

THE HEAT IS ON!

... But Hunger Doesn't Take a Vacation.

by Catherine Martin, for the Shuttle

SUMMER VACATION BRINGS HOT SUNNY DAYS, TRIPS TO THE POOL AND EMPTY stomachs. During the school year, more than 300,000 Philadelphia-area students receive free or reduced-price lunches provided by their schools. But during June, July and August, these students lose access to these meals. The Weavers Way Food Justice Committee has been exploring ways to support these food-insecure students. Our concern is shared by Philadelphia Councilwoman Cindy Bass. “We cannot assume that children who are eligible for and receive free meals while in school are going to somehow find a place to get food while out of school during the summer,” she said in an interview. “It is incumbent on us to help bridge that gap and make sure children have access to healthy foods in the summer months.”

There are programs that support children during the summer, including Nutritional Development Services. NDS (www.healthymealsforchildren.org) sponsors 400-450 summer meal sites in Bucks, Delaware, Philadelphia, Montgomery and Chester counties, helping to serve roughly 760,000 meals each summer.

(Continued on Page 18)



weavers waycoop
Food Justice Committee



weavers waycoop
Food Justice Committee
SUMMER FOOD DRIVE
July 7-9

- ▶ Mt. Airy and Chestnut Hill stores
10 a.m. to 6 p.m.
- ▶ Weavers Way Ambler office
131 E. Butler Ave., 10 a.m.-5 p.m.
- ▶ Weavers Way's Henry Got Crops Farm Market at Saul High School
7095 Henry Ave., Friday, July 7, noon-7 p.m.

DONATION SUGGESTIONS

- Potatoes, onions, apples, cabbages
- Canned applesauce, baked beans, tomatoes, tuna
- Condiments
- Tea/coffee
- Toilet paper
- Laundry and bath soaps

Benefits Holy Cross Food Pantry and Mattie N. Dixon Community Cupboard

ON GIVING TUESDAY, JULY 11, GIVE \$2 AT THE REGISTER TO SUPPORT HOLY CROSS FOOD PANTRY.



Time to Chill Out. But First, Cover Up and Slather Up.

by Connie Winkler, for the Shuttle

NOW THAT SUMMER HAS FINALLY ARRIVED, IT IS GOOD TO BE THINKING of protecting our body's largest organ — the skin. Damage from the sun's ultraviolet rays can cause skin cancer, but it can be prevented by taking proper precautions.



weavers waycoop
Health & Wellness Committee

Before we get to slathering on sunscreen, here are a few simple rules that you may find helpful:

- Cover the skin with loose-fitting clothing such as long-sleeved shirts and long pants.
- Don't forget hats and sunglasses to protect the eyes.
- Wear a rash guard when swimming.
- Remember when you are at the beach or pool that water and sand reflect UV rays more strongly.

(Continued on Page 9)



4 OF JULY
independence day

All Weavers Way stores will be open
9 a.m. to 3 p.m.
Tuesday, July 4.

HAVE A BLAST!

Editor's Note



by Mary Sweeten, Editor,
Weavers Way Shuttle

I'M PRETTY SURE THAT BY THE TIME you read this, Gov. Tom Wolf will have vetoed the plastic bag law just passed in the Pennsylvania Legislature. The timing is tricky for my deadline purposes, but StateImpact Pennsylvania (the public radio collaboration between WHYY and Harrisburg's WITF, and definitely not fake news, thank you) told me he was likely to veto the bill, which would have prevented local municipalities in our fine commonwealth from enacting any "ban, fee, surcharge or tax" on plastic bags at point of sale.

If the timing is tricky, the politics are more so, because HB1071 got final passage in the State Senate June 14 with — get this — bipartisan support. Not only did some Democrats vote for it, some Republicans voted against it. This happened for the most conventional of reasons, which is something of a relief in our crazy public world: Local legislators worrying about constituent interests. There are factories in Pennsylvania that employ Pennsylvanians to make plastic bags. There are also bags fouling expensive recycling machinery, not to mention stuck in trees and drains, all over the state.

Democracy in action, baby.

Wolf had said all along that he opposed the bill, which, by the way, addresses a problem that doesn't exist: No Pennsylvania municipality has a bag fee or tax. (Mayor Jim Kenney has proposed one and plans to propose another.) The margin in both houses of the General Assembly indicates that Wolf's veto will stand, but as a Democratic governor in a Republican state, he had to be careful about, well, pissing people off even if they couldn't override him.

Meanwhile, there's nothing keeping businesses from taking their own steps to fight the bag, from not giving them out at all (like the Co-op) to charging for them (like Save-A-Lot) or giving a rebate to shoppers who bring their own (like Whole Foods).

Speaking of which, GM Jon Roesser, in his column on Page 7, explains how the Co-op is committing to take steps to make our business sustainable, even if our fine federal government is not. And as longtime activist Betsy Teutsch avers in her book report on Page 13: *We can do this.*

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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.

The Shuttle is printed on 100% recycled paper.



What's in Store at Weavers Way

It's time

TO GRILL



PIZZA

CREATE YOUR OWN

BY SHAWN O'CONNELL, WEAVERS WAY
MT. AIRY DELI MANAGER

Grill & chill

Tasty! Whether you have a favorite recipe for pizza crust, buy Four Worlds (white or wheat) from the Co-op or like the quick option of using naan or a pita as your pizza base, you can and should make a pizza on the grill! You can keep your oven off and your kitchen cool, but still make an easy meal that feels like a treat.

I am no dough authority, and there are many recipes and pre-made options for pizza crust. But I do have tips on how to proceed when starting with fresh:

- You can put the dough directly on the grill or use a well greased cast-iron pan or oven pizza stone.
- The grill should be very hot.
- Tongs are the best tool for flipping the dough and pulling the pie off the grill and onto a plate.
- Have all your toppings nearby and ready to go. Grill veggie, fruit or meat toppings ahead of time.
- Roll or stretch your dough and then brush it with olive or another type of oil before throwing it on the heat.
- Grill the dough without toppings for a couple minutes, then flip it and top it. Let it cook for few more minutes until the cheese melts and the bottom is brown. The whole process should take 6-7 minutes.

soconnell@weaversway.coop

Here's some inspiration for toppings that will help make pizza night even more fun. (And the delis in both stores will be offering some sales on cheese to, ahem, sweeten the deal.)

MEXICAN-INSPIRED

Cheeses: Chihuahua, Queso fresco, Vella Dry Jack, Doe Run Farm Jac's Jack. (All these cheeses are vegetarian friendly.)

Veggies: Grilled corn, zucchini, poblano peppers, radishes. Homemade pico de gallo or pineapple salsa.

THE SEXY PIZZA 1

Tallegio, grilled mushrooms (shiitake, oyster, portobello). Roasted garlic. Grated Cacio di Bosco Pecorino with Truffles.

CLASSIC (KIND OF)

You can't go wrong with any (or all) of these toppings:

- Fresh mozzarella, burrata, whole milk mozzarella, Parmigiano Reggiano.
- Marinara or puttanesca sauce, or pesto.
- Olives, roasted peppers, garlic.
- Pepperoni, Martin's Italian sausage.
- Fresh basil, extra-virgin olive oil.

SWEET AND SPICY

Grilled peaches, whole-milk mozzarella, hot capicola, hot sopressatta. Grated Pecorino Romano, ground black pepper. Top with fresh arugula or spinach after you take it off the grill.





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WEAVERS WAY
MERCANTILE
SUPPLIES FOR SUSTAINABLE LIVING



Steve Hebden photos

Sarah Plonski and Trevor Walsh install beehives on the roof of 542 Carpenter Lane on June 7.

