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For all the details (including the fine print):  
[www.weaversway.coop/together-we-grow](http://www.weaversway.coop/together-we-grow).



# The Shuttle

August 2016 Vol. 44 No. 8

Community-Owned, Open to Everyone

## Hot Dogs & Cool Cats Have Their Day

The Manatawna-Saul 4-H Club and other animal advocates and fans (as well as Weavers Way's new pop-up tents!) also made the scene on Germantown Avenue last month as Petapalooza debuted in Chestnut Hill.

*Photos by Richard Bechtel, Karen Plourde and Robert L. Smith.*



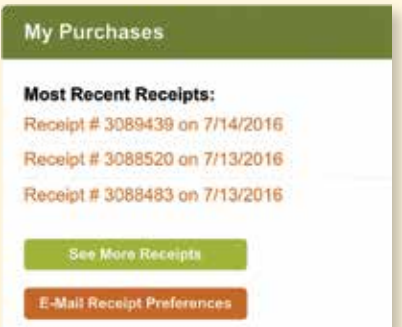
## ZEROWASTE

### The Co-op has had paperless receipts since May. But you knew that — didn't you?

In case you missed it: You can sign up to have your receipts delivered to your email address.

It's convenient. It's secure. It's a benefit of membership. And it reduces the use of that nasty register paper.

Not only that, opting for — or out of — email receipts is easy. In fact, it's gotten a little easier. Log in to the **Weavers Way Member Center** and click **E-Mail Receipt Preferences** in the **My Purchases** block. Chose an option — including no email receipts at all, which is the default — and you're done.



You can change your preference instantly, whenever you want. And don't worry, you can always get a paper receipt by asking the cashier.

Know what else is easy? Reviewing your receipts online in the Member Center. Just log in and head to **My Purchases**.

Visit [member.weaversway.coop](http://member.weaversway.coop) to get started. Need help? Don't know your login? Contact the Membership Department at [member@weaversway.coop](mailto:member@weaversway.coop) or 215-843-2350, ext. 119.

Weavers Way Cooperative Association  
559 Carpenter Lane, Philadelphia, PA 19119  
[www.weaversway.coop](http://www.weaversway.coop)  
CHANGE SERVICE REQUESTED

# OPEN LABOR DAY

Weavers Way stores  
will be open

**9 a.m. to 3 p.m.**

Monday, September 5



## Editor's Note

by Mary Sweeten, Editor,  
Weavers Way Shuttle



TWO MONTHS IN A ROW, I FIND I'M INTERESTED in the same subject as Norman. I can't take my eyes off the GMO labeling bill that Congress passed last month.

I admit I'm not as cranked up about genetically modified crops as some Co-op members, but that's mainly because other topics often crowd it out of my rage brain. Maybe the conventions got me all cranked up about government and how it works. Anyway, a couple of thoughts:

- Never forget that most corn, soy, canola and sugar beets in the United States are GM, and that GM ingredients are found in most processed foods (80 percent, says the Non-GMO Project). No GM seed has been introduced to commerce to save the planet, just to support the herbicide industry. Which does kind of tweak my rage brain.
- Any labeling at all means Big Food just wasted millions of dollars opposing GMO labels. And why? Because Vermont was actually going through with it. The jig was up. Or is it possible Big Food is finally getting a little sensitive about being called out for a lack of transparency?
- Opponents portray the law as hardly better than no labeling at all, and they have some points that Norman talks about on Page 16. The concerns I found particularly interesting were raised by the Food and Drug Administration — yes, the government, not the loony left — about the law's definition of GM food, to wit: "contains genetic material . . . for which the modification could not otherwise be obtained through conventional breeding or found in nature." The FDA notes that there are plenty of GM traits that can be found in nature, such as the larvae-killing protein spliced into so-called Bt crops. (Bacteria invented it, not Monsanto.) The FDA also said that processed food ingredients — including, potentially, refined beet sugar, soybean oil and even high-fructose corn syrup — often no longer contain detectable amounts of the genetically modified gene. Now there's a loophole you could drive a hopper truck through.

As of this writing, President Obama had not signed the bill. But even when he does, that just starts the clock on the two years the Department of Agriculture has to write regulations on how this law would actually work in practice.

The real devil in the DARK Act is in those details. Stay tuned.

*mwsweeten@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 (approximately 500 words) and letters to the editor (200 words) on subjects of interest to the Co-op community. Editorial copy is due the 10th of the month before publication, e.g. Dec. 10 for January.

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](mailto:editor@weaversway.coop).

Articles and letters express the views of the writers and not those of the Co-op or its Board, unless identified as such.

### Advertising

Advertising for each issue is due the 1st of the preceding month, e.g. Dec. 1 for January. Ad rates are available at our stores, online at [www.weaversway.coop/shuttle](http://www.weaversway.coop/shuttle), via email at [advertising@weaversway.coop](mailto: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

### Check It Out!

by Karen Plourde, Weavers Way Communications Staff

#### Bakery Bites

##### Artisan Boulanger brings more sweetness to the Hill.

East Passyunk is the hot place to dine these days. But if your travels don't take you there, you can still get a taste of the food vibe by biting into a croissant from Artisan Boulanger, a South Philly patissier whose product now graces the bakery case in Chestnut Hill daily.

They supply us with two types of



croissants, and there's a real difference in the crumb: The plain are flaky and airy; the fruit-filled more doughy. Make it your mission this month to compare.



Also in the Hill are shortbreads from Two Moon of the Bedford-Stuyvesant section of Brooklyn. They're small-batch, handmade and available in three kinds by the first register.

#### Finds for the Furry & Feathered

##### A message from the birds: "Keep it coming!"

There's agreement among the birding crowd that birds don't need to be fed during the summer. But maybe you hate the look of an empty feeder, and your local flock isn't crazy about that

arrangement either. Get back in their favor with Brown's wild bird food. It's the most popular brand Across the Way, it's local (a longtime family milling business now based in Sinking Spring, Berks County) and contains seeds and grains to attract an assortment of backyard avifauna.

If you're in the market for a new feeder, consider a No/No model from Woodstream Corp. (also local, from Lititz, Lancaster County). It's a collapsible wire basket that contains no wood or plastic and can accommodate 10 to 15 birds at once. ATW stocks several types and can special-order what they don't have on hand.

#### All Wellness and Good

##### Taking a trip? Get your travel sizes here.

Whether you're bound for the campground, the Riviera or points in between, you have better things to put in your luggage than jumbo bottles of personal-care items. But before you head for The Big Box Store to stock up, stop in Next Door or Across the Way to find your natural faves in convenient, airline-approved sizes. The selection of brands varies between the stores, but both carry toothpaste, body lotion, body wash and an array of hair-care products. So pick up what you need and leave room for souvenirs.



## Good for the Planet, Good for Food Moxie

by Nina Cohen, Weavers Way Next Door, and Rachel Reynolds, Food Moxie

AT FOOD MOXIE, WE COUNT OURSELVES lucky to have Weavers Way on our team. We receive so much support from the Co-op, be it the monthly Giving Twosday campaign or incredible catering for the Hoedown and Farm to Table dinner.

One of the more creative, and perhaps lesser known, ways the Co-op helps us is by participating in TerraCycle, an international program in which points are earned for recycling specific items, some of them difficult to recycle otherwise. These points are then converted into cash, which the Co-op generously donates to Food Moxie. It's a win-win: The planet benefits and so does our local community.

TerraCycle donation boxes can be found at both Next Door and Across the Way. If you have any of the following items, bring them in! Please make sure all



items are fully used, clean and dry.

Garnier personal care and beauty product packaging: Hair-care packaging such as shampoo and conditioner caps, hair gel tubes and caps, hair-spray triggers and hair paste caps. Skin-care packaging such as lip-balm tubes and caps, soap dispensers and tubes, body-wash caps, lotion dispensers and caps. Cosmetics packaging such as lipstick cases, lip-gloss tubes, lip-liner pencils, mascara tubes, eye-shadow cases and tubes, bronzer cases, foundation packaging, powder cases, eyeliner cases and pencils and concealer tubes and sticks.

Colgate oral care: Packaging, toothbrushes, toothpaste tubes and caps, floss containers; also Colgate Wisp items and packaging.

#### Picks in Produce

Oh, boy! It's finally tomato time again.

You've probably managed to get decent tomatoes for about a month now. But this month, local tomatoes really come into their own — juicy and meaty and needing nothing more than salt and pepper. We'll have them from Lancaster County and New Jersey thanks to our local suppliers, and also from our own Weavers Way Farms!



We spend most of the year settling for inferior 'maters, opening cans or doing without until the season rolls around. But the wait is over. Gather up your faves, rummage around for some recipes and feast on the bounty. They'll disappear all too soon.

*kplourde@weaversway.coop*



TerraCycle will take a lot of things you can't put in recycling, but it won't take everything. Ask a store staffer if you're unsure.

**Tom's Natural:** Packaging from all natural items, including deodorant, toothpaste, toothbrushes and floss.

**Energy-bar wrappers:** Larabar and Clif Bar.

**Brita:** All items, including pitchers and filters.

**Wellness Pet food:** Bags from treats and food.

**Earth's Best:** Baby-food pouches.

Please note that we cannot accept razors, medicated items, glass or metal jars. It just isn't safe. If you're unsure about whether an item is suitable for the TerraCycle boxes, just ask!

*ncohen@weaversway.coop*  
*rachel@foodmoxie.org*





## What's in Store at Weavers Way

# Baking Without Animal Products Is Easier Than You Think

by Evelyn Wagaman,  
for the Shuttle

**F**OR THOSE WITH A MIGHTY SWEET tooth, eating an entirely plant-based diet can seem like a daunting task, even for the sake of the animals, the environment and personal health. Animal products like eggs, milk and butter are so commonly found in baked goods that it seems hard to believe that the cakes and cookies we crave could ever be made without them. Is the vegan, then, condemned to a life without these treats?

As someone who counts brownies and doughnuts among the world's greatest culinary achievements, I am pleased (and relieved) to respond that no, a vegan life need not be one without dessert. There are a variety of substitutes for the most common animal ingredients found in baking.

Take milk, for example. A number of non-dairy milks can be substituted one-for-one for dairy milk. The most common options are soy milk, almond milk and coconut milk, but it is also possible to use rice milk, cashew milk, oat milk and even hemp milk. The more ambitious can even make their own non-dairy milk at home. The basic recipe is simple: Soak nuts, seeds or grains for several hours, blend in a high-speed blender with water and strain. Sweeten if desired.

Butter is another surprisingly easy ingredient to substitute in baking. In fact, the vegetable shortening already in your kitchen can be substituted for butter one-to-one with the addition of a little extra water (1 tablespoon per 1/2 cup shortening). An even better substitute for butter is vegan margarine like Earth Balance, which can be found in most grocery stores. And if these two options don't appeal to you, there's always coconut oil, which can also generally be substituted one-to-one for butter.

Eggs may be the most difficult ingredient to substitute, due to their important role in binding and leavening baked goods. However, the good news is that egg substitutes abound; one need only determine (by trial and error or a little research online) which option will work best in the recipe in question. One com-



Five Things is a service of Weavers Way.

### Rio Olympics Edition

The Marvelous City will host more than 10,000 athletes from 200-plus nations Aug. 5-21. Whether you're a runner, a cyclist or a recliner all-star, we've got specialties for the Games and beyond.

