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The Shuttle

AUGUST 2017

Since 1973 | The Newsletter of Weavers Way Co-op

Vol. 45 | No. 8

Growing Local Businesses, One Immigrant at a Time

by Laura Young, for the Shuttle

WITH ALL THE CONTROVERSY surrounding immigration these days, it might be worth checking the facts: According to the New American Economy (www.newamericaneconomy.org), a national nonpartisan group of mayors and business leaders focused on immigration policy, in 2014:

- Philadelphia-area immigrants paid \$6 billion in taxes and had more than twice that amount in spending power.
- Their increasing numbers helped Philadelphia maintain its population base by offsetting the decline in the native-born.

- Foreign-born residents have been responsible for most of the area's small-business growth since 2000.

In other words, immigrants are good for Philadelphia's economy.

These facts inspired Mt. Airy USA to create the Philadelphia Immigrant Innovation Hub, a program designed to spark economic development in Northwest Philadelphia. In collaboration with the nonprofit Welcoming Center for New Pennsylvanians (welcomingcenter.org) and Finanta (finanta.org), a nonprofit lender providing access to capital, I-Hub provides aspiring entrepreneurs and current small business owners with tools and

(Continued on Page 20)

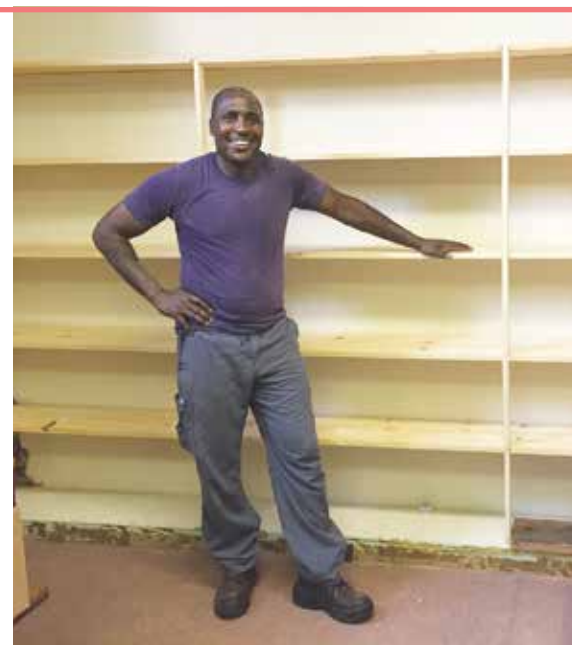
Sustainability Club, Anyone?

So there was this guy in Manhattan who tried to live a zero-waste life for a year — described very entertainingly in the movie, "No-Impact Man." The two of us saw it and got to thinking, not wanting to go to the same extreme but seeing that we could live a lot more consciously. Why are we buying seltzer in plastic bottles? Can we live without paper towels? How can we cook in ways that save gas? Is this car trip really necessary? What's better, local conventional food or non-local organic? And so on, and so on.

Eventually it occurred to us that it would be a lot more fun to explore these questions with others. And so, we would like to invite other interested Weavers Way folks to join in a regular gathering to share information and experiences in sustainable living — a "Sustainability Club." We'd meet monthly over a potluck meal of sustainably raised foods, then take time to explore information, challenges and creative ideas group members come up with. Perhaps some of these explorations could lead to projects for the wider community.

We'll host an initial planning meeting (no potluck) at 7 p.m. Tuesday, Sept. 12, at The Mercantile, 542 Carpenter Lane. If you'd like to like to join us or have questions, please contact Judy at judymorgan711@yahoo.com.

— Richard Senerchia and Judy Morgan



Photos by Lauren Todd, Catherine Martin and Eric Borgstrom.

No Vacation for Giving!

THE WEAVERS WAY FOOD JUSTICE COMMITTEE would like to thank staff, cooperators and shoppers for the tremendous outpouring of support over the three-day Hunger Doesn't Take a Vacation Summer Food Drive last month. Together, we collected over 2,000 pounds of food and 200 pounds of household items July 7-9. Your generosity benefited 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). Due to the large quantity of produce collected, we were also able to give to several pantries in Germantown.

A special thanks City Councilwoman Helen Gym, who stopped by July 8 at the Chestnut Hill store to show her support!



Then, on Giving Tuesday, July 11, we raised \$1249.53 for Holy Cross Food Pantry. This money will enable the pantry to continue to offer fresh produce all summer long.

Pictured above, from left: Food Drive volunteer and Iron Man John Scaffidi worked 14 hours; Robin Harris had it made in the shade in The Backyard at Chestnut Hill; Holy Cross Food Pantry volunteer Eric Holte shows off new shelves he and Food Justice Committee chair Eric Borgstrom built, doubling the pantry's shelf space. Just a little value-added result of the Summer Food Drive!

The Weavers Way Food Justice Committee works to alleviate hunger in the Philadelphia region and advocates for equity in the production and distribution of healthful food. Interested in joining? Meetings are held the first Wednesday of each month, 6-7:30 p.m., at Weavers Way Mercantile 542 Carpenter Lane. For more info, email foodjustice@weaversway.coop.

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

COMING SOON!



Weavers Way Ambler, 217 E. Butler Ave.

Editor's Note



by Mary Sweeten, Editor,
Weavers Way Shuttle

I AM NOT GOING ANYWHERE FOR THE total eclipse of the sun Aug. 21. Totality spans the redwood forest to the Gulf Stream waters but, for the record, I refuse to visit those states because they voted Trump. Well, not Oregon, but I understand you cannot get a room there at any price.

But enough about politics. Around here, we'll be able to see 75 percent of the eclipse around 2:45 p.m., which is nothing to sneeze at. Unless looking at the sun makes you sneeze, but PLEASE DO NOT LOOK DIRECTLY AT THE SUN.

If you want to learn more, my favorite eclipse primer is in Vox, which is also one of my favorite online sources of news about politics, which I'm not talking about. So shout out to Vox, and here's a link to the explainer: bit.ly/2tG6njO (long version: www.vox.com/science-and-health/2017/7/25/16019892/solar-eclipse-2017-interactive-map). It has a nifty animation of what the eclipse will look like in any given zip code. Please look at the animation, NOT DIRECTLY AT THE SUN.

What does this have to do with Weavers Way? Well, nature. Bringing me around to a recurring theme of this issue of the Shuttle: plastic pollution.

- We don't hand out plastic grocery bags at the Co-op (see the Mercantile story opposite page) . . . although we do offer plastic produce/bread bags and generate our share of plastic waste, alas.
- Many of us don't want you to buy water in plastic bottles. (See Joan Martini's letter, Page 6, and Sandy Folzer's column, Page 12.) Tap water is better regulated, certainly in Philadelphia, and plastic bottles do not get recycled the way you think they do. (I just read a story about MillerCoors canning water in one of its breweries for Red Cross disaster relief work, which I guess is a good reason, and anyway, cans are a lot easier to recycle than plastic bottles.)
- And if you do have plastic bottles, make bottle bricks until you start your boycott. (See Betsy's Teutsch's story, Page 13.)

I just got my eclipse glasses. They are made of plastic, but (like canned water) in service of a higher cause. And I plan to keep them until the next eclipse. See you in Buffalo in 2024!

msweeten@weaversway.coop

The Shuttle is published by Weavers Way Cooperative Association.

Statement of Policy

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

Weavers Way members are welcome to submit articles (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

NEW FROZEN FRONTIERS: DELICIOUS ICE CREAM

by Karen Plourde,
Weavers Way Communications Staff

AT ONE TIME, "VARIETY" IN A STORE'S ICE-CREAM freezer referred only to the number of flavors in there. Everything was made from cow's milk. Everything except sherbet and ice milk contained a similar amount of fat. The arrival of frozen yogurt in the 1980s changed the mix, but only a little.

Fast-forward to the present, in which most grocery stores, including Weavers Way, have to juggle space for traditional ice cream with dairy-free options. And sorbet. And gelato. And frozen yogurt (still). And, of late, low-sugar, low-calorie and high-protein choices. Is it any wonder why stores keep adding freezers?

With less space than many, and a need to fill more niches, Co-op grocery staffers have their gloved hands full trying to respond to shoppers' frozen-treat requests and requirements.

Here's the scoop on this summer's scoopables. (Bars, sandwiches and pops would take up a whole other story — but don't hesitate to try them on your own.)



TRADITIONAL & THEN SOME

Mass-market ice cream is represented at the Co-op by Breyer's (vanilla only, in both stores) and Ben & Jerry's in Chestnut Hill. Then there's Basset's, born in Salem, NJ, and a mainstay of the Reading Terminal Market. Before the arrival of Erdenheim-based Zsa's, Basset's had the most extensive selection of flavors in our freezers, but that distinction now goes to the locals. Mt. Airy's own Chilly Philly Ice Cream (kosher and made without eggs), stocks out three flavors, in both stores, as does Tricking Springs Creamery of Chambersburg, PA, but only in Chestnut Hill.

The remaining "regular" ice cream comes from west of here. Jeni's of Columbus, OH, has two flavors in Chestnut Hill. Alden's Organic, from Eugene, OR, is the only ice cream other than Breyer's that comes in a 1.5 quart size. It's stocked in both stores in several flavors. Three Twins, also organic and based in Petaluma, CA, is available in Mt. Airy.

THE NON-DAIRY ROSTER

Dairy-free ice cream made from soy has been sold commercially since the 1930s. But the current crop of non-dairy choices at Weavers Way are made from almond milk and coconut milk.

Both stores carry So Delicious and Coconut Bliss coconut milk ice creams. The latter, also from Eugene, comes in an assortment of flavors. So Delicious choices are limited to chocolate and vanilla. In addition, Chestnut Hill stocks Almond Dream almond milk frozen dessert in vanilla.