Weavers Way Is Abuzz!

by Stephanie Bruneau, Weavers Way Programs Coordinator

Our neighbors might find their gardens just a bit more fruitful this season, with the placement of honeybee hives on the rooftops at Weavers Way Mercantile and the Weavers Way Chestnut Hill store.

Each hive is home to approximately 60,000 busy honeybees, all of whom are lucky to live in bee-friendly Northwest Philadelphia, where flowering street trees, front and back yards and an amazing diversity of plants in the Wissahickon provide forage for pollinators from spring through autumn.

Hosting hives is just one way Weavers Way is supporting our local honeybee population. We also support pollinators by promoting native plants at the Mercantile — native plants provide more food to pollinators and other beneficial insects — and by selling the products of local, small-scale beekeeping operations. We've got some delicious local honeys for sale, as well as several other products of the hive, including beeswax and pollen.



Sarah transfers bees to the new hives.

Interested in learning more about bees and bee products? Come to a free workshop on Aug. 16. "Bee Healthy: Understanding (and Tasting!) Bee Products" will include tastings of local and varietal bee products, the opportunity to purchase them at a discount and a hands-on project where workshop participants will make a medicinal honey syrup.

I manage the rooftop hive in Chestnut Hill. It's one of several locations in the Philadelphia area where I keep bees. The Mt. Airy hive is managed by Sarah Plonski, who also runs a local bee- and wasp-removal service. See her blog at sarahplusbees.com.

In addition to planning workshops and helping manage The Mercantile, Stephanie Bruneau (bruneau@weaversway.coop) is the author of "The Benevolent Bee," a book about the products of the honeybee hive (Quarry Books, 2017; thebenevolentbee.com).

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STAFF CELEBRITY SPOTLIGHT



Lauren Todd

What she does: She's the manager of Weavers Way's Henry Got Crops Farm Market at Saul High School. And also works in produce at the Chestnut Hill store, and at Next Door, which she helped open. "I feel like I've always been all over the place in the Co-op, which is fine because I can learn how all the departments work, kind of be a Jack of all trades . . . Jack . . . Jill . . . Jacqueline?"

Since when: June 9 "is exactly my four-year anniversary."

Lives in: Mt. Airy.

But she's from . . . "Born in Media, spent most of my life in Lafayette Hill, then my parents moved to New Hope, then to Lancaster. My dad is a pastor. He was pastor of Messiah United Methodist Church just up Germantown Avenue."

How did she get into the produce thing? "I've always been sort of passionate about food. I love to cook. My family was a part of a CSA in Lancaster, so that was my first experience of working with very local food, very farm-to-table. Living in Lancaster, being able to shop at Central Market and all the farmers markets, it's just really awesome."

How did she end up at the Co-op? After she graduated from Boston University with a degree in fine arts, "I needed a job to be an artist, so of course I started working at Starbucks." When she moved to Philadelphia, and the Chestnut Hill Starbucks, five years ago she became a working member at Weavers Way. "So I was a working member before I started working here."

Tell us about the art. "I feel a little out of practice. I just finished a graduate program at Eastern University in urban studies, with a focus on community arts, so I'm trying to figure out ways I can use my art for social good."

A little Co-op love: "I'm a member of the Food Justice Committee. I'm very interested in food waste, I did my graduate thesis on that topic. . . . I feel really good about the very little food we waste at Chestnut Hill — stuff goes to the kitchen, the food banks, then compost as a last resort."

A little Henry Got Crops love: "Mustard greens are my obsession right now. I've gotten so many customers excited about them right now, it warms my heart."

HENRY GOT CROPS FARM MARKET

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Henry Got Crops is a collaboration of Weavers Way Co-op, Food Moxie, W.B. Saul Agricultural High School & Philadelphia Parks and Recreation.

HAPPENINGS AT THE FARMS

FARM VOLUNTEER DAYS

SATURDAYS, 9 AM-1 PM
July 8 & September 2
 At the Henry Got Crops Farm, Saul High School, 7095 Henry Ave.
August 5 & October 7
 At the Mort Brooks Memorial Farm at Awbury Arboretum, 901 E. Washington Lane

EVENTS



At the Henry Got Crops Farm, Saul High School, 7095 Henry Ave.

Movie Night: "Moana," 7:45 p.m. Aug. 22

Workshop: "Herbal Stress Relief," 6 p.m. July 18

Movie Night: "Annie," 7 p.m. Sept. 22

Check the Weavers Way Events Calendar for more details!

www.weaversway.coop/events



An offshoot of Weavers Way Co-op

CELEBRATING 10 YEARS!

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We dig what we eat.

From the Executive Director's Desk

Dear Friends and Neighbors,

“Victory Gardens”: During World War II, people across the country planted and learned to grow their own food. They did this out of necessity — to supply their families and community with fresh produce at a time when food was heavily rationed. But the gardens were also considered morale-boosters during uncertain times. Victory Gardens enabled Americans to know that they were contributing to the war effort and also boosted the confidence and pride that came with planting a seed and nurturing it to fruition.

Food Moxie’s farm, nutrition and culinary education programs have a similar effect. Our goal is simple: to inspire and educate people to grow, prepare and eat healthy food. We measure this impact with quantitative data and hard numbers, but what’s more difficult to measure — and equally important to our long-term success — is the effect on participants’ morale and self-esteem.

Our ability to empower people with both skills and confidence ensures that participants not only know what to do and why, but how to do it. When people feel capable and competent, they’re more likely to adopt lifelong changes to improve their long-term health.

Like the Victory Gardeners, those in our programs are also navigating uncertain times, from homelessness and deep poverty to learning basic life skills like how to cook (with limited resources) as they enter adulthood and live independently. They already live on the margins with an ever-thinning safety net for support. We know for certain that they will be deeply affected by federal cuts to vital programs and services, making our programs that much more important, and your help so greatly needed. Can the families and children we serve count on your support at this critical time?

Despite the uncertainty many of us feel right now, there are a few things that I know for sure:

- The families we serve will increasingly need our help in the coming years.
- Food Moxie will be a reliable presence for those who need us.
- Your past support has grown Food Moxie into the organization it is today and improved the lives of thousands of children, youth and families in the process.

With your support, we’ll continue to provide innovative farm and culinary programs that spark joy, inspire confidence and provide connection.

In gratitude, now more than ever,

Jill C. Fink, Executive Director, Food Moxie



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Why I Give *Hannah Chatterjee*



What's your experience with nonprofits or boards? I'm thrilled that Food Moxie will be my first experience serving on a nonprofit board, though I've spent the past four years managing a unique type of municipal board. The Philadelphia Food Policy Advisory Council is a group of 27 to 35 mayoral appointees that advises the City of Philadelphia on how to support a just food system. My time at FPAC has shown me what a tremendous impact engaged, active and hard-working members can have on an organization, and I'm excited to get started with Food Moxie.

How did you get involved with Food Moxie? I was introduced to Food Moxie's work through Saul High School, where I worked with volunteers, teachers and students to compost food waste generated at the Philadelphia Marathon. Students at Saul helped sift through the compost to sort out anything that shouldn't be there, which was critical in making the process successful. They also helped manage the transformation of the food waste into compost for their farm and other urban agriculture projects.

I learned more about Food Moxie through Executive Director Jill Fink, when she joined FPAC. I was also familiar with Food Moxie through Weavers Way, which my parents joined when they moved to Mt. Airy in the 1990s. As a toddler, I remember hanging out on the stoop of 555 Carpenter Lane while my dad swept floors. At Cheltenham High School, I joined Key Club and volunteered at Stenton Family Manor, where Food Moxie operates Hope Garden. We brought coloring supplies, games and toys for the kids and spent hours with them playing tag and doing arts and crafts.