- 

**1 High Point Coffee's Oberon** — From Brazil's central Cerrado plateau. Has tasting notes of milk chocolate and toasted almond.
- 

**2 Brazil nuts** — Packaged in Chestnut Hill from Tierra Farms, and in Mt. Airy from Woodstock. Loaded with selenium, which helps protect cells from toxins.
- 

**3 Pure Brazilian raw coconut water** — Cold-pressed from Anao coconuts in the northeastern part of the country. Non-GMO, Chestnut Hill only.
- 

**4 Maca powder** — From Navitas Naturals (Next Door) and Gaia Herbs and Nature's Way (Across the Way). Grown in the mountains of neighboring Peru. Said to improve sexual function over time.
- 

**5 Recharge sports drink** — From R.W. Knudsen Family. Made without added sugar, artificial colors or flavors. For when you clear that last hurdle in the TV room.



And not a cow in sight: A wide variety of non-dairy "milks" work perfectly well in baked goods.

mon substitute for eggs in vegan baking is to combine 1 tablespoon ground flaxseed with 3 tablespoons water. Stir the mixture and let it sit for a few minutes until it becomes gelatinous before adding it to the recipe. Another popular option is Ener-G Egg Replacer, a commercial vegan

egg-replacer powder sold with the baking ingredients at Weavers Way. Made from potato and tapioca starch, Egg Replacer is free of eggs, gluten, wheat, casein, dairy, yeast, soy, tree nuts, and peanuts, making it also useful people with food allergies.

While both ground flaxseed and veg-

an egg replacer powder can be found in many mainstream grocery stores, the handiest solution may be right in your kitchen: Try substituting a half to whole ripe mashed banana or 1/4 to 1/3 cup applesauce. (Of course, these substitutions may give your baked good the flavor of bananas or apples!)

Be advised that you may get even better results if you seek out recipes for your favorite treats that are already designed to incorporate plant-based alternatives to animal ingredients. Online and in cookbooks, many talented bakers have devised delicious and decadent plant-based recipes for the world to try. These days, it is easier than ever to eat a plant-based diet without giving up dessert!




*Evelyn Wagaman is a current Mt. Airy resident and an intern for the Humane League, a nonprofit organization dedicated to reducing animal suffering through public education and corporate campaigns. Contact her at [ewagaman@oberlin.edu](mailto:ewagaman@oberlin.edu).*

# TACOS IN THE BACKYARD

**NEW DATE**

**Saturday, Aug. 13, from 4 to 6 p.m.**

**Weavers Way Chestnut Hill**

-  **Tacos**  
(Beef, Chicken or Grilled Vegetables)
-  **Avocado Tomato Salad**
-  **Black Beans and Rice**

**BYOB**  
**\$10 per person**  
Walk-ups OK, reservations preferred:  
[outreach@weaversway.coop](mailto:outreach@weaversway.coop)  
or 215-843-2350





# SEPTA's Proposal for Gas Plant In Nicetown Raises Questions

by Karen Melton, for the Shuttle

SEPTA IS EXPECTED TO MAKE A DECISION in the next few months about whether to build a natural-gas electric-power generation plant at its Midvale bus and train maintenance complex in Nicetown. So far, no public hearings have been scheduled to inform neighbors or find out if they support such a project.

Last October, SEPTA authorized funding for Noresco LLC to design a plant that would produce 8.6 megawatts of electricity, a portion of the power consumed by regional rail lines north of the Temple University stop. If approved, Noresco would build and operate the plant, selling electricity to SEPTA for a 20-year period.

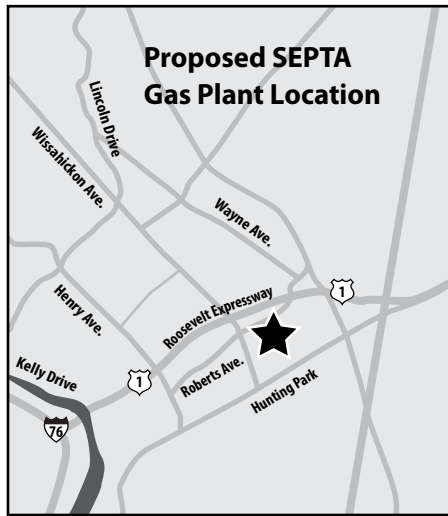
Opponents of the plant hope to convince SEPTA to invest in transitioning to clean, renewable energy sources rather than committing to 20 more years of burning fossil fuels.

SEPTA's own sustainability plan, currently being updated, commits to reducing greenhouse-gas emissions and improving regional air quality by implementing a variety of energy-efficiency measures, building a new energy storage system and adding 25 electric buses to the fleet next year. The cost of the Nicetown plant is expected to be covered under the Pennsylvania Guaranteed Energy Savings Act.

SEPTA has pitched the plant as providing "resilience" for the authority's power grid as well reducing energy consumption and pollution overall.

Opponents take issue with these assumptions, and 350 Philly is working to inform Philadelphians about the proposal. A letter asking the SEPTA board to reject the plant and instead invest in renewables had gathered signatures from 25 organizations and community groups by mid-July.

With respect to emissions, studies find that when methane leakage at the well and during transportation are considered, the climate-change impact of natural gas is just as significant as coal.



From a cost perspective, opponents of the gas plant argue that during the 20-year contract, the price of gas will only go up, while the price of renewables will continue to go down.

Pollution from natural-gas combustion is known to produce NOx, a precursor to ground-level ozone (or smog), as well as large quantities of ultrafine particulates. Particulates are considered to be a significant health risk, although there is currently no established standard, and they do not travel as far as large particulates.

The Nicetown neighborhood is already burdened with a great deal of air pollution. The plant would be located next to SEPTA's Midvale Depot, which serves 300 diesel buses, and the Roberts train yard, and a few blocks from the Roosevelt Expressway. In 2012, a Philadelphia Health Management Corp. study estimated that 31 percent of children in the adjacent 19140 zip code had been diagnosed with asthma.

Other transit agencies around the world are beginning to invest in renewable energy to power their trains, subways, buses and buildings. SEPTA has an opportunity to join with these leaders and chart a path directly to 21st century energy technology rather than build a new fossil fuel-based plant.

To learn more or get involved, visit [www.350philadelphia.org/septa](http://www.350philadelphia.org/septa).

Karen Melton is a 350 Philly volunteer.

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

### Only the Privileged Enjoy Spending More

RARELY HAVE I SEEN A MORE BLATANT illustration of privilege than the recent response to Janis Risch's letter on pricing. Having a choice of whether to spend more on your food is a right enjoyed only by the well-off. The median family income in Philadelphia is \$34,000. Because it is a small store, the Co-op cannot access the low wholesale prices of large corporations. But each time we choose to carry a more expensive product rather than a cheaper alternative, we make the Co-op even less accessible to the large majority of our neighbors. This is true even if the choice is based on moral principles or the desire to offer products considered healthier.

I find it offensive that the "we" the Co-op seems to see as its members are exclusively those who have the wealth to spend more on their grocery bill by choice. I am also offended that this situation is not being seen as what it is: a case of competing values in which the community's desire to be economically inclusive is at odds with its desire to honor certain values. Even if Co-op leadership feels this is a majority opinion or expresses the "true spirit" of the Co-op, this decision comes with loss as well as gain.

As a long-time member, I have recently found that previously affordable products have been replaced by ones I can no longer buy. When I have expressed this to Co-op staff, the response has been a lecture on the morality of my shopping basket. This attitude of moral superiority, in print and in person, needs to be set aside if we are going to have meaningful conversations about how we balance our competing values to create a Co-op that is welcoming to all.

Amy Verstappen

### Affordable Food Should Also Be a Co-op Value

I WAS DISAPPOINTED BY THE EDITORIAL statements regarding the concern over pricing last month, particularly Royer Smith's piece, which concluded, "We charge more because our values require it. We're on a mission that we should be proud of."

It seems to me that some of the values that many of us hope motivate the Co-op are actually dependent on price. For example:

- Sustainability: For a food practice to be sustainable, it has to be within reach of the population as a whole.
- Accessibility and inclusion: Why should financial impairment be any less important than any other kind?
- Diversity: If Weavers Way signals that it's priced for customers at a certain financial level, customers for whom cost matters will get the message and go elsewhere. Is that how we want our membership to develop?

There's no simple resolution to all this: We want workers to be paid well across the supply chain, and we want to provide good products at prices that working people can afford. Wise people of good will may come to different conclusions as to how to resolve those tensions, and no answer will satisfy everyone. That's fine.

What isn't fine is an attitude that shames people because of their concern about prices, suggesting that those of us who need to pay attention to our expenses and who hope that the — no, our — Co-op should be responsive to that concern are somehow less ethical than the noble folk who make the decisions for us.

Joshua Guttoff

### Next Time you Rename WWCP, Make It a Contest

WERE THE PROCESS OF GIVING WEAVERS WAY COMMUNITY PROGRAMS A NEW name opened up to the member community, say as a fun contest, I would have suggested "Food Fight" and I would love to have seen what other people would have come up with.

"Food Moxie" sounds like it could be a restaurant or food truck I'd be interested in checking out. But then again, what do I know?

Cool logo!

Brian Rudnick



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at Nicholas & David

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GM'S CORNER

# When That Walmart Doesn't Work Out

by Jon Roesser, Weavers Way General Manager

ANYONE BEEN TO WHITEWRIGHT, TEXAS? ME neither.

Seventy six miles north of Dallas, surrounded by oil wells and sweet-potato farms, Whitewright doesn't make it onto too many bucket lists.

Still, it looks like a pleasant enough place to live, with an historic downtown straight out of a Hollywood Western. There's an old theater, a small museum and a couple of wineries just outside of town. (Yum, Texas wine.)

They used to have a grocery store too, Pettit's, a family-run Whitewright institution, in business for 55 years.

Things are usually pretty quiet in Whitewright, but not in January 2015, when the whole town came together to welcome their newest addition: Walmart!

Everyone turned out. There was a big ribbon-cutting and speeches by the local poobahs.

Some people fretted about the fate of Pettit's, but no one seemed too concerned. The town's mayor was quoted in the local paper as saying "a little competition is good for everybody."

Well, I bet you can guess what happened next.

Nine months later, Pettit's closed. In an interview with CBS News, the owner said that when Walmart opened, shoppers simply "quit coming." Fifty-five years in Whitewright.

If this sounds agonizingly familiar, well, it is. Putting places like Pettit's out of business is fundamental to the business strategy of companies like Walmart. The elimination of competitors is the underlying secret of their success.

Except in the case of Whitewright, there's a twist.

In January 2016, in a press release titled "Walmart

Continues Sharpened Focus on Portfolio Management," Walmart announced the closing of 269 stores. Some 16,000 jobs were eliminated. (The good news is that none of these people were being paid well in the first place.)

One of the 269 was the Whitewright store. It had been open about a year, just long enough to knock Pettit's out of business.

"A little competition is good for everybody." How's having no grocery store at all?

Of course, the competitive marketplace really is good for consumers: merchants, competing for business, need to make sure their stores are clean, their service is good and their prices reasonable. Shoppers benefit from having options, and communities are enriched by the tapestry of choices.