FROYO, GELATO & THE REST

Frozen-yogurt fans can enjoy up to four flavors of Stonyfield at both stores. We offer three flavors of New York's Ciao Bella sorbetto, also at both stores. The gelato faithful have several choices of Talenti at both locations.

There are also two healthier frozen treat options: Halo Top (two flavors in Mt. Airy, only chocolate in Chestnut Hill) and Arctic Zero, which is fat-, lactose- and gluten free, contains no GMOs and is low glycemic and kosher (and only in the Hill, in two flavors).

I tried both, and found Halo Top much tastier. It's less creamy than the real stuff, but can pass. Arctic Zero, by contrast, tasted neither sweet nor creamy enough. A treat, after all, should taste like one.

There's still a lot of summer left and a lot of frozen delectables to try. So spoon up, friends — and maybe get in some extra steps before you shop.

kplourde@weaversway.coop



WEAVERS WAY

MERCANTILE

'Plastics.' Um, No.

by Stephanie Bruneau, Weavers Way Programs Coordinator

Some 380 billion plastic bags and wraps are used every year in the United States, according to the EPA. And only about 1 percent are recycled, leaving the rest to fill our landfills, litter our streets and foul our waterways.

Many cities throughout the United States have taken steps to ban plastic bags — 165 cities and towns, according to Plastic Bag Ban Report, a national advocacy group, including New York, Los Angeles, San Francisco and Washington, DC — but the effort has been stalled in Pennsylvania, where Gov. Tom Wolf in June vetoed a bill passed by the General Assembly that would have banned bans or fees on plastic bags statewide.

There is a lot that the Co-op is doing to keep plastic out of the waste stream, starting with not offering single-use "T-shirt"



Here's Ben's bag.

shopping bags in the first place. Many Co-op shoppers bring their own bags or re-use boxes from Co-op product deliveries. Our extensive bulk section and sale of reusable bulk bags and glass containers make avoiding plastic easier — and we've got regular workshops with the Co-op's own Zero Waste Consultant, Alisa Shargorodsky, to help members work toward zero waste at home.

With Weavers Way

Mercantile's extensive selection of reusable shopping bags and jars of all sizes for storing bulk items, we've been able to redouble our efforts in helping shoppers avoid plastic waste while shopping — and do it in style.

One of the reusable totes we're carrying at The Mercantile deserves a special mention. Ben Ford, a Co-op member and sophomore at Upper Dublin High School, created reusable tote bags as part of a project for an environmental studies class, to promote the use of reusable materials instead of plastic. Ben is donating the proceeds from the sale of the bags to the Ambler Environmental Action Council, which plans to plant trees with Ben's donation. The bags are \$3 each.

Congratulations, Ben, and thank you for your efforts! We are thrilled to support you in this project.

sbruneau@weaversway.coop

Having trouble persuading folks to put down the bottle? See Page 12.

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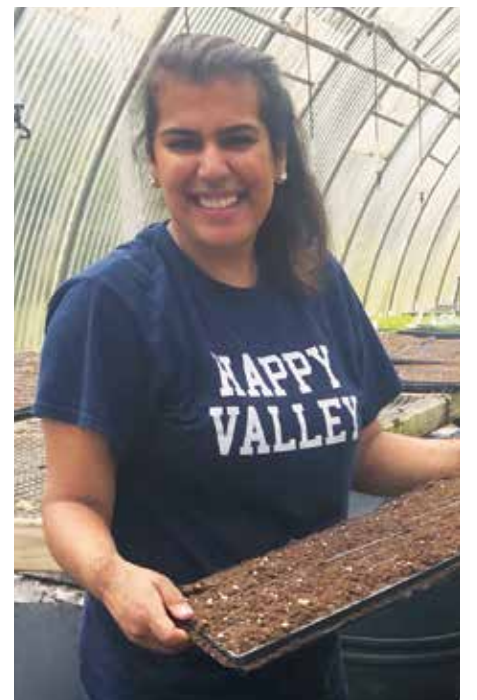
FARM MARKET CELEBRITY SPOTLIGHT



JAYLYNN GARDNER is a rising 11th-grader at W.B. Saul High School. This summer, she has an internship at Henry Got Crops working as a farm market assistant. Jaylynn, who is 16 and lives in North Philadelphia, says, "My favorite class at Saul would be Food Processing Science, because in there I never learn the same thing twice or learn something that I already knew about the year before. . . . In the future, I want to take my experience at Weavers Way and hope to go deeper into what Weavers Way is and how I can assist with making it better."

LAUREN FILLEBROWN

is a rising senior at Penn State University, where she is studying Agricultural Business Management. Originally from New Jersey, Lauren found her interest in agriculture through her high school agricultural education courses, along with her heavy involvement in the Future Farmers of America. This summer, she has taken both her passion for agriculture and the skills gained through several leadership opportunities to Philadelphia, where she is interning for Weavers Way Farms as part of our farm staff. Lauren applied for this internship, which is funded through Penn State Extension, to learn more about the local food movement in cities and how urban agriculture can be better developed. She says she's enjoying interning at Weavers Way Farms as she is applying her knowledge of agriculture through the field work. Lauren also likes to have conversations with CSA members and those who come to the Henry Got Crops Farm Market, specifically hearing about what prompted them to join the CSA or come in to shop. After graduation, Lauren hopes to start a career advocating for agriculture, focusing on hunger relief and nutrition in government or nonprofit organizations both internationally and domestically.



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MAY-OCTOBER
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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 a.m. - 1 p.m.

August 5 & October 7

Mort Brooks Memorial Farm
Awbury Arboretum, 901 E. Washington Lane

September 2

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

MOVIE NIGHTS

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

"Moana"

7:45 p.m. Aug. 22

"Back to the Future"

7 p.m. Sept. 22

SAVE THE DATES

Harvest on Henry Farm Festival, Saturday, Oct. 14
Awbury Agricultural Village Harvest Festival, Saturday, Oct. 28

Check the Weavers Way Events Calendar for more details!

www.weaversway.coop/events

What's in Store at Weavers Way

Check It Out!

by Karen Plourde, Weavers Way Communications Staff



On the Menu in Prep Foods

Adjust your attitude at Chestnut Hill's Sandwich Station Happy Hours.

Four o'clock signals the start of happy hour — the food kind — at Weavers Way Chestnut Hill. Every day from 4 to 6 p.m., the crew puts a particular sandwich on sale for at least \$2 off. The promotion started in February; previous sandwiches in the spotlight included hoagies, gyros and banh mi. On a recent weekday, the selection was **La Vita Bella**, a hoagie featuring fresh mozzarella, roasted peppers and pesto in addition to the usual lettuce and tomato.

Bakery Bites

A legendary tomato pie from the Northeast has landed.

Another Philly classic has taken up residence at the Co-op, with both bakery departments featuring **Gaeta's** tomato pies. This cornerstone Italian bakery, now located on Castor Avenue, was born in Germantown and has been in business for over 75 years. A quarter sheet box is \$6.59. Delivery days vary between the stores, and may change in the near future, so it's best to call ahead if you're counting on it.



Goings on in Grocery

SmashMallow takes s'mores to the next level. And Bizzy Coffee Shots offer an organic amp-up.

You really don't need to improve on the s'more. But if you added flavor to the



marshmallow, would that make it a bit better? **SmashMallows** is here to assist in your research. Made with organic sugar, they're gluten-free and come in flavors ranging from espresso bean to toasted pineapple-coconut to mint chocolate chip. Flavors vary by store.

To make sure you last for that late-night bonfire, pick up a **Bizzy** organic coffee shot, also now in both stores. Bizzy was started in Minneapolis by **Alex** and **Andrew**, two besties with a lot going on. The 2-ounce bottles, which come in three flavors, contain 130-150 milligrams of caffeine, about equal to two shots of espresso. Bizzy's coffee beans are ethically sourced and purchased at fair trade prices, and the flavorings are also organic and contain no added sugars.

The Deli Dispatch

Tweak your summer specialties with Buf water buffalo mozzarella.

Tomato season is in full swing, and many a shopper's basket contains a container or two of fresh mozzarella. While some

never stray from **Claudio's** cow's-milk version, the bolder among us might want to give the original water-buffalo version a try. **Buf**, of Charlottesville, VA, gets their raw materials from Colombian water buffulas that are free-range and grass-fed, and the cheese balls come in three sizes: largest to smallest, ovoline (egg sized), bocconcini (little bites) and ciliegine (cherry sized).



There will be many caprese salads and pizzas assembled before the last locally grown 'mater has been plucked off the vine. Sometime before that happens, make room for these cuties in your fridge.

kplourde@weaversway.coop



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 (includes food, beverages, & complimentary re-admission to the sale on Saturday!)

Help Us End Hunger and Homelessness!

What's in Store at Weavers Way

Why Are We Adding Dietz & Watson Originals? It's Elementary

by Ann Marie Arment,
Weavers Way Chestnut Hill
Deli Manager

THOSE OF YOU WHO SHOP THE DELI in Mt. Airy know we have offered Dietz & Watson cold cuts since the Co-op got its first meat slicer (or a very sharp knife!). Now, starting this month, the Chestnut Hill store will also feature Dietz & Watson meats and cheeses, and the Ambler store will follow suit when it opens this fall.

Dietz & Watson is a local, family-owned company we're proud to partner with. How "local" and "family-owned"? You could look it up — and read the news stories online about the 91st birthday of Ruth "Momma Dietz" Eni and how the company recovered from a 2013 fire that destroyed its warehouse.

In June, some of us from Weavers Way toured the Dietz & Watson plant in Tacony. I admit I was skeptical about going behind the scenes of a processed-meat manufacturer, but I am glad we were af-



Dietz & Watson photo

forded the opportunity to do so! I thoroughly enjoyed learning about the cutting edge — pun intended — facilities and systems in place there in Northeast Philadelphia. The precision, caution and quality control at the Dietz & Watson plant is exactly what you want behind your deli meat.

