



FALL GENERAL MEMBERSHIP MEETING
FRIDAY, NOV. 3
5-8 p.m.
 The Waldorf School of Philadelphia
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SPECIAL GUEST SPEAKER:
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Mayor of Philadelphia

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\$5

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Get tickets (REQUIRED) at:
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See the Agenda:
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The Shuttle

OCTOBER 2017 Since 1973 | The Newsletter of Weavers Way Co-op Vol. 45 | No. 9

BOARD CORNER

Weavers Way Ambler: Right Store, Right Stuff

by Chris Hill, Weavers Way Board President

MORE THAN FOUR YEARS AGO, THE WEAVERS WAY board held a retreat at the Lutheran Seminary. The topic at that February session was Co-op expansion – i.e., a third store. Board and staff leadership were there, including Jon Roesser, who was still, at that time, the human resources director.

Our co-op consultant facilitator took us through a process of examining the options, from Roxborough and Germantown to South Philly and Ambler. Even back then, Ambler emerged as the top choice:

- A community already hungry for a food cooperative.

(Continued on Page 4)



Suggestions

by Norman Weiss, Weavers Way Purchasing Manager

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

Back in August, I wrote a little about transparency, and how it's not really practiced in the co-op world. Transparency is gaining importance

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GM'S CORNER

When the Doors Open, The Next Move Is Yours

by Jon Roesser, Weavers Way General Manager

AS I WRITE THIS COLUMN, CONSTRUCTION IS WINDING down at our Ambler store. The target opening date is somewhere around Oct. 6, though that might change — this is our fourth target opening date — but in any case, we're getting close. Good thing too, as by this point my fingernails will need all of 2018 to grow back.

I shouldn't complain. The project has gone remarkably well, with delays and "change orders" (constructionspeak for cost overruns) that are, I'm told, fairly typical for a job of this scope.

So the paint's dry, the equipment's humming and the

(Continued on Page 4)



GRAND OPENING

WEAVERS WAY CO-OP AMBLER

217 E. Butler Ave.

See back page for more info.

JOIN US FOR OUR GRAND OPENING CELEBRATION WEEKEND

FRIDAY, OCT. 27 - SUNDAY, OCT. 29

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

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Ecstatic to be opening in Ambler

GRAND OPENING CELEBRATION! AMBLER

Check It Out!

by Karen Plourde, Weavers Way Communications Staff

The new Weavers Way Ambler is all that and a bag of chips — lentil, quinoa or plain old potato. Upgrade Numero Uno is visible upon entering the store — a café seating area, complete with a microwave, a hand-washing sink and its own cash register for grab 'n' go purchases. Upgrade #2 is close by — a customer service desk for refunds, membership questions and other issues.

From there, the hits keep on coming — more than 10,000 square feet of retail space (more than our other stores combined), a full aisle of pet products (including a freezer), a 32-square-foot open produce case and a 25-square-foot packaged meat case, to name a few.

The improvements to the “back of the house” — more and bigger walk-in coolers, an actual loading dock, kitchen equipment that can chill faster or keep items warm more effectively — will deliver a greater selection of our popular prepared foods.

Here's a taste of what's to come:

Prepared Foods

- Three “bars” — soup/sandwich, salad and hot. The soup bar has five “wells,” and the salad and hot bars are twice the size of Chestnut Hill's — plus you can walk all around them.
- A tilt skillet and steam kettle that will allow us to make large batches of soup and our more popular salads. Ambler Prepared Foods will be able to transfer food to Mt. Airy to ease the workload in the too-tight kitchen there.
- A self-serve hot food case.

Meat/Poultry/Fish

- By shoppers' request, a full-service fresh meat and seafood case.
- Our own house-made sausage, thanks to new meat-grinding equipment. Initially, it will only be available in Ambler, but plans are in the works to make enough to supply Chestnut Hill and Mt. Airy.

Deli:

- The cheese case now fronts the counter, the better for our experts to explain cheeses to shoppers.

Bakery:

- A dedicated refrigerated dessert case. (Bring on the cheesecake!)

Bulk:

- Two islands of bulk bins — not as many as in Mt. Airy, but close.
- A “sticky liquid” section that includes nut-butter grinders, maple syrup, oils and honey.

Produce:

- A separate closed case for bagged salads, herbs and microgreens.
- A case for cut fruit (and single-serve drinks) near the registers.

Grocery:

- 65 feet of dairy space, including a rear-load case. What's that mean for you? We can restock without being in your way while you're grabbing a carton of milk.
- 40 feet of freezer cases.

One more number that may amaze you:

- 85 parking spaces just for us.



Reduce, Reuse, Recycle at the Ambler Store

by Marsha Low, for the Weavers Way Environment Committee

Thanks to Weavers Way Facilities Manager (and Environment Committee member) Steve Hebden for the information.

Design:

- Meat and seafood service cases generate less plastic packaging!
- All electricity used in the building is sustainable, from wind, solar or other renewable sources.

Energy use:

- LEDs are used for all building lighting.
- Automatic doors and air curtains in the vestibule save energy.
- The refrigeration system is a rack of six compressors instead of 24 individual compressors. The system captures the heat it generates and uses it to heat water and, in the winter, the building itself.
- All open refrigerated cases have built-in “night covers.”
- All refrigerated cases and walk-in boxes have ECM fan motors, which are more efficient than ordinary ones.
- The refrigerated cases have zero-energy doors without heating elements in the frames.
- The freezer display doors have heater controls that turn the heater off when not needed.
- All newly installed windows have double panes.
- All lights, including displays, turn off automatically after staff exits the building at night.

Materials:

- Reclaimed lumber was used on interior facades and will be used on the exterior facade.
- Tile flooring contains recycled materials.
- Low VOC (volatile organic compound) paint was used.

Recycling:

- Single-stream recycling will be implemented throughout store operations
- During construction, all debris was sorted and recycled when possible (metal, wood, and concrete, for example) by the hauling company.



GRAND OPENING CELEBRATION! AMBLER

11 PEOPLE
 Eleven Things is a service of Weavers Way.

To look for at Weavers Way Ambler

The managers at our new store are rarin' to make your Co-op experience the best. And not just them: As Kathryn says,

"Everyone working here wants Weavers Way Ambler to be a place of deep connection and service to this community."



KATHRYN WORLEY

**Kathryn Worley
 Store Manager**

Was: Grocery manager at Weavers Way Mt. Airy along with other store gigs since 2013. She recently spent time "on loan" as interim general manager at Creekside Co-op in Elkins Park.

Quote: "The combined talent of the group of managers in this store is really outstanding. The amount of knowledge is just crazy."

**Nick Rosica
 Assistant Store Manager**

Was: Assistant store manager and before that, cashier manager, in more than six years at Weavers Way Chestnut Hill.

Ask him about: Service — the quality of your engagement with store staff and your overall experience as a customer.

**Nancy Timmons Melley
 Grocery Manager**

Was: Grocery manager at Fresh Market in Horsham for six years.

Ask her about: Local products and any other items you'd like to see in the store.

**Jim Quigley
 Assistant Grocery Manager**

Was: Inventory manager at Bunn's Natural Foods in Southampton; spent several years as a natural foods and wellness broker for Nature's Good Food.

Quote: "Anybody who's wondering what nutrient-dense food they can give their kids with a content heart, come to me!"

**Erik Fagerstrom
 Produce Manager**

Was: Assistant produce manager at Weavers Way Mt. Airy; approaching his fourth year at the Co-op.

Ask him about: Local fresh stuff, including apples, cider and apple cider doughnuts.



ADAM SIRINE

**Adam Sirine
 Meat & Seafood Manager**

Was: Meat and seafood manager at Fresh Market in Horsham for seven years, and meat and seafood manager at three different Whole Foods before that.

Quote: "I think the food will speak for itself."



ALISA CONSORTO

**Alisa Consorto
 Prepared Foods Manager**

Was: After running her own restaurant, helped manage the Weavers Way Chestnut Hill kitchen for over five years.

Quote: "We want to hear from Ambler folks what they'd like to see in the store — and what would you like on the hot bar?"



ANDREA HOULIHAN

**Andrea Houlihan
 Wellness Manager**

Was: Wellness manager at Tidal Creek Co-op in Wilmington, NC, for eight years. Arrived here on Aug. 30 with her two dogs and two cats.

Quote: "I consider it a privilege when people feel comfortable sharing their personal information so I can try and help them."



SIERRA DUNN

**Sierra Dunn
 Bulk Buyer**

Was: Bulk buyer at Weavers Way Mt. Airy for three years; also spent time in bulk at Creekside Co-op in Elkins Park.

Ask her about: Anything bulk related, but especially kombucha, coffee and spices.



JON CAVANAUGH

**Jon Cavanaugh
 Bakery Buyer**

Was: General manager at Bone Appetite, a pet store in Chestnut Hill; previously health and wellness buyer at Weavers Way Across the Way.

Ask him about: "Do you want more gluten-free? Local? Vegan? Let me know."



DEIDRE SHAFFER

**Deidre Shaffer
 Membership Coordinator**

Was: Spent two years in produce at both Weavers Way stores; has many years of experience in higher education, including as Dean of Students at Rosemont College.

Quote: "I encourage everyone to become a member and a part of the community — it's an extended family."

—Karen Plourde

GRAND OPENING CELEBRATION! AMBLER

BOARD CORNER

Right Store, Right Stuff

(Continued from Page 1)

- A community with a walkable downtown, a growing population and an engaged citizenry.
- A market area very friendly to the idea of natural and organic foods.
- A location close to our existing Chestnut Hill market area.

In fact, the Board's interest in Ambler goes back even further than that. A year before, the National Cooperative Grocers, to which we belong, urged us to consider taking on a start-up co-op in the region as our third store. The rationale? Existing co-ops can add a new store in a year or two. Startups often take over seven years to get up and running, and often with a store that is not large enough to be financially strong.

The Board responded positively to this argument. We were interested in expanding the cooperative economy in our region – opening stores with a commitment to local farmers, local businesses and local communities, so that those market niches wouldn't be filled by national or international chains with no real commitment to our region. We were also interested in cre-



ating better jobs, with better benefits, for people in our communities.

Once the Board and staff reached a consensus that Ambler would be the best next step in our growth, we began a series of conversations with the Ambler Co-op leadership, and together we eventually began looking for building space in downtown Ambler.