But outfits like Walmart aren't interested in competing. They're interested in dominating, in fact, monopolizing. As a result, when it comes to food, clothes, medicine, furniture, toys, electronics and much more, for many communities across the country, Walmart is the only choice.

Except now, having scorch-earthed their brick-and-mortar competitors, Walmart is facing a serious threat to its model. Amazon and other online retailers are hacking at Walmart's market share, and there's little reason to believe the trend toward buying stuff online will slow down anytime soon. It's the main reason Walmart has "sharpened focus on portfolio management" and closed underperforming stores. And this has been bad news for Whitewright.

To buy groceries, the denizens of Whitewright must now lug themselves to Sherman, about a 30-minute drive, where there is an Albertsons and a Sunset and, yes, a Walmart.

Driving to Sherman doesn't strike me as a long-term solution. Who wants milk and other perishables

## Our Next Member Forum

Got a question? Got a problem? Want to hear the latest about expansion, prices or the Co-op's bottom line? Join General Manager Jon Roesser for all that and more (by which we mean refreshments). The next session is:

**Thursday, Aug. 18, 6:30-8 p.m.**

**The Garage, 542 Carpenter Lane**

(Across the street from the Mt. Airy store.)

**RSVP** so we'll know how many chairs to put out: [outreach@weaversway.coop](mailto:outreach@weaversway.coop) or **215-843-2350, ext. 118.**

roasting in the trunk on a hot Texas afternoon during the half-hour ride back home? And that's an awfully long "quick trip" to the grocery store when you suddenly realize you're out of bananas.

No, every town needs its own grocery store, arguably the most fundamental retail component of any community. So to the good people of Whitewright, I have one piece of advice: Form a co-op.

A co-op exists not for profit, but for need. And Whitewright needs a grocery store. In an increasingly competitive society, in which national retailers with no stake in the local community come and go based on their own interests, cooperative ownership puts control back into the hands of the people.

I will even offer the people of Whitewright eight hours of my own time — free consulting services to help them get organized. It's what cooperators do. Just send me a bottle of that Texas wine.

See you around the Co-op.

*jroesser@weaversway.coop*



### Good Deals Every Day.

Co-op Basics provides everyday low prices on the things you buy most frequently.

Pick up the flyer in the stores, and look for the purple tags on more than 100 items across departments.

Check back for even more items as we grow the program!



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## MISSING SOMETHING?



Every time we send out an email, we get bounces from folks we KNOW are active members. Do we have your correct email? Do we have your email at all? If not, you're missing out on important information and valuable offers and even, in the case of patronage rebates, actual money.

You can update your preferred email yourself by logging into the online member center at [member.weaversway.coop](http://member.weaversway.coop). Or just check in directly with Membership Manager Kirsten Bernal at [member@weaversway.coop](mailto:member@weaversway.coop) or 215-843-2350, ext. 119, and get yourself right with the Co-op!





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## MAAG on the Move: New Chapter, New Location for Mt. Airy Art Garage

by Linda Slodki,  
Mt. Airy Art Garage

WE'VE BEEN BUSY LATELY AT MT. Airy Art Garage, with the Aug. 31 deadline approaching for us to vacate our current quarters at 11 W. Mt. Airy Ave., and getting ready to relaunch in #MAAGPopsUp mode. But we're thrilled to share some incredible news:

Mt. Airy Art Garage will have a brand new home in 2018, thanks to a partnership with Mt. Airy USA.

MAUSA is developing a mixed-use space at 6651 Germantown Ave. that will become the new location for our neighborhood arts and culture organization.

We're thrilled to have a permanent place where local residents can immerse themselves in the arts and we can continue creating public art. We're looking forward to beginning a new chapter for MAAG in a new location.

Meanwhile, we'll be opening our handcraft gift shop at 6622 Germantown Ave., where we will operate in pop-up mode. You'll know where to find us, any day of the week, by following the hashtag #MAAGPopsUp on social media. In addition, we've confirmed a location for both Philadelphia Open Studio Tour and our Holiday Art Market — the Lutheran Theological Seminary, where we will be hosting a big, beautiful and handicapped-accessible series of events (with parking) right in Mt. Airy. POST is Oct. 8-9, and our Holiday Show is Dec. 3-4 and Dec. 17-18.

We also will be artists-in-residence at Houston and Emlen schools in October as we launch the Community of Pride Mural Project. You won't want to miss a single thing about this exciting project where children will be expressing themselves visually while talking about "What makes you proud?"

And we'll be hosting all our monthly artist group meetings, classes and figure drawing at confirmed locations starting in September.

We're excited to begin a new era, but we can't do it without you! So how can you help?

**Join us Saturday, Aug. 6, at 6 p.m. as we throw our final bash at 11 West Mt. Airy Ave.** It's a fundraiser where all of YOU, both artists and art lovers, are invited to join us in celebration as we eat, drink, dance to live music and toast the end of an era and the beginning of a new one. We'll also be raffling off art we can't take with us. A \$20 donation at the door will help us with moving expenses and storage, and one heck of a party.

**Become a member or rejoin.** It's so easy! Make a donation to the MAAG in Action Fund. Your money will help us pay for movers, put our things into storage and position us to be even more visible than ever before. Donate at [www.mtairyartgarage.org](http://www.mtairyartgarage.org).

Be sure to follow MAAG on social media for details with the hashtag #MAAGPopsUp. You can also visit us at [www.mtairyartgarage.org](http://www.mtairyartgarage.org) or call 215-242-5074 to learn more.

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Mary Ann Domanska photo

Installing a new show at soon-to-be old Mt. Airy Art Garage location.

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# All Hands on Deck for Zero Waste Mt. Airy Village Fair

by Alisa Shargorodsky, for the Shuttle

**I**N MAY, WEAVERS WAY MADE A BOLD ATTEMPT TO go Zero Waste at the General Membership Meeting. Thanks to the efforts of many members, we succeeded well beyond our expectations, beating our 90 percent diversion goal.

The food offered by the Co-op's excellent Prepared Foods Department showed a full commitment to Zero Waste. The Weavers Way Environment Committee provided critical support at the event and throughout the planning stages. Our members responded enthusiastically, more than half bringing their own dishes and utensils. At the end of the night, with close to 200 attendees, the total trash generated fit in a single grocery bag!

This is something we can all be really proud of. Together, we took a step in a direction that honors the planet, each other and our shared future.

To keep the momentum going, we have identified a great opportunity to take our Zero Waste initiatives to the next level: The Mt. Airy Village Fair on Sunday, Sept. 11, will be a Zero Waste event!

This is our chance to demonstrate publicly what a

conscientious community of people can do. Here's how to start: Throughout August, we will be holding a food-service supplies drive. The following items will be collected at 555 Carpenter Lane, in Mt. Airy.

- Plates
- Forks, knives, spoons
- Cloth napkins
- Tablecloths
- 12-oz. mugs
- Reusable plastic cups

Though we expect to have plenty of supplies on hand, we encourage everyone to bring their own plates and utensils on the day of the fair.

Some people may ask "Why? Why should we do this? Waste is inevitable, and every living organism produces waste." Yes, but we need to consider the impact of all this waste on our biosphere. Our waste is being produced from precious resources that we all know are not infinite. It's important that we care for our environment responsibly, and take deliberate actions to nurture this miracle of a planet.

For many of us, packing up a bag with dishes may seem like a burden, but this is about belonging to something greater than the sum of its parts. It's about try-

ing to imagine what our cities might have looked like before the advent of disposable plastics and single-use everything. This is about us taking time to care for ourselves, taking time to peacefully eat a meal. You do your part by bringing dishes and we will do our part to develop a system designed with ecology in mind.

There will be plenty to eat at the Village Fair, with two principal public eating/seating areas for attendees to enjoy: a beer-garden-style seating area in the Garage at 542 Carpenter Lane and a large outdoor seating area at High Point Cafe, 602 Carpenter.

If you're passionate about sustainability and would like to do more than donate supplies, we could use your help on Sept. 11! Many jobs will be posted on the Weavers Way Online Work Calendar (member.weaversway.coop), including positions for eco-ambassadors and Zero Waste managers. This is a wonderful opportunity to earn working member credit while taking action on the environment. For more info, visit [www.mtairyvillage.com](http://www.mtairyvillage.com) or email [mtairyvillagefair@yahoo.com](mailto:mtairyvillagefair@yahoo.com).

*Weavers Way member Alisa Shargorodsky is a zero-waste consultant.*

## 10 Nonprofits Share \$100,000 in Grants from East Mt. Airy Neighbors

**T**HE EAST MOUNT AIRY NEIGHBORS Community Fund of the Philadelphia Foundation has awarded \$100,000 in grants to 10 nonprofits providing services to Northwest Philadelphia, with an emphasis on programs serving East Mt. Airy.

The grants range from \$5,000 to \$17,500 and all address priority funding areas selected by the EMAN Community Fund. The fund focuses its work on the area bounded by Stenton Avenue, Washington Lane, Germantown Avenue and Cresheim Valley Drive.

"All of the 2016 grant recipients support EMAN's goal of 'making a good community better' and EMAN is happy to have the opportunity to support their work," said EMAN Executive Director Elayne Bender.

It is the second year the EMAN Fund has provided community support through the Philadelphia Foundation, one of America's oldest community foundations. (To learn more about TPF, visit [www.philafound.org](http://www.philafound.org).)

Grant recipients are:

**Allens Lane Art Center**, which provides arts education activities for disadvantaged and homeless children. (\$7,000)

**Awbury Arboretum**, which will use the grant to continue accessibility improvements at its Agricultural Village. (\$10,000)

**Black Pearl Chamber Orchestra**, which is dedicated to diversity in classical music programs. BPCO's "Orchestrating Leadership" after-school program introduces under-served Philadelphia students to classical music while using the art of conducting to develop their public speaking, verbal and non-verbal communication skills. (\$10,000)

**Center in the Park**, which offers programs for older adults designed to help them maintain independence in the community. (\$12,500)

**Mount Airy Baseball**, which offers youth baseball games, practice, instructional clinics and baseball tournaments. (\$5,000)

**Mt. Airy Business Improvement District**, which will use the grant to create six pocket parks along the East Mt. Airy commercial corridor. (\$12,000)

**Mt. Airy Art Garage**, an incubator for professional and emerging artists. Through its "Community of Pride" project, MAAG will engage fourth-graders in two schools to create original drawings

and murals led by the help of professional MAAG artist teams. (\$6,000)

**Mt. Airy, USA's Mt. Airy Reads**, which will create an after-school reading hub at Pleasant Playground featuring tutoring and free books. (\$17,500)

**Urban Resources Development Corp.'s Owner Occupied Repair Program**, which helps senior and low-income homeowners

finance exterior home repairs. (\$10,000)

**Food Moxie** (formerly Weavers Way Community Programs), which offers nutrition and farming education to empower Philadelphia's most vulnerable residents to take back their health and to combat food insecurity. (\$10,000)

*For more info, visit [www.eastmountairy.org](http://www.eastmountairy.org).*

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**Program Director**

JACKIE SCHRAUGER [jackie@foodmoxie.org](mailto:jackie@foodmoxie.org)

**Development & Communications Manager**

RACHEL REYNOLDS [rachel@foodmoxie.org](mailto:rachel@foodmoxie.org)

**Development & Operations Associate**

ANGELA FARANDA [af@foodmoxie.org](mailto:af@foodmoxie.org)

**Youth Education Coordinator**

TARA CAMPBELL [tara@foodmoxie.org](mailto:tara@foodmoxie.org)

**Farm Educator**

MELISSA POWELL [melissa@foodmoxie.org](mailto:melissa@foodmoxie.org)

**Nutrition Educator**

MERCELYNE LATORTUE [mercelyne@foodmoxie.org](mailto:mercelyne@foodmoxie.org)

**Farm Manager**

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When you shop at the Co-op on the second Tuesday of the month, please consider adding \$2 to your total bill to support the programs and services of the newly renamed Food Moxie! Your support enables us to provide a wide range of farm education and nutrition programs to local families.