Dietz & Watson offers "Originals," a complete line of deli meat and all-beef hot dogs that are antibiotic free, and made without nitrates, preservatives, hormones or artificial colors. In addition, Originals cheeses are RBST-free. This makes the line an excellent choice for our deli. It was an easy decision to make, bringing the Originals to our stores, and we are pleased to be able to offer more products that meet the needs of our shoppers.

Deli meat is a funny thing. Everybody who eats it has a favorite and a story to go with it. Take my friend Pat, of Kilian's fame, who recently decided to fry beef bologna for the first time to make

his new favorite sandwich. He remembered his first boss down at Hill Cycle sending him out for bologna at lunch and now, a few decades later, Pat is finally on board with it. Then there is Byron, who works with me here at Weavers Way in Chestnut Hill. Byron lit up at the request, "Tell me about your favorite lunchmeat sandwich as a kid." His detailed account of a corned-beef hoagie with pepper-jack cheese not only surprised the heck out of me but sent me right back to my cutting board, where I recreated it to B's satisfaction. Spoiler alert: There might be a fried-bologna sandwich and corned-beef hoagie happy hour at the sandwich station in August.

You can expect to see some big changes at the deli and meat counters over the next month. Please ask for samples and do not hesitate to tell us about YOUR favorite!

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L·E·T·T·E·R·S

Support Ban on Single-Use Water Bottles

ITOTALLY SUPPORT THE IDEA TO BAN SINGLE-USE PLASTIC WATER BOTTLES EXPRESSED by Richard Metz in his letter in the July 2017 Shuttle. The Co-op is about more than making a profit and most people who shop in the store understand this and hold Weavers Way to a different standard than other grocers.

If plastic bottles disappear, there may be some grumbling, but people will get it. Besides, removing all those plastic bottles will free up shelf space for the new products members keep requesting.

Joan Martini

Thanks for Green Mountain Energy Heads-Up

THANKS TO TERRY HALBERT FOR THE JUNE 2017 LETTER IN THE SHUTTLE WITH more information about Green Mountain Energy, a subsidiary of NRG Energy.

We met their salesperson at a Night Market event. He talked of solar energy, which is something that we fully support, and it all sounded good and very quick and easy to do the switch. So we switched!

After reading Terry's letter, we realized that we should have stuck with our usual practice of "look before you leap!" The salesperson never mentioned the six coal facilities that NRG owns and operates in Pennsylvania or their many Clean Water Act violations or their mercury-polluting power plants.

Clearly, we needed to make another change! We contacted Weavers Way member and environmental activist Meenal Raval, who directed us to EcoChoice 100. A phone call to 215-413-2122 got us to a very helpful person who explained their different plans. We told her that Meenal had referred us. We chose the EcoChoice 100 PA fixed-rate option. Their energy is 100% renewable: 99% wind and 1% solar.

A few days later, Meenal advised us that she had received a monetary appreciation for referring us and that her practice is to donate this to an organization we wish to support. Wanting to keep supporting environmental concerns, we named 350 Philadelphia. Now that is a win-win!

Thanks again to Terry Halbert, the Shuttle, the Energy Coop, and Meenal for getting us back on track!

Marion and Dave Brown

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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**Health & Health
Care in an Age of
Uncertainty**

by Dana Barron, Weavers Way Health & Wellness Committee

AMID THE TUMULT OF CHANGE AND uncertainty around health insurance, it is time to re-examine our relationship with conventional medicine. The future of the Affordable Care Act and the Medicaid program are uncertain. At the same time, deductibles, premiums and co-pays continue to rise. For most Americans, gone are the days when we could access healthcare as needed without worrying about (or even knowing) the cost.



We need to become smart consumers in the medical marketplace.

At the same time, there is a growing mismatch between what patients need and what conventional medicine offers. Our current "sick care" medical model works well for acute illnesses and trauma.

(Continued on Page 9)

SEPTA Gas-Fired Power Plant Update

by Karen Melton, 350Philadelphia.org

OPPPOSITION CONTINUES AGAINST A planned gas-fired power plant at SEPTA's Midvale Complex at Wissahickon and Roberts avenues. Area residents, health professionals and faith and environmental groups fear the plant would add a further burden of pollution to nearby neighborhoods, including Nicetown, North Philadelphia and East Falls.

After voting in March to authorize the construction of the \$26.8 million, 8.6-megawatt facility, intended to power half its Regional Rail lines, SEPTA still needs a permit from Air Management Services.

AMS, a division of the Philadelphia Health Department, held a hearing on the permit on June 27. About 40 attendees packed the room at the Panati Playground and testimony continued for more than two hours, all in opposition to the plant.

The permit application details expected plant emissions, including:

- 21.7 tons per year of nitrogen oxides (NOx).
- 27 tons per year of carbon monoxide (CO).
- 16.3 tons per year of volatile organic compounds (VOCs).

These are the pollutants that are required to be reported, and are known

(Continued on Page 13)

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The Bad News (and Good) About Fees at Our ATMs

by Jon Roesser,
Weavers Way General Manager

EFFECTIVE AUG. 1, THE CO-OP'S ATM MACHINES started charging a \$1-per-transaction fee.

Whew. OK, now that I've gotten the hard part out of the way, some back story:

We have a habit around here of surprising our vendors. Teeny-tiny stores like ours don't typically generate the kind of sales ours do (about \$22 million total last year). This kind of volume means suppliers have to send larger trucks, or deliver more frequently, than they originally expected they would.

The same turns out to be true with our ATMs. And I bet some of you didn't even know we had cash ATMs!

We do, in both Mt. Airy and Chestnut Hill. They've been there since January 2014, and we'll have one in Ambler when we open.

Our ATMs are popular: A staggering \$1.2 million in cash flows out of the Mt. Airy machine every year. In Chestnut Hill, where there are other ATMs within a few blocks, ours dispenses about \$600,000 a year.

When we installed the ATMs, we were determined that they would be "free," in that we wouldn't charge a transaction fee (though most people's banks tend to charge them a back-end fee). So we worked out a deal with the ATM company to rent the machines. The Co-op pays the ATM company every month, the company services the machines and keeps them stocked with cash and Weavers Way customers use the machines for nothing.

Perfect. While it lasted.

Last month the ATM guy called. Thanks to their ridiculously high volume, our machines are expensive to

It turns out our busy cash machines were too much of a good thing for the guy who rents them to us and keeps them loaded with money.

maintain. Too many service calls and too many trips to keep cash in them.

Typically, the ATM guy's model is to charge a transaction fee rather than rent — \$1.50 is his standard. The business where the ATM is located usually tacks on a fee too. Often that's also \$1.50, so the customer gets hit for \$3, which is split between the business owner and the ATM operator.

As a result, our guy has ATMs that are dispensing far less cash than ours and making him a lot more money. He told us he'd be better off taking the machines out of our stores and installing them in some beer distributor or hoagie shop.

Something had to give.

We were faced with two options. To keep the ATM transaction free, our cost to rent the units would skyrocket. Currently we pay \$600 a month for our two machines. Keeping them transaction-fee-free would mean a new rent of \$1,500 a month. Things are pretty tight right now, so this kind of rental increase didn't strike us as something we could take on.

Our other option was to allow the ATM company to start charging. A \$1.50 transaction fee would allow them to make their money entirely based on transactions. The Co-op would no longer have to pay to rent the machines.

Neither of these options were particularly attractive. The new rental terms were unacceptable and the \$1.50-per-transaction fee seemed a bit too much. So our final conclusion was to agree to allow the ATM company to charge \$1 per transaction, 100 percent of which goes to the ATM company. The Co-op doesn't get a dime of those fees. Meanwhile, we will continue to pay the same rent for the machines that we've been paying, offsetting the extra 50 cents the ATM company would have made in a typical transaction.

It is disappointing that the Co-op's ATMs are no longer free. This service has proven popular with members, and I know it's cold comfort that a \$1 transaction fee is low compared to what most other ATMs charge.

Then there's Wawa, which continues to offer free ATMs. With over 600 stores in the Philadelphia region — most of them with multiple ATMs — Wawa does three times the amount of ATM transactions as all banks in the region combined.

Wawa's ATMs are administered by PNC. I wish I was privy to the terms of their arrangement, as I'd welcome the chance to replicate it with one of the local credit unions, like Police & Fire Federal Credit or TruMark.

For us, that's the next step in this saga. Hopefully we can develop a partnership with a credit union that allows us to bring back free ATMs in the near future. We're not done with this issue yet, so please stay tuned.

See you around the Co-op.

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East Mt. Airy Neighbors Announces 2017 Grants

THE EAST MT. AIRY NEIGHBORS Community Fund of the Philadelphia Foundation has awarded \$85,000 in grants to 10 nonprofits providing services to Northwest Philadelphia, with emphasis on programs serving East Mt. Airy.

This is the third year for the EMAN Fund, which was created with the proceeds from the sale of EMAN Community Living Inc. to Special People in the Northeast. "The fund is a unique opportunity for East Mt. Airy Neighbors to invest in enhancing East Mt. Airy and surrounding Northwest Philadelphia neighborhoods over approximately 10 years, or until the resources have been fully granted," explained EMAN Board Vice President Margaret Salamon, chair of the Grants Committee.

The fund focuses its grants, which range from \$5,000 to \$15,000, to support nonprofits in the areas of aging, building community, children and youth and mental health and intellectual disabilities.

"This year's grant recipients enhance the quality of life in East Mt. Airy and beyond, as their work ripples out through

the community," said EMAN Executive Director Elayne Bender.