It feels really special to have all this context for the work that Food Moxie is doing. I'm looking forward to approaching these connections in new ways.

What are your areas of expertise? Policy. My first and only full-time job has been with Philadelphia city government!

What do you want to accomplish as a Board member? I want to help Food Moxie maintain the balance of implementing impactful programs and growing and expanding its work.

What's your experience with gardening or urban agriculture. Full disclosure — I am not much of a gardener! For my whole life, my mom has cultivated a lovely flower garden at home, and my boyfriend has a community plot in West Philly and grows peppers and tomatoes in our backyard, but I personally have yet to develop a green thumb. I have worked on soil safety best practices and land-access policy through my work at FPAC.

Favorite fruit/vegetable? Vegetable: Cauliflower. Fruit: So hard to choose, but I think Korean pears.

Favorite part of Philadelphia? My neighborhood, South Philadelphia, because of all the delicious food around me! My favorite places to go are Prima and South Philly Barbacoa for tacos, Pho 75 for pho, Francoluiqi's for pizza, and John's for chocolate-chocolate gelati (a controversial flavor opinion).

Fun fact? I wrote my honors history thesis on French bread.

Hannah Chatterjee is a new member of the Food Moxie Board of Governors.

Mark Your Calendar! ✓✓

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GM'S CORNER

Putting Sustainability Front & Center Is the Future of the Co-op

by Jon Roesser, Weavers Way General Manager

ANYONE ELSE REMEMBER THOSE PICTURES FROM the waning days of the Cold War, the ones that appeared in Newsweek and Time of those dreary Soviet-era supermarkets?

Aisle after aisle of barren shelves, stocked only here and there with a dozen or so cans of this or that Russian vegetable. No products on the shelves meant no shoppers in the stores, though the photographers always seemed to find an ancient babushka pushing a rusty old shopping cart (which was also, invariably, empty).

In stark contrast was Superfresh, where I worked as a teenage clerk. At Superfresh, the shelves were always full of tens of thousands of every conceivable product. Every night, an 18-wheeler would back into the loading dock, groaning under the weight of pallets filled with everything we needed to make sure the shelves would be just as full the next day. Every day. In perpetuity.

The U.S. food system is a marvel. Giant farms, orchards, feedlots, fishing fleets, all working both in competition and in consort to supply every market in every part of our country with an overabundance of food. Growers, producers, wholesalers and retailers all do their part to ensure that the American consumer not only never goes hungry, but never wants for anything.

This system of ours, and similar systems in the rest of the developed world, are the envy of countries like China, India, Nigeria and dozens of others, who are striving to duplicate it on ever-growing scales.

Too bad it's all hopelessly unsustainable.

To meet consumer needs, our current food system behaves in ways that are harmful to the planet. Factory farms strip the soil of its nutrients and pollute the groundwater. Livestock feeding operations produce

massive quantities of methane and ammonia. Fishing fleets, trolling international waters where regulations and oversight are sparse, overfish countless species, disrupting the sea's natural food chain.

The network of producers, wholesalers and retailers set up to supply consumers is inherently inefficient, wasteful and dependent on plastics, pesticides and fossil fuels.

I don't have enough room to go into how our food system treats animals and farm workers.

Whether we like it or not, Weavers Way is inextricably tied to this unsustainable system. Walk through our stores and you'll see our dependence on plastic packaging. A small town could be powered on the amount of electricity we need to keep all of our refrigeration humming. And those bananas and coffee beans we sell might be Fair Trade, but they still have to travel thousands of miles to get onto our shelves.

Our beloved Co-op is, regrettably, part of the problem, and all the good work we do doesn't absolve us of this truth.

Responsible management of the Co-op means looking out not just for the best interests of today's members, but for tomorrow's members too. So, following the lead of the National Co-op Grocers, the trade group of which Weavers Way is one of about 150 members, we have signed on to the Climate Collaborative, a Paris climate accord of sorts for companies across the natural-foods industry working towards improved environmental stewardship.

Our focus in the coming years will be in five key areas:

Energy Efficiency. Upgrade less efficient equipment; capture and reuse heat generated by our refrigeration system.

Food Waste. Better coordination of departments to reduce the amount of "shrink" (as it's called in industry parlance).

Packaging. Emphasize our bulk departments and explore more sustainable packaging for our prepared foods and meat and seafood departments.

Policy. Take a more active role in influencing policy makers on environmental issues.

Renewable Energy. Work toward 100 percent use of renewable energies to power our retail operations and vehicle fleet.

In committing to the Climate Collaborative, Weavers Way acknowledges that longstanding practices cannot be permanently sustained. We acknowledge that, going forward, we need to do better.

In taking this step, the Co-op joins a growing list of states, cities, universities and corporations that are determined that the United States must not cede the leadership role in addressing climate change.

Our current president's rejection of the Paris Agreement (troubling, but hardly surprising) is pure political pander, a sop to his supporters and a reminder to the rest of us that many, many Americans believe that when it comes to our stewardship of the planet, we needn't change a thing.

Back in the days of those empty-shelved Soviet supermarkets, there were plenty of Russians who thought they didn't need to change anything either. How'd that turn out?

Our next president will right this wrong. In the meantime, there's plenty for the rest of us to do.

See you around the Co-op.

jroesser@weaversway.coop

FRIDAY
14
JULY

THE DUKES OF DESTINY
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Gateway Garden

West Mt. Airy Neighbors Streetscapes Committee volunteers spent a couple of June days mulching, planting and doing general landscape maintenance around the restored Stotesbury Gates and pergolas at Lincoln Drive and Johnson Street. Want to get involved? Contact Doris Kessler (doriskessler@me.com).



Streetscapes Committee photos

Two Radio Pioneers Support Local Communities Near & Far

by Larry Schofer, for the Shuttle

BILL SIEMERING, A PIONEER OF PUBLIC radio in the United States and a longtime Weavers Way member, talked about his formative years and his current project in radio to a very enthusiastic Weavers Way audience on June 11 at Weavers Way Mercantile in Mt. Airy.

He was joined by Jim Bear of G-Town Radio, our own hyper-local non-profit radio station (www.gtownradio.com) that has been live-streaming 24 hours a day since 2007.

Siemering was the first director of programming of National Public Radio and was a prime mover in creating the first signature program of public radio, "All Things Considered." He has been interested in radio since his college days, when he was active in the station at the University of Wisconsin. The themes that he pursued then and later at WBFO in Buffalo, WHYI in Philadelphia and at NPR have stayed with him, namely the civic value of community participation in programming and delivery of programs. By "community participation," Siemering means the inclusion of as many voices as possible, regardless of race color, ethnicity or cultural history.

His current project is Developing Radio Partners, dedicated to supporting in-

dependent radio stations in several African countries. DRP works to support local stations, often with low-frequency programming that targets a very focused area. Farmers, in particular, are served information through this programming, and constitute an audience not unlike that of the early days of radio in the United States.

DRP strives to meet the many challenges of community radio, including the lack of resources and training needed to produce high-quality programs and limited or no Internet access.

Jim Bear, meanwhile, founded the kind of nonprofit radio station that Siemering's group supports abroad: A low-power operation serving a limited area. By the beginning of 2018, 92.9 FM, with the call letters WGGT-LP, will broadcast in sync with G-Town's current Internet radio programming, including music, a daily feed of news and political commentary and other programs of interest primarily to residents and businesses in Northwest Philadelphia.

Both DRP and G-Town Radio are registered 501(c)(3) organizations. More info: www.developingradiopartners.org; www.gtownradio.com.