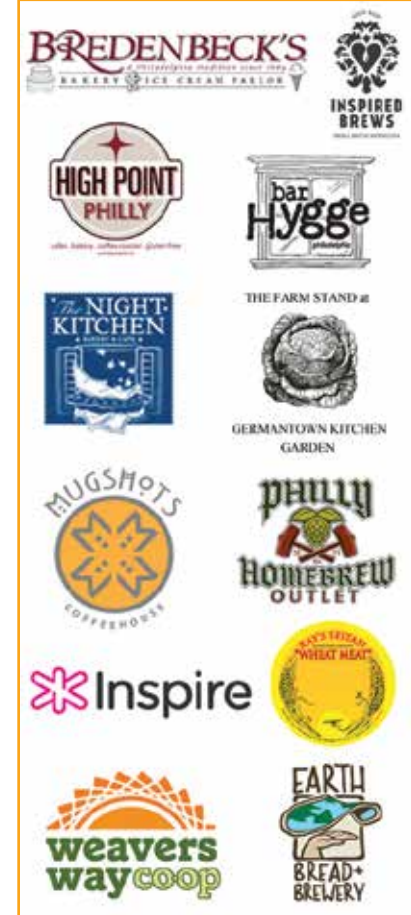
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Thanks to all who joined us at this year's Hoedown! We had a great time celebrating all things local, as well as unveiling our new name.

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## Inspired, She Stuck Around

Calla Bush St. George  
Food Moxie Intern

AS A SENIOR AT J.R. MASTERMAN High School, I was required to do a two-week out-of-school senior project. We were tasked with finding something interesting — something fun that wasn't just uploading data into a spreadsheet day after day. After chatting with my neighbor, Angela Faranda, the Development & Operations Associate at Food Moxie, I knew I'd found my project.

I went into my time with Food Moxie eager to use my passion for nutrition to help the community. What I came out with, though, wasn't just a commitment to a healthier community; I also gained a deep respect for the Food Moxie team, and the people who participate in the programs.

I enjoyed every minute that I spent with Food Moxie, from Garden Club with Liam and Melissa, to cooking with Mercelyne at Hope Kitchen, to being in the office with Rachel and Angela, and harvesting kale with Tara. And throughout the experience, I loved feeling I was having a positive impact on other people's lives. At Food Moxie, everything is done with love, and every member of the team collaborates to positively impact our community.

At the end of my two weeks, I was



## Why I Give FOOD MOXIE INTERNS

so inspired that I decided to stick around and join Jill Fink, Food Moxie Executive Director, in testifying in favor of the Philadelphia "soda tax." I'd met Mayor Kenney and City Councilwoman Gym a few weeks earlier when they came to my rowing team, Philadelphia City Rowing, to explain the tax and its potential to help fund Pre-K, as well as Parks and Recreation and the Free Library system. When Jill asked if I could join her in testifying, I readily agreed. I was ready to make a difference and stand up for what I believed in. I was ready to have my voice

heard.

When I began testifying before City Council, I received verbal opposition from the soda companies. I pushed on, though, and when I finished, I knew from the applause that my words were well received. When it came time to vote and the tax passed, the crowd erupted. I have never felt so proud—not for myself, but for the city of Philadelphia. We fought against millions of dollars and won, not because it was the easy thing to do, but because it was the right thing to do. In that moment, I understood clearly that if you keep fighting for what's right, eventually you will win. This spirit courses through Food Moxie, and I'm so glad I was able to spend this time with the organization.

## A Chance to Serve and Learn (& Score Great Vegetables)

by Jackie Schrauger, Food Moxie Program Director

EVERY YEAR, WE WELCOME WONDERFUL INTERNS TO FOOD MOXIE. Some are in college, some are in high school, some come for a semester, some come for a few weeks — but they all have two key things in common: a commitment to service and a desire to learn.

As a small nonprofit, our organization values interns. They help us:

- Keep our farms productive and looking beautiful.
- Lead our programs and make sure they are safe, educational and fun for all.
- Create literature reviews of important articles.
- Run our farmstand.
- Plan and execute events like our Hoedown and Urban Farm Bike Ride.
- Research new grant opportunities.
- Plan engaging lessons for the children, youth and families we work with.
- Handle not-so-glamorous but totally important daily office tasks.
- Generate ideas for social media.

So what's in it for them? There's the satisfaction of helping out in their community. And we are also deeply committed to ensuring interns the most meaningful experience possible by crafting each internship to speak to his or her particular interests and skills. An internship with Food Moxie is really a partnership. As a small operation, we can get our interns truly engaged in all aspects of our work. Our interns have delved into areas they want to learn more about for their own careers, writing their first grant or designing program evaluation systems. It's important to us that interns don't just share their time and talents with us, but that we do the same for them.

And of course, we also offer heaps of free vegetables!

It truly takes a village to subvert the conventional food system one meal at a time, and we couldn't do it without our interns. Get in touch by emailing me at [jackie@foodmoxie.org](mailto:jackie@foodmoxie.org) if you or a young person in your life wants to get involved!

[jackie@foodmoxie.org](mailto:jackie@foodmoxie.org)

## Wanted: 5,000 Bottle Caps

FOOD MOXIE'S UPCYCLED KEYHOLE garden project at Martin Luther King High, constructed from 1,000 plastic-waste filled bottle bricks — a global first — will feature an additional eco-cool dimension: a mosaic mural on its exterior, created with bottle caps.

The circular keyhole garden's walls will be 3 feet high and 6.5 feet across. To cover the circular outer wall, we will need approximately 5,000 bottle caps.

Please help us!

Start by saving caps; by next month we will have a collection system in place.

Caps should be solid-colored, with no imprinted or embossed writing or logos. Any size is fine. The more variety in sizes, the better.

Caps should be threaded. From my weekly recycling scavenger hunts, I can report the most common source of solid-color threaded tops is jugs of milk, ice tea and juices. Please note that Merrymeade milk bottle caps are flat, not what we are collecting. White bottle caps, common on seltzer bottles, are also good, and will be good contrast for all the colors we collect.

Rarer, but very desirable, are metallic tops. Remember, no writing. Liquor bottles sometimes have these.

Ensure nutrient supplement bottle caps, blue with a metallic insert, are perfect. Accents of reflective material like mirrors are great in murals. Many of you have admired Isaiah Zagar's mirrored mural style.

If you are interested in helping with this community art project, please email Betsy Teutsch at [bpteutsch@comcast.net](mailto:bpteutsch@comcast.net). And start saving those caps!



George Stern photo

Euhri Jones, left, Betsy Teutsch and less than 5,000 bottle caps.

## Awaken Your Senses at Morris Arboretum With Late Night Wednesdays

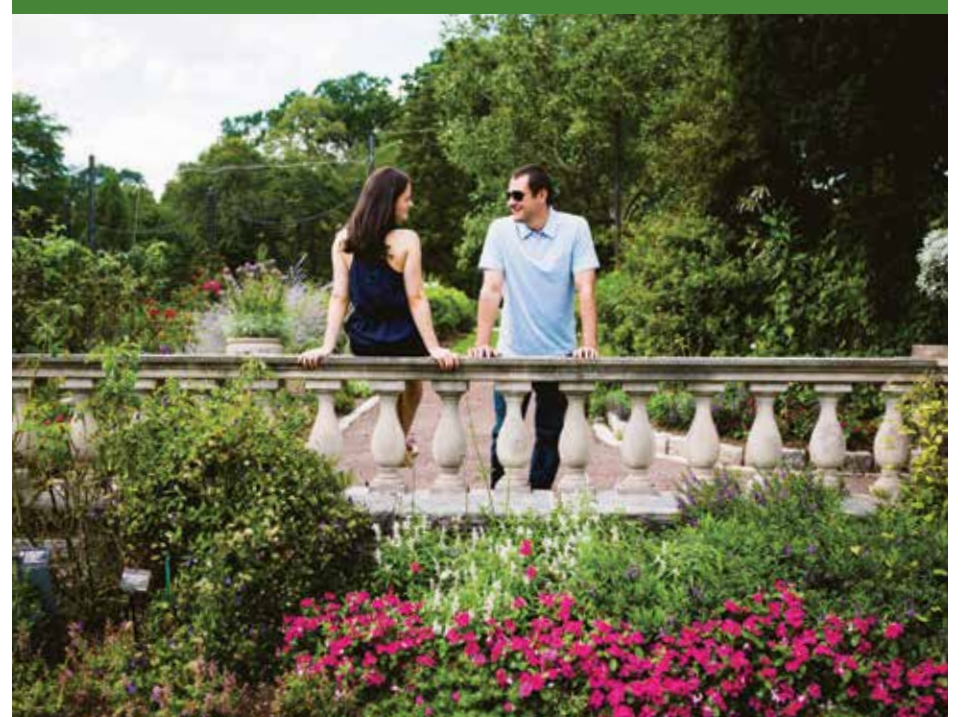


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Friends of the Wissahickon photo

Lace up your sneakers —or grab your bike clips or even get on your horse — and log 50 miles of trails for a good cause.

## Join FOW's All Trails Challenge

by Erin Rose Mooney,  
for the Shuttle

**T**UNE UP YOUR BIKE AND GET YOUR running shoes ready for Friends of the Wissahickon's All Trails Challenge. From Aug. 20 to Nov. 30, FOW is embarking on a park-wide challenge to lovers of the Wissahickon to explore 50 miles of the park and help support Friends of the Wissahickon at the same time.

From the level gravel path of Forbidden Drive to the more challenging upper trails, the Wissahickon offers many different levels of trails — there's something for everyone. And you can explore the park in whichever "mode" you would like — on foot, on a bike or even on horseback, where possible.

We are hoping this challenge will bring new people to experience the beauty of the park.

The All Trails Challenge is your chance to team up with friends, family or co-workers, or set out on a solo quest to complete all 50 miles of trails in the Wis-

sahickon or choose any one of the other beautiful trails in the park.

Here's how it works: Register for the challenge at [fow.org/alltrailschallenge](http://fow.org/alltrailschallenge) and ask your friends to support you by making a pledge to Friends of the Wissahickon. You can report in on your progress and, as you complete your goals, you will be eligible to win prizes and giveaways throughout the challenge.



The All Trails Challenge begins on Aug. 20 and we'll have an official kick-off event at Valley Green Inn on Sept. 15 for people who have raised over \$100.

But if you're eager to hit the trails, you can start hiking, biking or walking the Wissahickon Valley Park anytime! We will offer hikes and trail guides to help you make your way through the challenge — and possibly introduce you to new sections of the park.

We look forward to seeing you on the trails!