Receiving grants this year are:

- Allens Lane Art Center (www.allenslane.org) provides arts education activities for disadvantaged and homeless children. (\$7,000)
- Awbury Arboretum (awbury.org) will use the grant to continue improvements at its Agricultural Village, including improving the accessibility of the woodland walking path around the community garden. (\$10,000)
- Center in the Park (www.centerinthepark.org) offers programs for older adults that help them maintain independence in the community. (\$5,000)
- Food Moxie (www.foodmoxie.org) provides educational programs at an emergency housing facility and local public schools and partners with community hubs to empower some of Philadelphia's most vulnerable residents to take back their health and combat food insecurity. (\$10,000)
- Mt. Airy Art Garage (mtairyartgarage.org), an incubator for professional and emerging artists, will engage students at Emlen School in creating original drawings and murals. (\$10,000)
- Mt. Airy Baseball (www.mtairybaseball.org) offers youth baseball games, practice, instructional clinics and baseball tournaments for ages 5 to 18. (\$7,500)
- Mt. Airy Learning Tree (mtairylearningtree.org), founded in 1980, celebrates the diversity of Northwest Philadelphia by bringing neighbors together to share ideas, information and skills in informal learning environments. (\$5,000)
- Mt. Airy USA (mtairyusa.org) has as its mission to preserve, empower and advance a vibrant and diverse Mt. Airy by stimulating development responsive to the community's needs. (\$15,000)
- Philadelphia Interfaith Hospitality Network (philashelter.org) will use this grant to support work with homeless, formerly homeless and high-risk children and youth in Northwest Philadelphia. (\$5,500)
- Urban Resources Development Corp's Owner-Occupied Repair Program (buildgermantown.org) fosters neighborhood stabilization by helping senior and low-income homeowners finance exterior repairs that allow them to remain in their homes. (\$10,000)

International Co-op Principles

- 1** Voluntary and Open Membership
- 2** Democratic Member-Owner Control
- 3** Member-Owner Economic Participation
- 4** Autonomy and Independence
- 5** Education, Training and Information
- 6** Cooperation Among Cooperatives
- 7** Concern for Community

To learn about the guidelines or how to apply for an EMAN Community Fund Grant, visit the Philadelphia website at www.philafound.org



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Health & Health Care in an Age of Uncertainty

(Continued from Page 6)

ma. But it is not well equipped to reverse or prevent chronic and degenerative illness, which accounts for 86 percent of all health-care costs. Half of adults have at least one chronic illness and a quarter have two or more (ifm.org/functional-medicine).

Conventional medicine has few answers, other than drugs that mask or manage symptoms, to chronic illnesses like diabetes, heart disease, autoimmune disease and chronic pain. Increasingly patients are told that the cause of their symptoms is unknown and the only options are drugs and procedures that may or may not help (and can in some cases make things worse). Or, they are told to make lifestyle changes — lose weight, exercise more, reduce stress — by doctors who are not equipped to provide the information or support they need to implement the recommendations.

As medical care becomes more costly, we have an opportunity to dramatically shift our understanding of sickness, health and responsibility.

The body has a remarkable capacity to heal, restore and maintain balance. Symptoms of illness appear when the strain on the body overcomes its capacity for resilience. The stressors that



can lead to disease include pathogens, toxins, poor nutrition, inadequate sleep, too little (or too much) exercise and mental and emotional stress. If we pay attention to these factors before symptoms arise, much illness can be prevented. And once illness does arise, we must look to the root causes rather than just pursue symptom relief.

Here's what can you do:

- Keep an eye out for early warning signs of “dis-ease”: fatigue, pain, digestive problems, sleep issues, cognitive challenges, mood changes. These are not the inevitable result of modern life or aging. They are signs that the stress on your system is overcoming your capacity for resilience. Your body is talking to you. Listen!
- Seek help from a functional or integrative practitioner who will look

for the root causes of your symptoms and pursue a personalized and holistic approach.

- Seek support for the lifestyle changes that promote and preserve good health, including an anti-inflammatory diet, appropriate movement or exercise, stress management and good sleep hygiene.
- Think twice before accepting a prescription that will manage a symptom but not heal your body.
- Take control of your health now rather than waiting for a problem and expecting medicine to fix it.

The more we stay informed, engaged and empowered, the better our health will be.

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.

Dana Barron is a functional medicine health coach and health care advocate in private practice in Mt. Airy. She seeks root causes for chronic conditions and supports clients in developing and implementing comprehensive, holistic self-care plans to promote deep healing. Contact her at healingpathcoaching@yahoo.com.

High Point Is Expanding and It's a Community Endeavor

by Meg Hagele, for the Shuttle

MY FAMILY FIRST JOINED THE CO-op in 1975, when I was 5. I remember when it was just one building, long before there even was a Mt. Airy Village. Having nothing to compare it to, I had no idea how special it was. It was just our life. I had no idea that I was absorbing the principles of honesty, tolerance, cooperation and community involvement so integral to Weavers Way and Mt Airy in general.

When I first envisioned High Point Café, it was an easy decision to open on Carpenter Lane. I was confident Mt Airy would respond to what I wanted to create. The café was named for my mission, to be the high point of your day!

High Point has grown over the years since we opened in 2005. We added our second location at the Allens Lane train

station in 2008. And in 2015, we opened our wholesale facility on Germantown Avenue. A note on that: I am overwhelmed to this day by the outpouring of support from our customers who became equity investors in that expansion. We raised nearly \$750,000 exclusively from High Point regulars. Just as the Co-op is owned by its members, High Point Wholesale is owned by its regulars — the people who know us and believe in what we're doing.

What has been astounding, though, is that our two tiny cafes tucked away in Mt Airy, where it's hard to park and sometimes hard to fit inside, still account for over half our total revenue. So, as we analyzed our business, it became clear that the best way to grow would be by adding more High Point cafes.

Enter Jill Fink — a longtime friend, Food Moxie executive director and owner of Mugshots Coffeehouse in Fairmount.

“Operating a business and a non-profit are both full-time commitments,” Jill says. “When Meg decided it was time for her to expand, it gave me the perfect opportunity to transition my business to someone who shares my values and who will continue to serve Fairmount the way Mugshots has since 2004.”

We are thrilled to take the reins of a community icon like Mugshots, in a neighborhood very similar to Mt Airy in its diversity and pride. Mugshots closed for renovations last month. After we make the alterations needed, in true High Point fashion, we will have a BIG party with LOTS of free deliciousness, music and merriment. Keep up with our progress on Facebook and Instagram!

Weavers Way member Meg Hagele is the founder and owner of High Point Cafe and Wholesale. Contact her at meg@highpointcafe.us.com.

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FOOD MOXIE

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Why I Give: Jill Duncan

Jill Duncan is a new member of the Food Moxie board.

What's your experience working in nonprofits or serving on a board?

This is my first board experience, and I'm truly looking forward to serving. I've dedicated my professional career to the nonprofit sector because I've always had a passion for helping others. While I figured out that direct service wouldn't be a good fit for me (I wanted to be a psychologist), the desire to serve my community remained. Thanks to an opportunity afforded me by Scott Schaffer, a former executive director of Philabundance, I discovered that I had a knack for accounting. I believe providing an organization with a strong foundation allows those who can to serve our neighbors in need.



What are your areas of expertise? Finance and accounting, gifts processing/data management.

What do you want to accomplish as a board member? I want Food Moxie to grow and thrive and be a better organization. I'm also looking forward to the learning experience of being on a board.

Describe your experience with gardening or urban agriculture. Not much — although I love to eat fresh fruit and vegetables! I actually built my own flower boxes a couple of summers ago and having been trying (not always successfully) to maintain a fully seasonal flower garden.

What is your favorite fruit/vegetable? I'm nearly addicted to a daily banana but I'm also a big fan of strawberries, pineapples, watermelon, grapes, apples and oranges. Sorry — no way to pick a favorite!!

What's your favorite part of Philadelphia? Philly is such a beautiful city — so much to love. Whenever I'm showing the city off to out-of-town visitors, I always do the Kelly/King drives loop and the Waterworks and then a trip to Penn's Landing.

Fun fact about yourself? I'd love to operate a wrecking ball — clear out some grubby old buildings and make way for some neighborhood-friendly green-space!

How did you get involved with Food Moxie?

I've worked for Philabundance for 16 years. I wanted to work with a grassroots organization — one that truly served the basic needs of people. It doesn't get more basic than food. I believe that Food Moxie is a great fit for my interests. I appreciate the added component of nutrition education because good health is crucial for living your best life.



Cenna Wilkerson photos

Thanks for a great evening at Weavers Way Farm at Awbury Arboretum on June 25! The fourth annual Hoedown was a blast of family fun, live music and fine local food. If you missed it, be sure to sign up for the **Urban Farm Bike Ride** Sept. 9 — see info at left, or visit www.foodmoxie.org/bikeride.

Awbury Arboretum Presents: a Seasonal Harvest Series

Join us for a one-of-a-kind dining experience in the heart of Awbury Arboretum. Local chefs will present specially-selected menus highlighting farm fresh foods of fall as guests dine together in the parlors or on the porch of Awbury's historic Francis Cope House. A signature cocktail will be served at each dinner.



Dance of the Ripe Tomato - Thurs, Sept. 14th
Rooted - Thurs, Oct. 12th
Holiday Demo and Go! - Thurs, Nov. 9th

Space is limited. Dinner series is BYO. visit www.awbury.org for details and registration.

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Balloons Are No Party for Wildlife

by Marsha Low, for the Weavers Way Environment Committee

It's summertime, and that means lots of outdoor parties and celebrations. And what better way to make the occasion festive than with balloons, particularly a balloon release? Don't cut that string just yet. Unfortunately, balloons wreak havoc on the environment and wildlife, no matter the type. Mylar balloons are composed of synthetic nylon with a metallic coating and are not biodegradable. Latex balloons do decompose, but can take anywhere from six months to four years to break down and are capable of causing plenty of harm to wildlife in the meantime.