After exploring two promising locations — and experiencing lots of anxiety and heartburn — we finally settled on the empty Bottom Dollar store at 217 E. Butler Ave. So, here we are. This beautiful new store, in this vibrant, engaged community, will strengthen all of our stores and benefit all of our members. We on the Board, along with the Weavers Way staff, look forward to learning from and growing with Weavers Way Ambler.

tchrishill@gmail.com

GM'S CORNER

Make Our Third Store Your Third Place

(Continued from Page 1)

shelves are getting stocked. Plan on paying a visit soon.

The store is the manifestation of hard work by innumerable people, perhaps driven by different motives but all embracing the cooperative business model. As a result, Weavers Way Ambler represents the single biggest opportunity in the near term to grow the cooperative economy in the Philadelphia area.

Already, before the doors open, we can count over a thousand new members in and around Ambler, most joining in the last few months, many as part of our partnership with the former Ambler Food Co-op. Their patronage will keep millions of dollars in the local economy, stanching at least some of the economic leakage that comes with patronizing the big out-of-town corporate chains.

To accomplish this, our Ambler store will have to operate as a first-rate grocer, offering exceptional service, amazing food and good value.

Wait till you see it. The store looks grand, and it's chock-full of amenities: ample parking, wide aisles, handicapped-



Look for me under the café lights!

accessible bathrooms, a café seating area and lots and lots of space, which will allow us to offer a larger selection of products than we can fit in our other stores.

The store's size has raised an important question. The small scale of our Mt. Airy and Chestnut Hill stores creates a sense of intimacy, friends and neighbors rubbing shoulders – often bumping shoulders – and in so doing, elevating the chore of going to store to a higher purpose: grocery shopping as civil engagement.

But can the same intimacy be produced in a store of 10,000 square feet?

Absolutely. Go to City Market in Burlington, VT, or River Valley in Northampton, MA, or Weaver Street in Carrboro, NC, or dozens of other co-op

(Continued on Next Page)

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GRAND OPENING CELEBRATION! AMBLER

(Continued from Preceding Page)

groceries around the country.

These stores are as big as Weavers Way Ambler, or bigger, but the comradery of their member-owners is easily felt by an observant visitor.

Weavers Way Ambler is our store. We need take ownership of it, embrace it and make it an extension of ourselves. It has to be more than just a place to buy groceries. It has to be our “Third Place.”

Over the last few years, my colleagues on staff and I have talked a lot about the social concept of Third Place. I wrote a Shuttle column about it a while back. The idea, in a nutshell, goes like this: If your First Place is where you live, and your Second Place is where you work or go to school, your Third Place is where you go for community connection.

A Third Place can be a coffee shop, hair salon, pool hall, really anywhere a person can go and feel the pulse of their community. Communities that lack Third Places aren’t really communities at all.

Our Mt. Airy and Chestnut Hill stores are successful not just because we sell a lot of groceries out of them – which we do – but because they serve as Third Places. And for the Ambler store to succeed, it will have to do the same thing.

For me, the store’s café offers the best opportunity for this. At the heart of the café is a long communal table, which I believe will become the heart of the store. This is where we’ll gather, together, as



Our Mt. Airy and Chestnut Hill stores are successful not just because we sell a lot of groceries out of them – which we do – but because they serve as Third Places. And for the Ambler store to succeed, it will have to do the same thing.



a cooperative community. When I’m in Ambler, that’s where you’ll find me.

We expect to have a significant Working Member presence in Ambler, one that is integral to the store’s culture. Familiar cooperators shifts like packing

cookies, stocking shelves and wrapping cheese will all be there, as will new ones like collecting shopping carts and maintaining the café.

We’ll also have plenty of committee work for members and a whole series of

workshops to help bring us all together. In short, Weavers Way Ambler will have an abundance of opportunities for members to engage in the cooperative experience, to make the Ambler store their Third Place.

Our hard work is by no means over. To succeed, we will rely on you, as a cooperatively owned enterprise must, our members, specifically our Ambler-area members, to rethink shopping patterns and get into your store, to actively participate in the life of the Co-op and to serve as our cooperative vanguard, spreading the word about Weavers Way to your neighbors.

So at last, the next step begins. Time to sell some groceries.

See you around the Co-op.

jroesser@weaversway.coop



Produce racks, Aug. 24, left, and Sept. 25 — now that’s progress!

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Special offer for Weavers Way members: Free growler bottle (not including beer). Present this ad and Weavers Way membership card.



GRAND OPENING CELEBRATION! AMBLER

What a Great Time to Open Our New Store — Because October Is Co-op Month!

WEAVERS WAY IS CELEBRATING National Cooperative Month in October — along with 40,000 other cooperative businesses that serve more than 120 million people nationwide! In honor of Co-op Month, and in celebration of our new store in Ambler, we have put together a series of events that explore the many ways in which cooperative companies, suppliers, manufacturers, workforces and farmers are empowering communities around the world.

The series has been developed in partnership with Upper Dublin and Wissahickon Valley libraries, and will culminate in a talk by Andy Lamas, the formidable scholar and University of Pennsylvania professor (and Weavers Way member), at The Mercantile.



Ethical Eating: What Is It and Why Does It Matter?

Monday, Oct. 2, 6:30-8:30 p.m., Upper Dublin Public Library, 805 Loch Alsh Ave., Fort Washington

Learn about the role food activists have played throughout American history, then focus on the limits and possibilities of cooperative food stores and the ability to create change while shopping on a budget. Led by Keith Brown, Associate Professor of Sociology at St. Joseph's University. Keith studies fair trade, consumer behavior and ethical consumption.



Weavers Way Co-op Month programs feature, clockwise from left: a screening of "Food for Change"; and discussions led by Kevin Brown, Jamila Medley and Andy Lamas.

Film: "Food for Change"

Thursday, Oct. 26, 6:30-8:30 p.m., Wissahickon Valley Public Library Blue Bell Branch, 650 Skippack Pike

A feature-length documentary about the history of the co-op movement and food co-ops today.

Who Owns the Co-op? Prevailing Myth & Promising Reality

Wednesday, Nov. 15, 6:30-8:30 p.m., The Mercantile, 542 Carpenter Lane

Thinking through who actually owns the co-op is no simple matter. Join us for a myth-busting evening that not only sets the record straight but opens up new possibilities for the cooperative enterprise and for economic democracy across the world. Led by Andrew Lamas, Professor in the Urban Studies Program at the University of Pennsylvania and a longtime Weavers Way member.



Weathering Change: The Staying Power of Cooperative Economics

Tuesday, Oct. 17, 6:30-8:30 p.m., Wissahickon Valley Public Library Ambler Branch, 209 Race St.

There's a lasting and sustainable power embedded in cooperative economics. This talk will explore the staying power of co-ops past and present, and our potential for the future. Led by Jamila Medley, Executive Director, Philadelphia Area Cooperative Alliance.

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WEAVERS WAY AMBLER

GRAND OPENING CELEBRATION! AMBLER

MEMBERSHIP CORNER

It's Not ALL About the Members —but Ours Are Pretty Awesome

by Kirsten Bernal, Weavers Way Membership Manager

PHEW! FORGIVE ME WHILE I CATCH MY BREATH before I extend greetings from the Membership Department! I have been lying low for some months now; haven't written a column in a while. I can't say that I've had my feet up all of this time, though. On the contrary, Membership is booming!

The big news is that Membership is very, very busy with what could accurately be described as a deluge of new members. It has been an intense but exhilarating time for Weavers Way. We have welcomed more than 100 new households every month since January. In August alone, 203 households joined.

That has not happened since we opened in Chestnut Hill seven years ago. Consequently, we are officially approaching 7,500 member households!

This is an unbelievably satisfying and validating turn of events. More and more people are standing up and affirming the cooperative movement as well as our Ends. As a result, our vibrant community expands and strengthens for the benefit of all.

This is especially true of the newest part of our community, in and around Ambler. It is hard to believe

that we are about to open the doors of our third store. The excitement is palpable. Every day, I have the pleasure of interacting with new members in Ambler. It often gives me a chill — no kidding — to think about how hard the people who founded the Ambler Food Co-op have worked to bring this day to fruition. AFC's founding members exemplify the cooperative model. Their needs were not being met within the structures that already existed to meet such needs, so they said, heck with this! We're gonna do it ourselves! And so they have.

Along with welcoming hundreds of new members, my colleagues and I have spent a great deal of time hosting orientations — three times each month, two in Ambler. I have met so many new members and it never ceases to inspire me to hear their stories and experience how Weavers Way meets their needs. I look forward to meeting many more of you in the months to come.

I'd like to sum it all up like this: On a warm evening in mid-August, as I stood watching members stream into our temporary office space on Butler Avenue and witnessed a line stretching out the door, I marveled and said to myself, "Boy! Ambler sure does show up!" Fifty nine members came out for that meeting in August.

I now know this to be true: Ambler shows up. It is



Yes, our Ambler members do show up.

this fact that leaves me with extraordinary confidence that Weavers Way is exactly where we are supposed to be. Ambler members are going to own it as we all own it. It is our store and, together, we are going to continue to grow this wonderfully alternative, reassuringly democratic, exquisitely quirky, delightfully counterculture entity that is our Co-op.

kirsten@weaversway.coop

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Sunday: 10am - 4pm

ONLINE: 24/7

GRAND OPENING CELEBRATION! AMBLER

Editor's Note: A Walk on the Sort-of-Wild Side

by Mary Sweeten, Editor,
Weavers Way Shuttle

IF YOU HAVEN'T BEEN TO AMBLER, where our new store is located, there are plenty of ways to get there. Let me count them:

- You could take the highway. (I would say "drive," but I wouldn't want to exclude all you bike commuters.) There are a number of routes, some of them scenic, and it's only about 7 miles from Chestnut Hill, 10 from Mt. Airy. (Give or take.)
- You could take the train, which, while a little inefficient, is a weirdly appropriate way to approach a town named in honor of the heroine of a famous 19th-century train wreck.
- You could take the Route 94 bus, which goes up Bethlehem Pike from the top of Chestnut Hill right to the doorstep of 217 E. Butler Ave. on its way to the Montgomery Mall.
- Or you could take a nice walk through the woods.

Yes, you can actually walk, mostly on trails, from Weavers Way to Weavers Way. *I've done it.*

The Green Ribbon Trail, assembled and maintained by the Wissahickon Valley Watershed Association, starts at Skip-pack Pike and runs more or less alongside Wissahickon Creek all the way to North Wales. At Fort Washington State Park, it becomes the Wissahickon Trail, which runs all the way to Chestnut Hill College and then on to Forbidden Drive via Northwestern Avenue.