*Erin Rose Mooney (erinrosemooney@gmail.com) is a publicist for FOW. Visit Friends of the Wissahickon at [www.fow.org](http://www.fow.org).*

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The Passionate Gardener

# Begin with Bonsai

by Ron Kushner, for the Shuttle

**B**ONSAI, LITERALLY TRANSLATED FROM JAPANESE, means simply “plant in a pot.” The Japanese get most credit for bonsai development, but the actual history is far more international and contradictory.

A plant has only the requirement to be woody to qualify as a subject for bonsai in the Japanese tradition. Leaf size is important. Leaf size can be reduced by proper pruning but only to a point. The original “scale” of the leaf must not be too large.

In judging a good bonsai, one’s eye moves up the tree in a fluid-like manner with no distractions, from the bottom of the pot, to the roots, to the trunk and up the trunk to the canopy. The trick is to make the bonsai look old and mature as soon as possible. The sculptural “movement” of the trunk is also vital. The trunk is the most important “beginning” point of bonsai.

Bonsai picks up the character of a real tree and captures the spirit of nature, whether mountainside, seashore or anywhere else. Bonsai is more than simply a little tree; it actually creates an entire environment.

Bonsai goes through seasonal changes, just like the leaves, buds, fruits and color of trees in nature. In 40 to 50 years, a bonsai develops just like a “large” tree in nature. The crown gets rounder, the branches tend to droop and the trunk gets thicker.

Bonsai has a front, a back and two sides. Make sure



the “front” is determined prior to potting.

It is a misconception that bonsai are “tortured.” The opposite is actually true, where the plant is very natural and its systems extremely efficient.

Soil should be very fast-draining, , at best, pebbles with no organic matter. An organic mix could be created, but it must drain quickly. The faster draining the soil, the more fibrous roots are created (and bonsai needs fibrous roots due to their efficiency in taking up nutrients).

A bonsai’s root mass must be anchored to the bottom of its pot with wire to keep the tree stable. The mass of fibrous roots in fast draining soil is a sponge-like machine for the plant to take up nutrients efficiently. If there are lots of roots, there will be lots of leaves.

Too much attention is usually the cause of death of a bonsai. Water only when needed — on the dry side of moist, not bone-dry but not too wet. Moisture can

Well-managed bonsai will flower, develop fall colors or produce berries (like this winterberry holly) as appropriate to their species.

“ *Bonsai has a beginning, but no end. A bud today becomes a branch tomorrow. The farther it is pursued, the farther away it is.* ”

— Bonsai grower Chase Rosade

be checked with a piece of chopstick inserted into soil, much like an oil dipstick. Always water from above. Do not “dunk” pot into a sink full of water. Water leaves also to wash off dust and insects. Homes are on the dry side. Misting daily is OK (or place pot on top of a humidity tray of moist pebbles).

The more light the plant gets, the better.

Liquid fertilizer (balanced) is best for bonsai — do not use slow-release sticks, balls, etc. Also do not use compost tea should not be used; it is not good to have more microscopic bacteria feeding on the soil).

Bonsai should be accented with a “human, ballet-like form” with foliage at various spots. Keep branches horizontal or slightly downward, always taking off new ones growing directly up or down. Provide plenty of “clip-and-grow ” attention for proper training, with lots of directional pruning. Cut back horizontal branches to healthy, green leaves. Once any branch grows to five new leaves, cut it back to two. Use special branch pruners designed for bonsai. The tree will “slow down” in winter with little pruning necessary as leaves won’t develop so fast.

There is no such thing as “instant” bonsai!

Questions or comments: [ron@primexgardencenter.com](mailto:ron@primexgardencenter.com).

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# Invitation to Join a Newly Forming Solar Energy Co-Op

by Barbara Bloomfield,  
for the Shuttle

**T**HIS SUMMER, THREE ORGANIZATIONS are banding together to form a co-op to bring solar energy to Northwest Philadelphia. The Northwest Philadelphia Solar Co-op — NPSC, “knapsack,” for short — invites individuals, businesses and neighborhood institutions to join us in negotiating lower prices for solar installations and advocating for clean, safe energy alternatives.

The organizations that initiated this effort are the New Economy Incubator Committee of Weavers Way, the Philadelphia chapter of Pennsylvania Interfaith Power & Light and the Shalom Center. The co-op is forming buyer groups now, planning for installation to occur by Fall 2016. The solar installation company hired by the group will conduct on-site inspections to verify that installation is practical.

A home, store, religious community building, or other facility that meets the criteria can save a substantial amount of money in electric bills over time — estimates range from 10 percent to 30 percent.

But not every rooftop or roof-owner is a candidate for a solar photovoltaic system. PV panels work most efficiently on a south-facing or flat roof that is in good repair and has little to no shade. An apartment-dweller cannot solarize as an individual; a rooftop may be too small for the necessary number of panels. And we do love our trees! Meanwhile, for many of us, even with a federal tax credit of 30 percent and payback from lower utility bills over time, the initial cost of installation is still too high.

Many of these disadvantages can be overcome if federal and state laws are favorable to developing solar power. For

## Solar in the Neighborhood

by Meenal Raval, for the Shuttle

**I**'VE BEEN HEARING ABOUT SOLAR PANELS since I was in high school, over three decades ago. But just this spring, as a member of the Northwest Philadelphia Solar Co-op, I interviewed a Mt. Airy couple who have had solar panels on their roof for a year and a half now.

Both were eager to talk about their experience. They raved about their installers. They showed me their two electric meters — one for electricity coming from PECO and the other to track the electricity their rooftop was pushing back onto the grid.

Where was all the other equipment I'd read about: the inverters and battery racks and such? It turns out that when a solar installation is grid-tied (meaning not off-the-grid), it's a lot less involved. All they needed were the 13 panels on the roof and the second meter.

For seven months of the year, April through October, this system produces more than the household consumes. During this time, their PECO bill is about \$7 per month. The other five months, it triples to about \$20 per month.

Using an online application, they monitor their production and consumption. They noticed one spike and, concerned that someone was tapping into their system, drilled into the



data. The spike, they discovered, coincided with a visit from their teenage granddaughter and all her electronic devices!

Asked why they invested in this solar installation, the answer was simply — Why, for the common good! Sitting on their serene back porch, I realized the beauty of this. There was no need to explain the horrifying effects of climate change, nor the immediacy of action required. We all benefit from increased reliance on renewable energy and it is important to develop community-based initiatives, like the Northwest Philadelphia Solar Co-op, that increase its use.

A solar photo-voltaic system generates clean electricity using a free energy source that will never run out and never go up in price. The fuel requires no mining, no drilling, no mountaintop removing and no transporting; doesn't need to be processed or burned; and is never in danger of spilling or polluting. The energy produced by a solar system emits no greenhouse gases. It helps reduce our dependence on fossil fuels and the volatile fossil-fuel market.

When will solar become the norm, so that every Philadelphia structure achieves its energy-producing potential?

*This article was adapted from the author's blog. Read it in full at [mtairygal.wordpress.com/2016/05/25/solar-in-the-northwest](http://mtairygal.wordpress.com/2016/05/25/solar-in-the-northwest).*



### Learn More

The Northwest Philadelphia Solar Co-op has a website!  
Visit [nwphillysolarcoop.com](http://nwphillysolarcoop.com) for more info and to sign up.

Or just contact  
Barbara Bloomfield  
[barbbloomfield2@aol.com](mailto:barbbloomfield2@aol.com)  
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example, a large building might produce enough energy to share with a nearby block of row homes, but this is currently not legal in Pennsylvania.

This is why we chose to form a solar co-op, not just a buyers' club to gain a price advantage of buying in bulk, and why, even if you are not a candidate for solarizing, we invite you to consider joining and supporting NPSC's broader goals.

The International Co-operative Alliance defines a co-op as “an autonomous association of persons united voluntarily to meet their common economic, social, and cultural needs and aspirations through a jointly-owned and democratically-controlled enterprise.”

In keeping with this definition, we will advocate for changes in Pennsylvania regulations that will enable the production and sharing of clean, renewable energy by our co-op and other groups committed to developing renewable sources. We will push for clean energy training and jobs to be developed in impoverished neighborhoods. Members

who are not able to solarize might choose to invest in a fund that will enable people with low incomes to solarize, and those members who are able to solarize might wish to contribute some of their energy savings to advance the co-op's goals.

We will develop a political base rooted in our community that will support changes in local, state and national energy policy that aim toward justice for people and the planet. The co-op will promote ethical, moral and religious standards for protecting the environment.

Individual NPSC membership is \$25. Institutions and businesses can join for \$100. Membership fees will be used to promote the initiative and to educate neighbors about solar energy. The organization will be governed in keeping with the principles of the International Co-operative Alliance.

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# Mind/Body Repair Through Somatic Practices

by Dr. Jodi Schwartz-Levy, for the Shuttle

WELCOME TO 2016— MIND/BODY PRACTICES ARE all the rage. But wait . . . when did the mind get separated from the body and why are we just now putting ourselves back together? To answer this, we can look to Descartes (from the 17th century) and revisit what he termed the “mind-body problem,” in which he saw the two as separate entities with little interaction.

His famous quote, “I think, therefore I am,” is a testament to thoughts as validating our very existence. This overemphasis on thoughts has left us believing that they are all we have to navigate the world, thus undervaluing the importance of listening to and working with the body.

Many Eastern perspectives view the body as an energetic system that becomes blocked on a regular basis. In the West, the field of somatics has emerged to emphasize the body experience also as an energetic system that engages directly with sensations, movement, breath, posture, touch, etc. to achieve health on all levels.

The term soma refers to the body as the container of all of our experiences, which is quite different than our objectified body concept.

The body holds the cognitive, emotional, energetic

and spiritual parts of the self — which is ultimately an ecosystem. All systems affect one another and we need to listen to all of them. The body realm has been viewed for so long as something the mind can control; exploring how to listen to the body’s language as a vital resource for health can allow people to look inward and find more resources.

Here are some tips to bring greater awareness to your somatic process.

## Basic Somatic Practices

**Deepen your breath.** This is the No. 1 way to calm the nervous system and create more body awareness. We can look at the breath as the bridge between the mental and physical realms, as well as work directly with our life force energy.

**Pay attention to sensations.** This is our body’s main messaging service. Start to notice where you hold tension and bring awareness to those places. Notice all the sensations that become available and how they are trying to communicate information.

**Sense and move.** Listen to how your body wants to move to find more flow. From rolling the head, to stretch-



ing, to dancing, go to the places of tension (or blocked energy) and start to move those areas in ways that feel satisfying.

**Posture.** Believe it or not, those old “Sit up straight!” commands were right on. The better our posture, the better our energy can flow. Psychologically standing up tall gives us greater confidence when we can open our hearts as well.

**Become mindful of the five basic senses:** Listen. See. Touch. Smell. Taste. Take a bath, use aromatherapy, light candles, go into nature — emphasize BEING and FEELING.