Both terrestrial and marine animals mistake balloons for food. Sea turtles are particularly vulnerable, since they often confuse them with their jellyfish prey. Once ingested, balloons can cause stomach or intestinal blockages, leading to starvation and death. And the strings attached to balloons can be just as dangerous. Birds become entangled in them, and the fins and flippers of marine animals such as turtles, seals and dolphins get ensnared, restricting their movement and compromising their ability to hunt and eat. These entanglements can also cause cuts (and even amputations) leading to infections, starvation, drowning and death.

So consider and choose eco-friendly and creative ways to make your party or celebration special — ways that don't litter our environment or harm wildlife. You'll have a few more things to celebrate if you do!

Spread the Word:

Friends Don't Let Friends (or Folks They Just Met) Drink from Plastic

by Sandra Folzer, Weavers Way Environment Committee

IN OUR POLITICAL CLIMATE, WHEN IT IS easy to feel depressed and helpless, I have a suggestion. Since the present administration is hell-bent on plundering our resources and removing regulations, I ask that you consider doing something for the environment. It may seem small, but we have to begin somewhere to make change.

You probably already know how detrimental plastic bottles are to the environment. However, there are many people who may not be aware of the damage they are doing by using plastic water bottles. According to a study by Madison County, N.C., Americans use 2.5 million plastic bottles every hour!

You may be under the illusion that most plastic bottles are recycled, when in fact, the number is only about 23 percent. According to Tom Szaky, CEO of TerraCycle, which targets hard-to-recycle waste, only half of what you put into your blue bin actually ends up recycled, usually because of contamination. Even bottles that do get recycled may not be used for post-consumer material because it is more expensive to produce. (When you do recycle a plastic bottle, empty it completely, which makes recycling easier, and put the cap back on, as recyclers want this more valuable plastic.)

What motivates me is knowing that virtually all the plastic ever produced

still exists today in some form. Millions of trillions of tiny pieces are settling in our oceans, where birds and fish consume them and suffer or die. These are the same fish we may eat later, plastic and all. According to the Ellen MacArthur Foundation, there will be more plastic in the ocean than fish, by weight, in 2050.

So what are we going to do? It's not enough that you and I avoid plastic bottles whenever possible. How can we stop this avalanche of plastic clogging our oceans and landfills?

I invite you to join me in trying to educate others.

I was in the supermarket recently and saw a man with three cases of plastic water bottles. I engaged him with a comment, "You drink a lot of water." Trying not to be rebarbative, I asked if he knew that bottled water wasn't tested often and that tap water was safer. He then explained that he used to drink soda, which ruined his health, so he is sticking to water. If he were in better health — he clearly had undergone a tracheotomy — I might have pursued the topic. I wish I had had a handout to give him, so he could consider his choice later in the comfort of his home.

So I've included a handout below. While you can talk to friends or even strangers you see buying cases of plastic water bottles, you might have a greater impact at public or private events — block parties or church functions or school gatherings — with a handout.



Environment Committee

You would be surprised how amenable people are. You could ask your gym or workplace to have water fountains instead of bottled water. Last year I spoke to the director of my granddaughter's nursery school; this year there were no plastic bottles at their main school event. I frequently speak to race directors because some races may use thousands of bottles. I have had some success.

One note: Bottle deposits do help. California's deposit system is linked to a 65-70 percent recycling rate. Texas, in contrast, with no deposit, recycles less than 5 percent. Germany requires packaging companies to pay for the environmental cost of packaging. In the United States, 11.3 million tons of packaging fill our landfills. Maybe one day we'll have bottle deposits or a packaging tax in Pennsylvania. For now, I am relieved Gov. Tom Wolf vetoed the bill that would have prevented municipalities in the state from banning plastic bags.

I hope you'll join me in trying to educate others, especially groups which tend to use large quantities of water bottles. Cut out the handout (or download it at www.weaversway.coop/plastic-bottle-handout) and take it to your next event.

environment@weaversway.coop

DID YOU KNOW

plastic bottles

ARE BAD FOR YOU:

- # There is little regulation. The Natural Resources Defense Council found contamination in the water in a third of the plastic bottles they tested. Tap water is safer.
- # Bottled water may contain hormone-disrupting chemicals. Even small amounts can be dangerous, and the longer water sits in a bottle, the more cancer-causing antimony and other chemicals are released.
- # Bottled water costs about 2,000 times more than tap water.

ARE BAD FOR THE ENVIRONMENT:

- # Only 23% of plastic bottles get recycled.
- # Plastic is with us forever. It only breaks into smaller pieces which are filling our oceans where birds and fish ingest them.
- # Producing bottles uses more than 17 million barrels of oil annually. The amount of oil needed to produce one bottle would fill it a quarter full.
- # It takes three times the amount of water to produce the bottle than is contained inside.

THANKS FOR READING.



If Life Gives You Plastic Bottles, At Least Make Some Bottle Bricks!

by Betsy Teutsch, for the Shuttle

THE BOTTLE-BRICKING BRIGADE, led by the Weavers Way Environment Committee and spurred on by yours truly, Mt. Airy's Chief Bottle-Brick Evangelist, has amassed over 600 bricks. This represents a great deal of effort and has diverted a remarkable amount of waste from landfills. Thanks to all who are participating!

Those of us who have adopted the bottle-bricking habit are increasingly adept at expanding the types of waste we stuff in bottles rather than in the trash. I hereby award my husband, David, a Bottle Brick Badge of Honor. He walked in to the kitchen one morning with a garment bag from an old suit. "Do you want to bottle this?" he asked. It seemed big for a 20-oz. bottle, but . . . why not? "Sure!" I replied, taking out scissors and cutting the bag into pieces. Once I ripped off the zipper, it was easily stuffed into the next bottle. A little compressing reduced it to about half a bottle in volume — garment bag to brick in 5 minutes!

Food Moxie will commence construction on the long-awaited Keyhole Garden project at Martin Luther King High School's Hope Farm come September. Food Moxie educator and project manager Tara Campbell has planned a 3-foot high walled garden 6 feet in diameter, using a thousand bottle bricks.

Keyhole gardens feature a center core filled with compost that directly nourishes and waters the garden. Designed by permaculturists seeking a maximally efficient use of resources, keyhole gardens are high-yielding and easy to maintain. Their height makes them accessible to gardeners who have trouble bending over, a useful feature for Hope Farm where some of the participants have mobility constraints.

We invite you to join the project if you haven't already. Bottle brick instructions are below. A few reminders:

- Only use a specified size and shape of bottle. Uniformity is essential — they're bricks, remember.
- Compress the contents until the brick

weighs at least 180 grams. Stand on it — does it hold your weight without buckling?

Please drop your bricks off at the Food Moxie office at 608 Carpenter Lane. Just leave your bricks on the side of the stairs at the entrance, the door in the middle of Weavers Way Across the Way. If the door is locked, you can leave them in the doorway. We are not worried about folks stealing plastic bottles filled with trash.

We thank you for helping us reach our thousand-bottle goal.

Weavers Way working member Betsy Teutsch is the author of "100 Under \$100: Tools for Empowering Global Women."

SEPTA Power Plant

(Continued from Page 6)

to contribute to the formation of smog, which can cause or aggravate health problems including asthma, emphysema and bronchitis.

Ultrafine particles will also be emitted, but are currently not regulated, and do not have to be reported; however, there is a growing body of evidence about the health risks associated with UFPs, which may be released at high levels by gas-fired power plants.

Noting that more than 37,000 people live within a mile of the proposed plant, opponents maintain that community health should be the primary consideration.

They also point to a number of discrepancies in SEPTA's arguments for the plant: SEPTA calls it a CHP (Combined Heat and Power) plant, even though only 35 percent of the heat byproduct will be utilized; SEPTA claims the contract for the plant, which commits to buying gas for 20 years, will be cost-effective without considering long-term gas-vs.-renewable energy pricing; and SEPTA makes claims about reducing greenhouse emissions that opponents consider significantly overblown. Finally, SEPTA's plan to build the Nicetown plant, which it describes as proof of concept with potentially more such plants to come, takes our transit agency in the opposite direction of Mayor Kenney's recently announced commitment to 100 percent renewable energy.

It is unclear how long it will take AMS to process and respond to the many arguments presented at the June hearing. So there is still time to make your voice heard. We ask that you call and/or email Councilwoman Cindy Bass (cindy.bass@phila.gov, 215-685-9182), who represents the neighborhood, Mayor Jim Kenney (James.Kenney@phila.gov, 215-686-2181) and Health Commissioner Thomas Farley (215-686-5200).

To learn more or get involved go to www.350philadelphia.org/septa. Let's keep pushing for a sustainable transit future that does not include any gas-fired power plants.

Karen Melton is a 350 Philly volunteer.



How To Make BOTTLE BRICKS!

Step 1 - Collect #2 plastic bottles:

- One liter or
- 20 oz Energy Drink (wide top)

Not water bottles; they're too light-weight.

Step 2 - Collect clean, dry, non-biodegradable items that cannot be recycled. No paper!

• Mesh bags	• Sticky labels	• Dead credit cards
• Bag twisties	• Candy wrappers	• Straws & swizzlers
• Bread tags	• Snack bags	• Wax candle stubs
• Yogurt tops	• Thermal receipts	• Dried pens/markers
• Dead batteries	• Plastic wine plugs	(Cutting items into small pieces is helpful)
• Aluminum foil	• Drink packets	

Step 3 - Line the bottle bottom with something form-fitting such as a small plastic bag. Fill the bottles, compressing as you go. It's handy to have a bottle out on your counter. 1 liter bottles should weigh 250+ gms & 20 oz bricks, about 180 gms.

Step 4 - BUILD!

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See the Whole Wissahickon — Join the 2017 All Trails Challenge



FOW photo by Charles Uniatowski

Get out your walking stick and join the All Trails Challenge.

by Maura McCarthy,
Executive Director,
Friends of the Wissahickon

MOST VISITORS TO WISSAHICKON Valley Park barely make a dent in all its 50 miles of scenic trails. Now you have a reason to try them all — and support the park at the same time — by joining Friends of the Wissahickon’s All Trails Challenge.