Of course, there's a catch — a mile-long one on Stenton Avenue. Between Northwestern Avenue and W. Valley Green Road in Whitmarsh Township, there's no sidewalk. Hardly any shoulder. No trespassing on Erdenheim Farm. And where Stenton crosses the Wissahickon,



Blazes and signage make the way to Ambler pretty easy to find; as for the Turnpike, below left, it's scenic under there but kind of loud.

Below, the Stenton Avenue bridge (foot traffic not recommended).



no clearance at all — just two lanes of car traffic on a stone-arch bridge.

Ah, but a solution is in the works. Plans to fill in the missing link are nearly complete, says Henry Stroud, Trail Program Manager for the Montgomery County Planning Commission.

The eight-tenths-of-a-mile all-purpose "circuit trail" segment (bikes welcome, wheelchairs accommodated) will parallel Stenton on the outbound (east) side of the road, and includes a new trail-only bridge over the creek. Once \$2.3 million in funding comes together — "This kind of trail is expensive," Henry observed — the goal is to start construction in 2018, with completion in 12 months.

In the meantime, if you'd like to walk in my footsteps without holding up traffic or taking your life in your hands, start at the trailhead at Stenton and W. Valley Green Road. (There's also a parking lot a quarter-mile down Valley Green.)

Fort Washington State Park is for joggers and bikers. And dogs and picnickers and the occasional angler. This section of the route is paved or graded gravel (and hard on the feet, if you ask me). I would be remiss if I didn't mention the Fort Washington Hawk Watch, though it's not strictly on the way.

Once you cross Skippack Pike, the trail narrows to a well-blazed dirt track. You're in the woods now, but this isn't

exactly a pre-Raphaelite painting. You can hear the Turnpike and, closer to Ambler, glimpse trains going by. There's some pretty fancy graffiti under the Joshua Road/Lafayette Avenue bridge and, as you walk through Germantown Academy, maybe you'll see that three-legged deer. Hey — just like a walk on Forbidden Drive!

Deer browse and excess runoff keep the underbrush spartan even in this more sylvan, no-bikes-please stretch, says Gina Craigo, WVWA community outreach manager. Creek crossings are accomplished by engineered stepping stones and

(Continued on Next Page)

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GRAND OPENING CELEBRATION! AMBLER



Hands Across the Watershed for Giving Tuesday

by Gail Farmer and Maura McCarthy, for the Shuttle

IN 2015, THE U.S. ENVIRONMENTAL Protection Agency released a report demonstrating the importance of small streams and wetlands to downstream water quality, that what happens upstream affects what happens downstream. It is this key fact that links Friends of the Wissahickon in Philadelphia and Wissahickon Valley Watershed Association in Montgomery County for the shared purpose of protecting and enhancing life along the Wissahickon.

The Wissahickon, flowing downhill 64 miles from its source near Montgomeryville to its mouth at the Schuylkill, contributes 10 percent of Philadelphia's drinking water. Conserving the land in this watershed ultimately protects this critical source of clean drinking water.

That's why FOW and WVWA work together to educate neighbors on the many challenges facing the creek and its tributaries throughout both the upper (Montgomery County) and lower (Philadelphia County) portions of the watershed, such as development, the effects of stormwater runoff, pollution, changing climate and threats to habitat.

Just as the Co-op is broadening its reach from Philadelphia to the upper portion of the Wissahickon watershed with its new Ambler store, so do FOW and WVWA, also based in Northwest Philadelphia and Ambler respectively, realize the importance of banding together and expanding our scope of influence. The



(Continued from Preceding Page)

rustic bridges, including a couple on the side trail to WVWA headquarters, housed in a fabulous Horace Trumbauer-designed barn. (It's worth the detour.)

In about 4.5 miles from Stenton Avenue, the trail pops out on Butler Pike. Take to the sidewalk, heading east; cross the railroad tracks, go past the Ambler Theater and there you are. Weavers Way Ambler! Sure, it's another half-mile, but there are plenty of places on the way to stop for a drink.

Should you wish to continue up the trail to the terminus at Parkside Place near North Wales, it's 6 more miles, past the BoRit Superfund site (don't stick a shovel in the ground and you'll be fine, and that's all I'm going to say about that), traversing Whitpain, both Gwynedd, a golf course and more. That's still about 4 miles short of the ultimate source of the Wissahickon, behind the Montgomery Mall. Which you can get to on the 94 bus!

Two counties, a trail system and one long creek: It's Weavers Way's neighborhood now.

www.wvwa.org/greenribbontrail/

www.montcopa.org/924/Wissahickon-Trail

www.fow.org/visit-the-park/

msweeten@weaversway.coop

more support and involvement we can collectively gather from like-minded individuals and organizations, the greater the positive impact.

In recent years, FOW and WVWA have strengthened their relationship. We speak and testify on behalf of clean-water initiatives that protect the health of our waterways and our citizens. We partner on cleanup days to clear trash and debris in the creek from top to bottom. The completion of the beautiful 21-mile Green Ribbon Trail, which follows the Wissahickon from North Wales to Stenton Avenue and will soon link directly to Forbidden Drive, physically connects the landscapes we steward. In preparation for the trail's completion, WVWA introduced a Trail Stewards program, and FOW's seasoned Trail Ambassadors were there to train them in everything from the history of the Wissahickon Creek trail network to plant identification and proper pruning

techniques. Likewise, FOW is looking to WVWA as a model for engaging members as volunteers in boots-on-the-ground stream monitoring with WVWA's longstanding Creek Watcher citizen-science stream monitoring program.

To further engage our shared communities in our common goals around water-related issues, Weavers Way has generously designated Giving Tuesday on Oct. 10 to benefit both FOW and WVWA. Cashiers at all three stores will be ready to accept donations. Give \$2 — or more: Every dollar helps support our programs.

On behalf of FOW and WVWA, thank you for your support.

Gail Farmer is executive director of the Wissahickon Valley Watershed Association (www.wvwa.org). Maura McCarthy is executive director of Friends of the Wissahickon (www.fow.org).



Friends of the Wissahickon photo

Downstream, Forbidden Drive.



Wissahickon Valley Watershed Association photo

Upstream, stepping stones.

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- 7 Concern for Community

Reiterating 'Encore Careers'

by Larry Schofer, Weavers Way Education Committee

WEAVERS WAY WAS A CO-SPONSOR DURING THE SUMMER of a program on "encore careers" organized by Yosaif August, who brought together a panel to discuss ways of approaching alternatives to one's career. This involves both planning for activities after retirement or considering using their skills to make contributions to society while continuing to generate an income.

A followup group met at the Chestnut Hill library in September to see if such questions could continue on an ongoing basis. By organizing a meet-up group, Yosaif and David Calloway hope to provide a forum for consideration of choices people have in their lives. "Encore careers" covers a host of approaches to this issue.

At this session, Yosaif and David led the group through a series of exercises designed to help participants focus on their personal qualities and goals. For example: Are you a joiner or a loner? Do you want to build something from the bottom up, or work with an existing organization?

As part of the meeting, data analyst David Mosenkis made a presentation on how at one point in a successful career, he left his job for a number of months to consider how to proceed with his professional life. Eventually he became involved with several nonprofit groups and learned to help them by providing analysis of data on education-fund distribution in Pennsylvania. His research has been presented to the Pennsylvania General Assembly. Unfortunately, the legislature considered these changes only for future funds, not for the past grants that serve as a basis for most allocations. Remediating the base formula is the next step for POWER (Philadelphians Organized to Witness, Empower & Rebuild), a coalition of religious organizations from across the city.

By using skills gained in his earlier career, Mosenkis has been able to work professionally while contributing to improving our general society.

To further possibilities for people considering encore careers, a Philadelphia encore meet-up group has been formed. Visit www.meetup.com/topics/encore-careers/us/pa/philadelphia or encore.org.

Along with Weavers Way, the summer encore careers program was sponsored by Northwest Village Network and the Rotary Club of Chestnut Hill. Yosaif will lead a course at Mt. Airy Learning Tree Oct. 18 and 25; for info, visit mtairylearningtree.org.

edcomm@weaversway.coop

L.E.T.T.E.R

Renewable Energy & the Hard Sell

MY HUSBAND AND I READ WITH INTEREST THE LETTER IN the August Shuttle from Marion and Dave Brown and their contact with Weavers Way member Meenal Raval.

We had a troubling experience with an Inspire seller at the Philadelphia Folk Festival this summer that left a sour taste and frustration with how Pennsylvania Powerswitch continues to roll out in the state.

We want to support renewables, and that means NO nukes, either.

But we had a poor experience in the past with Green Mountain, where we got into a very expensive 12-month contract only to find out they are owned by NRG!

So I guess we were ripe for the spiel by the two Inspire sellers, a young new-hire "girl," as she called herself, and her boss. Her double-talk and our initial curiosity had us giving far more ID info than we usually do. When we realized we were being roped in step-by-step and decided we weren't committing, our data had already been submitted electronically.

"Oops! It must have timed out," she said. And the spiel continued about how Inspire doesn't charge cancellation fees like all the others, yadda, yadda, yadda.

By that point we were ticked. We were adamant we did not want to be enrolled. All we got were reassurances but no documentation of that, as, of course, everything is sooooo frictionless — it's in the ether!

Anyway, thanks for printing the letter from Marion and Dave Brown. We will be looking into EcoChoice 100 in our search for renewables.

Chrys Brown (no relation)

SHUTTLE LETTERS POLICY

The Shuttle welcomes letters of interest to the Weavers Way community. Send to editor@weaversway.coop. The deadline is the 10th of the month prior to publication. Include a name and email address or phone number for verification; no anonymous letters will be published. Letters should be 200 words or less and may be edited. Letters express the views of the writers and not those of the Shuttle, the Co-op or its Board. The Shuttle reserves the right to decline any letter.

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Friend of the Farm Raisa Williams

RAISA WILLIAMS, A FOUNDING MEMBER OF WEAVERS Way's farms, died in July at age 69. Raisa's son, Miguel, said she was involved with many Co-op committees and projects, but by far the nearest to her heart was the Farm Committee.

A social worker and former dean of freshmen at Haverford College, Raisa came to the United States in 1962 as a teenager in the anti-Castro "Pedro Pan" airlift of Cuban children.



Miguel said his mother "saw the opportunity to learn to grow things and understand nature as one not to be missed for anybody who was interested, but particularly for public-school kids who might not be exposed to it in any other way.

"She even kept many of the original seedlings for the Mort Brooks farm in our kitchen until they were big enough to replant in the new beds at Awbury. She

made some great friends through Weavers Way and the farm committee, including Norma Brooks, with whom she started the original farm at Awbury Arboretum.