*Health and Wellness Committee member Jodi Schwartz-Levy, PhD, LPC, is the owner of Healing Arts Studio in Chestnut Hill. She is a somatic psychologist and developer of Movement Lab, a holistic fitness experience that blends somatics, yoga, dance and creativity.*

*For more info, visit [HealingArtsPhilly.com](http://HealingArtsPhilly.com). Views expressed in this article are those of the author, not necessarily the Health & Wellness Committee, and are not meant to be a substitute for talking to your doctor.*

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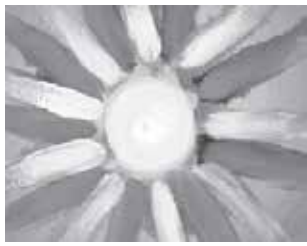
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## Bat Flying Around Inside Your House? Stay Calm and Put Down That Towel

by Brenda Malinics, for the Shuttle



Drawing courtesy of WikiHow

**J**ULY AND AUGUST ARE THE BUSIEST times of the year for me to get calls from panicked homeowners who have found a bat (or bats) inside their house. Why? Because this is the time of year that bat pups are learning to fly, and some are not as skilled in flight as others.

Although bats are one of the most feared creatures on the planet, they are the cornerstone of a healthy environment. Bats have been maligned throughout time simply because of myths and misconceptions. A bat can send a 200-pound person running at marathon speed, even though a bat weighs less than a hamburger.

If you do encounter a flying bat in your house, try to stay calm. Reassure yourself that the bat is also afraid of humans. Resist the urge to chase it or catch it. Never hit a flying bat with an object. Instead, open a window and close the door. (Be sure to remove any pets.) The bat will likely fly outside.

If there are no windows in the room with the bat, allow it to fly until it tires and lands (about 15 minutes). Then, wearing gloves, gently place a container (like a coffee or butter tub) over the bat, and slide a piece of stiff cardboard under it. The bat will likely make “irritation buzzes,” which are audible to the human ear, and it may throw out its wings in fear. This is the part when most folks panic, lose whatever courage they had to approach the bat in the first place, and run at high speed from the terrified and confused little guy. Again, try to stay calm.

Once you have captured the bat, take it outside and place it on an elevated surface like a shed roof. Do not put the bat on flat ground — it will be stuck! Bats need air under their wings to fly, and must drop down in order to take flight upward.

You can also capture a bat that has landed by using a flannel pillowcase. Again, be sure that you are wearing gloves because, like any frightened wild animal, the bat may try to bite. Simply scoop the bat into the fabric, go outside and launch the bat into flight with a gentle shake of the pillowcase.

The most frustrated callers are those who saw a bat but don’t know whether it’s still in the house. Because bats have flexible bones and can fit through a hole the size of a nickel — callers hate it when I tell them this — they can disappear quickly into the tiniest crack. That’s why it is

First things first: Open a window! important not to lose sight of the bat when it is first discovered. Try to stay calm!

When I go on a bat search at someone’s home, I always start by looking at high nooks and crannies, such as behind curtains and picture frames. Our local bats are mostly crevice dwellers, and like tight, dark, small spaces. Remember that bats need to be elevated to take off, so looking under the furniture is usually an exercise in futility. Bats that don’t find a way out will die of starvation or dehydration, so don’t stop looking, staying calm, of course.

You cannot contract rabies from being in a room with a bat. Less than half of one percent of bats carry rabies, which is transmitted through saliva. Many publications, and even medical personnel, claim you might not know when you have been bitten by a bat because they have such small, sharp teeth. Don’t believe it. Being bitten by a bat hurts. I know that firsthand!

If a bat is flying inside the room of a sleeping person, a baby or child or someone who is mentally impaired or intoxicated, health officials will recommend a series of rabies-exposure vaccinations. The shots do not hurt more than any other vaccination — again, I speak from experience.

Bats are gentle, intelligent and clean. They eat their weight in mosquitoes as well as other nocturnal pests. (Organic farmers often rely on bats to control insects). Bats are disappearing from the planet faster than any mammal of their size, due to habitat loss, intentional destruction caused by fear, pesticides and white-nose syndrome, a fungus that has killed more than 8 million bats since it was first identified in 2006.

Please remember that a bat found on the ground is often injured or sick and should be taken to a rehabilitation center. Handle with caution, and always wear gloves when handling any wild animal. Call the Schuylkill Center Wildlife Rehabilitation Clinic at 215-482-8217. Care is free but donations are always welcome.

*Brenda Malinics is the Bat Woman. She is certified in wildlife rehabilitation and runs Brenda’s Cat Rescue. Contact her at [brendasrescues@gmail.com](mailto:brendasrescues@gmail.com).*

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# Bring Out Your Electronics

by Sandra Folzer, Weavers Way Environment Committee

**Y**OU HAVE MORE THAN A MONTH, SO CHECK your basement and your teenager's closet for unused electronics and get ready to bring them to our next electronics recycling event, Sept. 24, 9 a.m. to noon, as usual in the driveway circle at Norwood-Fontbonne Academy, 8891 Germantown Ave.

We will take anything that has a plug, plus more. To learn what items we can accept, go to [tinyurl.com/zyqta9m](http://tinyurl.com/zyqta9m).

You may have noticed that there are fewer and fewer opportunities to recycle electronics. That is because recycling responsibly is expensive. We have to pay eForce, our recycler, \$30 each to take TVs and other monitors, and \$10 for microwaves and dehumidifiers. Once again we will accept used batteries at the reasonable rate of \$1 per pound. We also have to pay a substantial fee for eForce's services for the morning, so we are hoping that the community will be generous — so cash donations are welcome too!

Weavers Way Environment Committee will use proceeds that exceed our cost for our Community Grant Program, which has benefited groups such as Henry School's garden and DePaul USA's organic garden for its homeless residents. Our recycling partner, Green in Chestnut Hill (GRinCH), uses its share for its Green Warrior Student Grant program. Volunteers from both groups will be working all morning Sept. 24 to move cars through as quickly as possible.

By participating in our event, you are not just clearing out

# ELECTRONICS RECYCLING

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your junk. You are doing a good deed. Recycling responsibly ensures that electronics are not sent to Third World countries where children are often employed to extract the toxic precious metals. eForce, located in the Grays Ferry neighborhood, is not only local but also e-Stewards-certified. (Read more at [e-stewards.org](http://e-stewards.org).) eForce "dematerializes" electronics, recovering raw materials for reuse in domestic manufacturing, which reduces the mining of raw materials. They seek the "highest reasonable reuse value for all materials" they collect. They strive toward a zero-landfill policy. And they create sustainable jobs here in Philadelphia. (Read more about eForce at [www.eforcerecycling.com](http://www.eforcerecycling.com).)

We look forward to seeing you in September!

[environment@weaversway.coop](mailto:environment@weaversway.coop)

# eco tip

by Marsha Low,  
 Weavers Way Environment Committee

## Fire Your Dryer!

The hot and (mostly) sunny summer weather may make us grumble and sweat, but it's great for at least one thing: drying clothes outside. Along with the environmental benefits — the average household can reduce its carbon footprint by 2,400 pounds per year by line or rack drying — you could save about \$100 per year in electricity, since your dryer is the third-most energy-hungry appliance in your home, after your refrigerator and washing machine. In addition, your clothing will last longer and smell great, and the sun is a natural whitener, gradually removing stains and brightening your whites. (Don't like the look of faded black jeans and T-shirts? Turn them inside out before hanging them on the line.)

And there's no need to use a dryer in winter, either: Dry your clothes on a rack. They'll dry quickly, because the heated air inside our homes is so dry. And meanwhile, the damp clothes will provide some welcome humidity.

So fire your dryer, hire a clothesline or rack and enjoy the many benefits!

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# New Book Invites 'Soulmaking'

by Will O'Brien, for the Shuttle

**D**EE DEE RISHER, A LONGTIME MEMBER of Weavers Way, has published a new book with compelling content for many in the Co-op community.

"The Soulmaking Room" is a spiritual invitation to consciously use situations of failure, loss and pain to grow and teach. Risher addresses love, race, money, parenting, class, environmental crisis and spiritual wandering with candor. While upfront about her own spiritual roots (Christian), she has written a book intended to help everyone who is spiritually seeking within any tradition to engage these issues. As scholar and activist bell hooks comments on the book: "Few books on spiritual issues cover as much ground and offer the brilliant insights that are essential for the strengthening of our faith . . . Risher offers us radically new ways to think about justice, about what it means to love, about making a life centered on service."

A writer, editor and poet, Risher for many years edited The Other Side, an award-winning Christian social-justice magazine published in Germantown, which was 40 years old when it closed in 2004. Her work has been featured in many publications including The Utne Reader, Sojourners, Grid and Huffington Post.

Risher draws on her life experiences growing up a white person from the South who lived with black families, worked in China and a poor neighborhood in Washington, D.C., and chose to live and raise her family in a low-income, predominantly African-American neighborhood in Philadelphia. Drawing loosely on the biblical story of the prophet Elisha and



**Author Dee Dee Risher will read from "The Soulmaking Room" on Thursday, Aug. 25, at 6 p.m. at Big Blue Marble, 551 Carpenter Lane.**

For more info on the book, visit [www.soulmakingroom.com](http://www.soulmakingroom.com).

the woman who built him a holy room as a kind of midrash, she explores how we create a space for spiritual growth, how we keep working toward justice and how we live truthfully.

A native of South Carolina, Risher moved to Germantown in 1987. She helped launch Vine and Fig Tree, a cooperative intentional housing community. She helped organize the neighborhood watch, coordinates a community garden, grows organic vegetables for the local food pantry and advocates for local schools. She currently attends Germantown Mennonite Church and Cookman Beloved Community Church in North Philadelphia.

"This is a book about becoming authentic," Risher said. "Every human being goes through graceful and also wrenching experiences. I have been struck by how little our spiritual traditions actually try to prepare us for these difficulties. I believe there is some heartbreakingly beautiful fruit we are to shape from those. This becomes our own unique, authentic gift to the world."

# Suggestions

by Norman Weiss, Weavers Way Purchasing Manager

**G**REETINGS 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.

Big food news in July included Congress passing the Roberts-Stabenow "bill to amend the Agricultural Marketing Act of 1946 to require the Secretary of Agriculture to establish a national disclosure standard for bioengineered foods, and for other purposes." In other words, a GMO labeling law.

One thing I like about our government is when bills are written, they often include definitions of terms about to be used. In this case, we have: "bioengineering, and any similar term, as determined by the Secretary, with respect to a food, refers to a food— "(A) that contains genetic material that has been modified through in vitro recombinant deoxyribonucleic acid (DNA) techniques; and "(B) for which the modification could not otherwise be obtained through conventional breeding or found in nature." "(2) FOOD—The term 'food' means a food (as defined in section 201 of the Federal Food, Drug, and Cosmetic Act (21 U.S.C. 321)) that is intended for human consumption." So now we also see that our government just defined GMO food as not "natural," since it's produced using a process that cannot be found in nature. Good to have more clarity on what food is.

The bill, passed with bipartisan support, requires disclosure of genetically modified ingredients. However, compa-



nies would have a range of options for making that disclosure: They could place text on food packaging, provide a QR (Quick Response) code or direct consumers to a phone number or a website with more information. Critics complain that not everyone has access to QR-code-deciphering cellphones, and it would be better to disclose the presence of GMO ingredients in plain language on the label. The bill also preempts all state legislated labeling requirements around GMO food. Another interesting thing about this bill is that it was supported by a few major organic-food companies and organizations, including UNFI (our main natural foods supplier) and the Organic Trade Association (an organic industry trade group). They view the bill as flawed, since it has gaps — like meat from animals fed GMO feed would not have to be labeled — and the lack of a plain-language requirement, but believe a federal labeling standard is still better than individual state standards, which might be hard for large manufacturers with national distribution to comply with.