Larry Schofer chairs the Weavers Way Education Committee. Reach him at lawrence.schofer@gmail.com.

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SUNSCREEN AND A HAT

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Sun Protection

(Continued from Page 1)

- Try to avoid the sun during the middle of the day because the rays are at their strongest during that time.
- Stay hydrated to prevent heat stress, and limit strenuous exercise to 15 minutes if heat and humidity are high. Warning signs of overheating are dizziness, nausea and feeling light-headed. Water is sufficient; sports drinks are only recommended after strenuous exercise.

Know your product

There are many products that offer sun protection, including zinc- and titanium-based sunscreens — so-called mineral sunscreens — and “chemical” sunscreens, which usually contain some combination of avobenzone, homosalate, octinoxate, octisalate, octocrylene and oxybenzone. (There is controversy about whether oxybenzone is dangerous to humans by causing hormone disruption. The U.S. Food and Drug Administration has deemed it safe, but the American Academy of Pediatrics recommends avoiding it if possible.)

In general, an SPF rating higher than 50 is not necessary and may give you a false sense of security. Choose a broad-spectrum sunscreen that works against both UVA and UVB rays. It is important



Don't wait until it's too late — apply the sunscreen of your choice early and often.

to apply sunscreen early (at least 15 minutes prior to exposure) and often (every 2 hours). The recommended amount is about 1 ounce per young adult.

Children are at special risk for sunburn. They are more vulnerable to the damaging effects of the sun's rays.

When putting sunscreen on small children, avoid aerosols, since they can get inhaled (and usually do not end up being applied in sufficient quantities anyway).

Infants under the age of 6 months, even when protected by loose-fitting clothing, should be kept out of the sun as much as possible. Use small amounts of sunscreen if necessary. A wide-brimmed hat that also shades the neck should be used to prevent sunburn, and look for infant-sized sunglasses to protect their eyes — and then try to keep them on!

Also be aware that infants and children cannot regulate their body temperature in the same ways as adults and are more at risk for heat stress. How do you know whether an infant or child is sufficiently hydrated? The average person voids about 5 times a day, infants up to 8. If you notice a decrease in urine output or the urine is dark yellow in color, it is time to increase the fluid intake.

Hope you enjoy your summer and keep in mind that any sunscreen is better than none!

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.

Connie Winkler, MD, FAAP, is a hospital-based pediatrician who works at Abington-Jefferson Health. Email her at winklerca1@gmail.com.



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These Winged Visitors Are Fast, So See Them While You Can

by Brenda Malinics, for the Shuttle

TWO UNIQUE BIRDS HONOR US WITH their presence for a few months each summer — the chimney swift and the hummingbird.

Chimney swifts, swallows and hummingbirds are all related. They all have long wings containing short bones that allow for some spectacular flying and hovering. The tiny chimney swift winters in South America and shows up in early April, while the ruby-throated hummingbird, the only hummer who comes to our area, winters in Mexico and arrives in late April or early May.



What's in a name? Above, a tiny female ruby-throated hummingbird belies the name; at left, her male counterpart sips nectar from a bee-balm flower. Far left, the "flying cigar"; top left, chimney swifts execute their namesake chimney-roosting behavior.

THE CHIMNEY SWIFT IS ONE OF THE fastest fliers of the bird world, flying at up to 69 miles per hour. (Peregrine falcons have been clocked faster, but only in a stooping dive.)

Chimney swifts are often referred to as "flying cigars" because their bodies appear straight and uniformly black from a distance. They have short, deeply forked tails with very long, swept-back, tapered wings resembling a boomerang. Their scientific name (*Apus apus*) means "without feet," because they have very short legs that are used only for clinging to vertical surfaces with their sharp toes. These birds never settle on the ground voluntarily.

Chimney swifts are environmentally beneficial because of their voracious appetite for bugs, but their populations are declining dramatically, along with other insectivore bird species. Some scientists believe that their decline is due less to habitat loss than to the reduction of their food sources from pesticide spraying or from global warming causing insect populations to peak at the wrong times.

Chimney swifts drink, feed, often mate and sleep on the wing. They are among the most aerial of birds, flying almost constantly except when they nest or roost at night. The chimney swift even bathes in flight, gliding down to water, smacking the surface with its breast, then

bouncing up and shaking the water from its plumage as it flies away.

Chimney swifts tend to fly in "screaming parties" on summer evenings, in which 10 to 15 birds fly high and in circles, calling to each other. They are confused with bats because their flight is so erratic and because they are active until dusk. If you aren't sure if you are seeing a bat or a bird, just listen — bats are silent fliers.

Before the settlement of North America, the chimney swift likely nested in caves and hollow trees. Today they will build their nests in buildings, under window sills, in chimneys and in smokestacks. Unfortunately, changes in chimney design, with covered caps, narrow flues and metal liners, have decreased their available nest sites. However, artificial "chimney swift towers" are being successfully constructed and installed throughout the country.

Only one pair nests in a single chimney, in a half saucer of woven small twigs held together and stuck to a vertical surface by their sticky saliva. But in non-breeding season, large numbers of chimney swifts will roost together.

In the fall, they participate in spectacular "swarming" behavior in which many, sometimes hundreds or thousands, gather at dusk at selected chimneys and circle above the opening before they all drop down into the roost almost as one.

It is a magical sight that is occurring less and less as large chimneys and smokestacks disappear.

THE RUBY-THROATED HUMMINGBIRD, a/k/a the flying jeweled paper clip (they weigh as much as a paper clip), are chimney swifts' cousins. They come to our area to breed, but finding a hummingbird nest is almost impossible. The diameter of the nest is the size of a quarter, and two eggs would only cover half a penny. The nest is constructed of plant down and bud scales, covered with lichens, bound with spider's silk and placed on a small horizontal limb, 10-20 feet high, preferably over or close to water. Ironically, hummers can get easily tangled in spiders' webs and perish.

The male hummer has an iridescent red throat that may also appear black depending on the light. The female has iridescent green upper parts with whitish and unmarked underparts. They eat flower nectar, small insects, spiders and sap from sapsucker-drilled holes. They can be enticed by backyard feeders containing sugar water, but they cannot live on nectar alone.

Hummingbirds have fast metabolisms and must feed about every 10 minutes. At night, and in periods of cold or stress, they slow their metabolism to conserve energy.

During these periods of torpor, the heart-beat slows from as many as 1,260 beats per minutes to only 50. There are periods when the bird does not breathe, is stiff and numb and, to all appearances, is dead. It can remain like this overnight and for most of a day.

Planting nectar-rich flowers that attract hummingbirds and providing them sugar water in specially designed feeders go hand in hand. Be aware that if you decide to set out a hummingbird feeder, you must keep it clean. Keep the feeder up until the end of September, when hummers gorge themselves to fuel up for their nonstop 600-mile crossing of the Gulf of Mexico.

Use a sugar solution of 1 cup sugar to 4 cups water. (A higher sugar concentration can cause liver disease). Do not boil it, but warm the water to almost boiling. Keep it refrigerated until you use it.

The enjoyment I get all summer long watching swifts and hummers is priceless. And I like to envision the little jeweled paper clips flying over the Gulf of Mexico using some fat reserves from my yard.

Bat expert, wildlife rehabilitator and Weavers Way working member Brenda Malinics runs Brenda's Cat Rescue (www.brendascatreue.org). Reach her at bmalinics@gmail.com.



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Play It Safe in The Wissahickon This Summer

by Maura McCarthy, Executive Director, Friends of the Wissahickon

WHEN IT'S SUMMER IN THE CITY, Wissahickon Valley Park is the place to be to enjoy long, lazy days and shade from the hot sun. Summer is at its peak and so is the number of visitors to the park. So we're offering these reminders to make your park experience enjoyable and safe.