"We spent years marveling at public school/working farm relationship at W.B. Saul, and I know my mom was very proud of being able to ultimately make the connection between such a unique agricultural and educational partnership and her beloved Weavers Way.

"She continued working on scheduling and committee tasks until less than a month before her death. My dad now spends time painting at the farm, and there aren't many places that evoke her spirit quite like the fields at Henry Got Crops."

Al Erlick, Longtime Member, Shuttle Supporter

by Jon McGoran, for the Shuttle

I STARTED WORKING AT WEAVERS WAY IN MY teens, and I first knew Al and Barbara Erlick as shoppers. They were among my favorites. But it wasn't until some time later, when I became editor of the Shuttle and Al was one of my proofreaders, that I got to know him better and began to appreciate what an extraordinary person he was.

Al died last spring at 88 in Florida, where he moved in 2015 from West Mt. Airy.

Most months, I would bring the galleys to his house, and then come and pick them up the next day. And most months, at drop-off and pick-up, we would chat: family, the Co-op, news of the world, trends in publishing.

Al was warm, friendly and unassuming, with a keen intellect that was instantly apparent, but that continued to reveal itself in new ways, and that somehow never seemed to diminish anyone else.

During those years, I slowly got to know much more about Al: his history in publishing and the Jewish community (he was editor of the Jewish Exponent for 24 years) and acting and teaching (he taught journalism at Temple, which was his alma mater), and his love of baseball (which was often on in the background). We were friends for over 20 years, and in that time, the surprising, impressive revelations never ceased.

Al became a trusted advisor as well as a friend, and as Weavers Way grew, and the Shuttle grew with it, Al's experience and wisdom helped guide decisions about what that growth should look like.

Ten years ago, as Weavers Way was poised to expand into Chestnut Hill, two of our community newspapers, the Germantown Courier and the Mt. Airy Times Express, suddenly closed, leaving a void in news and information about our community, and leaving the Co-op — at a time when we needed it most — without two of the outlets that had consistently carried our news and advertising.

When I had the idea of expanding the Shuttle to help fill that void, with increased community coverage and circulation, Al was one of the first people I turned to for advice. He helped put together an ad hoc committee of community stakeholders to discuss the idea. His insights were remarkably sharp, but even though he knew more about what we were discussing than anyone else in the room, he was never overbearing. And his ego—if there was such a thing—never revealed itself. That kind of gentle, quiet confidence was typical of Al.

I hadn't seen Al in a couple of years, probably not since just before he moved to Florida, but when I learned he had passed away, I realized how much I missed him. We were lucky to have him as a Co-op member, and I was lucky to have him as a friend.

Novelist Jon McGoran is the former editor of the Shuttle.



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 (about 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 prior, e.g., Dec. 10 for January.

No anonymous material will be published; all submissions must include an email or phone number for verification. The Shuttle retains the right to edit or refuse any

article or letter to the editor. Submit to editor@weaversway.coop. Articles and letters express the views of the writers and not those of the Shuttle, the Co-op or its Board, unless identified as such.

Advertising

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

for January. Ad rates are online at www.weaversway.coop/shuttle, via email at advertising@weaversway.coop or by calling 215-843-2350, ext. 314. Advertised products or services may not be construed as endorsed by Weavers Way Co-op.

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10. You are looking for the perfect spot to enjoy that full Philly skyline an autumn sunset. The backdrop to evening will be one of the best views of Philadelphia, seen from Belmont Mansion.



9. You have an appetite for delicious, local delicacies from Birchtree Catering that feature recipes and ingredients from Food Moxie's programs.



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7. You are ready to groove to the sounds of Philly's best Balkan band: West Philadelphia Orchestra.



6. You want a shot at those two tickets to "Hamilton: An American Musical."



4. Your cooking practice is in need of inspiration and you can't wait to hear from Leanne Brown, New York Times best-selling author of Good and Cheap: Eating Well on \$4/Day.



5. You've loved joining us at Farm to Table in past years. This event shares the same ideals, but mixes in a little more 10th anniversary pizzazz!

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Superheroes ruled at last year's Stenton Family Manor Halloween party.

Rachel Reynolds photos

Donate Costume Supplies to Make Halloween Scary Fun

by Melissa Powell, Food Moxie Farm Educator

HALLOWEEN WILL BE HERE BEFORE YOU KNOW IT, AND this year will mark Food Moxie's third Halloween Family Night at Stenton Family Manor.

My first year leading Garden Club there, I naively asked the children what they were going to be for Halloween. Some of them responded with their hopeful costume choices, but some of the children were clearly uncomfortable with the question. Afterward, a parent kindly pulled me aside and told me that they did not think they could afford costumes that year. I quickly told the parent that we could make them!

Now, each year, we provide the capes, mask kits, fabric paint and felt pieces to make personalized superhero costumes! Also, Mercelyne Latortue (from Hope Kitchen) makes healthy holiday snacks for us to eat! Last year, we ate popcorn the children grew in the garden and we expect we will be doing that again this time.

We also hand out goodie bags with school supplies.

The project has really grown — last year, we made 50 costumes! But we can't do it without your help. We are collecting:

- Fabric glue
- Fabric paint
- Felt cutouts to be glued on capes (large shapes like circles, lighting bolts, and stars)
- Halloween or superhero-themed school supplies (for goody bags)
- Halloween-themed party supplies (tablecloths, plates, cups)
- General art supplies are always welcome (glue, scissors, crayons, and markers)

To make a donation or for more information, contact me at melissa@foodmoxie.org.

Thanks so much for your help!



Setting off last month on the annual Urban Farm Bike Ride, participants were anticipating visiting two newcomers to the tour that grow things under a roof: hydroponics pioneer Metropolis Farms (left) and mushroom grower Mycopolitan. The visit with U.S. Rep. Dwight Evans at Stenton Family Manor's Hope Garden (below right) was more of a surprise!

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Weavers Way's farms are about good food and bringing people together, and what better way to celebrate the season than bringing people together with good food and fun festivities?

Harvest on Henry is our annual farm festival and fundraiser. Students from Saul High School, where our Henry Got Crops Farm is located, keep everything running smoothly, from pumpkin golf to the petting zoo to selling the pies. Here are just some of the fun experiences you can sample:

- Get lunch from one of the food trucks before lining up for face-painting or a veggie tattoo!
- Relax on a hay bale in the shade of the cherry tree and tap your toes while local musicians fill the field with melodies.

- Watch local artisans spin wool and weave and then take a turn pressing apples for cider.
- Learn more about the organizations that make this farm possible when you stop by the Food Moxie and Saul Alumni tables.
- Be sure to bring a bag to carry local apples and apple cider home, but don't wait to eat the cider doughnuts — they taste best when eaten outdoors with friends at the farm.
- And a visit to Saul would never be complete without visiting the farm animals that make this campus so unique. Maybe you'll even be able to see the cows on the famous hayride through the pasture and into the woods.

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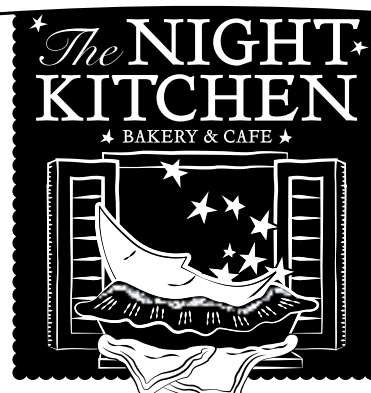
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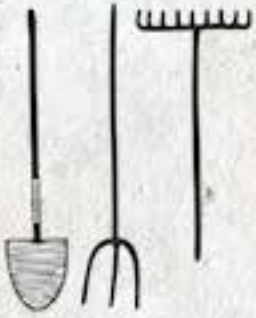
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The Passionate Gardener

Soil: What's Going On in There, Anyway?

by Ron Kushner, for the Shuttle

SOIL IS THE BASIS FOR ALL LIVING THINGS, SUPPLYING food, fiber, habitat, shelter, recreational space, clean air and water. So what actually is “soil”?

Physically, soil is a mixture of various solids, air and water in varying proportions. The solid components are mineral and organic, both living and non-living.

Most of the solids are mineral — stone fragments, sand, silt and clay. These materials are defined by the size of their particles. The relative proportions of sand, silt and clay determine texture of the soil. Texture is one of the fundamental characteristics for determining how soil is functioning.

For example, the amount and type of clay can greatly influence the ability of soils to hold and exchange nutrients and to store organic matter. The surfaces of most clays are negatively charged, so positively charged nutrient ions “stick” to them. This ability of soil particles to hold on to nutrient ions and exchange them with water is called the soil’s “cation exchange capacity” (CEC). It is a measure of the organic matter in the soil and the CEC number is in most soil test results. The scale is from sand (1) to clay (30). The number should be in the high teens or low 20s.

Organic matter, made up mainly of carbon, is any material that originates from living organisms. As organic matter decomposes, nutrients are released and become available to plants. Organic matter also contributes to the soil structure’s capacity to store water, providing drought resistance.

Spaces between solid soil particles are called “pores.” These spaces are filled with air, water and living things. Water and air are essential for all life in the soil. Air is constantly moving through the soil, providing oxygen for cell function in plant roots and living organisms. Water allows for nutrient transport and enables plant uptake of them. It also allows organisms such as nematodes and bacteria to move through the soil. A well-structured soil with a range

of pore sizes allows plant roots and soil-dwelling organisms to have access to the proper balance of air and water.

Soil is teeming with life. Soil-dwelling organisms range in size from easily seen (earthworms and arthropods, i.e. bugs) to microscopic (bacteria). The initial source of food for this life is organic material like leaves, roots and “exudates” (sticky substances produced by living organisms).

Earthworms drag organic material into the soil from the surface, exposing it to the activity of other organisms. They are generally a sign of healthy soil. As they burrow through the soil consuming solids, they digest the nutritious material and release what’s left as “casts.” Worm castings are coated with microbial cultures, which contribute to both building stable soils and suppressing plant disease. Worms help break down organic matter, mix materials into the soil, alleviate compaction and develop soil pores.

Arthropods (spiders, mites and many insects) also interact with organic matter, breaking it down into smaller pieces, mixing materials and exposing organic matter to microbes.

Bacteria and fungi produce digestive enzymes that they release into the soil. This action releases nutrients that plants can absorb. Protozoa are single-celled organisms, larger than bacterial cells, which they actually consume. They also consume other cells with access to sunlight and therefore energy through photosynthesis, as plants do.

Nematodes are microscopic, multicellular animals, a type of roundworm. They consume bacteria, fungi, protozoa and other nematodes. Some are parasitic and feed on plants and other animals. Nematode diversity can help determine soil health.