Last month I wrote about the role of pricing in a food co-op and a healthy food system. One of the things our food co-op trade group recommends is managing

(Continued on Next Page)



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(Continued from Preceding Page)

the Co-op's price image by taking lower markups on items that people are more "price-aware" about, typically things that many people buy on regular basis. (These are known in retail as "high household penetration" and "high purchase frequency" items). Examples are eggs, milk and ground beef. Stores make up for these low-margin items by also selling higher markup items for which shoppers are not as price-aware or don't care as much about the price — D'Artagnan duck breast, Zsa's ice cream, Yellow Springs chevre.

I question what the term "price image" is doing in a consumer co-op's lexicon to begin with. Why would a co-op want to manipulate its members' perception of reality instead of simply reflecting the actual reality, i.e., telling the truth about what a product costs to produce and get through checkout? This would be reality-based pricing, with no image-management needed. Maybe it's because telling the truth wouldn't succeed in a competitive marketplace, a sad state of affairs that I once thought co-ops existed to help correct.

**suggestions and responses:**

**s:** "Could we carry the Cherry Amaretto Coconut Bliss again? Some of us can't have stimulants (coffee, chocolate) and that leaves only vanilla and coconut for us."

**r:** (Kathryn MA) Thanks for sharing your preferences and dietary restrictions. It's hard for us to know about our members' varied needs. We won't bring the Cherry Amaretto back, but I'll keep this in mind while considering other flavors.

**s:** "Please start stocking Ben & Jerry's vegan 'ice cream' (made with almond milk) or I will surely die!"

**r:** (Kathryn MA) Oh no! Acme may be

your lifesaver. We won't be carrying it, but thanks for your suggestion!

**s:** "Plain Coconut Bliss — we have carried it in the past, was I the only one buying?"

**r:** (Kathryn MA) Yes, you may have been the only one. It was the slowest-seller among the flavors. Sorry to disappoint!

**s:** "I want to get the gourmet vegan cheese at Chestnut Hill that is Pepper Jack or another Jack! Thanks. P.S. Also Raw Revolution Bars, I have not seen them lately and I'm passionate for them!"

**r:** (Shawn MA) Not clear if you want shredded cheese or a particular brand. Daiya makes a vegan pepper jack in shreds. Please talk to me the next time you come in. And I'll pass the Raw Revolution request on to Kathryn.

**s:** "You changed Claudio ricotta to pre-prepared containers by Claudio! Unfortunately, I loved your prior smaller servings as I usually was able to consume the ricotta before it turned. Now I find I waste half with the new packaging. Wondering if

I question what the term 'price image' is doing in a consumer co-op's lexicon to begin with. Maybe it's because telling the truth wouldn't succeed in a competitive marketplace, a sad state of affairs that I once thought co-ops existed to help correct.

there could be a self-serve — that would diminish packaging by staff and allow members to get just what they need."

**r:** (Shawn MA) If you would like a smaller amount, we can always open a container and pack as much you like. Just ask the Deli staff, we'll be happy to do it for you. Self-serve may be pretty messy option!

**s:** "I can't understand your decision to drop the frozen samosas you were carrying — about \$3.49 for four really tasty samosas — in favor of Bhagya's — \$4.25 for two samosas, taste unknown because I don't wish to pay the high price. The old brand was such a great deal. The new brand just feels like another way in which I'm shopping at a place I can't really afford."

**r:** (Kathryn MA) I'm always sorry to disappoint a member! Part of my job is "category management." That includes using sales data to bring in better-selling items and discontinue slow-selling items. The frozen samosas were one of the slowest-selling items in the freezer case. We didn't discontinue the frozen samosas

because of the Bhagya's; we would sell both if both sold well. I hope this clears up our decision-making process, at least. Please contact me if you have questions: worley@weaversway.coop or 215-843-2350, ext. 140.

**s:** "I hope we get back the ginger-flavored Green & Black's chocolate bars! They're the best!"

**r:** (Kathryn) We still have them! They may have been temporarily out of stock. Sorry they weren't available when you came in.

**s:** I just heard about Melania Trump's speech copying parts of Michelle Obama's speech from 2008. Seems like many people think it was wrong and a mistake, but I'm wondering if Weavers Way has an official stance."

**r:** (Norman) Traditionally, Weavers Way has stayed out of national politics, but as it turns out, our Mission Statement applies here: "We work to sustain a healthy planet, promote environmentally sound products and practices, encourage and support local and organic farming, and try to act with environmental consciousness in all our endeavors." Since acting with environmental consciousness would include behaviors like re-use and recycling, and since Melania re-used Michelle's words (thus eliminating the waste generated from composing new speeches), we find nothing wrong with Melania recycling Michelle's words. In fact, we suggest before writing anything, people should see if what they want to write or say has already been said or written, and then just use ditto marks (or say "ditto"), which also saves paper and ink and calories spent powering vocal chords.

normanb@weaversway.coop



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## Cooperator of the Month



### Betsy Wallace

**Joined Weavers Way:** 2009, with her husband, Ken Weiner.

**Lives In: Wyndmoor.** She grew up in Springfield Township, but moved to Rhode Island for college and settled there. They returned to the area in 2000.

**Former job:** Attorney; finished her career as a staff attorney at the U.S. Court of Appeals for the Third Circuit in Philadelphia.

**Why they're members:** "The thing I appreciate most about the Co-op is that you know you're getting quality food. . . . That became more important to me after I was diagnosed with ovarian cancer in 2010. I try to keep myself to organic foods as much as I can."

**Main Co-op job:** She's been working with Outreach Coordinator Bettina de Caumette on a Weavers Way version of the Time4Time Community Exchange, a timebank serving Northwest Philadelphia. She and Bettina also combined efforts to organize two local Repair Cafes.

**Favorite Co-op products:** Pequea Valley plain yogurt, Martin's sausage. (They do most of their shopping here.)

**Call for volunteers:** She's looking to form a committee to organize the Weavers Way timebank; it would meet monthly. Interested? Contact Bettina at outreach@weaversway.coop or 215-843-2350, ext. 118.



## WORKSHOP THURSDAYS

**Topics are as varied and far-reaching as the interests of our members.**

Member-led workshops are FREE (some charge a materials fee) and open to the public. Check the online events calendar for details and updates:

[www.weaversway.coop/events](http://www.weaversway.coop/events).

**Or why not give a workshop yourself?**

Weavers Way members who lead workshops receive three hours of household credit. For more info or to propose a topic, contact Membership at outreach@weaversway.coop or 215-843-2350, ext. 118.

**COMING UP IN AUGUST:**

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

**Book-Signing: "V for Veg," by Vance Lehmkuhl**

Aug. 4, 7-8:30 p.m., The Garage, 542 Carpenter

We're teaming up with Big Blue Marble to celebrate Co-op member Lehmkuhl on the publication of a collection of his columns about the vegan life, originally written for the Daily News. Meet, greet and share kale chips and other plant-based refreshments!

**Workshop: Intro to Iyengar Yoga with Pat Albright**

Aug. 4, 7:30-9 p.m., Healing Arts Studio, 15 W. Highland Ave.

Co-op member and Iyengar yoga specialist Albright has been teaching since 1986. She'll guide you through floor stretches, strengthening work, seated poses, standing poses, variations on inverted poses and mindful breathing.

**Workshop & Book-Signing: "Illness or Deviance: Drug Courts, Drug Treatment and the Ambiguity of Addiction," by Jennifer Murphy**

Aug. 11, 7-8:30 p.m., The Garage, 542 Carpenter

Murphy, Associate Professor of Criminal Justice at Penn State Berks, examines the confusion and contradictions in labeling, treating and punishing addiction in her new book, based on her fieldwork in a drug court and an outpatient drug treatment facility.

**Workshop: Intro to Yoga with Sofi Milani**

Aug. 11, 7-8:30 p.m., Healing Arts Studio, 15 W. Highland Ave.

This is a great opportunity for all you Co-op members who have never gotten into a pose or tried guided breathwork! Member and experienced, professional yoga teacher Milani will gently guide you through some very basic poses and help you learn to use your own breath as a tool for releasing tension.

**Workshop & Book-Signing: "The Grid & the River" by Elizabeth Milroy**

Aug. 18, 7-8:30, The Garage, 542 Carpenter

Drexel University art historian Milroy will talk about her new book, "The Grid and the River: Philadelphia's Green Places, 1682-1876," in the debut of a partnership of Weavers Way and Big Blue Marble. All books in the "Blue & Green" series are 10% off for Co-op members! More info and to register: [www.weaversway.coop/grid-and-river](http://www.weaversway.coop/grid-and-river).

**Intro to Landscaping with Native Plants**

Aug. 25, 5:30-7 p.m., The Garage, 542 Carpenter

Native plants are the building blocks of a healthy ecosystem, and your yard can help. Join naturalist and Co-op member John Janick as he discusses the whys and hows of native plants in the garden. He'll help you identify invasive non-natives, describe light and soil options and demonstrate how to prep, plant and care for natives.



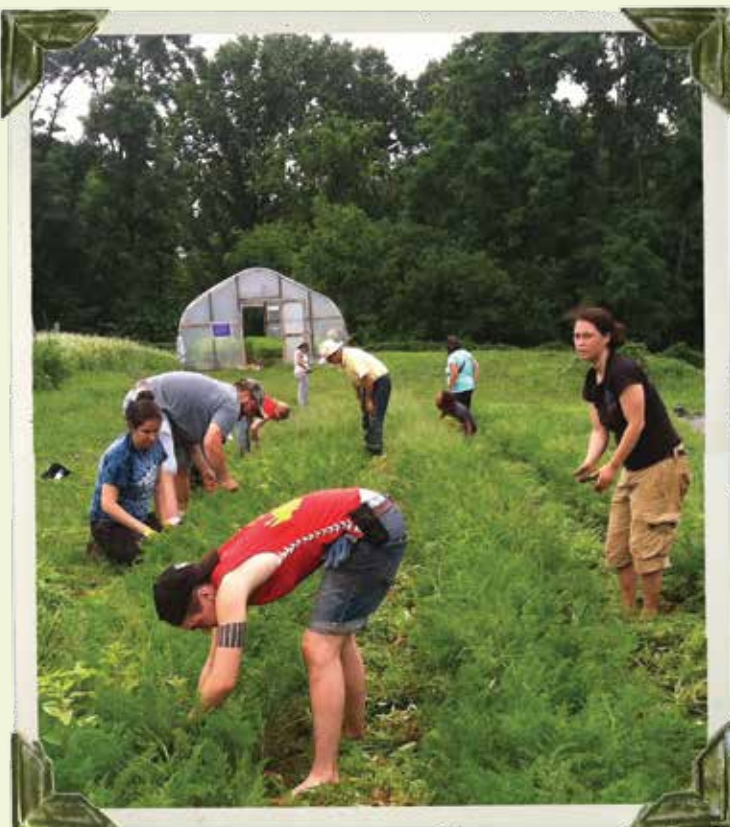
### HOMESTEADING WORKSHOPS & EVENTS AT THE FARMS

