to create skin-nourishing oils and salves — also great for cuts and scrapes! Herbal experts April Pedrick and Amy Hsu show how to extract plant properties into oils that can be used for a variety of salves. Henry Got Crops Farm. **\$5 materials charge**

GET YOUR HANDS DIRTY!

VOLUNTEER SATURDAYS AT WEAVERS WAY FARMS
9 a.m.-1 p.m.
JULY 11: HENRY GOT CROPS **AUG. 1:** MORT BROOKS **SEPT. 5:** HENRY GOT CROPS **OCT. 3:** MORT BROOKS



To register for paid workshops:
www.weaversway.coop/homesteading or s.coop@weaversway.coop
For more info: skane@weaversway.coop
Henry Got Crops Farm, 7095 Henry Ave.
Mort Brooks Memorial Farm, 1011 E. Washington Lane
Chestnut Hill Friends Meetinghouse, 20 E. Mermaid Lane



WHERE TO BUY WEAVERS WAY PRODUCE

i'm local



Weavers Way Mt. Airy
559 Carpenter Lane
Farm produce is delivered to the stores Monday, Wednesday and Friday mornings.

Weavers Way Chestnut Hill
8424 Germantown Ave.

Henry Got Crops Farmstand
7095 Henry Ave. (across from Saul High School)
Tuesdays 2-7 p.m. and
Fridays 2-6 p.m., through October.

Weavers Way Farmstand at Headhouse Farmers' Market
2nd and Lombard streets
Sundays 10 a.m.-2 p.m.

Weavers Way Community Programs Farmstand
in front of Weavers Way Chestnut Hill
Tuesdays 3-6 p.m.

Our Festival of Fur

A good time was had by all at Petapalooza 2015 on Saturday, June 6, especially our rescue partners Morris Animal Refuge, the Pennsylvania SPCA and Green Street Rescue. Thanks to them and to all our vendors, and the Weavers Way grillmasters, too. More winning photos are posted on the the Weavers Way Petapalooza Facebook page.



Nicole Hehn VMD
Scott Gellman VMD

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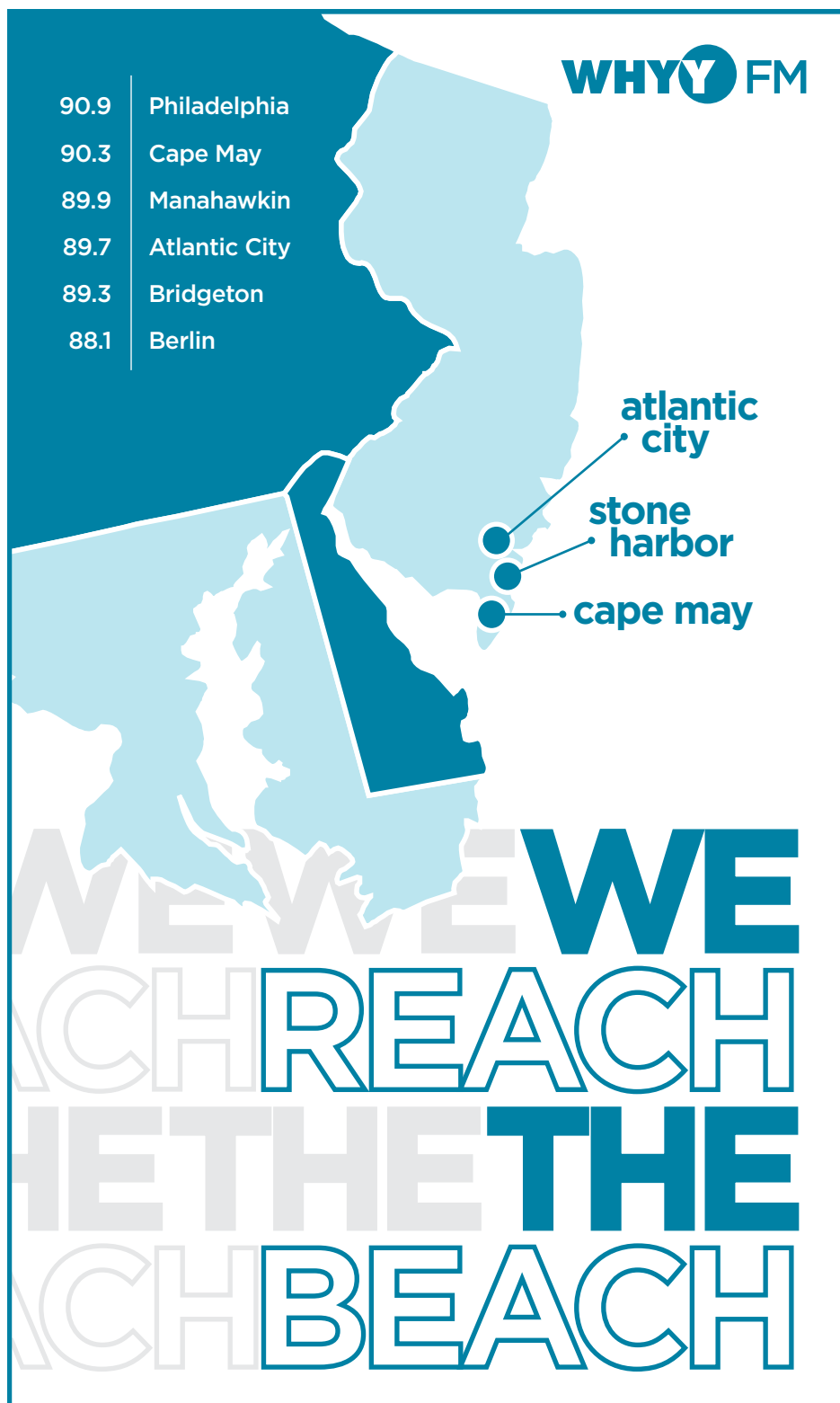
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- 89.9 Manahawkin
- 89.7 Atlantic City
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- 88.1 Berlin