In this family-friendly event, people of all ages and fitness levels are invited to hike, walk, run, bike or horseback-ride through every corner of the beautiful Wissahickon over a four-month period. While you’re covering all this ground, you can be raising money for the preservation of its beauty and history by getting friends, family, and coworkers to sponsor you.

Last year, more than 270 people participated in the inaugural All Trails Challenge, altogether completing over 5,000 miles, and raising \$25,000 for the park.

This year’s version kicks off on Thursday, Sept. 7, with a launch party at Wissahickon Brewing, and continues through Tuesday, Nov. 28. Along the way, there’ll be mileage and fundraising incentives, lots of giveaways and scheduled hikes and walks with great prizes, including exclusive vacations for the top trekkers, so check www.fow.org often for details and updates.

HOW TO PARTICIPATE

STEP 1: Register. The All Trails Challenge link goes live on the FOW website after the launch party at Wissahickon Brewing on Sept. 7. (FOW members start on Aug. 21.) All participants who have registered with a minimum of \$50 raised or contributed are eligible to compete for prizes based on miles completed.

STEP 2: Track your mileage with Map My Run or Strava and sync it with your fundraising page.

STEP 3: Start logging miles and raising money for Wissahickon Valley Park!

Step 4: Spread the word! Create a fundraising page and share updates with friends and family via email and social media.

Be sure to tag @FOWissahickon on Facebook, Twitter and Instagram and use #FOWAllTrails so we can share in your All Trails fun and progress!

Special thanks to our 2017 sponsors, including Chestnut Hill Hospital, Old York Advisors of Raymond James, Philadelphia Parks & Recreation, Wissahickon Brewing Company, and Skytop Lodge. (But there’s always room for more. If you’d like to become an ATC sponsor, please contact Lorraine Awuku at awuku@fow.org for information about sponsorship opportunities.)

Don’t Swim in Devil’s Pool, & Don’t Trash It Either

by Laura Feragen, for the Shuttle

IT’S A POPULAR SPOT TO VISIT ON A HOT SUMMER day, but Devil’s Pool in Wissahickon Valley Park is also a dangerous and illegal place to swim. That’s why Friends of the Wissahickon and Philadelphia Parks and Recreation, which maintain the site where Cresheim Creek plunges in to the gorge, are partnering with the Philadelphia Police Department in warning people to avoid swimming and wading in the area.

Like other city waterways, Devil’s Pool is not a designated swimming area, so it is unsupervised, and that alone makes it a hazardous place to swim. But there are many other dangers for swimmers and divers there: strong currents and submerged objects, not to mention poor water quality that can cause infections and/or gastrointestinal distress.

Attracting visitors from miles around when the weather is hot, Devil’s Pool is the most heavily used area in Wissahickon Valley Park. That means more cars com-

pete for parking, notably at the Livezey Lane trailhead. But parking is not allowed there, and with good reason: It’s the only direct way for emergency vehicles and personnel to get to the Devil’s Pool area. Police and park rangers are issuing tickets at the trailhead this summer.

Increased use also brings litter, a problem throughout the park but especially severe at Devil’s Pool. Case in point: Cleanup crews recently pulled 68 bags of trash from around Devil’s Pool on one day alone!

“We want visitors to enjoy many activities in the park, but our No. 1 mission is to make sure they do so safely and responsibly,” said Maura McCarthy, FOW’s executive director.

To promote safety and adherence to park and city regulations, Philadelphia police officers and park rangers, in partnership with FOW staff and volunteers, will have a greater presence in the Wissahickon this summer.

“We are the official stewards of Wissahickon Valley Park, but we need everyone’s help in keeping it beautiful,



FOW photo by Charles Uniatowski

Park crews have their work cut out for them at Devil’s Pool. fun and safe. We greatly appreciate park visitors’ continued support during the summer season and all year long,” said McCarthy.

Laura Feragen is the publicist for the Friends of the Wissahickon. For more information, visit www.fow.org.

The Passionate Gardener

The Truth About Compost Tea

by Ron Kushner, for the Shuttle

EVERY ORGANIC GARDENER KNOWS compost. Grass clippings, spent stems and stalks, shredded leaves, kitchen scraps, all placed in a pile (or a composter) with the correct amount of moisture and, ultimately, you have compost. There is nothing better for your garden. As a fertilizer, soil amendment or mulch, plants love it.

In the early days of organic gardening, making “compost” tea usually involved putting some manure into a bucket of water, letting it steep and then feeding it to various plants. This concoction was actually manure tea, and is no longer recommended due to the possibility of contamination by pathogens in the unprocessed manure.

Today’s compost tea is an aerated solution that combines the beneficial microorganisms from compost with other nutrients. It is a concentrated liquid created by using a pump to circulate air through a compost solution, increasing the concen-

tration of beneficial organisms. It requires a “brewer” to provide the ideal conditions for the microbes and organisms in the compost “food” to multiply. This solution can then be sprayed on your plants and soil for a variety of positive and beneficial effects.

Properly mixed and aerated compost tea contains large numbers of beneficial bacteria and other microbes that help produce healthier plants. It helps extend root systems and increases water and nutrient retention. The microorganisms assist in the breakdown of toxins in the soil and on the plants themselves. Compost tea cannot be over-applied as it is completely natural.

Be advised that compost tea is not a “silver bullet” for all the problems in your garden. For good results, you’ll need to continue other practices such as organic fertilizing, amending your soil, planting cover crops, mulching, irrigating and adding actual compost itself.

The technology of adding air, water and food to compost to make com-



post tea and using it to suppress disease is now about 15 years old. Soil microbiologist Elaine Ingham, founder of Soil Foodweb Inc. (www.soilfoodweb.com), reports repeated field trials on agricultural crops shows that compost tea does create and maintain an amazing combination of beneficial fungi, bacteria, protozoa and “good” nematodes.

Ingham uses compost tea in her own garden every spring and recommends using it at least once a month on not-so-healthy or brand-new, unestablished organic gardens.

Unfortunately, few scientific studies confirm the benefits of compost tea. Many gardeners say it doesn’t really work at all and that providing compost itself (without

the “tea”) is all that is needed.

The University of Connecticut’s Soil Nutrient Analysis Laboratory states, “Although the art and science of using actively aerated compost tea (AACT) is still in its infancy, it may be well worth your time to investigate the use of compost tea in your yard. It may not solve all your disease problems but it seems likely to encourage overall plant health.”

If you would like to try brewing compost tea, I recommend “Keep It Simple Inc.” (866-558-0990, www.simplici-tea.com). This company provides the equipment and additives that I use in my own garden throughout the season.

For questions or comments: ron@primexgardencenter.com.

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PETAPALOOZA 2017



Shuttle photos by Weavers Way working member Ellie Seif



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On July 9, Germantown Avenue went to the dogs. Chickens, too, and also cats, though they were pretty camera-shy. The annual Petapalooza sponsored by Weavers Way and the Chestnut Hill Business Association celebrates compassion for animal welfare and brings together dozens of animal-rescue groups, hundreds of animals and thousands of animal lovers. Also representing: Patricia Sellers on the Casio and Kentu X at the Weavers Way Pet Store table (you always know who Kentu is rooting for).





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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.

I recently came across a word I've never heard before — "ponics." There is debate in the organic community about the role of ponics — hydroponics, aquaponics and another new one on me, bioponics. Organic agriculture eschews synthetic pesticides, herbicides and fertilizers partially because of their negative effects on soil health. (The effects of eating non-organically grown food on human health continues to be debated, as it has been for decades.) So what happens when there is no soil? Should hydroponics and related methods be considered organic if they don't use synthetics, but don't use soil either?

Ponics allow for a high degree of human control since they are basically an environment totally created by people — typically indoors, with a highly controlled and engineered system of nutrients, water, light and temperature. No toxic pesticides, since no soil-borne bugs. No herbicides, since no weeds. Organic fertilizer if the grower chooses. No water runoff; typically, water is treated and recirculated. No cold snaps, heat waves or groundhogs. Ponics agriculture can be in population cen-



ters so shipping can be minimized. Sounds like healthy, local, fresh food available year round to lots of people.

Of course, there is no "free lunch." Some ponics systems use lots of fuel for electricity and heat (although some are in greenhouses so don't use as much), there is no carbon sequestration like soil-rooted plants, and some people question if a technologically based system is missing things a biologically based system would have, including existing in an overall ecosystem.

From what I've read, most farmers think there is a place for both, but what's controversial is should ponics be eligible to be certified USDA Organic? Here we go again in our somewhat schizo food system. The National Organic Standards Board, created to advise the Agriculture Department on the National Organic Program (NOP is responsible for the organic seal you see on USDA-certified organic products) recommended: "Potting mixtures devoid of or deficient in organic matter capable of supporting a natural and diverse soil ecology are prohibited. For this reason, hydroponic and aero-

ponic systems are prohibited." However, USDA Organic certifiers have already certified 17 hydroponic operations.

There is also the issue of scale. Some people think if ponics get more official approval, then giant growers like Driscoll's and Wholesum Harvest will dominate the organic produce landscape by growing tomatoes and cukes and berries and such in giant hermetically sealed buildings spanning hundreds of acres using some form of ponics technology, and is this what we want organic certification to reflect?

Stay tuned to see how the USDA proceeds.

Another interesting issue that has come up for me recently in the cooperative food biz is transparency. Supposedly, consumers, especially millennials, value transparency. You would think transparency is a basic co-op value, and it is often discussed, but I've rarely seen it mentioned in things like co-op mission statements and Ends policies, and it's not explicit in the International Cooperative Principles that most co-ops subscribe to. The mission statement of our trade group, National Co-op Grocers, does mention a "transparent organization," which I find a bit ironic because so much of what NCG publishes for member co-ops is labelled confidential.