AUGUST	SEPTEMBER
<p><b>TUESDAY, AUG. 2</b> 8:15PM  <b>Movie Night on the Farm**</b>                      "The Martian," Matt Damon, 2015. Film rolls at sunset. Free — bring a picnic!</p> <p><b>WEDNESDAY, AUG. 3</b> 6-9PM  <b>Food Swap at the Farm*</b>                      Share homegrown foods or homemade specialties. It's a delicious way to diversify your pantry! Info and to RSVP: skane@weaversway.coop.</p> <p><b>SATURDAY, AUG. 6</b> 9AM-1PM  <b>Volunteer Day at Awbury*</b></p> <p><b>WEDNESDAY, AUG. 24</b> 7PM  <b>Preserving the Harvest***</b>                      Food in Jars blogger Marisa McClellan teaches "Easy Tomato Salsa." \$30. Register: <a href="http://www.weaversway.coop/homesteading">www.weaversway.coop/homesteading</a>.</p>	<p><b>SATURDAY, SEPT. 3</b> 9AM-1PM  <b>Volunteer Day at Henry Got Crops**</b></p> <p><b>TUESDAY, SEPT. 13</b> 6:30PM  <b>Homestead Herbs Series**</b>                      "Preparing for Fall." \$15. Register: <a href="http://www.weaversway.coop/homesteading">www.weaversway.coop/homesteading</a>.</p> <p><b>FRIDAY, SEPT. 23</b> 7PM  <b>Movie Night on the Farm **</b>                      "The Wizard of Oz." Film rolls at Sunset. Free — bring a picnic!</p>
	OCTOBER
	<p><b>SATURDAY, OCT. 1</b> 9AM-1PM  <b>Volunteer Day at Awbury*</b></p> <p><b>SATURDAY, OCT. 15</b> NOON-4PM  <b>Harvest on Henry Farm Festival**</b>                      For info on participating, contact Bettina at outreach@weaversway.coop or 215-843-2350, ext. 118.</p>

\* Weavers Way Farm at Awbury Arboretum, 1011 E. Washington Lane  
 \*\* Henry Got Crops Farm at Saul High School, 7095 Henry Ave.  
 \*\*\* Chestnut Hill Friends Meetinghouse, 20 E. Mermaid Lane  
 Visit [www.weaversway.coop/homesteading](http://www.weaversway.coop/homesteading) for more info.

## Picture Yourself Out at the Farm

Many hands make light work — and do we have plenty of work! Summertime is a busy time indeed: We are not only working the vegetable beds that are already planted, and planting fall crops to for later in the season, but we are also harvesting beautiful vegetables that need to be washed, packed and distributed to happy customers. Needless to say, this is a great time to volunteer at Weavers Way's farms! Working members can sign up in the Online Work Calendar in the Member Center. Or just join us for one of the monthly first-Saturday volunteer days (see above). Hope to see you there!



Nina Berryman photo



# 'Son of the Co-op' Shares His Happy Self With Co-Workers & Shoppers at Both Stores

by Karen Plourde, Weavers Way Communications Staff

**K**ENTU X HAS WORKED FOR WEAVERS WAY FOR more than seven years. It's nowhere near as long as some Co-op staffers, but in that time, he's become a fixture at both Mt. Airy and Chestnut Hill, engaging shoppers and employees alike with his ready smile and helpful nature.

Kentu, who grew up in West Philadelphia, works grocery and customer service at both stores and also helps out at Co-op events. He came to Weavers Way via St. John's Community Services, a nonprofit agency that develops creative ways to support people with intellectual disabilities in the communities where they live. "We basically help them find jobs, and then keep them and maintain them once they have a job," said Sam Reynolds, a SJCS employment specialist. "Ideally, independence is the ultimate goal."

St. John's gets many of its referrals from the Pennsylvania Office of Vocational Rehabilitation and the Philadelphia Department of Behavioral Health and Intellectual Disability Services. Those agencies evaluate an individual's fitness for work and then recommend them to outfits like SJCS to set them up in an appropriate environment. Kentu came to St. John's in March 2008 and was hired by the Co-op in January 2009.

Participants in employment-readiness programs like the one run by SJCS come to the work world needing varying degrees of help. As someone who can get to work on his own and do what's asked of him with minimal guidance, Kentu is at the higher end of that ability range.

"He's a real success story for our program," Reynolds said. "He's very popular, works at both stores, knows the customers by name. . . . He's really ingrained in the community."

Reynolds believes the Co-op has played a big role in Kentu's success on the job. "Natural supports are a big thing that we try to work on, and Weavers Way is really good about that," he said. "Like any person, you rely on your coworkers to help you out and teach you things and watch your back, and Kentu's got that for sure. . . . It's lucky if that happens; we'd like it to happen more. It's a testament to both sides of the system."

For his part, Kentu, a 2001 graduate of Overbrook High, likes everything about working at the Co-op — the hours, the pay and the quality of food sold here. His favorite products are corn, apples, bananas and Noreen's cranberry-orange cookies.

When he's off the clock, Kentu, who recently moved into his own place in Germantown, likes to play djembe drum and hang out with his friends Steve and Tremayne. He's also a fan of all four Philly pro sports and isn't shy about offering his opinions on the teams, especially where the Eagles and Sixers are concerned.

James Mitchell, grocery manager at Weavers Way Chestnut Hill, describes Kentu as "a very alive person." "He comes in ready to work, always [helping] out customers," he said. ". . . He's a very nice, easygoing guy. I've never really seen him mad."

James also credits Kentu's willingness to ask for

## Staff Celebrity Spotlight: Kentu X



Karen Plourde photo

Kentu is always ready to get out his djembe drum.

help when he needs it. "Even if he doesn't know what the product is, he makes it his business to find out for the customer," he said. "I think that's cool. . . . If he doesn't know what it is, he's interested as well."

"He's like family . . . he's like a son of the Co-op."

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.

The Board meets at 7 p.m. on the first Tuesday of the month — except August! The next meeting is scheduled for Tuesday, Sept. 6.

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

### 2015-2016 Weavers Way Board

**President:** Chris Hill

**Vice President:** Joshua Bloom

**Treasurer:** Emmalee MacDonald

**Secretary:** Lisa Hogan

**At-Large:** Megan Seitz Clinton, Larry Daniels, Joyce Miller, Joan Patton, Linda Shein, Laura Morris Siena, David Woo.

### The Shuttle

#### Editor

Mary Sweeten, 215-843-2350, ext. 135  
[editor@weaversway.coop](mailto:editor@weaversway.coop)

#### Art Director

Annette Aloe, 215-843-2350, ext. 130  
[annette@weaversway.coop](mailto:annette@weaversway.coop)

#### Advertising Coordinator

Karen Plourde, 215-843-2350, ext. 314  
[advertising@weaversway.coop](mailto:advertising@weaversway.coop)

**Proofreaders this issue:** Alice Cervantes, Marisa Diaz, Laura Flandreau, Marjory Levitt.

**Contributors this issue:** Barbara Bloomfield, Sandra Folzer, Ron Kushner, Marsha Low, Brenda Malinics, Will O'Brien, Karen Plourde, Jon Roesser, Jackie Schrauger, Dr. Jodi Schwartz-Levy, Alisa Shargorodsky, Calla Bush St. George, Betsy Teutsch, Evelyn Wagaman, Norman Weiss.

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**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.-9 p.m.  
Sunday, 8 a.m.-9 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

#### General Manager

Jon Roesser, ext. 131  
[jroesser@weaversway.coop](mailto:jroesser@weaversway.coop)

#### Controller

Nancy Pontone, ext. 116  
[npontone@weaversway.coop](mailto:npontone@weaversway.coop)

#### Purchasing Manager

Norman Weiss, ext. 133  
[normanb@weaversway.coop](mailto:normanb@weaversway.coop)

#### Marketing Director

Crystal Pang, ext. 121  
[cpang@weaversway.coop](mailto:cpang@weaversway.coop)

#### HR Coordinator

Danielle Swain, ext. 132  
[hr@weaversway.coop](mailto:hr@weaversway.coop)

#### Membership Manager

Kirsten Bernal, ext. 119  
[member@weaversway.coop](mailto:member@weaversway.coop)

#### Outreach Coordinator

Bettina de Caumette, ext. 118  
[outreach@weaversway.coop](mailto:outreach@weaversway.coop)

#### Mt. Airy Store Manager

Rick Spalek, ext. 101  
[rick@weaversway.coop](mailto:rick@weaversway.coop)

#### Chestnut Hill Store Manager

Dean Stefano, ext. 212  
[dstefano@weaversway.coop](mailto:dstefano@weaversway.coop)

#### Executive Chef

Bonnie Shuman, ext. 218  
[bonnie@weaversway.coop](mailto:bonnie@weaversway.coop)

#### Farm Manager

Nina Berryman, ext. 325  
[nberryman@weaversway.coop](mailto:nberryman@weaversway.coop)

#### Next Door Manager

Amira Shell, ext. 220  
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#### Mt. Airy Wellness Manager

Lisa Whitlock, ext. 114  
[apedrick@weaversway.coop](mailto:apedrick@weaversway.coop)

#### Pet Department Manager

Anton Goldschneider, ext. 276  
[petstore@weaversway.coop](mailto:petstore@weaversway.coop)

#### Grocery

(MA) Kathryn Worley, ext. 140  
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(MA) Dave Ballentine, ext. 102  
[dballentine@weaversway.coop](mailto:dballentine@weaversway.coop)

#### Deli

(MA) Shawn O'Connell, ext. 109  
[soconnell@weaversway.coop](mailto:soconnell@weaversway.coop)

(CH) Matt Budenstein, ext. 209  
[mbudenstein@weaversway.coop](mailto:mbudenstein@weaversway.coop)

#### Meat, Poultry & Seafood

(MA) Dale Kinley, ext. 104  
[dale@weaversway.coop](mailto:dale@weaversway.coop)

(CH) Ron Moore, ext. 205  
[rmoore@weaversway.coop](mailto:rmoore@weaversway.coop)

(MA) Dale Kinley, ext. 104  
[dale@weaversway.coop](mailto:dale@weaversway.coop)

(CH) Ron Moore, ext. 205  
[rmoore@weaversway.coop](mailto:rmoore@weaversway.coop)

#### Produce

(MA) Jean MacKenzie, ext. 107  
[mackenzie@weaversway.coop](mailto:mackenzie@weaversway.coop)

(CH) Mike Herbst, ext. 211  
[mherbst@weaversway.coop](mailto:mherbst@weaversway.coop)

(CH) Mike Herbst, ext. 211  
[mherbst@weaversway.coop](mailto:mherbst@weaversway.coop)

#### Floral Buyer

Ginger Arthur, ext. 317  
[floral@weaversway.coop](mailto: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 of credit for attending. We look forward to meeting you!

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

Meetings start at 6:30 p.m.,  
in Mt. Airy or Chestnut Hill.  
RSVP to:

[outreach@weaversway.coop](mailto:outreach@weaversway.coop) or  
215-843-2350, ext. 118.

**NEXT MEETING: Thursday, Aug. 11**  
**Community Room, 555 Carpenter Lane**  
(adjacent to the Mt. Airy store)

weavers way coop



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# August Member Specials

Valid from August 3 - 30

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32 FL OZ  
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OG NORI RICE  
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