Mycorrhizal fungi, from the Greek words for fungus and root, are fungi joined with plant roots. The plant host provides sugars to the fungus, which grows through the soil, absorbing more nutrients (especially phospho-



rous, which is poorly soluble) than the plant roots alone could. They also help the plant resist disease and tolerate drought and salty conditions and contribute to the stabilization of soil aggregates.

“Soil health” is basically the capacity of the soil to function as a vital, living ecosystem, sustaining plants and animals. A healthy soil has the following characteristics:

- Good “tilth”: Crumbly, well structured, dark with organic matter and no large or hard clods.
- Good depth: No compacted layer preventing roots from growing and finding water and nutrients.
- Good drainage.
- Sufficient nutrients.
- Few insect pests and plant pathogens.
- Large population of beneficial organisms.
- Low weed pressure.
- Free of chemicals and toxin contamination.

Cornell University’s soil testing laboratory has developed a comprehensive assessment of soil health. Developed by Bob Schindelbeck, it is the first commercially available soil test for gardeners and growers for field-specific information on their soil’s biological and physical properties. For more information, visit soilhealth.cals.cornell.edu.

For questions or comments: ron@primexgardencenter.com

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'Souls Shot' Aims At Gun Violence

THE NUMBER OF PEOPLE WHOSE lives have been shattered by gun violence is staggering. Telling just some of their stories is the goal of "Souls Shot: Portraits of Victims of Gun Violence." For this project, artists were paired with families or friends to create portraits illuminating those precious lives to encourage the viewer to focus on the individuals behind the statistics and understand the cost of gun violence.

The project, a joint venture of Heeding God's Call to End Gun Violence and the Presbyterian Church of Chestnut Hill, will culminate in a free exhibition opening Nov. 3 in Widener Hall at the church, 8855 Germantown Ave. An opening reception will be held from 6 to 9 p.m., with a 7:30 p.m. program including speakers State Sen. Art Haywood; Bryan Miller, executive director of Heeding God's Call; a participating artist; and a family member of a victim of gun violence.

"Souls Shot: Portraits of Victims of Gun Violence" will be on view throughout November during church office hours, 9 a.m.-4 p.m. Monday-Friday and noon-4 p.m. Sunday.

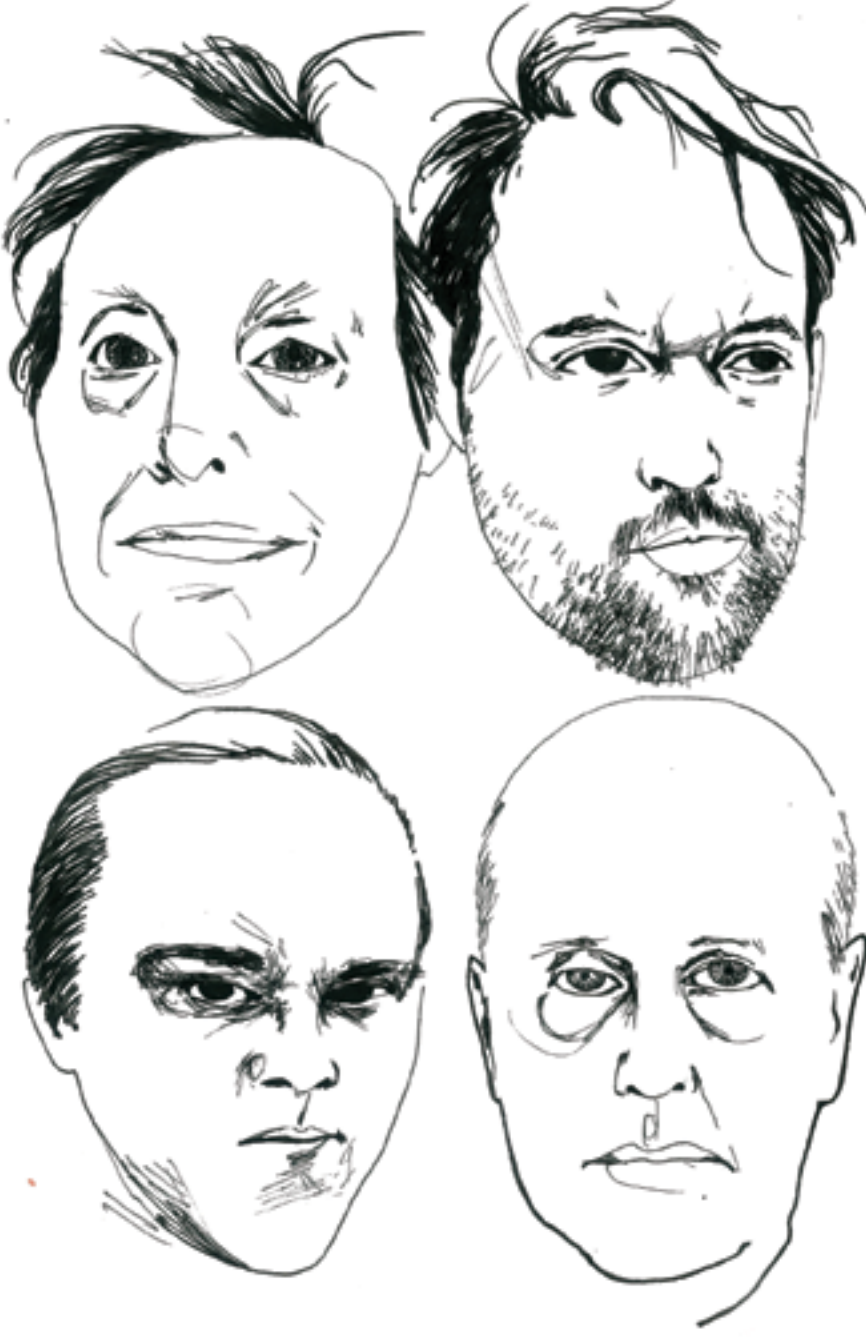
The exhibition will be part of the Presbyterian Church of Chestnut Hill's annual Festival of Music and Arts Nov. 3-5. This year the entire festival will bring awareness to gun violence, victims of gun violence and its impact on



"Portrait of Justin Reyes by Christopher Hardgrove," one of the works in the "Souls Shot" exhibition.

our community. A reading of a new play, "26 Pebbles," about the shooting at Sandy Hook Elementary School, will take place at 8 p.m. Saturday, Nov. 4, in the church chapel. On Sunday, Nov. 5, a free choral concert featuring a world premiere piece titled "Unspoken Words," written by Pulitzer-winning composer Lewis Spratlan, will be held in the church sanctuary, starting at 4 p.m. For more details on the Festival of Music and Arts, visit www.chestnuthillpres.org.

For questions about the "Souls Shot: Portraits of Victims of Gun Violence" exhibition, email pcchmusicandarts@gmail.com. Portrait of Justin Reyes by Christopher Hardgrove



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Get Cool Trees for Hot Days Ahead

by Rose Johnson, East Mt. Airy Tree Tenders Chair, and Mary Ann Boyer and Jean McCoubrey, Co-Chairs, Chestnut Hill Tree Tenders/CHCA's Chestnut Hill ReTree

STATES, CITIES, AND INDIVIDUALS ACROSS THE country have committed to fighting climate change. How can you help?

Plant trees!

Trees absorb carbon dioxide from the air and release oxygen. Through shading and evaporation, trees create natural cooling, reducing the need for air conditioning and thus limiting greenhouse gas emissions.

In addition to their positive impact on the environment, trees provide numerous financial, social and health benefits to the community. Studies show property values are higher along tree-lined streets. Trees absorb and block sound, reducing noise pollution and providing inviting areas for recreation and relaxation. They have a calming effect that reduces stress and improves concentration. And by absorbing many particulate pollutants, trees may reduce the incidence of asthma.

Some parts of our area are well populated with stately old trees. But urban trees don't live as long as trees in forests, and many of our trees are aging. Meanwhile, other parts of our area are relatively bare, often from having lost trees over time that have not been replaced.

Tree Tenders groups, including the East Mt. Airy Tree Tenders and Chestnut Hill Tree Tenders, partner with the Pennsylvania Horticultural Society to plant and care for street trees. Applications are being accepted now for trees to be planted in Spring 2018, and the groups are looking for volunteers to participate in the Fall Planting on Saturday, Nov. 18.



Homeowner Mary Pomichter received her street tree through Chestnut Hill Tree Tenders. "It looks beautiful and creates shade in an area that was bare," she says. "We are happy to support efforts to keep our neighborhood green." Homeowner Harold Hayes, who is scheduled to receive a tree this fall from East Mt. Airy Tree Tenders, said, "We used to have more trees on the block, but they just haven't been replaced."

Here's who to contact to apply for a free street tree or volunteer for a planting:

Chestnut Hill: Mary Ann Boyer, maboyer61@gmail.com

East Mt. Airy: Rose Johnson, rlj1311@aol.com

West Mt. Airy: Louise Hayes, wmatrees@gmail.com

Germantown: Mark Smith, mfsmith4@gmail.com

Applications can also be submitted online. Go to pg-cloud.com/phs. Upon approval, Tree Tenders will plant your tree next April. You'll be helping to further green our community and preserve the planet!

Film & Discussion: 'Seven Songs For a Long Life'

ALL ARE INVITED TO ATTEND A FREE SCREENING OF "Seven Songs for a Long Life," a 2016 PBS documentary about the Strathcaron Hospice in Sterlingshire, Scotland. The screening will be held Friday, Oct. 13, at 7 p.m. at the Parish Hall of Our Mother of Consolation Church, 11 E. Chestnut Hill Ave.

Filming at the hospice over the course of four years, director Amy Hardie found that music and singing helps patients express a range of emotions and tap into memories and reflections on life, love and mortality. Her film touches on issues we will all face at some point in our lives, and shows how songs we love can help guide us.



This event is a joint program of Our Mother of Consolation Catholic Church and Wellspring, the Church of St. Martin-in-the-Fields' ministry for spiritual growth and care.

A discussion following the film will feature speakers Scott Robinson and Laura Thomae. Robinson is an interfaith minister who works as a hospice chaplain at Brookdale Hospice in Wayne, PA and TLC Hospice in Trevose. Scott's group Mandala performs his original interfaith kirtan, a type of call-and-response devotional music. His book, "The Dark Hills," is available from Sacred Feet Publishing. Thomae is the Director of Complementary Therapies at Keystone Hospice in Wyndmoor. She is a board-certified music therapist and a singer and songwriter with 15 years of hospice experience. Laura has presented at various national conferences on the use of music therapy in hospice, and on the use of creativity and mindfulness to reduce stress and burnout in caregivers.