Share the trails. Our park is unique in its ability to accommodate hikers (often with dogs in tow), bikers, runners and equestrians all at the same time, so expect to share your space. Please be courteous and yield accordingly: Hikers and runners yield to bikers, and everyone yields to horses. (If you forget, look for the yield symbols posted throughout the park.)

Never exercise alone. Exercise with someone whenever possible. If going it alone, try to avoid using the park during off-peak times.

Leave the headphones home. They leave you vulnerable to physical injury and crime. Stay alert!

Vary your routine. If your schedule permits, go at different times, and start from different locations. If you always go to Valley Green in the morning, try starting at Bell's Mill Road or Kitchen's Lane in the afternoon.

Stay hydrated. Exercising in summer heat can be draining, so keep water with



FOW photo

Lost? Confused? Just curious? FOW trail ambassadors can help. Pictured: Trail ambassador Freddi Flax (pointing) and her trail ambassador partner Rick Stephan offer some tips to a pair of visitors to the Wissahickon.

you (preferably in a reusable bottle). Bring snacks (but please dispose of any wrappers appropriately). And remember, grilling is permitted only in designated areas.

Keep your dog on a leash at all times. This isn't our opinion — it's the law in Philadelphia. Plus, unrestrained dogs can go after each other, spook horses and disturb nesting bird habitats.

No swimming allowed. Although it might be tempting to cool off with a swim on a hot summer day, the Wissahickon is not a city-designated swimming area and is unprotected. The creek presents a number of dangers, from uneven depths and potentially fast water (especially after a storm) to debris.

Look but don't touch. That includes poison ivy! Please do not take plants or animals out of the park. Wear long sleeves and pants or insect repellent, as well as sturdy, protective shoes or boots.

While the Wissahickon is a remarkable place to get away from it all, it still is in a big city. Despite our best efforts, sometimes things happen, so please keep this safety information in mind:

- Parking lots are the major areas of crime in the park. Do not leave valuables (purses/wallets, cell phones, etc.) in plain sight in your car. Lock doors and carry keys with you. If your car is broken into, call 911 and stay until the police arrive.
- Trust your instincts. If you sense trouble because of a person or a place, leave. Report any suspicious activity by calling 911. FOW posts crime alerts as necessary, so visit our website, www.fow.org, frequently.
- Fortunately, whether a crime or an illness or injury occurs, help is readily available. Help Locators are listed on new signs posted throughout the park



Hiking with Maura the Explorer

Friday, July 28, 10 a.m. Meet at Pachella Field (6839 Henry Ave.)

Join FOW Executive Director Maura McCarthy for a hike on the last Friday of each month. She will tour a different section of the park on each hike and talk about her experiences, as well as pointing out recent improvements by FOW. Wear your hiking shoes and be ready to share your favorite Wissahickon stories with her! For more info about activities in the Wissahickon, visit www.fow.org/events.

- at major trail intersections.
- Report any crimes to the police via 911.
- Philadelphia Park rangers patrol the Wissahickon all summer long to increase safety and enforce park regulations. You can reach them at 215-685-2172. You can also report any problems to FOW Trail Ambassadors.
- For non-emergency issues, you can text WISS to 267-966-2207.

Thank you for enjoying the Wissahickon as much as we do. Have a wonderful, safe summer!

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Wanted: Zero-Waste Planner For Village Fair

by Alisa Shargorodsky, Weavers Way Zero Waste Consultant

THIS YEAR, WE ARE TAKING ZERO waste even further at the Mt. Airy Village Fair, set for Saturday, Sept. 17.

You should all be very proud of yourselves if you were part of the fair last year: In 2015, we counted almost 800 pounds of waste generated for the day. In 2016, we had less than 100 pounds!

Much of this was due to shifting from single-use food containers and cutlery to reusable flatware and dishes. Our flatware drive was very successful, and we had plenty of volunteers washing and sanitizing the dishes the day of the fair. Thank you for making this a success. This year we are preparing to do the same thing but bigger and better. Beginning July 1, we will hold another drive to collect flatware and cloth napkins. (Unsoiled, please!) If you have extra and want to put them to use in a good cause, please drop them off in the designated bin at 555 Carpenter Lane, adjacent to the Mt. Airy Co-op.

We also are seeking a committed person to help organize for MAVF. This is an unpaid position but a fun job, and you will learn a ton. Plus, you can get all your household's Co-op hours done in one fell swoop and be a hero to the committee!



The time requirement is 15 hours before the fair and 8 hours on the day of. This individual will work closely with the zero-waste coordinator to create a system for the day of the fair that will result in a successful zero-waste event.

Tasks include:

- Understanding the needs of the fair to achieve zero waste
- Creating a timeline for gathering all non-disposable materials. (This is already under way — you will just have to ensure we have what we need.)
- Working with the zero-waste director to get job descriptions for volunteer eco-ambassadors posted on the Weavers Way Online Work Calendar.
- Understanding the waste station monitoring process for the day of the fair and organizing Weavers Way cooperators.
- Organizing wash stations the day of the fair.

If interested, please email me at asharg.zwc@gmail.com.

eco tip



A Sole-ful Solution to Indoor Pollution

by Marsha Low, Weavers Way Environment Committee

If you've ever spent time in Asia in countries such as Japan, China and South Korea, you know that people are expected to remove their shoes at the door. Far from being just a quaint (and to some, annoying) custom, leaving your shoes at the door makes a lot of sense.

First, there are many toxins, such as herbicides and lead, that you can track indoors if you keep your outdoor shoes on. In fact, a lot of the lead dust found in homes — as much as 98 percent, according to one study — is tracked in from outside. And if your driveway has been sealed with coal tar-based asphalt, look out! Coal tar is a potent carcinogen, and the toxins readily break down and are tracked into homes on the soles of shoes.

Second, you are liable to introduce all kinds of bacteria, including E. coli, into your home by way of your shoes. And of course, dirt gets tracked in as well, requiring you to clean your house more often, and dirt and grit cause more wear and tear on floors and carpets. Why waste time doing extra cleaning when you can cut back on a chore that few enjoy by taking off your shoes at the door?

Granted, it could be socially prohibitive to require guests to remove their shoes, and having spare slippers for them to wear, as is often the case in Asian households, may be going a bit too far. But once your friends know your preference, they may remove their shoes voluntarily, or even bring along their own slippers when they come to visit.

So think about protecting yourself and your children by having everyone in the family take off their shoes when they come inside. You'll have a healthier and cleaner home to enjoy if you do.



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Got the Climate & Carbon Blues? Put These on Your Reading List

by Betsy Teutsch, for the Shuttle

WHEN 45 ANNOUNCED HIS EXIT from the Paris climate agreement, I joined the chorus of outrage and heartbreak. Though expected, this colossal short-sighted, strategically idiotic and cravenly corrupt move remains shocking. Fortunately, "A Climate of Hope," by former New York City Mayor Michael Bloomberg and former Sierra Club Executive Director Carl Pope, was already on my night table.

The book's upbeat message can be summed up as: Yes we can, yes we are and yes we will. "Beyond Coal," their joint initiative successfully decommissioning scores of aging coal plants, reminds us how much progress is being made right under the noses of fossil-fueled politicians.

The plummeting costs of generating renewable electricity means that in many places around the world, the cheapest new power source is wind or solar. Bloomberg knows profit potential when he sees it; smart business is betting on carbon-light tech.