Merriam Webster Online's definition of "transparency" includes:

- 2a: free from pretense or deceit
- b: easily detected or seen through
- c: readily understood: characterized by visibility or accessibility of information especially concerning business practices."

One of the reasons transparency in food producers is valuable to conscious consumerism is so that consumers can purchase and eat items we have some confidence in regarding the things we value, like good growing practices and fair labor. Since all the NCG co-ops have adopted the Field Day line as a primary brand to promote and sell to our members, shouldn't we be sure that line reflects our values? Since many Field Day items include ingredients I know have had labor issues in the past (tomatoes, sugar, raisins), I started asking about the source of these ingredients. I was told the sourcing is proprietary information that will not be disclosed. So much for transparency.

The reality is that although transparency should be linked to co-op values like member education and democratic participation — how can you participate in decisions if you don't know the full picture? — co-ops have this sense that despite wanting to be cooperatives, they have to compete in the marketplace. Marketplace competition means co-ops are competing for sales and margin, just like other capitalist grocery providers, and therefore have trade secrets — proprietary recipes, confidential deals with suppliers, confidential compensation arrangements with staff, confidential documents and communications around expansion strategies, confidential shopper and sales data, confidential real estate deals, that are secret even from their own members.

Interesting position co-ops find ourselves in these days.

By the way, in response to my Field Day queries about the raisins and sugar

(Continued on Next Page)



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END 2 Our community will have access to high quality, reasonably priced food, with an emphasis on local, minimally processed and ethically produced goods.

END 3 There will be active collaborative relationships with a wide variety of organizations in the community to achieve common goals.

END 4 Members and shoppers will be informed about cooperative principles and values; relevant environmental, food and consumer issues; and the Co-op's long-term vision.

END 5 Members and shoppers will actively participate in the life of the Co-op and community.

END 6 The local environment will be protected and restored.

END 7 Weavers Way will have a welcoming culture that values diversity, inclusiveness, and respect.

Suggestions

(Continued from Preceding Page)

in their raisin bran I received this: “All of the raisin and sugar suppliers that may be used in this product have answered yes to the following: Are you aware of and do you comply with relevant national law or the Ethical Trade Initiative (ETI) code of conduct with regards to ethical issues? and Do you have an ethical trading policy with respect to working conditions and workers’ rights?” and Do you currently have a program to assure that human trafficking and slavery do not exist in your operations and supply chain?” This is better than nothing, but this is regarding two ingredients in a brand consisting of hundreds of products and thousands of ingredients. The one way consumers do find out who actually produces food you see in stores? Recalls. When things go wrong, the FDA forces companies to be transparent.

Funny biz we’re in.

snapshots, suggestions and responses:

s: “I really like the glass closed pitcher Bornelli Rocco, made in Italy — bought a second one for a gift — they sold quickly. I see they also have storage jars. Will you keep selling these?”

r: (Rick MA) Yes, we will have the pitchers. Always check The Mercantile for other options.

s: “Can we get large size, plain, low-fat or non-fat Chobani yogurt? It is very good and the politics are excellent — better than some of the other yogurt makers we carry.”

r: (Matt MA) I’m currently looking into expanding our Greek yogurt offerings due to demand. We’ll consider Chobani. You might also want to consider ordering a case if we end up not adding it.

s: “The Co-op carries many varieties of ‘all-purpose’ flour. Can we also carry one or two kinds of ‘no-purpose’ flour? I use it when baking during nihilistic existential moods.”

r: (Matt MA) In my experience, it is whoever is observing the flour at any given moment who designates its purpose.

The reality is that although transparency should be linked to co-op values like member education and democratic participation — how can you participate if you don’t know the full picture? — co-ops have this sense that they have to compete in the marketplace. Marketplace competition means co-ops are competing for sales and margin, just like other capitalist grocery providers, and therefore have trade secrets. Interesting position co-ops find ourselves in these days.

It’s quite easy to craft your own no-purpose flour at home! My favorite method is to take an old cigar box, fill it with flour and bury it in the park. If this sounds too labor-intensive, you can pour the flour onto the floor or even just leave the bag sitting on the counter for the rest of time. Hope this helps!

s: “As we no longer carry Nayonaise vegan spread, please may we find a similar type of vegan ‘mayonnaise’? Thank you!”

r: (Matt MA) We have several vegan “mayonnaise” selections, including

Veganise, Primal Kitchen (an avocado-based mayo substitute) and Just Mayo. If none of these meet your needs, I’d be happy to place a preorder for you.

s: “We’d like to request that you carry the Bionaturae Bilberry jam again. We miss it! Thanks.”

r: (Matt MA) Unfortunately, this item was cut due to low sales volume. It’s still available from our supplier if you’d like to order a case; contact me at matt@weaversway.coop for details.

s: “When will our farms start modifying crops with CRISPR gene-splicing technology? Our heirloom tomatoes taste great, but I’d like them to not have cracks, and fit my tomato slicer as I like a degree of uniformity and evenness in my life.”

r: (Norman) Due to our close partnership with W.B. Saul High School, we have relationships with teachers and we’ve asked about introducing CRISPR technology as today’s students need to be comfortable with technology, and experimenting with genome-editing seems like a good place to start. We’re hoping to jointly develop an app such that when you buy a tomato slicer from Amazon, a couple of our tomato plants are modified to produce tomatoes that will fit your slicer and produce the quantity of tomatoes you expect to use, kind of like a subscription. It is a bit of a commitment on your part, so if you fear commitment, that could be an issue. However, soon there will be CRISPR technology to weed out those kinds of unhealthy fears in people. Technology will soon allow for perfect food and perfect people, and then we can all finally relax in a ponics-perfect world.

normanb@weaversway.coop



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Immigrant Hub

(Continued from Page 1)

expertise to help them develop and grow.

I-Hub launched in 2015 with a grant from the John S. and James L. Knight Foundation (knightfoundation.org). The core of the program is an intensive three-week workshop. Twice a week, immigrant entrepreneurs gather to discuss their ideas and develop workable business models, meeting in Mt. Airy USA's co-working space, Work Mt. Airy, at 6700 Germantown Ave.

The first group met in November 2015. To date, six cohorts have been assembled comprising 60 participants from 19 countries. The participants' interests vary greatly in size and focus, from a small catering company to an international solar power concern, and have included an optometrist, an app developer and a fashion designer. Some have been in business for a while, while others just have an idea.

In the workshops, participants are encouraged to share ideas and network with each other to create enterprises that personally benefit them — as well as our community.

Dr. Shanthy Brown of Brown Eye Care (6633 Germantown Ave., www.eyesonphilly.com) was one of them.

Like many immigrants, Brown's story involves fleeing war and conflict. Born in Sri Lanka, her family had to leave the country as civil war took hold. She lived in Africa as a child, until once again her family had to flee conflict in Zimbabwe, eventually settling in Canada. She came to the United States for optometry school.

"I started thinking about opening my



For more information about the Philadelphia Immigrant Innovation Hub, visit www.phillyihub.org or email Mt. Airy USA Business Services Associate Agnes Edwards at aedwards@mtairyusa.org.

practice in Mt. Airy because my husband grew up here. In fact, my mother-in-law owns a hair salon on Germantown Avenue," Brown said. When she reached out to Mt. Airy USA, she learned about I-Hub.

There were about 10 other participants in her workshop group from diverse international locations, including West Africa, China and Europe. The program started with experts sharing their knowledge on a wide variety of issues important to entrepreneurs, such as laws and regulations, marketing strategy and sources of grants and other financial assistance. In the following weeks, the participants worked together to help develop each other's businesses.

"The program's biggest advantage for me was that I met another participant, a lawyer, who partnered with me in start-



Left, Vickson Korlewala shares his business plan with Mayor Jim Kenney at the I-Hub ribbon-cutting last year; optometrist Shanthy Brown, above, made valuable contacts as well as getting useful information.

ing an online business providing contact lenses," said Brown.

For Vickson Korlewala, I-Hub was invaluable in working up a business plan that would attract investors to EcoPower Liberia (Ecopowerliberia.com), his solar energy company.

According to the World Bank, roughly 600 million people in Africa live without access to electricity. The majority of the energy-poor live in sub-Saharan Africa.

In these countries, building a brand-new electrical grid is not practical. But Africa has ample access to an important, plentiful and renewal resource: the sun. EcoPower, founded in 2011, harnesses solar power for batteries that bring lighting, refrigeration, entertainment and worldwide connection to health centers, schools and businesses.

"I-Hub gave me access to an office and an address where I could register my company," said Korlewala, a former environmental chemist born in Liberia. "With I-Hub, I developed a clearer understanding of my business plan, which enabled me to move faster."

With an eye to expanding EcoPower's product line in Liberia, he wants to move beyond to other countries in Africa and eventually the United States.

I-Hub has been important to Korlewala in another way as well. "This is a program that reassures immigrants that we have the support of the city," he said, adding that this welcoming attitude is particularly important now.

Laura Young is a Weavers Way working member.

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Once the Library Reopens, It'll Be Lovett Park's Turn

by Bradley Maule, for the Shuttle

WITH CONSTRUCTION STARTING TO wrap up, the future of Mt. Airy's Lovett Memorial Library and Park is beginning to come into view. The Free Library of Philadelphia will spend the next few months stocking and prepping the library's reopening this fall, while the park space will intentionally start small and evolve into something bigger — based on what you, the public, want to see there.

The renovation, which will finish well in advance of its two-year schedule, is part of two major initiatives: Building Inspiration: 21st Century Libraries, the Free Library's project to modernize four neighborhood libraries; and Reimagining the Civic Commons. With support from the John S. and James L. Knight Foundation and the William Penn Foundation, the Reimagining the Civic Commons initiative has focused on five "civic assets" across Philadelphia positioned to promote greater social and economic integration.