For more information or to RSVP, contact Sister Christine Konolpelski at 215-247-0430 or christinessj@omcparish.com.

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Disinvite Those 4-Legged Winter House Guests

by Brenda Malinics, for the Shuttle

WITH WINTER JUST AROUND THE CORNER (YES, sadly, it's true), animals will begin looking for suitable housing to survive freezing temperatures, snow and ice. And that suitable housing might just also belong to you.

Because wild animals have lost so much of their natural habitat to development, they have discovered that co-habiting with humans isn't so bad. Neighborhoods provide plenty of food (we call it "garbage"), shelter and water. Expensive exotic landscaping is appealing to deer, and there are endless aromas wafting through homes and restaurants enticing wildlife to come check them out.

More than half of Americans use chemicals and pest-control services, according to the National Pest Management Association. A home's age or cleanliness is not a factor in wild animals' selection process when they move into homes, attics, basements and chimneys. But several other obvious conditions are quite inviting.

I hold a Nuisance Wildlife License through the Pennsylvania Game Commission, which means I have been trained and can charge to remove "nuisance" animals from your home. I don't want to have to do this; I go out of my way to avoid trapping. I got my license not because I want to benefit financially from animals but because I want to educate the public on how to co-exist peacefully with them. Yes, it is possible.

Wildlife is an essential thread in our environmental tapestry. Having done wildlife rehabilitation for 25 years, I have heard so much misinformation about animals, often promulgated by unethical critter-control companies in the hope it will help the bottom line. It is the animals who suffer from these misconceptions and myths.

Fortunately for the environment, most exterminators don't use the toxic chemicals they did 20 years ago. Today, most professionals know that they must find the animals' entry points into the home. Cracks in foundations, roof lines and damaged windows and missing screens around eaves are all common problems.

Homeowners have plenty of ways to keep unwanted animals out. Start with a stroll around the house. Assess the outside for gaps and holes. Look for tree limbs touching your roof. Is your chimney capped? If not, install an animal-proof chimney cap. Vines can be a highway for animals to move about the exterior of your home. Monitor where different building materials join, including window wells. Fill in cracks around pipes and cables. Stack firewood away from your house. Cover compost piles.

Remember that mice only need a gap about the size of a quarter to get in. The first place they will head is the kitchen. Keep all food in glass or plastic containers. (I have a mental image of mice laughing at the "sealed" bags from which they are enjoying dinner.) Put steel wool pads in the spaces where radiator pipes or other conduits pass through floors.

People tell me they don't want the animal harmed, they just want it gone. But if an animal is considered a nuisance animal, by law it must be killed if trapped. The methods used to kill these animals are not pretty. (Ironically, if an animal is injured, it can be taken to a wildlife rehab facility but if it is young and healthy, it must be killed. Doesn't make sense, does it? But I don't make the rules; the Game Commission is in charge.) And trapping and removing an animal is like putting a neon sign on the lawn to say that there is an opening, inviting new critters to move in.



Yes, animals and humans can co-exist peacefully. Trapping and removing an animal is not a very good solution. People don't like to hear this, but if you don't want birds or squirrels or anything wild in your yard, you should consider moving to a high-rise. You might have to deal with roaches, but you won't be bothered by squirrels or raccoons. Then maybe everyone can live happily ever after.

Brenda Malinics runs the all-volunteer Brenda's Cat Rescue (www.brendascatreue.org). Contact her at bmalinics@gmail.com.

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Funding Climate-Change Denial: A Dangerous Ploy

by Sandra Folzer, Weavers Way Environmental Committee

CLIMATE-CHANGE DENIAL BY OUR politicians is causing the public to refrain from taking the drastic action that is needed to prevent it. The fossil fuel industry is funding this denial to protect their profits. ExxonMobil's role in this was described last year in the New York Review of Books.

Background on Exxon

John D. Rockefeller founded Standard Oil, Exxon's precursor, in 1870, and for much of the 20th century, Exxon was the biggest company on the planet. Ironically, it is the Rockefeller Family Fund that has been behind the research that exposes Exxon's climate-change denial efforts.

In 1977, Exxon's James Black made a presentation showing the rise of carbon dioxide since 1957, when Exxon began its records. A year later he said we only had a window of 5 to 10 years before changes in our energy strategies would become critical. In 1979, senior Exxon scientist Henry Shaw warned management of global warming predictions by the National Academy of Science, and in 1981 Roger Cohen wrote an internal memo stating cumulative carbon emissions could be catastrophic by 2030.

Using the Cigarette Lobby's Tactics

While understanding that greenhouse gases are byproducts of fossil-fuel combustion, and despite the consensus of peer-reviewed studies that climate change is occurring and human activity is contributing,

Exxon began to emphasize "uncertainty" in scientific conclusions. In the 1980s, the company hired some of the same "scientists" who had supported doubt about the connection between cigarettes and lung cancer. It took four decades to curtail smoking, enabling the industry to continue making profits. The fossil-fuel industry has copied this strategy, urging more research to postpone action.

Exxon's Political Influence

Exxon has used other means to defuse climate-change concerns. In 1998, Exxon participated in a \$6 million lobbying campaign that successfully prevented the United States from ratifying the Kyoto Protocol to reduce greenhouse gases. Since 1999, Exxon has spent \$240 million on lobbying. It was the oil industry's biggest spender in the 2016 election. Is it any wonder our present administration reflects climate-change denial? Consider: Secretary of State Rex Tillerson, the former Exxon-Mobil CEO; Energy Secretary Rick Perry, who asked Department of Energy employees their positions on climate change; Environmental Protection Agency Administrator Scott Pruitt, who built his career as Oklahoma attorney general suing the EPA; and Interior Secretary Ryan Zinke, a Montana politician and coal-industry booster who is pushing oil exploration in formerly protected public lands.

However, because of the Rockefeller Family Fund's research on Exxon's knowledge of the catastrophic damage of climate change while funding climate deniers, Exxon is being investigated. Attorneys general from New York, Massa-

chusetts, California and elsewhere are examining Exxon's failure to disclose risks to shareholders as instances of consumer fraud. But it is hard to compete with Exxon's legal resources, and the company has already begun legal actions against states in response to their investigations.

The Koch Brothers

No discussion of climate-change denial would be complete without David and Charles Koch, who have spent more than \$88 million supporting groups and research that attack climate change. The Koch brothers have shell corporations through which they funnel money to protect their fossil-fuel empire, supporting organizations with names such as Competitive Enterprise Institute, Free Enterprise Institute and Americans for Prosperity, as well as better known groups such as the Cato Institute and Heartland Institute.

I once heard an environmentalist say that electric cars are more toxic than gas cars. Unbeknownst to him, he was repeating propaganda from the "Fueling US Forward" campaign, indirectly financed by the Koches to discourage consumers from buying electric cars.

Dire Warnings

"It is, I promise, worse than you think," David Wallace-Wells begins his July 9 New York magazine article, "The Uninhabitable Earth." "If your anxiety about global warming is dominated by fears of sea-level rise, you are barely scratching the surface of what terrors are possible, even within the lifetime of a teenager today."



An introduction like that certainly gets your attention. You might think such terror would cause people to panic and not take action.

However, as Farhad Manjoo notes in the New York Times, focusing on the worst case scenario might be the only way to get people to change. At the turn of the century, \$580 billion was spent preparing for Y2K. It proved to be valuable during the crisis of 9/11. Y2K proved the importance of the "precautionary principle," suggesting it's better to be safe than sorry.

We are being lulled into complicity by those in power. We can't wait for our leaders to take action. By the time they do, it may be too late.

Further Reading

- www.nybooks.com/articles/2016/12/08/the-rockefeller-family-fund-vs-exxon/
- www.nybooks.com/articles/2016/12/22/rockefeller-family-fund-takes-on-exxon-mobil/
- nymag.com/daily/intelligencer/2017/07/climate-change-earth-too-hot-for-humans.html

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Launch Party for New McGoran Thriller

ON FRIDAY, OCT. 6, THE FREE LIBRARY of Philadelphia will host an event to celebrate the release of "Spliced," Jon McGoran's new young-adult science-fiction thriller, from 6 to 8 p.m. in the lobby of the landmark Parkway Central Branch on Logan Square.

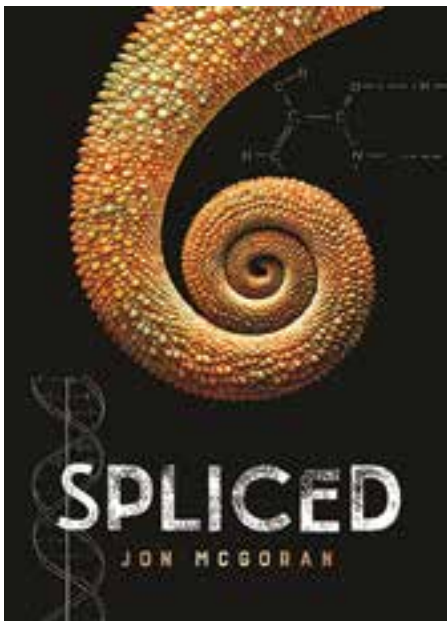
The launch will feature a reading and brief talk by McGoran, as well as light refreshments, including adult beverages from Quaker City Mercantile, and live music from Rich Ciocco and Matt Davis.

Set in a near-future Philadelphia, "Spliced" explores the world of chimeras — young people who modify themselves by splicing animal genes into their genomes. Sixteen-year-old Jimi Corcoran is horrified when her best friend runs away to get spliced. Plunging into the world

of chimeras to stop him, she encounters a violent backlash against the chimeras, and a new law that declares them non-persons. As Jimi learns to respect, understand and even love the chimeras she meets, she also learns a terrifying truth: Those provoking the backlash have a hidden agenda. In an advance review, Kirkus says, "McGoran creates a very believable future. . . . This nightmare study in manufactured prejudice will resonate . . . especially in the era of Trump. Timely, thrilling and more than a little scary."

The launch party is free, but registration is required. For more info and to RSVP, go to bit.ly/Spliced_Launch.

Jon McGoran is the author of seven previous novels, including the biotech thrillers "Drift," "Deadout" and "Dust Up" (Tor/Forge Books).



McGoran's latest is a dystopian dive into the possibilities of chimeras, aimed at the young-adult market. For more info, visit www.jonmcgoran.com

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Mt. Airy Village Fair

SUNDAY SEPT. 17



Ellie Seif



Linette Kielinski

Kevin Dougherty, from the Prepared Foods Department at Mt. Airy, is the grillmaster.