Bloomberg believes in cities. With higher densities of population and infrastructure, they provide essential services more efficiently. Mass transit facilitates going car-free or at least car-light. The

sharing economy, like Craigslist, car-share services or the new Weavers Way Tool Library, thrive when a critical mass of like-minded people lives near one another.

Philadelphia is one of nearly 250 American cities, along with a dozen-plus states, pledging membership in the U.S. Climate Alliance, which is committed to upholding the Paris accords even if the U.S. government is not. Bloomberg is our alt-president, organizing American participation in the international Paris Agreement.

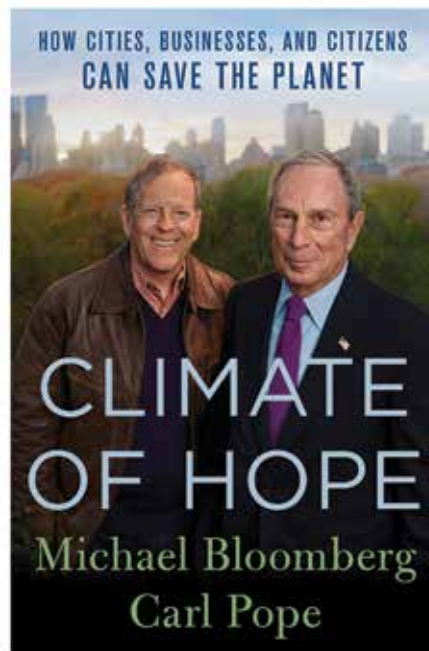
A second fascinating volume, "Drawdown," edited by entrepreneur and environmentalist Paul Hawken and subtitled "The most comprehensive plan ever proposed to reverse global warming," ranks the top 100 worldwide carbon reducing strategies. A team of researchers compiled their data without preconceived conclusions, and the results may surprise you. Many will be familiar to environmentally minded readers; others are cool innovations. Cumulatively, they map the ways forward.

Weavers Way working member Betsy Teutsch is working on a new book, "100 Under \$100: Tools for Reducing Post-Harvest Losses." Share ideas for Weavers Way ride-sharing with her at bpteutsch@comcast.net.

Ride-Sharing at the Co-op: We Can Do This!

Ride-sharing is No. 74 of DrawDown's 100. Here's a hyper-local Weavers Way proposal: Let's increase the number of people walking or traveling via mass transit to Weavers Way stores. More people would walk or bus TO Weavers Way **if** they could get a ride home with their groceries, right?

How do we incentivize members to offer rides to fellow shoppers? Here's my low-tech idea for peak volume, long-line shopping times. Shoppers request rides, cashiers announce it and volunteer drivers jump the line. Win-win. We could also offer a dedicated ride-provider parking spot. Remember, each non-driver frees up a space. Shall we give it a try?



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Suggestions

by Norman Weiss, Weavers Way Purchasing Manager

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

Last month, I discussed what the top sellers in our grocery department say about our shoppers' values.

Afterwards, I had some conversations that got me thinking I should report some other sales info that shows, despite all the bottled water and the San Pellegrino, that our members also value health, sustainability and ethical sourcing.

Counting all departments, not just grocery, which is defined in the business as shelf-stable food, generally packaged — such as bottled water— the perennial overall, all-star, No. 1 top seller is:

Our bananas.

I say "our" because we mainly stock bananas from Equal Exchange, a worker-owned co-op that deals with producer-owned co-ops growing crops that are organic and Fair Trade. Our produce supplier tells us we sell more Equal Exchange bananas than any of their other accounts. This is something we can be a proud of; many other brands of bananas exploit both people and the environment. So our No. 1 seller does embody our values, and is a fairly healthy food to boot.



That brings us to the No. 2 bestselling item: bagels. Bagels are fairly cheap and not so great nutritionally, since they are primarily white flour. Ours are local. What does this tell us about ourselves — that we value convenience, affordability, flexibility, tradition and mouth feel?

No. 3, 4 and 5 are lemons, avocados and limes. Apparently we also value sourness and high-oil-content fruit. Maybe Weavers Way shoppers are making margaritas and mojitos every night to go with their smashed avocado and banana on a toasted bagel. By the way, we also stock Equal Exchange avocados when we can get them; Mexican avocado growers have also been exploited, and have to put up with both drug cartels and NAFTA.

These days many foods seem to have unexpected back stories. Avocados and drug cartels? Avocados and deforestation? Yep. You could look it up.

Regular readers of this column may have noticed a decline in suggestions over the past couple years. The number of writ-

(Continued on Next Page)



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Suggestions

(Continued from Preceding Page)

ten suggestions in the book in Mt. Airy has dwindled from about 20 per month to fewer than five. Chestnut Hill never got a lot of suggestions and never had a book, the managers there preferring a fill-out-a-slip-type system, some of which would get posted on a bulletin board so other shoppers could see them. Then, a couple years ago, both stores started collecting “Snapshots,” where staff members are encouraged to jot down things they observe or hear that are relevant to improving our business. Snapshots are then reviewed by relevant staff, and followup actions are taken as appropriate.

It seems many comments that members used to write in the Suggestion Book now become Snapshots. While the Snapshots program has merit, one difference from the Suggestion Book is Snapshots are not viewable by shoppers. Some Snapshots are presented to store staff at weekly meetings for review, but no one is reviewing and publicizing the ones that may be of interest to everybody.

Anyway, I’ve concluded it’s time for this column to evolve and try to incorpo-

“ **Despite all the bottled water and the San Pellegrino, sales indicate that our members also value health, sustainability and ethical sourcing: Counting all departments, not just grocery, the perennial overall, all-star, No. 1 top seller is our bananas.** ”

rate at least some of these Snapshots for the edification of all. Here’s a first crack.

suggestions, snapshots & responses:

Can we get more sushi with brown rice? Staffer: “I’ll ask.”

Shoppers are always asking about marshmallow location. Can we change where they are? Rick, MA store manager: “Let’s change location.”

No one knows which coffee beans are low-acid. Staffer: “We will educate bulk and grocery staff on this information, or staff should Google answers as needed.”

First Instacart shopper in the Pet Store. Anton, pet supply buyer: “!!!”

Do sale items that are subject to the city beverage tax still have the same

tax despite the sale price? Should we note that on the sale tag? Staffer: “The tax is by the ounce, so it does not change. We need to keep the regular tag alongside the sale tag, so shoppers can see tax they’re paying.”

Gluten-free oat cakes (Nairn’s is one brand). Matt, MA grocery and bakery manager: “I’m sure we can find a way to squeeze them in next to other Nairn’s.”

Liberte brand pomegranate yogurt (available @ Target! for \$1.69!). Matt: “I’ll look into it, thanks for the suggestion.”

LUHV Black Bean burgers. We don’t seem to carry them anymore. They were THE BEST. I hope we can restock. Matt: “We do still carry them. If they appear to be out of stock, we’re like-

ly awaiting our delivery. But just ask.”
Tahini-free hummus please! (sesame allergy). Matt: “I’m having trouble finding a commercially available hummus without tahini apart from Trader Joe’s — which we can’t get. Do you know of any brands we should be looking into?”

Kudos:

- One shopper likes our apple guide: “It’s so helpful.”
- Thanks to Prep Foods staff who made a platter at the last minute for Henry School’s silent auction.

Congressional hearings seem popular these days. As a democratically run organization, how come we never have hearings? Norman: “We tried to have hearings about whether to stock Nestlé products like San Pellegrino sodas but it turned out everyone had to recuse themselves because apparently Weavers Way and Northwest Philadelphia are so full of highly opinionated people that no one is impartial enough to participate in a proper hearing. Maybe we could get some scientists to conduct hearings, but rumor has it that many scientists lack the social skills to interact with non-scientists.”