WHYY FM





Here's to You, Working Members

by Kirsten Bernal, Weavers Way Membership Manager

I GUESS THE OLD ADAGE IS TRUE — TIME SURE DOES FLY when you are having fun. It's July and I can hardly believe that it has been a year since my return to the Membership Department. I have kept myself busy and the last six months have seen the implementation of two programs that we couldn't be more proud of.

Food for All, our low-income discount program, began in January and currently has 49 participants. In the coming months, we will focus on increasing attention on that program, outside of our membership base.

Senior Discount Tuesdays have surpassed all expectations. The membership has been very clear — you like this program! Tuesdays are buzzing with activity and, as I write, 619 households are signed up.

With these programs off to a great start, it is time for Membership to turn to attention toward our next project — the Working Member program.

You may be aware that the trend at co-ops across the country is to do away with working member programs. I think that it is quite appropriate that, at Weavers Way, we are going to go ahead and march to the beat of our own quirky drum. Far from ending working membership, it is our intention to re-energize and strengthen member participation. Several months ago, the Membership Department surveyed staff members about the Working Member program. The response was overwhelmingly positive and almost unanimous: Our staff feels strongly that working

member participation is a cornerstone of Weavers Way and a critical part of our culture.

The truth is, however, that since work hours became optional at Weavers Way, the percentage of working households has been on a steady decline. The Membership Department is determined to reverse that trend. Since January, working member households have been hovering around 31 percent of our total active membership, but the total number of working households has been creeping back up. Between April and May, we saw the largest jump in working households in more than a year. Many new members are joining the Co-op with the intention of becoming working members, often completing their Workshare hours within the first few weeks of membership. I have also been hearing from long-time members whose working member status has lapsed that they wish to become working members again.

So we are sensing momentum that we wish to harness and grow into real movement.

Please consider being a Working Member — signup is easy in the online Member Center. Our farmers love cooperators and there are tons of slots on the farms. If toiling in the sun is not your thing, we have plenty of slots in the stores as well, many of which go unfilled every day. If you need assistance with finding the right fit for you or would like to hear about alternative work options, please contact me!

And look for more info regarding the future of the Working Member program, including an option of more work hours for a higher discount, coming soon.