Ellie Seif



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Mt. Airy Village Fair

SUNDAY SEPT. 17



Linette Kielinski



Linette Kielinski

Will; Lake, 3; Latrice; senior dog Team and Coconut dressed as ladybugs for the pet parade; at left, Good Host Plants owner John Janick releases a monarch butterfly; below right, participates line up to wash their dishes in keeping with the fair's Zero-Waste emphasis.



Linette Kielinski



Linette Kielinski



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Introducing the Weavers Way Neighborhood Nutrition Team

THIS FALL, A NEW GROUP IS FORMING TO bring nutrition inspiration and information to Weavers Way members. This “Neighborhood Nutrition Team” comprises local nutritionists, dieticians and other wellness practitioners who are working together to plan a comprehensive approach to nutrition education at Weavers Way, including monthly workshops, regular store tours, in-store cooking demonstrations and product sampling, handouts with recipes and nutrition tips and more.

Starting in October, the team will host nutrition education programming on a monthly theme or topic. This month, look for programs and store tours on the theme of “Changing Seasons.” November’s programs will focus on “Navigating Healthy Holidays.”

The Neighborhood Nutrition Team aims to provide information and resources that empower members to make desired changes in their nutritional program. Interested in joining? The team is currently functioning as a subcommittee of the Weavers Way Health & Wellness Committee. Members involved in the Neighborhood Nutrition Team will receive Working Member credit for their participation and also have the opportunity to lead some of the programming. Contact Weavers Way Programs Coordinator Stephanie Bruneau at sbruneau@weaversway.coop for more information.

Thinking Your Way to Change? Research Says Yes

by Elanah D. Naftali, for the Shuttle

YOU ARE YOUR THOUGHTS, AS NEW BRAIN RESEARCH informs us. Our bodies turn into the essential stuff we imagine by creating structural and functional changes at a cellular level. This process is explained by the plasticity, or ever-changing nature of our brains. This is both frightening and fascinating, as we can kick-start dreams in our imagination while halting negativity. The imaginal realm has crossed into many forms of therapy (including EMDR, Internal Family Systems, Somatic Experiencing), though their focus is less about empowering clients to image at will.

A virtual playground awaits your curiosity and exploration. Let me know if this is an area that interests you too.

Flash your attention, for just a moment, on the amazing colors of fall foliage in the Wissahickon. Do you give a sigh of contentment and inhale deeply over this amazing reminder of beauty in your backyard? That’s how a powerful image can transport you to a different time and place without a word spoken. Whether it’s a picture of fall hues or the savor of your favorite food, imagining something positive evokes positive feelings and brightens our mood. In other words, our minds hold the power to enhance our physical and emotional well-being.

The power of imagining is something athletes understand implicitly. When a violinist imagines himself before his audience in preparation for performance, or a high jumper imagines vaulting higher than ever before as she prepares to launch, that’s “mental stimulation of movement,” or MSM, in action. MSM involves rehearsing a desired movement and outcome in your mind before taking the leap, bringing ease and fluidity to your movements while enhancing efficiency. Researchers have found an increase in muscle tone as a result of visualizations without actual movement.

MSM, which I call “imaging,” isn’t just for performers. Imaging may improve mobility in Parkinson’s patients and help recovery of stroke victims. There is also growing evidence for improved pain management through this technique. Those of us struggling with anxiety can customize imagery intended for a desired outcome, whether it’s doing well in a job interview, achieving new heights with an artistic pursuit or simply feeling better.

For a glimpse of imaging to relieve shoulder tension, try this MSM exercise.

Releasing the shoulders

Place your left hand on your right shoulder, near your neck, and make small circles with your shoulder. Image a

Let's Talk About Sugar

Thursday, Oct. 26, 7 p.m.
The Mercantile, 542 Carpenter Lane

Weavers Way Health & Wellness Committee is excited to offer a series of panel discussions about sugar and its effects on our health. Join us for a lively discussion; bring your questions and concerns for the panelists, who will also be available afterwards for personal interaction. Healthy (and sugar-free!) refreshments will be served. This event is free and open to the community. More info: www.weaversway.coop/sugar-panel.

waterfall flowing to its highest point before dropping to a pool at the bottom, continually recycling the water as it climbs to the top of the falls. Reverse the flow of the falls as you circle in the opposite direction; notice if your breathing slows down.

Next, with the left hand still on your right shoulder, squeeze the nearby neck muscles as if squeezing a sponge. Imagine all tension in the shoulder being squeezed up by the sponge. Repeat the squeezing action on the same shoulder three more times, releasing your hand with each repetition to feel the sponge bounce back to its full volume. After the final repetition, release your hand and shake out any remaining tension through your right fingertips. Notice if you feel a difference. Do you feel greater ease of movement in your right arm, compared with your unrehearsed arm?

In this exercise, imaging can enhance physical well-being and ease the body’s hold on stress and anxiety. As a cornerstone of successful weight loss and smoking-cessation efforts, or as a companion in psychotherapy for resolving deeper, chronic life challenges, the dynamic use of imagery is an untapped frontier of possibility. Tuning inward with freedom and curiosity restores our inherent wholeness, awe, and capacity for change.

Elanah Naftali, DrPH, LMFT, is a Licensed Marriage and Family Therapist who actively uses imagery in her personal life and professional practice in Germantown. She is dedicated to restoring felt ease in body and mind. For an annotated version of this article, or to contact her directly, see LivingWellTherapyArts.com.

Views expressed in this article are those of the author; not necessarily the Health & Wellness Committee, and are not a substitute for talking to your doctor.

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Suggestions

(Continued from Page 1)

in the business world, though, as businesses come to believe transparency is basically a brand attribute that can be marketed. I recently received an invitation to a trade show on the subject. Some of the key participants are large companies like Walmart, Hershey's and Unilever. In classic business fashion, the marketers of this trade show describe it like this: "Join us for this breakthrough event where you'll get insider information on the ways in which consumers increasingly seek and value transparency." That's right, pay to attend the show to gain the benefit of "insider information" on transparency. It will be interesting to see where transparency in retail ends up, like the terms "local" and "natural." Because there is no agreed-upon definition, marketers use these terms to mean whatever suits them to help sell their products.

Mary, our editor, asked me to write about Ambler this month. There are some things about our new Ambler store that are new to us, much different than our other two locations. It has 85 parking spots. It has a loading dock. It has more space than all our other stores combined — more than double the frozen and refrigerated display space of Chestnut Hill, probably triple the dry grocery space, double the Prep Food space. There's a sit-down cafe and a back-stock room bigger than the entire first floor of the Mt. Airy store. So it's big — small by conventional grocery-store standards, but big for us.

What will we do with all this space? It's always amazing how fast space gets gobbled up. Our main natural-food sup-



It will be interesting to see where 'transparency' in retail ends up, like the terms 'local' and 'natural'

Because there is no agreed-upon definition, marketers use these terms to mean whatever suits

them to help sell their products.



plier stocks more than 40,000 items, which is an overwhelming number of choices, so we decided we're just going to pick the top 100 items from each category and stock them. It's a very formulaic and data-centric approach, yet democratic, as these are the items people are voting for with their dollars. (In the biz, this is known as "category management," a favorite retail buzz word.)

No, really, we're not doing that. Actually, our buyers have been toiling away, plowing through our data to pick the products our shoppers are used to, but also to stock some new things, since we have room to try them out. It should be an interesting process and we are certainly looking for member and shopper feedback about what to stock.

Most of our regular lines, and core local items like Merrymeade milk, will be in the mix. We'll also have some new Ambler-local lines, like bread from Alice's Bakery (especially since Metropolitan Bakery doesn't deliver out there). Ambler will be a work in progress for a few months, until we figure out the larger space, different products and new shoppers, so please bear with us as we adapt.

Lest you fear we'll get too local with the Ambler project, turns out we're spending plenty of money with large corporations, too. Most store equipment is manufactured by big companies, some multinational. We are, in a small way, contributing to the global demand for industrial products like steel, electronics, chemicals, building materials and more. We kept a few building trades busy for six months, plus we employed architects, engineers, lawyers and consultants. Some of these are small, local businesses, but some are large and not so local.

All in all, we will have contributed to the economy to the tune of over \$4 million. Of course, that's compared with our expected annual sales of more than \$8 million in Ambler; what with our stores and farms and such, we'll be handling north of \$30 million a year in business. So we do contribute significantly to the local economy, just like it says we're supposed to in Weavers Way End 1 — "There will be a thriving and sustainable local economy providing meaningful jobs, goods and services to our members and the community" — even if a good chunk of the money goes to multinational corporations.

Part of what got me thinking about the source of all these materials is that Eric, formerly of our Mt. Airy produce department, now the produce manager in Ambler (being able to promote more people from within is one of the benefits of expansion), asked me to order some displays — racks, pegs, pushers, all typical supermarket devices. In placing the order, I noticed the company, called DCI, is a subsidiary of the Marmon Co., itself a subsidiary of Berkshire Hathaway, of Warren Buffett fame, the world's third-largest publicly held company.