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'Encore Careers' Panelists Share Stories, Wisdom

by Larry Schofer, Weavers Way Education Committee

IF YOU DON'T START, YOU'LL NEVER finish" — that is the way Peter Winslow summarized his approach to "Encore Careers" in a panel presentation June 4 in at Weavers Way Mercantile in Mt. Airy.

More than 40 people gathered to hear the four panelists on the program describe how they moved into new spheres of activity after decades of accomplishment in different areas. The program was sponsored by the Weavers Way Education Committee, the Rotary Club of Chestnut Hill (www.chestnuthillrotary.org) and Northwest Village Network (www.northwestvillagenetwork.org).

Winslow was referring to the process of evaluating one's strengths and interests, and using one's skills in fashioning a new career, whether on a volunteer or an income-producing basis. This notion of designing a new career is based on the idea that we all have gifts. Yosaif August, the program coordinator, distributed worksheets to help people define their interests and their strengths. The idea was not to focus on what we cannot do, but on what we can do. He then introduced three people he described as "exemplars" of success in establishing encore careers.

Winslow, educated in business and accounting, moved away from those tradi-



"Encore Careers" moderator Yosaif August, with guitar, warms up the crowd, and panelists Peter Winslow, Ellen Frankel and Herb Levine as well.

tional areas to a set of community oriented activities that he is now engaged in. Even though he maintained that he can handle only three things at a time, the scope of his activities seemed much wider. As an example, he talked about community economic development in Germantown through FLAG, the Free Loan Association for Germantown, which works with small businesses. He also is upset about climate disruption, and has been active in the coalition opposing SEPTA's plan for a gas power plant in Nicetown. "I'm never going to retire" was his theme.

Ellen Frankel described her strengths as a writer in finding time to be alone to do her work. She spent 18 years as the CEO of a small publishing house, retiring at age 58. Now that she controls her own schedule, she has become very productive as a writer and as a volunteer at Henry School. In addition, she and her husband figured out that they could afford to live for three months a year in Costa Rica.

Ellen also described the decision-making technique of "clearness committees," described in the book "Let Your Life Speak: Listening for the Voice of Vo-

cation," by Parker Palmer (1999, Jossey-Bass). Take your time to make decisions; then gather a group of friends who can ask very specific questions about the direction you should take.

Herb Levine, Frankel's husband, used to be a college professor and later worked with nonprofits in the area of homelessness. Now that he spends several months a year away from Philadelphia, he does volunteer work with a number of organizations that do not require him to come to regular board meetings.

Finally, August himself described how he moved from being CEO of Healing Environments International to becoming an accredited life coach and an activist in various social causes, now including teaching an approach to Encore Careers at Mt. Airy Learning Tree and elsewhere. He is the inventor of the Bedscapes healing environment system for hospitals and author of "Coaching for Caregivers: How to Reach Out Before You Burn Out" (2013, Yes to Life Publishing). He led the audience in some exercises intended to help them look at their own interests, beliefs and strengths.

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The Passionate Gardener

Accessibility Hacks for Senior Gardeners

by Ron Kushner, for the Shuttle

ACCORDING TO THE NATIONAL GARDENING ASSOCIATION, 78 million people garden in America. Many feel they have to give it up as they become less physically able. However, gardening is really good for seniors, enriching their lives physically, mentally and spiritually.

Many changes occur as a person ages. They are not only physical but also emotional, cognitive and social. As we age, we need to admit we can't do everything we used to. Forget about doing everything in one day. Most accidents happen when we are tired and not paying close attention. Let's face it — we are not 25 years old anymore!

I would like to address many issues confronting seniors, with some general gardening guidelines that will assist everyone in their gardening practices. Gardening can be used in a therapeutic way to address these issues and to help improve them. Many of the changes involved in aging can be addressed by modifications to gardening practices, approaches and tools.

Vision

- Paint tools a bright color or wrap in brightly colored tape to make them easier to find and harder to lose.
- Use pelletized seed.
- Use vertical planting, such as growing cucumbers on a trellis, to reduce stooping and bending.
- Make sure paths are smooth and at least 4 feet wide. Check for hazards — roots, uneven ground, loose steps, rocks, etc. Do this with a friend or family member who may see things you missed.

Physical

- Get help for heavy lifting and digging.
- Use raised beds, Earth Boxes or other containers for growing flowers and vegetables to reduce the need to bend or kneel. Height is up to the individual, but make

the beds narrow so no reaching is necessary.

- Give up the power tools.
- Look for hand tools with better leverage and improved grips. Keep them sharp.
- Make sure the soil can be easily worked. Use lightweight, soil-less mixtures and add lots of perlite.
- Consider doing more indoor gardening (houseplants, cuttings, herbs, etc.). There are container specialists who can assist you with moving large pots and with other heavy chores.
- Create an easy container garden by placing pots on an extra patio table.
- Avoid hanging baskets. They dry out too fast, need more fertilization and are difficult to reach.
- Frequent resting periods in a shady or cool place are needed. Install a convenient bench, and use it!
- A bathroom nearby could be important.
- Attend to minor injuries so they don't become major. Soak cuts and punctures in mild salt water.

Temperature

As we age, we don't tolerate temperature extremes and changes as well as we used to.

- Garden early in the morning or late in the day. Try to avoid the hours between 10 a.m. and 2 p.m.
- Keep a water bottle handy and avoid alcoholic beverages.
- Wear a hat and lightweight, loose-fitting clothes that cover skin. Apply sunscreen, insect repellent and lip balm.

Cognitive

- Keep the garden plan simple.
- Use plants that trigger memories.
- Create a distinctive focal point for easier orientation.



Brightly colored tools are harder to lose.

- Allow plenty of time for any gardening activity; keep the pace leisurely.

Societal roles

As we age, family roles change. An elderly person can become more dependent economically; family and friends could move or die, increasing a sense of isolation. Gardening can help with self-esteem and confidence. Here are some recommendations:

- Keep gardening activities low-cost.
- Let the gardener have control over his or her own area.
- Social activities associated with the garden should be encouraged.
- Encourage gardeners to teach others. Inter-generational activities are very effective.

For further reading

"The Able Gardener: Overcoming Barriers of Age & Physical Limitations." Kathleen Yeomans (1993, Storey Communications)

Accent on Living magazine, Accent Publications, Box 700, Bloomington, IL 61702

Arthritis Today magazine, Arthritis Foundation, 1314 Spring Street NW, Atlanta, GA 30309

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Food Justice Committee

Do you know a child who needs food assistance during the summer?

HERE ARE STEPS YOU CAN TAKE.

- Call the toll-free Philly Summer Meals Hotline: 855-252-MEAL (6325)
- Text "FOOD" to 877877
- Visit the searchable map at www.phillysummermeals.org

Source: hungercoalition.org/summer-meals

Food Drive

(Continued from Page 1)

"Although hunger is not defined by the time of year, summertime is often hard for many families, due to the general decline in food donations to cupboards," said Brooke E. Mullen, assistant director for community relations at NDS. "We are able to help support children in the area as a sponsor of the Summer Meals Program; however, the demand for our cupboards' services remains significant throughout the year." For more info about NDS's Community Food Program, which also helps provide food for community food cupboards, shelters and individuals throughout the area, visit www.communityfoodprogram.org.

One way you can support food-insecure students and their families in the summer months is by donating to local food cupboards. To help in this effort, the Food Justice Committee is hosting a Summer Food Drive July 7-9 at multiple Weavers Way locations — including Ambler!