What better place in Philadelphia than Mt. Airy to bring people of different backgrounds and different incomes together in the public sphere? And what better place in Mt. Airy than at Lovett, not only a beloved institution for over 130 years, but one at the geographic heart of the neighborhood, at the corner of Germantown Avenue and Sedgwick Street.

To that end, Mt. Airy USA has part-



nered with the Free Library and the Fairmount Park Conservancy to reimagine Lovett's one-acre park space, with a goal of promoting intergenerational interaction and an emphasis on fun and education.

What opens this fall may not be what exists next fall — and it's intended to be that way.

Once Lovett Library reopens, we'll know the outdoor space better. Initially, the park will be open and flexible, a way of bringing the library outdoors, with portable furniture and a series of experiments that help us understand the space. We're inspired by the evolution of the Porch at 30th Street Station, and similar to the development of that gathering place, we'll ask the public to take some surveys and collect other information.

The first survey is ready for your

ideas. Mt. Airy USA invites you to visit bit.ly/lovettRFP and submit your events, your gatherings, your proposals to help us program this interactive park space. Moonlight Movies will definitely return to Lovett Park next summer, for example. What else would you like to see? Yoga in the park? A chili cookoff? Jazz concerts? Painting en plein air?

There are no wrong answers, but there are four simple requirements — that what you envision:

- Is free and open to the public.
- Is accessible to diverse and intergenerational audiences.
- Provides opportunities for interaction, enrichment and engagement.
- Positively reflects the spirit of Mt. Airy.



Bradley Maule photos

The Lovett Library addition will feature a revamped children's area, left, still under construction last month; above, a recent scene at the shape-shifting Lovett Park.

Go to bit.ly/lovettRFP to submit ideas for Lovett Park.

Charlotte Lovett Bostwick founded the library in 1885 in memory of her brother, Thomas Lovett. The 1885 building has been renovated and will feature a great community and meeting room and an adult quiet room. The 1960 addition, with the main book circulation area, has also been improved with an enlarged computer lab. The new 2017 building will serve as a lively, colorful space for children, which, by way of a magnificent new porch, opens out to the renovated park space.

The shape and feel of the new Lovett Park depends on your input. Help us out and take the survey at bit.ly/lovettRFP, and we'll see you at the grand opening this fall!

Bradley Maule is Mt. Airy USA's communications specialist.

Reach him at bmaule@mtairyusa.org.

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David Woo photo

The Swarthmore Food Co-op was the scene of last month's Mid-Atlantic Food Cooperative Alliance summer meeting.

Marking the Co-op Movement, And 80 Years at Swarthmore

by David Woo, for the Shuttle

SWARTHMORE FOOD COOPERATIVE, FOUNDED IN 1937, HOSTED A summer meeting of allied food cooperatives last month. This gathering on July 22 of the Mid-Atlantic Food Cooperative Alliance brought together more than 40 people from as far south as Frederick, MD (The Common Market) and from as far north as New York City (Bushwick Food Co-op at the border of Brooklyn and Queens). Representatives of both startups and existing co-ops shared details of our work and our effort to be relevant in our communities.

The occasion also celebrated a milestone: Swarthmore Food Co-op —founded in 1937 in a former car dealership, now in a new building at the same location in the Delaware County town's center — is 80 years old.

MAFCA's history was also noted, as we heard the story of how past Weavers Way Board President Nancy Weinman thought we should get the boards of neighboring co-ops together to have a party, which evolved into this alliance of cooperative enterprises looking at ways to mutually support each other. Over the years, MAFCA has conducted a conference on how to start a co-op, and heard many speakers who enlightened and challenged us. The speaker at this session, Andrew Lamas, Weavers Way member, activist and University of Pennsylvania Urban Studies professor, discussed "Co-opting the Co-op: Contradictions and Challenges of Cooperation."

Our own co-op, with a soon-to-be third location, is one of many across the United States and Canada founded to meet the mutual needs and aspirations of our membership. Being connected to this larger community helps inform how we make decisions that not only benefit our own members but can build a larger and more resilient cooperative economy.

We talked and listened to each other and shared those stories and passed along hopefully helpful advice to keep each of our co-ops sustainable.

Of the hundreds of food co-ops in Swarthmore's cohort — founded during the Great Depression — only a handful are still in operation. There is an expectation that those of us like Weavers Way, founded during the second wave of food co-op development in the late 1960s and early 1970s, have a charge to keep the couple of hundred left today in business.

A 21st-century wave of co-op development is looking at a more secure and informed future with assets and resources dedicated to education and training of all of us who advocate and lead. Your patronage and commitment provides resources to help build the resilience of all co-ops.

Consider this your call to share your co-op experience with your circle of influence and build the co-op economy.

David Woo is a member of the Weavers Way Board of Directors and a longtime advocate for cooperatives.

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.

RSVP on EVENTBRITE

WE ASK THAT YOU REGISTER EVEN IF THE WORKSHOP IS FREE.

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



COMING UP

Moxie Tuesday: Some Like it Hot Tuesday, Aug. 8, 7-8:30 p.m., The Mercantile

With hot peppers in season, explore different varieties, what to do with all that heat and how to unpack their nutritional punch. Takeaways and tastings included! FREE.



Sustainability: Garden with Native Plants Part 2 — Intro to Site Analysis & Plant Selection Saturday, Aug. 12, 3-5 p.m., The Mercantile

Each yard is unique, and only when you understand your specific conditions can you choose the best plants for your space. This is the second in a series of two workshops about gardening with native plants led by landscape architect and designer Sarah Endriss. \$10 suggested donation.

Wellness: Bee Healthy! Understanding (& Tasting) Honey, Bee Pollen, Propolis & Royal Jelly Wednesday, Aug. 16, 7-8:30 p.m. The Mercantile

Beekeeper, author and Weavers Way Program Coordinator Stephanie Bruneau will introduce you to the delicious and medicinal products of the honeybee hive. Taste varietal honeys, get recipes for healthful bee-kissed creations, and more. FREE.



Sustainability: Permaculture, Native & Invasive Plants: Building Resilience, Diversity & Opportunity Thursday, Aug. 31, 7-8:30 p.m., The Mercantile

Permaculture provides us an opportunity to look at our landscapes and the native plant movement with fresh eyes. Is the real world so simple as "good guys and bad guys"? Must we be at war with invasive plants? Can we be a civilization of stewards and gardeners? Hear about all this and more from Dale Hendricks, founder of Green Light Plants. FREE

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

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Staff Celebrity Spotlight: Lisa Shaffmaster

Role in Chestnut Hill Deli Lets Ex-Acting Teacher Slice Through Adversity

by Karen Plourde, Weavers Way Communications Staff

LISA SHAFFMASTER HAD ALREADY STARTED HER climb back from difficult times when she became part of the Prepared Foods staff at Weavers Way Chestnut Hill two-plus years ago. But her time at the Co-op has helped further enhance her life and that of her son, Gabriel, now 20.

Lisa, 62, grew up in Mt. Airy, the youngest of four children. Her father, Fred, worked in broadcasting (he was director of radio and television at the University of Pennsylvania) and became a professional actor after retiring from Penn. Her mother, Kate, was the resident director of Café Theatre at Allens Lane in Mt. Airy for over 30 years.

Lisa, an actress since childhood, made a living teaching acting part-time while raising Gabriel. But she had to take a pause from that when her parents both fell ill with congestive heart failure. With no one in the house working regularly, the family took out a second mortgage to make ends meet, but they were unable to keep up with the payments. After Kate died in 2011, Lisa lost the house to foreclosure in 2013.

At that point, Lisa had been out of the workforce for about four years. She managed to corral a job at Taste of Olive, a retailer of bulk olive oils, vinegars and other specialty foods in Chestnut Hill. But she really needed a job with benefits, and she landed one at Weavers Way in 2015.

Lisa knew Weavers Way founding father Jules Timmerman personally, from teaching drama to his kids. But the Shaffmaster family had never belonged to the Co-op.

“It was one of those things where a lot of our friends who lived near him were doing that, and we just kind of missed the boat,” she said. “But I have been aware of Weavers Way from the time the apocryphal apples were being sold from the apocryphal porch.”

Lisa and Gabriel now live in Chestnut Hill. With their finances in better shape, she’d like to put money toward community college for him. She attended Penn, majoring in folklore and anthropology, but fell short of getting her degree. So she’d also like to go back to college herself and get the year’s worth of credits she needs to finish.

In the meantime, she enjoys working at the Co-op, particularly with the cheeses. “It works into my folklore and anthropology background,” she said. “Every cheese has a story. It is the story of people and farmers and the land, and it’s a fascinating story.”

She also enjoys her coworkers. “I do like the personalities, mostly, of the people who work here,” she said. “They’re interesting. Everyone has a different road they travelled to get here. . . . The people here are really, really wonderful to interact with. . . . it keeps it good every day.”



Karen Plourde photo

Lisa Shaffmaster has college in mind for her son, and for herself as well.

Ultimately, Lisa would like to go back to teaching acting, and get back onstage as well. “I need to find the actor in me, and if I have a goal for the last area of my life, it’s to rediscover the actress that I am, because that’s who I am,” she said.

kplourde@weaversway.coop



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

Weavers Way Board

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

The Board meets at 7 p.m. on the first Tuesday of every month — except August! The next 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.

2016-2017 Weavers Way Board

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New Member Orientations

We ask new members to attend an orientation 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 Orientation, Get Two Hours Work Credit!

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AUGUST MEETINGS
Thursday, Aug. 10, 6:30 p.m.
Chestnut Hill

The Backyard (weather permitting), Weavers Way Chestnut Hill, 8424 Germantown Ave.

Wednesday, Aug. 16, 6:30 p.m.
Ambler

Weavers Way office, 131 E. Butler Ave.

SEPTEMBER MEETING
Wednesday, Sept. 13, 6:30 p.m.
Mt. Airy

Community Room, 555 Carpenter Lane

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