Kirsten@weaversway.coop

Cooperator of the Month



Alice Norman Mandel

Joined Weavers Way: "Sometime in the '70s" with her husband, Richard, and two sons. "I know Jules Timmerman was there, and you waited outside if there were too many people in the store."

Lives In: Mt. Airy

Current job: Artist. Works with wash paints, pencil, pastels. She's also done clay masks and "drawing with wire."

Co-op job history: In a couple different years, she did artwork for the store. "...in the fish display, I did pictures of the different kinds of fish, so I looked up what they really look like...and then they were put in plastic...that was fun. I did illustrations for the Shuttle sometimes."

Favorite Co-op products: Prepared foods items in Chestnut Hill. "That's very nice, not to cook dinner."

Why they're members: "It's just an incredible institution. I think it's been very important for Mt. Airy... its values I believe in."

Why they're working members: "I like being part of what's going on...you get a little glimmer into some little part of what's become a very complicated institution."



Expansion

Join the Conversation

We're scheduling a series of house meetings on the topic of Weavers Way expansion. Here are the next two:

Wednesday, July 22, 7 p.m., in Germantown
Wednesday, Aug. 26, 7 p.m., in Mt. Airy

Contact Weavers Way Outreach Coordinator Bettina de Caumette to RSVP and find out the location:
outreach@weaversway.coop or **215-843-2350, ext. 118.**

And check out our online comments page at **www.weaversway.coop/expansion**. All members are welcome to weigh in.



General Manager Search Committee Continuing Its Work

by Laura Morris Siena, Secretary, Weavers Way Board

THE SIX-PERSON COMMITTEE CONDUCTING THE search for a new General Manager for Weavers Way is working hard this summer with a goal of having a permanent GM in place by mid- to late fall 2015.

The committee comprises a strong contingent of Board members, staff and member-owners: Chris Hill, Board President; Annette Aloe, staff Art Director; Heather Carb, former Mt. Airy Grocery Manager; Margaret Lenzi, former Board president and former Board mem-

ber; Co-op member-owner Herb Levine; and me.

We are conducting a national search with the help of Carolee Colter, a consultant with Cooperative Development Services. Carolee has assisted dozens of food co-ops with senior-level staff searches.

We have promoted the GM opening through national websites and publications that target the food co-op community; more general grocery, organic food and sus-



tainability-oriented national and regional websites; local and regional email lists and online publications; and our own professional and personal networks. If you're interested in reviewing the job requirements, see the posting on the website at www.weaversway.coop/gmsearch.

After we complete our search and deliberations, the Board will interview finalists and make the decision about who to hire. We welcome your input! Feel free to email me at LauraMSiena@gmail.com.

New Board Members (& Some Old Friends)

ELECTION RESULTS WERE ANNOUNCED AT THE Spring General Membership Meeting May 31 at Morris Arboretum. The Weavers Way Bylaws revision was approved 502-67, and these members were elected to the Weavers Way Board:

- Megan Seitz Clinton
- Larry Daniels
- Emmalee MacDonald
- Joyce Miller
- David Woo

Megan, Emmalee and Larry were reelected; Joyce is



Elected, from left: Megan Seitz Clinton, Larry Daniels, Emmalee MacDonald, Joyce Miller and David Woo.

new to the Board, and David returns after a one-year absence. Megan, Emmalee and Joyce will serve three-year terms. Because there was a tie for fourth place, a runoff was held by a show of hands at GMM. Larry received the most votes, and will serve a three-year term; David will fill two years of a vacant seat.

At their meeting Tuesday, June 2, the Board appointed Emmalee treasurer; she replaces Stu Katz, who

remains as an at-large member. Leaving the Board was Margaret Lenzi, who stepped down after serving two three-year terms, including two years as Board president.

For more detailed election results, visit the online Member Center (members.weaversway.coop) and click on "Weavers Way Elections" in the "Your Co-op" area. To see the updated bylaws, visit www.weaversway.coop/about and click on the link to the PDF.