We'll be at the Mt. Airy and Chestnut Hill stores from 10 a.m. to 6 p.m. and Weavers Way's Ambler office, 131 E. Butler Ave., from 10 a.m. to 5 p.m. We'll also be at Weavers Way's Henry Got Crops Farm Market at Saul High School, 7095 Henry Ave., during market hours, noon-7 p.m. on Friday, July 7.

While we know hunger impacts every zip code, your generosity will benefit two local food cupboards: Mt. Airy's Holy Cross Food Pantry (www.holycrossphl.org/service) and Ambler's Mattie N. Dixon Community Cupboard, Inc. (www.community-cupboard.org).

In addition, July 11 Giving Tuesday in the stores will support the Holy Cross Food Pantry and enable the purchase of fresh produce for the families it supports.

To learn more about the Food Justice Committee, visit www.weaversway.coop/committees or email foodjustice@weaversway.coop.

WEAVERS WAY WORKSHOPS



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! Weavers Way Workshops are usually free and always open to the public.

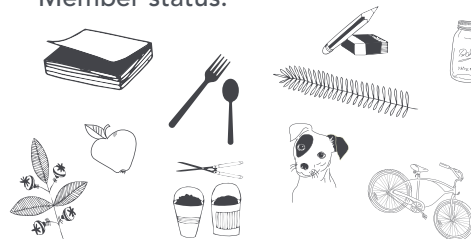
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Go online at **Eventbrite** or RSVP via the Events Calendar, www.weaversway.coop/events/workshops. Or do it the old fashioned way: Contact **Programs Coordinator Stephanie Bruneau** at sbruneau@weaversway.coop or 215-843-2350, ext. 152.

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 earn 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
- At our **Ambler Office**, 131 E. Butler Ave., and other locations as noted.

COMING UP

Divine Sleep Yoga Nidra

Thursday, July 6, 7-8:30 p.m., Healing Arts Studio

Divine Sleep Yoga Nidra is a guided meditation that systematically relaxes you at five levels of being: physical, energetic, mental, emotional and spiritual. Based on ancient yogic wisdom and meditation techniques, this practice is a powerful tool for managing stress and maintaining a balanced lifestyle. Led by yoga teacher and Weavers Way member Michelle Stortz. FREE.



Seasonal Produce — What Can I Do With It?

Monday, July 10, 7-8:30 p.m., Ambler Office

This hands-on workshop, led by dietitian, food educator and Weavers Way member Susan Bires, will demonstrate healthy and easy ways to use the summer produce from your garden or CSA share. Bring your

questions and enthusiasm for summer's bounty! Tastings included! FREE.

Moxie Tuesday: Food as Medicine

Tuesday, July 11, 7-8:30 p.m., The Backyard

Find out how to give your body what it really needs and dig into the role diet plays in health. Gather nutrition tips, expand your culinary vocabulary, explore new approaches to cooking and get inspired to experiment. (If the weather is uncooperative, we will move from The Backyard to The Mercantile.) FREE.

Herbal Stress Relief: Calming Herbs & Adaptogens

Tuesday, July 18, 6-8 p.m., Henry Got Crops Farm

Herbal remedies can promote immune function, calm an anxious mind, aid sleep and promote detoxification and renewal. In this workshop, led by herbalist and Weavers Way member Stephanie Kane, you will make tea blends and learn how "adaptogens" work on the body's response to stress, as well as finding out more about herbs that work with them to relax and renew. \$10.



Garden with Native Plants: All About Water

Tuesday, July 18, 6-8 p.m., The Mercantile

The first of two workshops about gardening with native plants, this program will introduce you to the "hydrologic cycle" and why it's so important. Led by landscape planner and Weavers Way member Sarah Endriss. \$10.

Summer Rolls and Wine

Monday, July 24, 6:30-8 p.m., Ambler Office

Bring your own chef's knife and cutting board to participate in a Vietnamese summer roll assembly line. Weavers Way will provide the fixings necessary to create a delicious variety of summer rolls. BYOB — we'll bring the wine glasses and corkscrew. FREE.

How Shiatsu Complements Western Medicine

Thursday, July 27, 7-8:30 p.m., The Mercantile

Shiatsu practitioner and Weavers Way member Robert Sprinkle will discuss how Shiatsu works, using pressure on acupuncture points, and he'll break down the differences between Western medicine and Oriental medical theory. After a discussion, we will either learn Do-In (traditional Japanese self-healing massage) or practice some qi gong. FREE.



Moxie Tuesday: Some Like It Hot

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

Hot peppers are in season! Join us as we explore different varieties, what to do with all that heat, ways to deal with masses of them and how to unpack their nutritional punch. FREE.

'Putting By' the Bounty of Fresh Herbs

Thursday, Aug. 10, 7-9 p.m., The Backyard

Join master gardener, Weavers Way member and urban farmer Anna Herman to learn how to dry herbs from your garden, preserve them in herbal vinegars (delicious and medicinal), create herbal salt blends and make herbal tea blends. FREE.

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

A Backup Generator Rises in Mt. Airy



Photos by Facilities Manager Steve Hebden

(Steve is our man on the roof. See his photos of 542 on Page 3.)



Very Cool

Installed on June 8, Mt. Airy's new natural-gas-fueled emergency generator is designed to kick on automatically in the event of a PECO outage, powering the entire store — lights, registers and, most important, refrigerators and freezers.



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

Weavers Way Board

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

The Board meets at 7 p.m. on the first Tuesday of the month. Because of the July 4 holiday, the July meeting is scheduled for Tuesday, July 18, in the second floor meeting room at 8419 Germantown Ave. in Chestnut Hill. There's no meeting in August; the September meeting is scheduled for Tuesday, Sept. 5.

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.

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 Sunday, 8 a.m.-9 p.m.
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Across the Way

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

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 (CH) Josh Magnitzky, ext. 211
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New Member Orientations

We ask new members to attend an orientation meeting to learn about our cooperative model, the benefits of buying in, the resources that become available to you and how co-ops contribute to local communities. Meet staff and other member-owners and share some refreshments and conversation. Bring your questions, your curiosity or your experience with other co-ops. You'll receive two hours of work credit for attending. We look forward to meeting you!

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

RSVP:

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

JULY MEETINGS

Saturday, July 8, 11 a.m. Ambler
 Weavers Way office, 131 E. Butler Ave.

Wednesday, July 12, 6:30 p.m., Mt. Airy
 Community Room, 555 Carpenter Lane

Wednesday, July 19, 6:30 p.m., Ambler
 Weavers Way office, 131 E. Butler Ave.

Read the Shuttle online.



www.weaversway.coop/shuttle-online

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July Member Specials

Valid from July 5 - August 1

For more member savings, visit www.weaversway.coop



HOPE HUMMUS
ORGANIC GLUTEN
FREE HUMMUS 8 OZ
\$3.39 REG \$4.45



MOUNT HAGEN
ORGANIC FREEZE
DRIED DECAF COFFEE
3.5 OZ
\$8.69 REG \$10.65



SHIRE CITY HERBALS
FIRE CIDER 8 OZ
\$10.99 REG \$14.85



TOFURKY
VEGGIE KIELBASA
SAUSAGE 14 OZ
\$3.99 REG \$4.99



MYCHELLE
CUCUMBER COOLER
SOOTHING SPRAY
6 OZ
\$13.99 REG \$15.75



WELEDA
CHILDREN'S TOOTH
GEL 1.7 OZ
\$4.99 REG \$6.29



LUNDBERG
ORGANIC BROWN
RICE SYRUP 21 OZ
\$5.39 REG \$6.25



REDMOND TRADING
BABY POWDER 3 OZ
\$4.99 REG \$5.99



WELEDA
WILD ROSE
DEODORANT 3.4 OZ
\$9.99 REG \$12.65

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