Chestnut Hill patrons may have also noticed Berkshire Hathaway affecting their shopping life, as the B-H real-estate offices have 18 parking spaces for their exclusive use in the back lot. Maybe if we keep growing, we'll get large enough to take over former public parking spots for our use. (The secret Co-op End 8 states: "There will be a sustainable privileged class, luxuriating in products no one needs and few can afford but requiring many jobs to produce, resulting in a stable, if somewhat exploitative, economy.")

suggestions and responses:

s: "Can we have chunks of watermelon in a container, or fat slices wrapped in plastic?"

r: (Jean) Good idea — we'll see if we can work out the logistics.

s: "Plain flavor Forager Cashegurt (big size), plus non-dairy Talenti flavors."

r: (Matt) I've been evaluating our non-dairy yogurts recently. I'll put plain Forager on my radar. As for non-dairy Talenti flavors, there are a couple that are currently not available from our distributor but

(Continued on Next Page)

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(Continued from Preceding Page)

we are trying to convince them to make those available to us. If there's a particular flavor you're interested in, please email me at matt@weaversway.coop.

s: "Honest Tea has two new unsweetened varieties. The cinnamon is fantastic. Please carry it. Thanks."

r: (Matt) Space is an issue, but we are always looking for more unsweetened items. I'll look into the new Honest Teas.

s: "This is my third request for organic Greek yogurt!"

r: (Matt) Due to customer interest, we now carry the Wallaby 32-ounce Greek non-fat plain organic. Thanks for your persistence!

s: "Sole Kombucha makes a wonderful flavor, Raspberry Lavender. Pretty please!"

r: (Matt) Thanks for the suggestion, I'll look into it.

s: "The new sliced cheddar is tasteless — more like American cheese than cheddar. Is it possible to get the Cabot Vermont cheddar back?"

r: (Shawn) This was part of our move from Boar's Head to Dietz & Watson. I do agree with you that the D&W is not as flavorful. We've tried some other truly sharp cheddars like New York but then we were told that the Boar's Head cheddar we had is the same as Cabot, so we're going to use that going forward.

s: "Why can't we get loose organic apples? The bagged Gala are really hit or miss, sometimes OK, often not very good. Loose would allow for change in quantity and variety, especially since apples are part of the "dirty dozen" in terms of pesticides."



r: (Jean) Strange as it may seem, this is the first request I've had for loose organic apples. I'll consider carrying them. (Norman) FYI, I understand that growing organic apples in Pennsylvania is difficult due to relatively high moisture — both rain and humidity — plus insect pressure and blight and other diseases. It's not surprising there are limited options for organic apples in our region. We currently deal directly with three apple growers: Three Springs, Beechwood and Solebury. Three Springs and Beechwood use integrated pest management, which seems like a good balance between sustainable growing and remaining economically viable.

s: "Has anyone ever proposed the idea of a co-op casino? I love gambling, it offers G-d a chance to directly reward me in cash for my good behavior and I'd prefer to gamble in my own neighborhood."

r: (Norman) Funny you mention it, there was a footnote in our Ambler market survey about this opportunity, but we dismissed it so we could concentrate on our core mission of offering certified gluten-free bananas and seltzer. Maybe after hours, the Ambler café can turn into Nathan Detroit's Organic Craps.

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Weavers Way workshops provide opportunities to learn and share knowledge on a wide range of topics. Popular themes include civic life, health, the environment and, of course, food! Workshops are usually free and always open to the public.

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Go online at **Eventbrite** or RSVP via the Events Calendar, www.weaversway.coop/events/workshops. Or do it the old fashioned way: Contact **Programs Coordinator Stephanie Bruneau** at sbruneau@weaversway.coop or 215-843-2350, ext. 152.

WHY NOT GIVE A WORKSHOP YOURSELF?

Anyone can propose a topic, and members who lead workshops get three hours of work credit. It's a great way to maintain Working Member status.



WORKSHOPS ARE HELD:

- In Mt. Airy in the **Community Room**, 555 Carpenter Lane, and **The Mercantile**, 542 Carpenter Lane.
- In Chestnut Hill in **The Backyard**, 8482 Germantown Ave., and the **Healing Arts Studio**, 15 W. Highland Ave., 2nd floor.
- On our farms: **Henry Got Crops** at Saul High School, 7095 Henry Ave., and at **Awbury Arboretum**, 901 E. Washington Lane.
- In **Ambler**, 131 E. Butler Ave.
- Other locations as noted.

COMING UP

Natural Dye Party

Sunday, Oct. 1, 1-5 p.m.,
The Mercantile

Join Ben Jones, a student of textile design and sustainability education at Philadelphia University, for an exploration of natural dyeing techniques. Bring white, 100% natural fabric to dye. FREE.

organizing them on a two- or three-dimensional vision board can help get your mind into the perspective of what is possible. Artist and educator Sarah Kolker will provide examples and guidance as participants create their own vision boards.

Working Toward a Zero Waste Home & Garden

Tuesday, Oct. 3, 7-8:30 p.m.,
The Mercantile

Want to cut down on the waste you produce? Join us for an informative evening with Alisa Shargorodsky, Weavers Way's Zero Waste consultant. Participants will learn tricks of the "zero waste grocery shopping experience" and much more. FREE.



Create Your Own Succulent Garden

Wednesday, Oct. 18, 7-8:30 p.m.,
The Mercantile

Do you love plants but are space-challenged — or have trouble keeping them alive? Learn all about succulents! Participants will go home with a plant as a start to creating their own container garden. This program is presented in collaboration with Mt. Airy Learning Tree. \$20, 10% discount for Weavers Way members on registration (215-843-6333).

Stress and Resilience

Thursday, Oct. 5, 7-8:30 p.m.,
Healing Arts Studio

Join health coach and functional diagnostic nutritionist Dana Barron to explore strategies to relieve stress, develop stress resilience and improve health and well-being. We will explore physical and chemical stressors in addition to mental and emotional triggers. This FREE workshop is sponsored by the Weavers Way Health & Wellness Committee.

Moxie Tuesday:

Fermentation and Probiotics

Tuesday, Oct. 10, 7-8:30 p.m.,
The Mercantile

Fermentation and probiotics have been buzz words in the food and health scene for a while. Find out why we're crazy about pickles and kimchi! Free tastings and takeaways included! FREE, registration required.

Creating a Powerful Vision Board

Thursday, Oct. 12, 8:30 p.m.,
The Mercantile

Finding images and words that resonate with your goals and

Seeds to Live By:

Fall/Winter Gardening
Saturday, Oct. 21, Noon-2 p.m.,
The Mercantile

Discover new techniques for extending the life of your vegetable garden, including "winterizing" your existing plants and planting fall and winter crops. This program is presented in collaboration with Mt. Airy Learning Tree. \$20, 10% discount for Weavers Way members on registration (215-843-6333).

Brew Your Own Kombucha 101
Sunday, Oct. 22, 3-5 p.m.,
The Mercantile

Kombucha is a fermented drink that's made by brewing tea with sugar and then letting a "mother" (also known as the SCOBY, which stands for "symbiotic colony of bacteria and yeast") do the work of turning that sweet liquid into a fermented beverage full of things that are good for you. The program will be led by Weavers Way member Aaron Mittica. \$5; attendees will receive a \$5 Weavers Way gift card.

Simple Fresh Cheeses at Home
Wednesday, Oct. 25, 6-8 p.m.,
The Mercantile

Learn how to make fresh whole-milk ricotta and paneer at home with just a few steps and ingredients you probably have in your kitchen already. This class will be led by cheesemonger and food writer Alex Jones and will include a tasting of cheeses selected by Weavers Way Mt. Airy Deli Manager Shawn O'Connell. \$22.75.



Unwind from the Grind

Sunday, Oct. 29, 2-3:30 p.m.,
Blue Banyan Yoga Studio, 7153 Sprague St.

In this 90-minute class, we will take it way down, come into relaxation and de-stress through breathing and restorative yoga postures. This workshop will be led by Sophie Simpson, a Weavers Way working member and the owner of Blue Banyan. No prior yoga experience necessary. FREE.

Nourish Yourself with Energy Medicine

Wednesday, Nov. 1, 7-8:30 p.m.,
The Mercantile

Energy — also known as Chi, Ki, Qi, Prana, Force — is all around us. We all have 12 meridians that are channels in which energies flow; stress, fatigue or environmental toxins can cause these meridians to get scrambled. In this workshop led by Weavers Way member Elizabeth Corea, participants will learn an 8-minute routine to balance their energies, as well as an innovative strategy to strengthen their auras and protect themselves from others' negative thoughts. FREE.

MORE INFO & TO RSVP: www.weaversway.coop/events/workshops
sbruneau@weaversway.coop/215-843-2350, ext. 152

SPECIAL GUEST SPEAKER:

Hon. Jim Kenney, Mayor of Philadelphia

FALL GENERAL MEMBERSHIP MEETING
FRIDAY, NOV. 3
5-8 p.m.
The Waldorf School of Philadelphia
6000 Wayne Ave.

→ **TICKETS REQUIRED** ←

\$5

Exchange your ticket for a **\$5** Weavers Way gift certificate upon entry.

Get tickets (REQUIRED) at:
www.weaversway.coop/Fall-2017-GMM-Tickets



AGENDA:

- 5 p.m. Happy Hour – Drinks, Snacks, Meet, Greet
- 5:30 p.m. Weavers Way Business Meeting
- 6:10 p.m. Talk by Mayor Kenney
- 6:45 p.m. Buffet dinner line opens
- 7 p.m. Additional Weavers Way business
- 7:15 p.m. Cake & Conversation



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

Weavers Way Board

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

The Board meets at 7 p.m. on the first Tuesday of the month. The next meeting is Oct. 3, 7 p.m., at the Chestnut Hill Community Center, 8419 Germantown Ave., 2nd-floor conference room. November's meeting will be Nov. 7.

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

2016-2017 Weavers Way Board

President: Chris Hill	At-Large: Eric Borgstrom,
Vice President: Joshua Bloom	Megan Seitz Clinton, Larry Daniels, Joyce Miller, Joan Patton, Laura Morris Siena, David Woo.
Treasurer: Emmalee MacDonald	
Secretary: Lisa Hogan	

The Shuttle

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 559 Carpenter Lane
8 a.m.-8 p.m. daily
215-843-2350

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

Weavers Way Ambler
 217 E. Butler Ave.
8 a.m.-9 p.m. daily
215-302-5550

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

Weavers Way Next Door
 610 Carpenter Lane
9 a.m.-8 p.m. daily
215-866-9150, ext. 221/222

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DID YOU KNOW?
 You can read the Shuttle online.



www.weaversway.coop/shuttle-online

We're passionate about great food

From sandwiches and party platters to hot entrées and hors d'oeuvres, we do it all.
 See our menu online:
www.weaversway.coop/catering





WEAVERS WAY AMBLER GRAND OPENING CELEBRATION!

AND MEMBER APPRECIATION DAYS

FRIDAY, OCT. 27 | SATURDAY, OCT. 28 | SUNDAY, OCT. 29

Come see YOUR beautiful new store!

Enjoy Member Appreciation deals at all Weavers Way locations:

MEMBERS GET AN EXTRA 5% OFF PURCHASES FRIDAY, SATURDAY AND SUNDAY
(What a great time to join!)

Friday, Oct. 27 at 5 p.m.

Ribbon Cutting at 217 E. Butler Ave.
Reception 🌟 Refreshment 🌟 Live Music
CAKE at all stores starting at 5:30

Saturday, Oct. 28 - Sunday, Oct. 29 11 a.m.-3 p.m.

Sampling 🌟 Demos 🌟 Fun & Games
Live Music

SATURDAY IS FOR KIDS

It's Halloween 🌟 Wear Your Costume
Moon Bounce 🌟 Fire Truck 🌟 Kids' Activities & Music
Snack Table

SUNDAY IS FOR VENDORS

Grilling 🌟 Sampling 🌟 Beer-Tasting
Raffles
Live Music



Check www.weaversway.coop/ambler
often for the latest details.