Bringing Mt. Airy Village to All of Philly: Cashier & Student Has a Plan for Renewal

by Karen Plourde, Weavers Way Chestnut Hill Grocery Staff

IF GREG DAVIS HAS HIS WAY, SOMEDAY HE'LL have a hand in developing lively neighborhood centers like Mt. Airy Village all over Philadelphia and beyond. But for now, the Weavers Way Mt. Airy cashier and Temple University student is content to soak up knowledge and earn some money on the side.

Greg, 20, is a native of Mt. Airy and finished his second year at Temple this past spring. He recently shifted the focus of his studies from landscape architecture to regional design/urban planning. "Instead of saying, 'Oh, we'll put a park right there' or 'What's this park going to have?' it's 'We're gonna have a park there, and we're going to have a certain type of building right there, and a certain type of store' — how everything connects, rather than just focusing on one thing," he explained.

Greg's family belonged to the Co-op, and his father, Greg Sr., shopped there while Greg was growing up. But his own direct experience came from his time volunteering while a student at Central High School, where he was a member of Class 272 (that's 2013 for all you non-CHS folks). Central has a community-service requirement, and Greg did his in Mt. Airy as a cooperator. In junior year, some of his friends started getting part-

time jobs, so Greg applied and got hired in August 2012.

The idea of working for a local retailer and the community feel of Weavers Way are what Greg enjoys most about his job. "I'm not working for a millionaire or billionaire somewhere in the middle of nowhere," he said. "I'm working for myself, because we all own the Co-op — you know, the cheesy thing that everybody says. You're working for yourself, you're working for everyone."

Greg credits his father with influencing his thinking about the importance of supporting small business and giving back to the community. He finds juggling school and work to be difficult at times, but figures it's something he has to do.

You have to have some amount of money in your pocket [while going to] school," he said. "I think I just adapted to it. You have to come up with a plan, I guess, in the beginning of the year, how you're going to do everything."

Away from the Co-op and Temple, Greg devotes a lot of time (and earnings) to his sneaker collection. He thinks he now owns upwards of 20 pairs, some of which he wears when he gets together with his friends a few times a month to play basketball. His favorite Co-op food is chocolate nut crunch (PLU#60182).

Once he gets his degree, Greg wants to focus his efforts on improving struggling neigh-

Staff Celebrity Spotlight: Greg Davis



Karen Plourde photo

Cashier Greg Davis comes from a Co-op family.

borhoods. As part of that, he'd like to work on increasing the amount of green space in Philadelphia. "Even though we live in the city, and it's not going to be as easy to create places that are not concrete jungles . . . I feel like that should be done throughout the city," he said. "I want to be part of that."

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.

This month's Board meeting is Tuesday, July 7, 7-9:30 p.m., in the Parlor Room at Summit Church, 6757 Greene St. All are welcome!

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
Emmalee MacDonald, Treasurer
Laura Morris Siena, Secretary
At large: Megan Seitz Clinton, Larry Daniels, Lisa Hogan, Stu Katz, Joyce Miller, Linda Shein, David Woo

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OPEN EVERY DAY

www.weaversway.coop
Mt. Airy main number: 215-843-2350

contact@weaversway.coop
Chestnut Hill main number: 215-866-9150

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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Mt. Airy Wellness Manager
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(CH) Riley Luce, ext. 217
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soconnell@weaversway.coop

Meat, Poultry & Seafood
(MA) Dale Kinley, ext. 104
dale@weaversway.coop
(CH) Ron Moore, ext. 205
rmoore@weaversway.coop

Produce
(MA) Jean MacKenzie, ext. 107
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 upstairs at the Chestnut Hill Community Center, 8419 Germantown Ave.

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

NEXT MEETING: Wednesday, July 8
Chestnut Hill

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Top.

Ten Chestnut Hill Hospital physicians were honored as **2015 Top Doctors** by *Philadelphia Magazine*. At Chestnut Hill Hospital, our entire staff strives to provide quality, compassionate care to every patient, every day. These physicians exemplify that level of dedication to patient care. We congratulate these physicians on receiving special recognition.

To find a physician, visit ChestnutHillHealth.com or call 215-753-2000.

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